

# Nahgahchiwanong

(Far end of the Great Lake)

# Dibahjimowinnan

(Narrating of Story)



*Wally Dupuis (left), Duluth Mayor Emily Larson, Chairman Kevin Dupuis Sr., and Roger Smith Sr. pose proudly by the Fond du Lac Flag after displaying it in Duluth's City Hall.*

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# Local News

## FDL Flag goes up in Duluth's City Hall

By Zachary N. Dunaiski

For over a year now, Fond du Lac has been working with other governments and entities to display our flag as recognition of solidarity in our communities.

Recently, two places have added our flag to their buildings and did so with respectful honoring ceremonies. The City of Duluth added one to their city hall building in the Mayor's Reception Room, which is a room that has great meaning to Duluth Mayor Emily Larson.

"I am humbled by your faith and confidence in me as the leader and by the beautiful good we can bring together into the world," Mayor Larson said to the FDL council members in attendance. "I see this flag as one symbol of the work we have done, of my commitment to you and this community and your nation to continue to do this work. This flag will be in this room,

which for me as a mayor, is my most sacred room. One where we have many important conversations that are public and private and what's in this room really matters."

The partnership between Fond du Lac and Duluth, since Mayor Larson became mayor in 2016, has come a long way. She has worked diligently to meet with Fond du Lac, to show that she wanted to work with the Band, a sentiment that Chairman Kevin Dupuis Sr. spoke about how much he appreciates.

"One of the interesting things about the mayor is when I listen to her state of the city address, in her speeches she always talks about the Indigenous people of this land," Chairman Dupuis said during his speech. "She's always talked about us. She doesn't have to, but she always did, so I respect you for that, more than you'll ever know."

The partnership that has

formed between the two governments is wonderful for both sides, and it's something that the mayor has thought about since before she first met with the Fond du Lac RBC.

"When I first took office, Chairman Wally was in office and I brought this rock," Mayor Larson said as she held up a rock she brought with her, a rock that she's had in her office ever since. "I went down to the lake to ask for guidance of what I would need to do to be ready for that day of our conversation. I looked down and right at my feet was this beautiful rock broken in two. This clean clear line.

"So I gathered it and I picked it up and brought it to our conversation. Other members of the RBC were there and I knew it was corny and I didn't care," Mayor Larson added with a laugh from the crowd. "It felt like I was in 5th grade giving my best friend a broken heart necklace and I still didn't care

because I felt like we were a broken heart at that time. And that there was no way to be made whole on our own.

"So I shared this rock and I keep this other one right by my door. It sits there and probably looks like a regular rock to everyone else, but to me it means everything. It means the truth of who we've been, it means holding ourselves accountable for our actions, and it's offering ourselves in ways that are authentic and corny and vulnerable to try and seek a whole. I don't know when we are whole, but I know we are getting there," Mayor Larson said.

As with all partnerships, it only works when both sides are willing to work together. Fond du Lac was just as onboard as Mayor Larson and also from before their first meeting as Chairman Dupuis explained.

"It was a goal from the get-go from our first meeting that we had with the mayor when Wally was the acting



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

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The mission of this publication is to provide the Anishinaabeg community of the Fond du Lac Band of Lake Superior Chippewa, Fond du Lac Reservation, with news and information that will be of help to them in their everyday lives. In addition, our goal will be to highlight many of the honors, accolades, accomplishments and awards that are earned by community members but are mostly overlooked by the mass mainstream media.

It is our hope that through greater information about the activities of our people, this publication can be an instrument of true community. It is not our intention to be a vehicle of divisiveness. To that

end, we do not publish editorials, opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

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Association

# Local News

Chairman, and that was one of the ultimate goals, was to get our flag put in different entities, different areas,” Chairman Dupuis said gesturing to the flag that had just been displayed behind him.

The flag is a wonderful gesture, but it’s about so much more than that, and fortunately both sides know that and are ready to work together to continue to repair that relationship.

“It’s not just about putting it there, it’s about the recognition of the ones who are going to accept it,” Chairman Dupuis said. “By the mayor accepting the flag, and saying ‘yes, we want to do that.’ She’s telling us and everyone that she recognizes who we are as a people. She recognizes that this is where we were at one time. This is where we still are.”

Since she became mayor in 2016, a lot of work has been done to bring the two sides together, and like Mayor Larson said we’re still working toward it. The RBC and City of Duluth meet frequently and it’s had a positive impact.

“Our teachings say that we are the first here and we’ll be the last to leave. I believe that,” Chairman Dupuis said, before noting why we need to work together to the benefit of both sides.

“While we’re all together, we need to work together, and we need to become one community.”

The two sides have worked well together since that first meeting back in 2016, which announced its first major accomplishment with the agreement on the Fond-du-Luth Casino case in June 2016.

“Who we are as we’re doing the work matters even more. To me this installation of this beautiful flag is a symbol of the relationship we are striving to recreate and a story that we seek to tell differently moving forward,” Mayor Larson said about the importance of recognizing the Fond du Lac Band at Duluth’s City Hall. “I see it as a nation to nation relationship. I

want to thank the many contributions of Fond du Lac. I want to thank you for your gift of friendship, for the way we are rebuilding our relationship. And I want to say that it has started for me in recognizing the sovereignty of your nation and your ability to partner with us is on your terms. So I hope that we have worked to rebuild that.”

Also this month, the Fond du Lac flag was presented and will be displayed at the Cloquet High School, something that meant a lot to Chairman Dupuis as a graduate of Cloquet. Being recognized all over the area is something that the chairman acknowledge his pride in at Duluth’s City Hall.

“We’ve got our flag put into a few different entities, Carlton County Courthouse, things to do with the City of Cloquet and their school district, but I think the important thing here is when we can look out there and see that huge lake, the lake of the Ojibwe, that’s the name of that lake,” Chairman Dupuis said looking out the windows onto gorgeous Lake Superior. “I never thought in my lifetime I’d see a few things: I never thought I’d see an African-American President, I never thought I’d see a structure of a Native person in the Minnesota Government as Lieutenant Governor, I didn’t think I’d see a woman over here as Mayor. So a lot of these things came to be that a lot of us said we’ll never see in our lifetimes. Well it’s here today.”

The mayor also noted just how long this reconciliation has taken to achieve, while acknowledging that there is still more work to be done to repair the partnership.

“While it will take centuries for our communities to undo damage that has been done, perpetuated by dominance and people who have sought to claim others as our own I want you to know that I know my space in this conversation,” Mayor Larson said, speaking almost directly to the chairman.



*The Fond du Lac Honor Guard posing with the flag during the ceremony*



Then both sides talked about the meetings that they’ve had, apparently something they haven’t talked about publicly much as the mayor stated that it felt almost odd to tell the public that they meet frequently. The chairman appreciated the announcement and talked about how important those meetings are from Fond du Lac’s side as well.

“The mayor also brought up our quarterly meetings, and we do have them, and we have a lot of discussions during these meetings,” Chairman Dupuis said about the productivity of

those meetings. “It’s not about Fond du Lac, it’s not about the city of Duluth, it’s about both of us. What can we do to help one another? What resources do you have? What resources we do have to build toward the future of this area, and that’s Duluth and Fond du Lac. So I can honestly say from the bottom of my heart, Chi Miigwech.”

*More pictures on page 17 and 23.*

# RBC Thoughts

## Secretary/ Treasurer News

### Boozhoo,

We certainly have had our fair share of funerals lately with infants to 80+ year old Band members. This in itself is not too unusual; the disturbing part is we have had violence at two ceremonies. The first one was an altercation between some attendees where physical contact and words were exchanged. Tempers flared but order was restored quickly. The second one was quite a bit more frightening. An attendee brought a rifle into the facility and it was discharged striking another attendee. It became tense as the information coming from the facility was sketchy at first and the Reservation went into an active shooter lockdown for approximately two hours. Our police and conservation departments responded rapidly along with Cloquet, Carlton, St. Louis counties, and MN Hwy Patrol. The alleged perpetrator was restrained and held for the police and the victim was transported to the hospital. There were plenty of concerned workers and community members for the lockdown but all cooperated fully.

The Otter Creek Event Center hosted our annual Veteran's dinner again this past month. The event center was pretty full with over 200 vets and their families. I was pleased

with the attendance. Each time we have an event like this the Reservation tries to honor a specific conflict. This year Roger asked if we could present the Vietnam Veterans with a medal of thanks for their service. He had 27 medals and we had 75 vets. We are ordering more medals to present to the attendees that did not receive one. I am always surprised at these events with the pride and gratitude displayed by our Veterans when we say a few simple words, "Thank you for your service".

November was Native American Heritage month and we had several events to celebrate at the Bear. All month Native themed dishes were served at the buffet. The 7 Fires had Native specials all month. There were some free events in the event center and we hoped you were able to attend some of them.

Last and most important is the constitutional meetings that are taking place. It is important for you to get involved with them. There are some very tough questions being debated and the more involvement the better the outcome. So as my grandfather used to tell me, if you don't get involved you can't complain so let's all be able to complain.

*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](mailto:ferdinandmartineau@fdlrez.com)*

*Gigawaabamin.*



Ferdinand Martineau

## Cloquet News

Hello all

This month presented us with a number of situations, both good and bad. One situation that affected our world was a shooting that occurred at the funeral of a well-respected member of our community. Fortunately only minor injuries were sustained. This situation put the entire Reservation in an Active Shooter lockdown mode, and required our Emergency Operations Center (EOC) to open. There were many heroes that day. I want to thank everybody for the part they played in getting us back up and running. Thank you all. I want to thank



Wally Dupuis

our Cloquet Community Center employees for their exceptional response to this tragedy. There was no school that day so our community center had a number of youth in attendance. Our staff was confronted with the victim

of the shooting as he ran into the community center. Without knowing the totality of the situation, the staff gathered the youth and put them in a safe place, locked down their facility, and treated the victim.

Thank you all for your quick response and actions. It's nice to know our youth are in good hands.

On a positive note, the City of Duluth as well as the Cloquet High School, now will be displaying the FDL flag in their facilities. We had flag installation ceremonies at both facili-

ties. Both of these events were well attended and the flags were accepted with honor. It is truly an honor for FDL to be represented and recognized as a neighbor and friend to outside agencies.

Also, this month is recognized as Native American Heritage month. Our Black Bear Casino held the kick off there, with Ricky Defoe offering the pipe and prayer, and Cedar Creek drum group offering drum and dance. This also was well attended. Thank you all for starting this event off in a good way.

Also, Veteran's Day was observed this month. Thank you all for your service.

*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](mailto:wallydupuis@fdlrez.com)*

## Attention Fond du Lac Band Members

**2020 Per Capita Distribution Personal Data Forms have been mailed to your last known address.**

**Please send in your completed form as soon as possible to avoid any delays in receiving your January funds.**

**If you did not receive a form, please contact the FDL Payroll Dept at (218)878-8021.**

**Thank you.**

# RBC Thoughts

## Brookston News

### Boozhoo,

It certainly has been a very busy fall and start of winter. We have been having many Tribal Consultations with various Commissioners' from Governor Walz Administration. This is due to the Executive Order 19-24 directing the Tribal Consultations.

We have met with the Iron Range Resources and Rehabilitation Commission-

er. This is a Department that was established in 1941 and they use the proceeds from taconite mining to assist communities in their service area on various projects. This was the first consultation that they have had with FDL as they discovered that a majority of the Brookston District was in the service area. They have committed to assisting with a project in our area and working with FDL.

We have also had consultation sessions with MN Department of Transportation, Department of Labor & Industry and Department of Public Safety, MN Department of Revenue, and on the Federal level we have met with Superior National Forest. We continue to discuss access to areas in Superior National

Forest for the Band Members to exercise our Treaty Rights. We were also honored to have BIA Assistant Secretary Tara Sweeney as our guest. We took her on a tour of our solar project near the Black Bear Casino and Resort, we also toured the biomass project in Sawyer and we finished



Roger M. Smith Sr

off the tour at the Brookston/Mahnomen water treatment plant. Once in Brookston we were able to discuss with her at length, the issue with the water and what the plan

is to correct this. We explained the regional water concept we are working on and the needed assistance with funding this project, Chairman Dupuis is also personally bringing a letter requesting the support of funding directly to the BIA Offices in Washington D.C.

We also were honored to have the Midwest Alliance of Sovereign Tribes meeting held at Black Bear Casino and Resort. This is an organization made up of Tribal Leaders from Minnesota, Wisconsin, Michigan, Iowa, and Indiana. There is discussion on issues that are of importance to all of the Tribes such as USDA, Department of Justice, health-care, and education. We also had MN Lt. Governor Peggy Flanagan address the Tribal Leaders and we

also had a presentation from the Sober Squad that the Tribal Leaders were very impressed with. I did receive a compliment from MAST Executive Director that the banquet staff at BCCR was amazing, he stated that they were very responsive to their changing needs and made his job a whole lot easier. So Chi Miigwech to our BCCR banquet staff in representing our BCCR!

We also installed our FDL flag at the Duluth Mayor's Office and at the Cloquet Senior High School with ceremonies for both. Our continued building of relationships with surrounding governments continues to be successful.

I was also honored to be invited to the Twin Cities Native Veterans Dinner. It was a very nice evening with awesome food and awesome company. We had some place mats that were made by the Anishinaabe Academy that were simply amazing. I was also invited to the FDL Veterans Dinner. What an honor to be sitting with so many of our heroes.

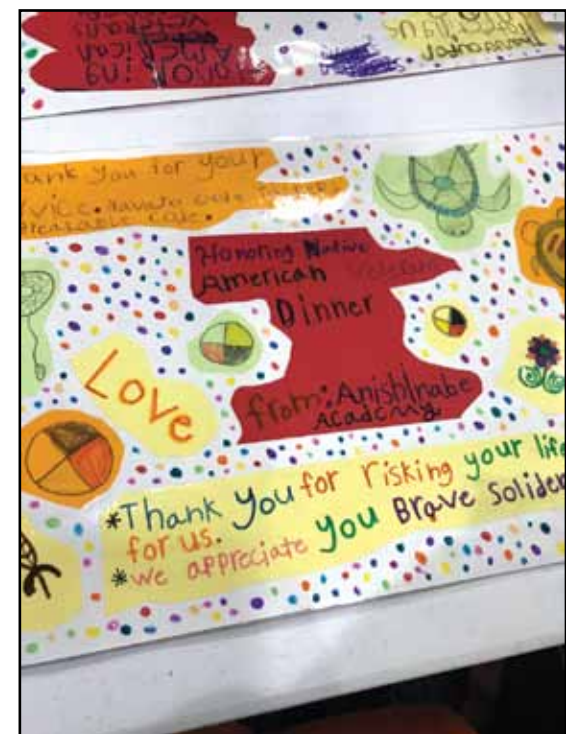
I had mentioned before that I had traveled to Washington D.C. earlier this year and had met with a gentleman named Bill Ashton who is the Military Veterans Agricultural Liaison for the USDA. He had talked to me about a "Pinning Ceremony" of the Vietnam Veterans Com-

memoration Pin. We were able to pin 27 Vietnam Veterans and to personally thank them for their service and sacrifice from a very grateful Nation. We unfortunately had more Veterans than I had pins for and will be reaching out to get more for those that did not get pinned.

We had also opened up Native American Heritage month at BCCR with some of our FDL Royalty helping out and Cedar Creek Drum also helping out. We had the Sioux Chef perform and cook for those that attended and the food was amazing and healthy. We had the "Chiefs of Comedy" also perform and we will end the month with Brulé performing.

I will end my article with offering condolences to all the families that have lost loved ones recently. I would also like to report that unfortunately we have recently lost one of my neighbors to a violent incident and would like to offer special condolences to the James "Weasel" Couture family. Our thoughts and prayers are with you all. Chi Miigwech!

Roger M. Smith Sr.  
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# RBC Thoughts

## Sawyer News

### Boozhoo,

The woods are busy with Tribal harvesters, there seems to be a good amount of deer in the Ceded Territory. The Band had a successful moose hunt with only 3 permits that need to be filled. I was unsuccessful at the moose hunt but still had a great time with family and friends up in the Arrowhead District of our Ceded Territories. This year our deer hunting party included a young person who was a very active hiker and diligent about learning and helping. He was successful his first year out in the woods



Bruce Savage

and his family will be eating some good steaks and deer meat this winter. Cultural teachings can be shared every season and every part of our daily life.

This month was Native American Heritage Month, the Black Bear Casino and Resort hosted their annual opening ceremonies with dancers and drummers. Every year throughout the month there are free events and activities throughout

the community. I hope that people were able to take advantage of those opportunities and also spend time with family and loved ones.

The Sawyer Center has been busy with activities and

hosting meetings. This month the Center hosted a Carlton County School Board meeting in which they outlined options for the Carlton School District possibly merging with Wrenshall. This is a big discussion right now and please be aware that there are many options that can be chosen. Additionally, I have been continuing to meet with Carlton County over several concerns regarding the Sanitary District. If you are interested in talking more about these issues please reach out and I can give you more information.

We had visitors from across the nation visit Fond du Lac and tour the biomass heating system at the Sawyer Center. We showcased how the biomass heating system can supplement the cost

of heating. This was well received by BIA Assistant Secretary, Tara Sweeney who was a part of the group that stopped and toured the Fond du Lac Reservation during the week MAST was hosted at the Black Bear. Additionally, this past month the international maple producers association from the US and Canada toured Fond du Lac Resource Management and talked about the wild rice and how they have been affected by development within the Reservation.

The Band's high speed internet is starting to hook up some of the homes on Fond du Lac so hopefully we can do it at a pace that folks will be happy with - I know it's been a long time coming. And its finally here hooray.

The Band received a 3 year

Administration for Native Americans grant to have the Band develop and secure a healthy food system. With the busyness of the holiday season, please be sure and attend a holiday meal on December 21st in which all 3 community centers will be having their holiday events. This is also the winter solstice so our days will start to get longer, with that I want to thank all the staff members and Band members for another year of working for the Fond du Lac Band.

*Sincerely,*

*Bruce M. Savage  
Sawyer District Representative  
Cell: (218)393-6902  
brucesavage@fdlrez.com*

## Cultural building coming along nicely

The cultural building is coming along nicely, with it being finished in spring 2020. Here are some images of the progress that had been made by the end of October.

The exterior will be completed before the coldest part of the year so the crew will be able to work indoors soon. The building will be open to the public in April 2020.



# More Local

## Veteran's Day celebrations

By Zachary N. Dunaiski

Black Bear Casino and Resort hosted the 2019 Veteran's Day dinner, and while the celebration is always a nice moment, this year's celebration had an added bonus.

Roger M. Smith Sr., Brookston Representative, honored as many Vietnam Veterans as he could with a pin. Roger was given a box of these pins as a lasting memento of the nation's thanks to these Veterans.

"The purpose of them is to recognize and honor the United States Military Veterans who served during the Vietnam War," Roger said during the night's ceremony. There were 27 pins for the Vietnam Veterans with more than that in attendance. More pins are coming for those that didn't receive theirs.

The Fond du Lac Ojibwe school also hosted their own honoring ceremony at their facility to thank the Veterans for their service.

The Newspaper staff would also like to thank Veterans for their service and sacrifice. I always appreciate the opportunity to thank Veterans at the dinner each year.



## Celebrating Halloween in the Tribal Center

Each Halloween, the Fond du Lac Tribal Center hosts youth from the area dressed in their scariest, funniest, and cutest costumes to come in and walk around the building to trick or treat.

This year was the first year that instead of walking around the entire building, there was a trunk or treat style candy handout that took place in the Tribal Center's gymnasium. The new trick or treat strategy made it safer for the kids who used to visit a majority of the buildings on the Reservation, and now didn't have to cross streets and parking lots.



# More Local

## Honoring FDL employees for their actions

By Zachary N. Dunaiski

On Oct. 18, Fond du Lac Reservation experienced a lockdown from an altercation that occurred at the Head Start leaving a wounded victim coming to the Tribal Center for help.

With a story like this, so much attention is paid to the negativity of the story, but on Nov. 5, the Fond du Lac RBC presented seven FDL employees with a plaque for their efforts on that day.

“I would like to say chi miigwech to these employees for the way they handled our most precious thing we have here on Fond du Lac, which is our children,” Roger Smith Sr., Brookston Representative, said before they handed out the plaques.

The employees, Rachel Barney, Patricia Dunlap, Virginia Urrutia, Delaina Tiessen, Cheri Kozlowski, Clifford Monette, and Candice Fineday, all did their part to keep the community center safe. That day, since there was no school, there were many students in the building, and all of these individuals acted quickly to keep them safe.

“I heard from many different families of the reaction from the staff was immediate and very well coordinated. I can’t say how much I appreciate that,” Roger continued. “And even for the families that were affected by it, this incident is far reaching and we’re still dealing with the follow up from that. But what I heard is that how our staff here

handled it. It was immediate and very well done. They kept the attention of the children off of what was going on. You guys were simply amazing.”

They all received plaques that were signed by the entire Tribal Council that read *Certificate of Appreciation awarded to [their name] for your heroic actions during the October 18 incident. Your courage and professionalism is valued and appreciated Chi Miigwech.*

“I would just like to say thanks for your work, all of the things that went on that day, you did an excellent job. Thank you,” Wally Dupuis, Cloquet Representative, said to the five honorees who were able to be there that day. Two weren’t able to attend the honoring as they were currently working hard to keep things at the Tribal Center running smoothly.

“It’s hard to follow these guys when they all have a thank you for the staff like that, for what you did, because the job that you did was amazing.” Ferdinand Martineau, Secretary Treasurer, stated. “You took charge and you made sure that the kids that were in your charge were safe. And you also took care of the victim which was amazing.”

The employees did attend to the victim as they simultaneously corralled the children into the gym in the event that the gunman came into the building.

“What you did was just, as it says on the plaque, and it truly was a heroic duty. A heroic job

by the staff that did this and I just want to say thank you and thank you for protecting our building, our children, and most importantly the reputation of our community center,” Ferd continued.

The staff did act fast, including the FDL Police Department which was on scene in three minutes to help keep the community safe and immediately had the suspect in custody.

“One last thing I’d like to add also is, you guys were on the front line there and if you have any suggestions please let us know,” Bruce Savage, Sawyer Representative and Vice Chairman, said. “If there was anything that you saw or experienced that you think we could do better as an organization. The wisdom that you acquire through something like this is valuable to the community for future safety. Also I would really appreciate it if you could share with us what you think, what else we could do.”

The acts of these seven people truly were courageous and I would like to extend a thank you to them as well. They work hard every day to keep our community members, particularly children safe. And to act the way they did and as quickly as they did was truly amazing. If you see any of these people, let them know how much they are appreciated and how glad we all are at how quickly and calmly they responded in a moment like this.



Cheri Kozlowski receiving a blanket from the council



The Honorees posing with the council, not pictured Delaina Tiessen and Clifford Monette.



Candace Fineday receiving her blanket from the council



# More Local

## Opening ceremony for Native American Heritage Month at the Bear



## Native Elder Games

By Zachary N. Dunaiski

The Minneapolis American Indian Center hosted the first Native Elder Games Oct. 4 and 5 and three Fond du Lac Band members took part in the day's events.

Carla Houle, Loretta Reynolds, and Debra Johnson-Fuller all medaled and played in multiple different games. Carla earned three Gold medals in powerwalking, shuffle board, and horse shoes. Debra took home two Silver Medals in horse shoes and free throws. While Loretta won a Silver (horse shoes) and a Bronze



(shuffle board).

"Basically it was put on with the staff from the Indian center, along with Jim Ingle who is the fitness director at Mille Lacs," Deb said about the first Native Elder games. "He was pretty instrumental because the goal of this is to have a team of Elders, Native Elders, who will compete nationwide in the non-Native Senior games. That's the long term goal."

This group of women went as part of Wisdom Steps, and heard about the event at this summer's Elder picnic.

"We did that as part of the Wisdom Steps, because we all belong to Wisdom Steps organization, and that's about preventative exercise and health, it was perfect," Deb said about going to the games as part of the Wisdom Steps program. "Then the next day we went to a cancer conference."

Deb was really proud in particular about her basketball skills, but admitted to being a bit rusty.

"And so I took home second in horse shoes and free throws, because I'm a basketball freak, right?" Deb said with a laugh. "The guy who was doing it

says, you have to do 25, and I say no sweat. Then I got to about 10 and said 'oh man, I haven't thrown a basketball in a while.' But it was good."

The three Fond du Lac Band members were a small portion of the over 40 in attendance, but their seven medals were no small number. FDL won those medals because of their competitive spirit, something that wasn't lacking at the Elder games.

"It was fun, and competitive," Deb said remembering how surprised she was at the competitive nature of the day.

"I never realized how competitive us Elders can be when it comes to games. And you know, there was a little rivalry between south Minneapolis and Fond du Lac,

but we got it all straightened out," Deb added with a laugh "It was fun."

Next year Carla, Loretta, and Deb hope to bring more FDL Band members with them to represent and know that they will have fun too. The reward was the part Carla, Loretta, and Deb enjoyed the most.

"There was one point when I went up to get my silver and they were really nice, they had beads on them, they were just really nice medals," Deb said.

If you would like to go to participate in the games in the future, get in contact with Wisdom Steps or attend a meeting of theirs. This group was sponsored at the games by Wisdom Steps and FDL Community Health Services.

# More Local

## The Diver Family History

*The following story was written by Mike Munnell, and first appeared in News from the Sloughs, Bad River's Monthly Newspaper in July 2002. It is being republished in our paper with his consent, and he would also like to thank Patti Goward for submitting it to our newspaper for reprinting.*

The Ojibwe or Chippewa family surname "DIVER" is derived from the Ojibwe language animate noun "ZHINGIBIS" (also spelled Shingibis, Shingebiss, Jingibis, etc.) which refers to the duck commonly known as the "HELL-DIVER", which is the pied-billed grebe (*Podilymbus podiceps*) or dabchick. The first part of the Hell-Diver surname was dropped probably through the influence of the early Christian missionaries or government officials during the treaty-making years from 1837-1871.

There are several tradition Ojibwe stories (aadizookaanag) about the hell-diver one of which is as follows: "A very long time ago, before the world (i.e., before the flood), Nanabozho wanted to get some "miigis" shells but he could find no one who was able to get any for him. At last the hell-diver, Shingebiss, said he would try. Finally, Shingebiss found some "miigis" shells when he went south for the winter and he used to bring some back for Nanabozho every spring" [Kidder, Homer H., Charles and Charlotte Kawbawgam: The Diver, p. 36]. The Diver family was

originally from the area in northeastern Minnesota designated, in Article 2, 4th clause of the 1854 Treaty of La Pointe, as a reservation for the Fond du Lac Bands of Lake Superior Chippewas. Early La Pointe Indian Agency records sometimes referred to the Fond du Lac Bands as the St. Louis Indians because they lived close to the St. Louis River. The Fond du Lac Reservation is situated in both Carlton and St. Louis Counties in Minnesota, which became a state in 1858.

John Diver (aka John Shingibis, aka Shaw-bon-dash-kong, which means in Ojibwemowin "He Who Goes Through the Inside Dwelling" according to the 1878 Bad River Census) was born in 1855 near Cloquet, Minnesota. He was one of five children (all sons) born to A-paa-bo-wan (aka Shingibis or Diver) and his wife Eliza or Lizette Blair (aka "Bi-ta-we-ka-mig-o-kwe", aka "O-zaa-gi-kwe") who were both Chippewas from the Fond du Lac Bands. His other brothers were: 1) Mike Diver aka "Song-a kamig-ons" or "Little Strong Ground", born



in 1856, died May 28, 1932 on the Fond du Lac Reservation; he was deeply involved in the Fond du Lac tribal council business and made several trips to Washington, DC on behalf of his people; 2) Sha-

bash-kung, born about 1858, died as a young boy; 3) Qua-qua-ko-sa, born about 1861, also died as a young boy; 4) Joseph Diver, born 1864, died during the Spring of 1901 at Bad River Reservation. Shaw-bon-dah-kong aka John

Diver arrived at the Bad River Reservation sometimes during the early 1870's, along with several other Fond du Lac Chippewas. They were advised by their La Pointe Indian agent that they could find steady work building new houses at Bad River. Unknown to them at the time was that the houses they would be building were meant for them - - - to live in permanently. It was all part of the master plan or scheme developed in Washington, DC [and mentioned in intra-agency correspondence since at least one month after the 1854 Treaty was signed] to concentrate or consolidate the Lake Superior Chippewa bands onto one of two reservations

[Bad River and Red Cliff most frequently mentioned] and then sell the "surplus" lands of the other Chippewa reservations. The true intent of the government was evidenced in a letter dated October 1, 1873 written by E. Whittlesey of the Commissioner of Indian Affairs Office in Washington, DC, reporting his visit to the La Pointe Agency as follows: The removal of the Fond du Lac Indians was also investigated. I called together about twenty-five young men of that Band, who had been employed by the former Agent, in clearing land and building houses near Ashland on Bad River Reservation. In reply to my questions, they said they knew nothing about any agreement to remove from their present home; they heard that a paper had been signed by someone, but they had never seen such a paper. They expressed the opinion that the Fond du Lac Band do not wish to remove. I also learned that the Bad River Band are unwilling to receive other bands unless they can be sure that they shall have a fair share of the proceeds of lands now held by such other bands, in compensation for the land which must be given to the new settlers [Fond du Lac Band] upon Bad River. This whole matter of removal needs partial revision and very discreet management. I am convinced that they Chippewa bands are too widely separated and that a consolidation up Red Cliff and Bad River Reservations is desirable; with the exception perhaps of the

Lac Courte Oreilles Band, about which I am not able to speak with confidence. The place selected for the new houses by the former agent seems to me unsuitable, for the reason that it is only about 3 miles from Ashland, a railroad terminus which will attract a crowd of adventurers whose influence upon the Indians must be evil. I therefore advised Agent [Isaac L.] Mahan to suspend work there, and pay off the laborers out of funds that had been turned over to him by the former Agent Clark.

In "The Chippewas of Lake Superior", Danziger stated that: Pressure from Washington to concentrate the Lake Superior Chippewa intensified in the early 1870's. Congress selected Bad River to receive the Chippewas from the Fond du Lac, Lac Courte Oreilles, and Lac du Flambeau Reservations, whose lands were considered unsuitable for agriculture and who were too remote for BIA guidance and protection. When treaty annuities expired in 1874, these bands surely would become vagrants, squeezed by white settlers and railroaders from all sides. The La Pointe Agent reported the consent [for their removal] of the Fond du Lac Chippewas in 1872, but on the appointed day most of the band claimed they had never agreed to relocate. When the Lac du Flambeau and Lac Courte Oreilles Chippewa Bands refused to move, the consolidation program was abandoned.

Many of the Fond du Lac Chippewas left Bad River

# More Local

soon after the removal effort was abandoned. A few, such as John Diver, stayed and eventually married women from Bad River. They were given land allotments and were, thereafter, considered to be bonafide members of the Bad River Band of Lake Superior Chippewas.

On October 26, 1874, John Diver married bad River allottee Angelique Nijobines (Twobirds), a sister of John Twobirds. Her Indian name was “Na-zhe-na-kwe”. One daughter was born who died at age 3.

Around 1877, John Diver married another Bad River allottee, Delia Scott-Marksman, who Indian name was “Kwe-ka-ba-no-kwe” or Dawn Woman. Four children were born, two of which died at infancy. The other two children born were: 1) A son, Joseph Diver, Jr., was born about 1877; died December 24, 1908. He married Maggie Sharlow around 1901; they had two children: a daughter, Sarah Diver, who died at age one year on November 31, 1908; and a son, Francis Adam Diver aka Francis Joseph Diver, born May 23, 1905, died Oct. 29, 1976. He married Lac du Flambeau enrollee, Marian LaBarge (born January 2, 1906; died March 20, 1950) and moved to Lac du Flambeau Chippewa Reservation. There were 15 Children born during their marriage. 2) a daughter, Maggie J. Diver, was born to John and Delia Diver around 1885; she died on May 11, 1982. Maggie married Antoine Nijobines Gordon (born ca 1880, died November 1 1944) around 1900; they had three children:

1) Nellie E. Gordon (born July 28, 1907; died December 28, 1957) who married Fond du Lac enrollee, Edward D. Deragon (born December 25, 1904; died February 19, 1965); they had 8 children; 2) Alice Gordon (born December 30, 1909; died December 30, 1989) who married Joseph E. Blanchard (born June 24, 1906; died October 28, 1971) on January 17, 1927; they had 9 children; and, 3) David (Philip) Gordon (born 1914, died March 4, 1954) who married Arvilla Moore; they had 4 children.

On Monday, March 14, 1932, the Ashland Daily Press front page headlines announced: “INDIAN HEADMAN DIES AT ODANAH AT AGE OF 89; Sha-bon-dash-kong Succumbs After Paralytic Stroke.”

The news story further stated that: Sha-bon-dash-kong, better known to his fellow tribesmen of the Bad River Indian Reservation as John Diver, died Sunday morning [March 13, 1932]. Recently he had a paralytic stroke. He was one of the oldest Indians of the tribe, being 89 years of age.

He was born near Cloquet, Minnesota. He came here as a young man when the United States government attempted to confine all the Lake Superior Chippewas to the Chequamegon region.

Since then he made his home on the Bad River Reservation. Sha-bon-dash-kong and his wife, who is 86 years of age, have been married for 60 years.

He has seen the development of the Chequamegon region from the marks and trails of the Indians. He used to say “you had to go through the forest as an ant through a large

field of hay.” He has seen the development of transportation as many of us have never seen it. In his days, the only means of travel were the Indian trails or by canoe. Many a time he has commented on the progress that has been made in inventions. “I may never be privileged to travel in the air, but I am satisfied that I have seen the day of air mail and travel come to be an actual fact.”

He was by the way, one of the early mail carriers between St. Paul and the Chequamegon Bay region. “My grandfather foretold in the early days, that there was a day coming when man would do many unbelievable things. I have seen this come. I have seen the day of the electric light, radios, telephone, and the airplane come into general use. I have seen the development and the emerging of the Indian from the Nomadic race, that he was in the early days, to the Indian of today, who is rapidly taking his place in the routine of the nation’s life.”

Sha-bon-dash-kong had always taken a deep interest and active part in the councils of the tribe. This was because of the fact that he was one of the last of the surviving headmen of the old school. Being a Headman, he was an advisor of the chief. In other words, he formed the cabinet of the chief and was the medium between the chief and the people in all tribal matters.

He was a member of the sacred council circle. At their own public ceremonies, he would generally be seen taking an active part. There was not a phase of the ritual which he



was not familiar with as he was taught this from his early boyhood days.

Sha-bon-dash-kong was also the keeper of the sacred songs of the tribe. He had in his possession many scrolls of birchbark upon which these songs were written. He was the only Indian in this region who could still read these old Indian cryptic writings. These songs were generally written in this manner. The uninitiated could not read them. There are very few of these scrolls in existence today outside of the few in the museums. There are very few people now [1932] living who can read them as he could read them and he read them as readily as we can read our English.

His passing away marks an epoch in the history of the Indian of the Chequamegon region. There are very few of the Indians now living who have seen the development and progress that has been made during the lifetime of Sha-bon-dash-kong.

He is survived by two daughters, Mrs. Mary Twobirds [step-daughter] and Mrs. Maggie [Diver] Gordon; two sons, John Marksman [step-son] and David Marksman [step-son], 14 grandchildren, 11 great grandchildren, and two great-great grandchildren.

Francis Rankin, New York, better known as Chief Blackbird, is a grandson of Sha-bon-dash-kong. Chief Blackbird is well known on the stage and over the air, having been heard over broadcasting station WMIL for several weeks. [Note: He is not the same man as Chief James Blackbird, hereditary Bad River Band Chief].

Funeral services will be held from St. Mary’s Church on Wednesday morning [March 16, 1932] at 9:00 o’clock. Burial will be made in the Odanah cemetery.

# Etc

## Notice for FDL Veterans

Fond du Lac Veterans who are in need of proper documentation will need to fill out The Minnesota Service Discharge Upgrade Pro-Bono Pilot Program form.

FDL Veterans who need help with this can contact Tom Whitebird, FDL Veterans Services Officer (218) 878-2670 and he can assist you with the process.

## Biomass in Sawyer Recognized

FDL is being recognized by Heating the Midwest, a network of thermal biomass advocates working to increase awareness and usage of renewable biomass for heat, which has the potential to greatly reduce the region's dependence on propane and fuel oil for thermal energy.

Fond du Lac's Biomass project at the Sawyer Center had been running for several months since



it's grand-opening back in April of this year.

FDL is being recognized for the project. Heating the Midwest presented the plaque for Outstanding Biomass Thermal Project Recognition to the Fond du Lac Band of Lake Superior Chippewa. The plaque states "Heating the Midwest with Renewable Biomass acknowledges your effort and dedication in advancing biomass thermal heating in the region." The project provides heat to the Sawyer Community Center, which lowers the heating costs and uses local waste wood.

The Brookston Community Center and housing area is in the process of being designed to utilize wood heat also.

## Wacky Wellness

By **Drewrez Budreau**,  
*Recreation Aide BCC*

Wacky Wellness was a twelve week fitness program designed for kids between the ages of eight and twelve. The reasoning for this certain age group is because generally the recommended age for the use of heavy weight equipment/machines isn't until thirteen. The goal was to help the kids expand their knowledge on ways to stay active and healthy.



Kathleen Hughes and I worked together to teach the kids various ways to work out without heavy equipment, as well as, showing them yoga postures, stretches, and healthier snack options. Each class was for about an hour followed by a healthy snack the kids helped prepare. The snacks went from shakes, to energy bites, to peanut butter roll ups, to so much more. The energy bites were a huge hit.

The classes were held at the Brookston Community Center. Participation and attendance were key to this program, as they were rewarded with certain incentives. The first incentive was a water bottle for each kid, the second was a matching shirt and shorts, and the third incentive was a pair of shoes. In order to get the shirt and shoes they had to participate in at least four of the classes. For the shoes they had to participate in more than eight of the classes.

The following kids who received the shirts and shorts were; Savannah D, Diondra D, Ezigaa D, Aydrian S, Eleanor A, Jessie D, Angel S, Connor S, Aleeziah S, Ramona S, Dawn M, John K, and Inez S. Three were rewarded for their hardwork and determination with a pair of shoes: Angel, Connor, and Ramona.

## Diabetes awareness month

November was diabetes awareness month, and World Diabetes Day was Nov. 14 a day specifically for raising awareness about Type 1 and 2

diabetes.

If you have any signs of diabetes, visit your healthcare provider. Signs of type 1 diabetes includes; excessive thirst, frequent urination, bedwetting or heavy diaper, vision change and headaches, rapid weight loss, increased appetite, irritability/mood changes, fatigue/weakness, stomach pain, nausea, vomiting, fruity breath odor, and rapid, heavy breathing.

Having diabetes means you are more likely to develop heart disease and to have a greater chance of a heart attack or a stroke.

Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes.

The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or a stroke.

If you have questions or would like to schedule an appointment contact one of our clinics (218) 878-1227.

## FDL Propane reminders

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

First and most importantly, they would like to remind you to check your tank's propane levels and lines for leaks. They also would like customers to keep tanks clear of debris and



## Your Forever Career Starts Right Here

Take steps to build your career in the growing trades industry.

**Getting started is simple.** If you are an enrolled band member, a descendant of – or financially responsible for – an enrolled band member, you may qualify for this tribal training program.

Find out more and register at:  
 • **Facebook:** @5SkiesTraining  
 • **Online:** fiveskies.org

## Etc

garbage, check tank levels often, and when the snow flies keep your pathway clear for easy access.

Remember to call before your tank level gets too low. FDL Propane staff recommends that you call when you're about 20% remaining.

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

Propane's fees are for, afterhours/emergency deliveries, \$330.00 plus cost of propane. The same day fee is \$50.00.

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

## A project underway to look at manoomin's potential to reduce risk of colon cancer in an animal model

Colon cancer is the third most common cancer diagnosis and second leading cause of cancer death for all Minnesotans. Native American Minnesotans experience both the state's highest diagnosis rate and mortality rate from colorectal cancer. A western-style diet, characterized by consumption of large amounts of red and processed meat, refined grains, and sugar-containing foods and low amounts of fruits and

vegetables, has been associated with an increased risk of colon cancer occurrence, recurrence, and cancer-related death.

However, it remains uncertain which food groups are of most importance in altering colon cancer risk.

Manoomin or wild rice (*Zizania palustris* L.) is rich in many compounds that have potential health benefits. In 2018, the Fond du Lac Tribe of Lake Superior Chippewa published a health impact assessment (HIA) that described the important role of manoomin to support health of tribal members. In response to questions raised in tribe's HIA, several University of Minnesota researchers in Duluth and the Twin Cities are working together to study the potential for wild rice consumption to prevent malignant (cancerous) changes in an experimental animal model.

This study's purpose and methods have been presented to the members of the Minnesota Tribal Environmental Council (MNTEC) at the April and July meetings in 2019. The manoomin used in this study was hand-harvested from northeastern Minnesota and was purchased from Mr. Jeff Savage, of the Fond du Lac Band of Lake Superior Chippewa. Mr. Savage was aware that the purchased rice was intended for experimental purposes.

If the findings from this study show that wild rice consumption provides a protective benefit against colon

cancer in a rodent model, this identifies an exciting direction for future human research. Findings may identify manoomin consumption as a colon cancer prevention strategy. The study's results should be available in late 2019 and in 2020.

Please feel free to reach out to the research team members with questions or comments. Research Team Members: Emily Onello MD, UMN Medical School Duluth campus, econello@d.umn.edu, (218) 726-7820, Daniel Gallaher PhD, UMN Twin Cities campus, or Lindsey Meder, Masters Degree candidate, UMN Twin Cities campus

Funding source: This research project was funded in part by Whiteside Institute for Clinical Research, a collaboration of St. Luke's Hospital, Clinics and Foundation and the University of Minnesota Medical School, Duluth.

## FACE program

The Fond du Lac Family and Child Education (FACE) Program is proudly serving families in our community. The overall goals of the FACE Program continue to be:

- Support parents/primary caretakers in their role as their child's first and most influential teacher
- Strengthen family-school-community connections
- Increase parent participation in their child's learning and expectations for academic achievement
- Support and celebrate the unique cultural and linguistic

diversity of each American Indian community served by the program

- Promote lifelong learning.

FACE has been designed to implement a family literacy program for the American Indian families in BIE-funded schools. Program services integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal Visits, FACE Family Circle (Group Connections), Screening, and Resource Network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and

Parent and Child Together (PACT) Time.

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

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



**Minnesota Chippewa Tribe Finance Corporation**

**Home Loan Program:** Regular, Moderate, Construction & Renovation Loans

Home loan applicants must be American Indian enrolled in the Minnesota Chippewa Tribe and must be owner occupied. Applicants must also meet other requirements such as; reasonable credit risk, have a stable employment history, and meet State and FHA credit underwriting guidelines.

**Business Loan Program:** Micro Loans \$500-\$5000, Business Loans \$5000-\$150,000 and Commercial Real Estate Loans \$5,000 - \$150,000

All loans will require security/collateral and personal guarantees for principals and /or third parties. The owner/borrower must have a minimum 10% equity in total business capitalization. Interest is based on risk rating of applications, rates will be between 4% - 7%. Borrowers are required to have a reasonable credit history and a written plan for repayment. All applicants with any type of loan must have a business plan detailing how the business will operate and perform. Technical assistance is available, personal assistance will be required.

**Applications:**

Applications are taken at our home office located at 15542 State Hwy 371 NW, Cass Lake, Minnesota. Or call for an appointment at 218.335.8582. You may visit our website at [www.mctfc.org](http://www.mctfc.org) to download application and requirements. We also provide home-buyer training, assist clients with home inspections and construction counseling.

# Etc

## Weatherization reminder

Now that winter is here, it is time to prepare for winter. As a tenant of Fond du Lac Housing it is your responsibility to make sure that your yard is picked up, that all garden hoses are put away and not attached to the outside spigots, make sure that all basketball hoops are taken off the road, and furnace filters are changed.

Also it is your responsibility as the tenant to make sure that there is a clear path to the propane tank and electrical boxes once the snow is on the ground.

Make sure to check your propane tanks and call Fond du Lac Propane if needed.

Those of you who have dual-fuel please remember that the interruptions take

place between 6-11 a.m. and 4-11 p.m., so remember to use propane as your alternate heating source.

If you have any questions, give Sam Branley a call at (218) 878-8050.

## Historical Society

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

The meetings will be held Dec. 13 for the rest of 2019. In 2020 the meetings will be Jan. 10, Feb. 14, March. 13, Apr. 10, May 8, June 12, and as



always they will have a table at the FDL Enrollee Days.

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

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

## Fond du Lac Constitutional Convention Reform Community Input Meeting:

FDL delegates invite all affected by our current Constitution to attend during the month of December to express concerns about possible change related to Tribal enrollment based upon blood quantum and future membership requirements.

FDL delegates are responsible with passing information between our local community and the Constitutional Convention meetings taking place monthly.

A light meal and gift card drawings are available at each meeting.

We need community input on Tuesday Dec. 10, 5 - 7:30 p.m. at Cloquet Community Center and Tuesday Dec. 17, 5 - 7:30 at Brookston Community Center.

Miigwech.

## FDLOJS events

The Fond du Lac Ojibwe School welcomes families of

the Ojibwe school to the Parent Advisory Meeting on Tuesday, Dec. 3 12-1 p.m. in the school library. We look forward to your visit.

For more information please call (218) 878-7239

Fond du Lac Ojibwe School Board Meeting will also be on Tuesday, Dec. 3 3-5 p.m. in the school board meeting room. For more information please call (218) 878-7241

## Band member house lotteries



### 1570 Jarvi Rd

The Fond du Lac Development Corporation will be having a Lottery for the home located at 1570 Jarvi Road, Cloquet, MN. Applications from qualified Band Members will be accepted until 4:00 p.m. Friday, December 20th, 2019, (applications received after 4:00 p.m. on 12/20/2019 will be rejected). Applications are available at the Tribal Center front desk, in the Operations Division, and online at fdlrez.com.

This home is a Ranch style, 2 bedroom, 2 bath, with a walk out basement and will be sold "as is" for the amount of \$160,000.00.

To qualify you must be an enrolled member of the Fond du Lac Band, be eligible as

determined by a background check per FDL Policy #02-09, and provide verification of continuous income for the past 12 months by means of check stubs or an income report. The monthly house payment will be \$603.00 which includes 300 monthly payments plus 13% for insurance costs. The house payment cannot exceed 20% of gross monthly income.

Therefore minimum gross monthly income must be \$3015.00 or greater.

The Open house is scheduled for Wednesday, December 11th. 9 a.m. - 12 p.m. and 3 p.m. - 6 p.m.

Applications must be turned into the Operations Division for verification.

Drawing for qualified applicants will be held in the RBC Chambers on Friday, December 20th, 2019 at 4:00 p.m.

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



### 9293 Our Rd

The Fond du Lac Development Corporation will be having a Lottery for the home located at 9293 Our Road, Brookston, MN.

## What is Type 1 diabetes?

A **chronic, autoimmune condition** that occurs when the body's own immune system attacks and destroys the insulin-producing beta cells of the pancreas.



This attack leaves the pancreas with little or no ability to produce insulin, a hormone that regulates blood sugar. sugar stays in the blood and can cause serious damage to organ systems.

People with T1D must **inject or pump insulin** into their bodies every day to carefully regulate blood sugar and stay alive.



**T1D** MEANS **INSULIN DEPENDENCY FOR LIFE** DIAGNOSED AT ANY AGE THREATENS DEVASTATING COMPLICATIONS DEMANDS METICULOUS PLANNING TO AVOID LIFE-THREATENING SITUATIONS

**T1D is not CURABLE** ...YET T1D IS **NOT** A LIFESTYLE DISEASE SOMETHING YOU OUTGROW CONTAGIOUS, CAUSED BY SUGAR, PREVENTABLE

# Etc

Applications from qualified Band Members will be accepted until 4:00 p.m. Friday, December 20th, 2019, (applications received after 4:00 p.m. on 12/20/2019 will be rejected). Applications are available at the Tribal Center front desk, in the Operations Division, and online at [fdlrez.com](http://fdlrez.com). This home is a Split level,

3 bedroom, 2 bath, with a detached garage, and will be sold "as is" for the amount of \$120,000.00. To qualify you must be an enrolled member of the Fond du Lac Band, be eligible as determined by a background check per FDL Policy #02-09, and provide verification of continuous income for the past 12 months by means of check

stubs or an income report. The monthly house payment will be \$452.00 which includes 300 monthly payments plus 13% for insurance costs. The house payment cannot exceed 20% of gross monthly income. Therefore minimum gross monthly income must be \$2260.00 or greater. The Open house is scheduled for Tuesday, December 9th. 9

a.m. - 12 p.m. and 3 p.m. - 6 p.m. Applications must be turned into the Operations Division for verification. Drawing for qualified applicants will be held in the RBC Chambers on Friday, December 20th, 2019 at 4:00 p.m. Contact Jack Bassett at 218-878-8043, [jackbassett@fdlrez.com](mailto:jackbassett@fdlrez.com)

com or Raelea Skow at 218-878-2610, [raeleaskow@fdlrez.com](mailto:raeleaskow@fdlrez.com) for more information about the home and application instructions.

**Elder Christmas Party  
December 6  
BBCR**

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



### Grant Provides:

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

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

[tgraves@fdltcc.edu](mailto:tgraves@fdltcc.edu)

218.879.0701




### Eligible Applicants:

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



### Fond du Lac Band of Lake Superior Chippewa

Elk and sturgeon restoration, invasive species management, watershed modeling, and wild rice




The Fond du Lac Resource Management Division (FDLRMD) is charged with managing and protecting the natural resources of the Fond du Lac Band of Lake Superior Chippewa. In 2018 the FDLRMD used GLRI funding to accomplish work on elk and sturgeon restoration, invasive species management, watershed modeling, and wild rice management.

**Habitat Restoration and Wildlife Protection and Restoration:** The FDLRMD in partnership with the University of Minnesota and the Rocky Mountain Elk Foundation continued work in 2018 on a feasibility study for the restoration of omashkooz (elk) to eastern Minnesota. The study is to determine whether there is suitable habitat and sufficient public support to attempt a restoration effort. In addition, the FDLRMD continued restoration and management of wild rice in the Band's Ceded Territory and continued with reintroduction of lake sturgeon in the upper reaches of the St. Louis River.




Omashkooz (elk) restoration



Emerald Ash Borer surveillance


**Invasive Species:** FDLRMD focused on creating and implementing an invasive species management plan utilizing early detection and rapid response along with education and collaboration with other agencies. Some of the highlights for 2018 included implementing best management practices for decontamination of equipment, surveying for emerald ash borer, invasive invertebrates, and approximately 100 species of terrestrial invasive species and control efforts on 104 acres for wild parsnip, spotted knapweed, tansy, and others. In addition, the FDLRMD participated in several outreach events, including the "City Nature Challenge" and hosted the "We are Water" exhibit in March of 2019.



St. Louis River model development

**Foundations for Future Restorations:** The FDLRMD assembled a tribal partnership (Minnesota Chippewa Tribe, Bois Forte Band, Mille Lacs Band, Leech Lake Band, Great Lakes Indian Fish and Wildlife Commission) to support the development of a groundwater model to assess hydrologic changes in the St. Louis River watershed due to ditching, mining, and other human activities. Details of the modeling efforts were presented at the State of Lake Superior Conference and the Minnesota Water Resources Conference.

**Tribal Great Lakes Restoration**



## Etc

## Bois Forte, Fond du Lac and Grand Portage residents complete Blandin Reservation Community Leadership Program

Twenty-four residents of the Bois Forte, Fond du Lac and Grand Portage Reservation communities completed a five day leadership retreat November 8. This was the first segment of an intense seven day training provided by the Blandin Reservation Community Leadership Program (BRCLP). The team also will participate in follow-up workshops.

A program of the Grand Rapids-based Blandin Foundation, BRCLP has provided experiential leadership training for more than 500 community leaders from 11 Minnesota American Indian Reservations since 2001. This is the eighth time these communities have participated together in the BRCLP leadership program.

Participants who completed the retreat were:

Monica Ares, Dan Buckanaga, Cassidy Capriglione, Michael Dahmen, Jeroam DeFoe, Allydia Diver, Beth Drost, Jacob Dunlap, Shandelle Friedman, Nenaaw Giizhig Smith, Brook LaFloe, Angela Lien, Bessie Medicine, Bill Myers, Adikoons Olson, Mark Pero, Monica Porter, Indalecio Romero, Dan Soulier, Tom Spears, Steven StandingCloud, Sidra Starkovich, Derek Strong and Mallory Towle.

The goal of the Blandin Reservation Community Leadership Program is to strengthen leadership capacity through cultural strengths and assets to build and sustain healthy tribal communities. Topics covered during the retreat included: acknowledging and drawing upon leadership strengths, recognizing and tapping into sources of personal and community resilience, framing community issues and opportunities, building social capital, and mobilizing community resources.

“A healthy community depends on leadership engagement of many community members,” said Valerie Shangreaux, director of Blandin leadership programs. “The leadership demonstrated by these participants reflects their deep commitment to their communities, their reservations, and the people living there.”

BRCLP training programs are funded entirely by the Blandin Foundation.

## Stephanie Hammitt Named President of Fond du Lac Tribal and Community College

Stephanie Hammitt has been named by the Board of Trustees of the Minnesota State Colleges and Universities to serve as the permanent president of Fond du Lac Tribal and Community College (FDLTCC). Hammitt has been serving as interim president since July 1,

2018 after the retirement of the previous president, Larry Anderson. The new appointment becomes effective immediately.

“Stephanie Hammitt has performed admirably as interim president,” said Devinder Malhotra, chancellor of Minnesota State. “She has continued to build on the legacy of Larry Anderson and the solid foundation of accreditation by the World Indigenous Nations Higher Education Consortium (WINHEC). She is navigating the college through reaccreditation by the Higher Learning Commission and the initial accreditation of the college’s Associate of Science Degree nursing program. She has earned overwhelmingly positive support from key partners and constituents including the Tribal Board of Education, the Tribal Business Council, and internal stakeholders of the college. She has emphasized to me that the best days of the college are ahead, and I have come to the conclusion that our students and the communities served by the college will be best served by the continuation of Stephanie Hammitt as president.”

Hammitt is an enrolled member of the Fond du Lac Band of Lake Superior Chippewa, and began her service to FDLTCC in 1990. Prior to being named interim president, she served as the vice president of Finance and Administration from 2016 to 2018, as chief financial officer from 2008 to 2016, and as

director of fiscal operations from 1990 to 1996. She has also served on the Tribal College’s Board of Directors, including several years as chair. She served the Fond du Lac Band of Lake Superior Chippewa as internal auditor from 1996 to 2001 and as comptroller from 2001 to 2008. Hammitt holds a bachelor’s degree from the University of Minnesota-Duluth.

With approval by the Board of Trustees, the chancellor is authorized to negotiate a three-year contract with Hammitt that will become effective July 1, 2020.

## Thunderbird Review Anthology call for submissions

The Fond du Lac Tribal and Community College English Department is calling for submissions to enter in the eighth edition of The Thunderbird Review, the college’s annual anthology of creative writing and art. The deadline for submissions is December 10, 2019.

Submission eligibility includes current students who are enrolled at Fond du Lac Tribal and Community College, University of Wisconsin-Superior, University of Minnesota-Duluth, College of St. Scholastica, or Lake Superior College, along with residents of Carlton, St. Louis, Lake, Aitkin, and Pine counties in Minnesota, and Ashland, Douglas, Bayfield, Burnett, Sawyer, and Washburn counties in Wisconsin.

Submissions must fall into

one of five different categories: short fiction (3000 words maximum), creative non-fiction (3000 words maximum), poetry (three poems maximum), artwork (three works maximum; any media, but art must be submitted as a jpeg file via email), and music (three songs maximum, submit as a link to a website like YouTube, SoundCloud, or BandCamp).

Authors and artists may submit one entry per category except as noted above. The Thunderbird Review selection committee will not accept work that has previously been published, is under consideration elsewhere, or has received an award.

Submitted works must be sent via email, and only email submissions will be accepted. Provide contact information including the submitter’s name, address, telephone number, email address, the title(s) of works being submitted, and a 50-word bio written in third person. The author’s name should not be on submitted manuscripts, although artwork may be signed. Writing entries should use Times New Roman size 12 font and be sent as an attachment in .doc or .docx format. Send submissions via email to [anthology@fdltcc.edu](mailto:anthology@fdltcc.edu).

All contributors selected for the final publication will receive one complimentary copy. Questions may be directed to Darci Schummer at [dschummer@fdltcc.edu](mailto:dschummer@fdltcc.edu).



Etc



The Fond du Lac Flag was presented and displayed at the Cloquet High School as well as Duluth's City Hall (see the article on pg 2). Chairman Kevin Dupuis Sr, who graduated from Cloquet High School, spoke proudly about seeing our Tribal flag displayed in front of the entire student body. The flag being displayed was a collaboration, with both sides very excited to get the flag into the school.



**FDL ELDER CHRISTMAS PARTY**  
**OPEN TO ENROLLED BAND MEMBERS 52+ AND SPOUSES**

**NO MINOR CHILDREN PLEASE**

**FRIDAY DECEMBER 6, 2019**  
 9:00AM.....REGISTRATION  
 11:00AM-2PM....MEAL & DRAWINGS  
**BLACK BEAR CASINO RESORT**  
**OTTER CREEK CONVENTION CENTER**  
**MUST BE PRESENT TO WIN**

Questions call Velvet Linden at (218) 878-8053

*Please bring a non-perishable food item for the local Food Shelf*

Over \$130,000 in cash & prizes!

# Merry Porsche - mas!



## DEC 7<sup>TH</sup> - 25<sup>TH</sup>

Start earning entries\* Sunday, December 1<sup>st</sup>.



PORSCHE



DESIGN MAY VARY

**DRAWINGS SATURDAYS, 6 pm - 9 pm**

**GRAND PRIZE NIGHT - WEDNESDAY, DEC 25<sup>TH</sup>**

\*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](http://blackbearcasinoresort.com) or at the Players Club. Management reserves all rights. Owned and operated by the Fond du Lac Band of Lake Superior Chippewa.

### [blackbearcasinoresort.com](http://blackbearcasinoresort.com)

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

# HAIRBALL

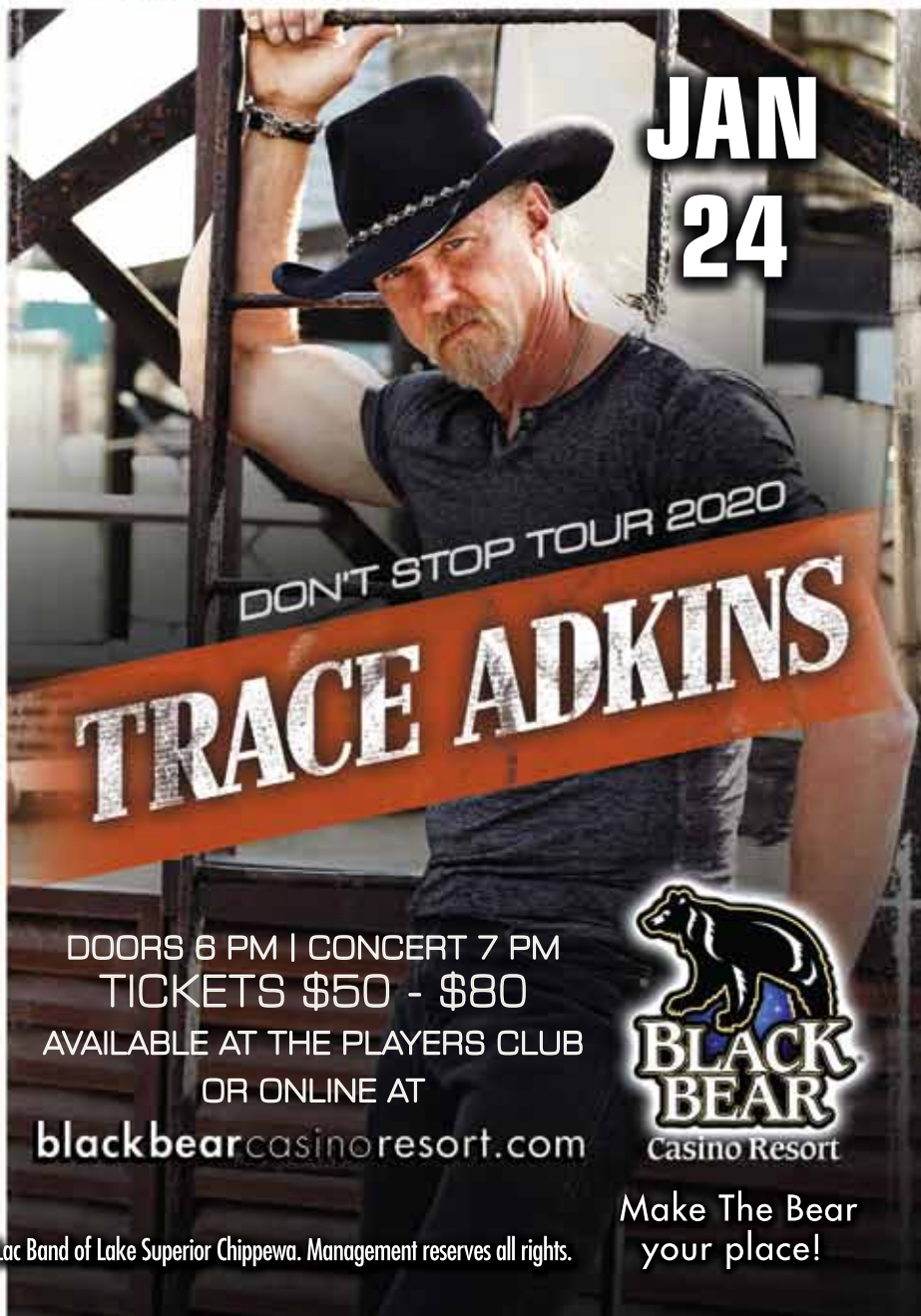


**SOLD OUT!**

## DEC 13

DOORS 6 PM  
SHOW 7 PM

## JAN 24



DON'T STOP TOUR 2020

# TRACE ADKINS

DOORS 6 PM | CONCERT 7 PM  
TICKETS \$50 - \$80

AVAILABLE AT THE PLAYERS CLUB  
OR ONLINE AT

[blackbearcasinoresort.com](http://blackbearcasinoresort.com)



Make The Bear  
your place!

# Early Sawyer History about the Scott and Isaacson Families

Research by Christine Carlson

## 1895 Minnesota State Census for the Fond du Lac Reservation

Household number 11 is J. A. Scott age 50 from Michigan who is a merchant and wife Eliza C. Scott age 46 from Minnesota. Household number 12 is Joseph St. John age 19, Mary St. John age 20 and Harry St. John age 18 and all born in Minnesota.

## Sawyer Column of July 16, 1898

J. A. Scott has been granted a pension of \$6 per month.

## Sawyer Column from Pine Knot of October 8, 1898

Jerome A. Schutte was today appointed postmaster at Sawyer, Carlton County, Minn. Vice Lucy M. Hughs, resigned.

## Carlton County Vidette of March 13, 1905

Oscar Isaacson, of Cromwell was in town Saturday on his way home from Cloquet where he had been to procure a license to sell goods to Indians. Mr. Isaacson has a store at Sawyer.

## Column from Sawyer – Carlton County Vidette of Feb. 17, 1911

Sawyer - A town and station two miles west of here, there is being a great quantity of lumber and wood material shipped out this winter. This week there was

loaded there for shipment to a firm in England three carloads of pine squared timbers about thirty-five feet long and about sixteen inches thick. The timbers will be shipped round by way of Montreal. Mr. Walker is the man who secured them for his foreign customers, we understand.

## Latest from Sawyer – February 16, 1912 – Carlton County Vidette

Died at Los Angeles, Cal., Jerome A. Schutt, of Sawyer, at the age of 70 years. He leaves a widow and one daughter, Mrs. Joe St. John also a number of grandchildren.

## Question

Does anyone out there wonder if Jerome A. Scott and Jerome A. Schutt are the same person?

## Old Village of Fond du Lac Column from the Duluth News Tribune of October 13, 1912

Mrs. J. A. Scott of West Duluth entertained on Saturday at her summer cottage.

## Sawyer Notes from the Vidette of December 27, 1912

Mrs. Eliza Scott left on Tuesday for a visit with her grandchildren at the government school at Tower, Minn.

## Bits of Sawdust from Sawyer – Vidette of March 7, 1913

Mrs. Maggie Thomson of the

White Earth reservation is here for a visit with her cousin, Mrs. Eliza Scott.

## Oldest Woman in County Died Friday at Indian Hospital – Carlton County Vidette of June 4, 1936

Mrs. Eliza Scott died at the government Indian hospital at Cloquet on Friday, May 29. The cause of death was complications due to old age and perhaps heart weakness.

She was born here 98 years ago, according to records kept in the Indian department files and reported by her daughter from information handed down by other relatives before they died.

Mrs. Scott had outlived three or four husbands, some white and some Indian, one of which was Lewis James, another Jerome St. John who she married in the region where Pine City is now, but before the Civil war. Another husband was Joseph Petit, and according to her grandchildren, she was also married at one time to another husband. One daughter survives her, Mrs. Mary St. John of Sawyer. Undoubtedly she had been the mother of several other children. She is survived by many grandchildren and great grandchildren.

The funeral was held last Sunday at the Big Lake Church of the Holy Family. Rev. Fr. Thomas, Indian missionary, officiated and burial was made in the Catholic cemetery at Big Lake.

## Our Yester Years – Carlton County Vidette of September 19, 1957

The following personal "history" of Sawyer was written by Mrs. Hilda Fredericci, who before her marriage was Hilda Isaacson. Her parents were among the pioneers of the area, and operated both hotel and a store at Sawyer.

Rightfully, earliest Sawyer matters pertain to the era before the arrival of the first settlers and homesteaders. Probably

the earliest place of human habitation in this area was at what is still known as Indian Point at Perch Lake. Over two hundred years ago, a Chippewa tribe established their wigwams there and it was continuously inhabited by them for more than a hundred years. The graves of many a brave and of others were located there, and though unmarked and long forgotten, the burying ground still remains there.

Among the tribal families, one of the principal ones was the "Any-Ma-Sung" group. Several direct descendants of this family still live in the Sawyer area. The Chippewa woman best remembered was Mrs. Jerome Scott. She was born on Indian Point, the daughter of Chief Any-Ma-Sung and her tribal name was Be-She-We.

In the year 1871, Jerome Scott, a Civil War soldier, explorer and trader, arrived from Indiana. He had charge, at times of various duties and missions for the government and, in due time, he became the first postmaster. He met and married the Indian Princess Be-She-We and lived in Sawyer until his death in the early 1900s. The Scotts were for years the caretakers of the famous "Sioux Indian" Drum which the Chippewas had wrestled from the enemy Sioux in battle. As children we used to hear the deep boom of this drum from the Big Lake pow-wows which were held generally before blueberry and wild rice harvest time. These dances were not social; they were held to propitiate the tribal Gods and to pray for a long and bountiful harvest season. Regrettably, the drum was destroyed when Mrs. Scott's house burned in 1936.

During the early years, the area had no identifying name...The Chippewas, however had noted that some sort of machine was located and operated near what is now the railroad depot. This machine made "holes in the

earth". (Perhaps it was an early type of our present bulldozer.) The native language described it as "gwa-bay-ga-ning," thus, it was the first name of Sawyer.

## Our Yester Years – Carlton County Vidette of September 26, 1957 – The history of Sawyer by Mrs. Hilda Fredericci Concluded from last week.

In the Big Lake area there was a day school for the Chippewa children. Its location was at Normantown, at the South end of the lake.

## Regarding the Sawyer Finnish People's Cemetery and Early Parcel of Land

The parcel of land to be purchased was hereditary Indian land, owned by Pat McCarthy. The deed was executed by the office of Indian Affairs, is dated August 22, 1914 and bears the tribal name of Ko-To-Zo-Way, the above mentioned Pat McCarthy and his thumb print; the witnesses were George Cross and J. E. Diesen. The cost of the land was \$60.00.

For the tribal information of the Chippewas, I am indebted to Chief Nah-ga-nub and to Harry St. John. I thank them all.

## Tribal Center Interview with Bob McConnell and Christine Carlson regarding Eliza (Anamasong) Scott

Bob said, "Eliza Scott owned all of Sawyer and gave land to the Catholic Church. She also had the medicine drum that burned. She married Jerome (Henry) Scott who came with the railroad and then was a tavern owner".

## Meeting Bob for Lunch

I always looked forward to and will cherish the times I met Bob and others at the Tribal center for lunch. I still have several placemats that I took notes on while talking with Bob.

## Happy Holidays



Photo of the Isaacson Store in Sawyer - Courtesy of Barb (Isaacson) East from Cloquet



# Health News

## Women's Health Brunch

The Women's Health Brunch, Oct. 12, was well attended with over 60 women in the community attending the event to get information from 10 different vendors.

A plethora of information was available at the brunch for the women, but from what Denise Houle, FDL Cancer Outreach Worker, gathered what people liked the most were the stories.

"From what I was reading through the evaluations so far, everybody really liked the

idea of a panel of speakers, because listening to real life situations means that it can happen to anybody."

The panel consisted of a colorectal survivor, a breast cancer survivor, who was also a caregiver taking care of her husband who had cancer and Alzheimer's, an ovarian cancer survivor, and the new FDL Medical Director, Charity Reynolds.

"One takeaway, what we would like people to know, is to be your own best advocate, have patience, and listen to your body," Denise said.

The women in attendance ranged from ages 14-89, and that was something that the committee who put together the event were very happy to see.

"It was good to see a lot of the younger women there because you know it's not just health issues that affect older, it's also those that affect the younger," Denise said. "And having cancer survivors as the panelist, I think made a lot of difference in that kind of stuff, because it was extremely quiet while the speakers were talking."

Denise also discussed how the CDC has been pushing to get as much information out there as possible as part of

**"One takeaway, what we would like people to know, is to be your own best advocate, have patience, and listen to your body,"**

their *Did you know?* campaign, that was also something that people should be aware of as part of not just women's health, but men's too.

"CDC is putting out a lot of PSAs as far as the HPV vaccine because they're promoting

girls, and boys, to get the vaccine because guys can be the carrier of it, women can be the carrier of it, but you can easily pass it on to your partner," Denise said.

Most of our healthcare successes and failures start with us, and being equipped to help ourselves is where we need to start.

"Being your own advocate really makes a big difference," Denise added about why each of us having the information is so important. "It's really impor-

tant for us to listen to our bodies, not only women, we all do. And we need to look at being a little bit healthier. That's what we want to do, is promote wellness and self-care."

Denise, who was also in charge of the Men's Health Dinner that has occurred, and will occur again, in 2020 in mid-April, stated why it's so important for women to learn all they can about these important health topics.

"Women are natural caregivers. We as women tend to be the caregiver and worry about everyone else before we take care of ourselves," Denise

said. "We actually have to start taking care of ourselves first, because otherwise we aren't around to be caregivers for anyone else."

Next year's Women's Health Brunch will also take place in Mid-October, and Denise appreciates all the help she gets to put on the event each year.

"I can't do it myself I rely a lot on the committee I put together. They do a lot of the work and to have community members on that committee makes a big difference too because we can get more of an idea as to what would people in the community like to see

and what would they like to hear," Denise said about accepting people's input. "The committee actually took a lot of suggestions about who people would like to have as speakers, because that's an important thing too because you want to have a multitude of different opinions and suggestions because you can't think of all of it yourself."

Denise and the other members of the committee do so much work and put on a wonderful brunch every year with an abundance of necessary information to help keep ourselves healthy.



Left to right, back row, Katie Gokee, Joyce LaPorte, Kristie Sundquist, Val Ross, Alyssa Savage, front row, Denise Houle, Naomi DeFoe, and Corrine Wagman



## Shovel Biomechanics

By Jeff Leno, DC, Physical Medicine, Fond du Lac Human Services

The days are becoming shorter, sunlight is growing scarce. Our mornings are a little crisp and the pets seem to be pawing at the door shortly after we've let them out. The once colorful leaves are blanketing the forest floor and the shuffle from car to building seems to be more of a sprint rather than a leisurely stroll. All of these experiences can only mean one thing, the inevitability that most of us deny for as long as possible: winter is coming.

With the onset of winter, we reluctantly dust off our snow shovels with the anticipation of that first snowfall. As a chiropractor, throughout the winter, I see numerous lower back (lumbar) injuries related to snow shoveling. Snow shoveling related injuries can be attributing to a few different factors: a pre-existing back issue, weak core muscles, poor shoveling mechanics, utilizing the wrong shovel, or any combination of these factors. As much as I absolutely love seeing each and every one of my patients walk through my office door, I'd like to give a brief overview of the aforementioned shoveling related factors with the hopes of avoiding as many injuries as possible this winter.

Many people experience a lower back injury at some point in their life, hopefully you've experienced minimal injury-related setbacks in your life and this paragraph doesn't pertain to you. But, for many people, there is the presence of ongoing lumbar spinal pathologies that would prohibit or severely limit them from activities such as snow shoveling. A few of these conditions would include severe osteoporosis, severe degenerative disc disease, severe stenosis, cancerous lesions related to the lumbar spine, amongst other severe cases. If you are unsure as to whether your spinal condition (or, any other health condition) would be suitable for heavy snow shoveling, please seek the advice of your favorite Fond du Lac Human Services primary care provider or physical medicine practitioner. If you experience occasional lower back discomfort or the occasional set-back, the next piece of information is for you.

Weak core muscles, the root of most lower back pain. Any one of my lower back pain patients reading this is most likely smirking due to my constant preaching of the importance of a strong core! Think of your spinal column as a tall cell phone tower, your core muscles are all of the outrigger cables strategically placed in the

ground to stabilize the tower through all types of weather. If any one of these cables were to weaken or break, the cell phone tower would be vulnerable to collapse in even the slightest wind. Your spine, although much more complicated than a steel tower and steel cables, kind of works the same way. When these muscles become weak, damaged, or turn off, we tend to place unwanted stress on our vertebral discs, the vertebrae, and the surrounding tissue. With this stress, comes inflammation, tissue break down, and the rapid onset of pain. Detailing a core exercise plan is outside the intentions of this article; but, if you feel like you would benefit from a stronger core, as always, I would recommend visiting one of the fine FDL chiropractors or physical therapists for a detailed core exercise program. With that said, a strong core will ensure a more enjoyable snow shoveling experience.

Another source of pain, during or after snow shoveling, is poor biomechanics. A lot of people simply grab their shovel and start the process as if it were a race and their only intention is to get the job done as fast as possible. My first recommendation is to slow down and take frequent breaks while moving small amounts of snow at a time.

Warm boots with a non-slip tread is ideal for your snow shoveling endeavor. Your hands should be spaced, on the shovel, slightly outside of your shoulders. Your back should be straight and upright with a slight bend to your knees. Always squarely face the object you tend to lift, in this case, a pile of snow. When you have a scoop of snow, your core should be bracing while you lift with your knees, hips, and upper body; please do not complete this motion by forcing all of the stress through your lumbar spine with a bending motion! The biggest mistake almost all of my patients make is by bending in the lumbar region and giving a quick upward snap by only utilizing the lower back muscles, this will absolutely stress your back! Avoid violently twisting your back while moving the snow to its new location, again, pivot your body and face the object you are lifting. Lastly, keep the load close to your body and try not to extend your arms too far while pitching the snow into the snowbank.

My last piece of advice is selecting and utilizing the proper shovel. A snow shovel with a curved handle or adjustable handle length will minimize painful lumbar bending, requiring you to bend your knees with an upward posture to your

spine. A smaller, lightweight, plastic shovel helps reduce the amount of weight which you are moving; a wide blade (meant for pushing snow) usually gathers a heavier load of snow and forces a person to awkwardly lift an improper load. Like most of our possessions, such as our shoes or clothing, the shovel you choose comes down to personal preference; I encourage my patients to visit their local hardware store, grab a variety of shovels and give them a quick test-drive to see what feels ideal.

All in all, I don't like to make snow shoveling sound like such an arduous and complicated process; I encourage everyone to go outdoors and enjoy our beautiful winters while engaging in a chore so intimately connected with our region of the country.

In summary, try to avoid shoveling if you have a serious or prohibiting health concern. Second, ensure the shoveling process is completed with more success by having a strong core. Next, proper biomechanics will alleviate or avoid a sore back during and after shoveling. Finally, the proper shovel will make your task-in-hand more enjoyable. Good luck this winter!



# Health News

## Tips for a Healthier Holiday Season

By Kara Stoneburner, RDN LD,  
Community Health Services  
Dietitian

Holiday parties are filled with food and beverages that may not be friendly to the waistline or your health. Being overweight or obese can put you at a higher risk for developing certain cancers, diabetes, and heart disease. Listed below are some helpful, healthy tips to keep in mind over the holiday season.

- Never arrive at a holiday party hungry. Eat a small, healthy snack, such as veggies and dip, fruit, a cheese stick or a small amount of nuts beforehand to prevent overeating
- Avoid hanging out by the buffet table. Initiate conversations away from the food. Chew gum or mints to prevent snacking on candies and cookies
- Before the party, have a plan on what and how much you will eat and drink. Scan the entire table of food before filling your plate. Use the smallest plate available and don't stack your food
- Be choosy about sweets, but allow yourself to take a small portion of your favorite dessert
- Refrigerate leftovers in a shallow, sealed, labeled and dated container within an hour of eating. This also prevents mindless

snacking

- Bring a healthy dish to share at the party. Google healthier versions of your favorite recipes
- Monitor beverages. Alcohol, eggnog and other holiday favorites can pack a lot of calories in a small glass. Stick with water, seltzer water, coffee, unsweetened tea or diet soda. If you want an alcoholic beverage, try mixing a ½ glass of wine with sparkling water
- Walk it off– plan a physical activity and invite the other guests along

- When running errands or shopping, pack some healthy snacks, such as fresh veggies, fruit or pretzels and a water to avoid the high calorie temptations at the food court and the check-out aisles
- Change candy and cookie making parties to wreath making parties, gingerbread house decorating parties or home-made decoration parties to take the focus off of food.

### Remember food safety

- After grocery shopping, get your food into the refrigerator

- or freezer within two hours
- Wash your hands often when cooking and eating
- Keep hot foods hot and cold foods cold
- Reheat leftovers to 165°F
- Don't eat raw cookie dough.

### Plan ahead

- If travelling, check the weather; have a winter survival kit in your vehicle
- Get a flu shot; stay home if you are sick
- Start thinking about 2020 goals; make them realistic and obtainable; baby step your way

- to a larger goal
- Increase your knowledge on how to reduce your risk for cancer, diabetes and heart disease in 2020
- Consult with your healthcare provider or other health professional to get you going in the right direction  
Cheers to a healthier holiday season!

Sources include: the Academy of Nutrition and Dietetics, CDC and the American Cancer Society

## What to know about hepatitis A



### What is hepatitis A?

- Hepatitis A is a serious liver disease caused by the hepatitis A virus.
- It can make you very sick and lead to hospitalization and sometimes death.

### Who is at high risk?

- People who use injection and non-injection drugs
- People experiencing homelessness or with unstable housing
- People who are or were recently incarcerated
- Men who have sex with men
- People with direct contact with someone who has hepatitis A
- Travelers

### How is hepatitis A spread?



Eating or drinking



Sharing syringes and drug use equipment



Unwashed hands



Sex with people who have hepatitis A

### How can hepatitis A be prevented?



Get vaccinated. \* It's the best way to prevent hepatitis A.



Wash hands with soap and water.

\* If you don't have insurance, you can get vaccine for free or low cost: [www.health.state.mn.us/uavsearch](http://www.health.state.mn.us/uavsearch).

### What are the symptoms?



Yellowing of skin or eyes (jaundice)



Fever



Nausea, vomiting, diarrhea

Other symptoms include: stomach pain, dark pee, pale poop, tiredness, and lack of appetite.

**If you have these symptoms, please contact your health care provider.**



## Living Well with Chronic Conditions



80% of adults have a chronic condition such as hypertension, arthritis, lung disease, diabetes, depression or anxiety.

Managing your chronic condition can improve your health and quality of life.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their plans.

Topics include nutrition, exercise, medication use, pain management, emotions and communicating with medical providers.

**Call  
(218) 878-2141  
if interested or  
for more  
information.**



## Images from November



## *Become A Foster Parent*

Open your home. Change a child's life forever



Can you make a difference?

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

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

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

**"OUR CHILDREN ARE OUR FUTURE"**

# Ashi-niswi giizisoog (Thirteen Moons)

## Manidoo-giizisoons

The new Manidoo-giizisoons begins December 26. This is the Little Spirit Moon. Another name for this moon is Gichi-bibooni-giizis, the Big Winter Moon.

### 13 Moons FDLTCC Extension Program Seasonal Decorations Workshop



When: Tuesday December 3rd, 2019  
4:30pm-8:00pm

Where: 1720 Big Lake Road  
Cloquet, MN 55720

Cloquet Community Center-ENP  
Contact: Nikki Crowe 218-878-7148  
nikkicrowe@fdlrez.com

13 Moons is hosting a Seasonal Decoration workshop using non-timber forest products. Spend the evening learning how to sustainably harvest forest products and how to create balsam bough wreaths, with Joyce LaPorte, local artisan.

*This workshop is free and open to the public*

*One wreath per family, Miigwech.*

***Potluck dinner, bring a dish to pass!***



Fond du Lac Tribal and Community College



### Gichi Manidoo Giizis Traditional Pow Wow “Taking Care of the Land and Community”

**Saturday January 18th, 2020**



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

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

**Hotel Reservations: 1-888-771-0777**

**Free Admission—Open to the Public—Alcohol & Drug Free Event**

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

### *Taking Care of the Land and Community*

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

Vendor tables available

For more information contact:

Nikki Crowe 218-878-7148 or email nikkicrowe@fdlrez.com



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



Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing thirteenmoons@fdlrez.com Don't forget to check us out on Facebook! 13 Moons Ashi niswi giizisoog

*This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.*



# Ashi-niswi giizisoog Ojibwemowin Page

## Anishinaabemowin Lessons

### Basic Ojibwe words and phrases:

### Double Vowel Chart

This is how to pronounce Ojibwe words.  
All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure  
“a”- sounds like the “u” in sun  
“aa”- sounds like the “a” in father  
“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet  
“o”- sounds like the “o” in go  
“oo”- sounds like the “oo” in food  
“e”- sounds like the “ay” in stay

### Biiwan blizzard

Ningwaanakwad cloudy  
Awan ..... foggy (be)  
Zasakwaa ..... frost (heavy)  
Mashkawadin ..... frozen (be)

Dakaanimad ..... wind (cold)  
Waabani-noodin ..... wind (east)  
Giiwedid ..... wind (north)  
Zhaawani-noodin ..... wind (south)  
Goon ..... snow  
Maajipon ..... snow (start to)

Source: [www.ojibwe.org/home/pdf/ojibwe\\_beginner\\_dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)

## ‘Twas the Night Before Ojibwe Christmas

‘Twas the night before Niibaa-anama’egiizhigad, when all through the wiigiwaam  
Not an awakaan was stirring, not even a waawaabiganoojiinh;  
The moccasins were hung by the smoke hole with care,  
In hopes that Miigiwe Miskwaa Gichi Inini soon would be there;  
The abinoojiinhyag were nestled all snug in their nibaaganan,  
While visions of ziinzibaakwad danced in their nishttigwaan;  
And nimaama in her moshwens, and I in my makadewindibe,  
Had just settled down for a long biiboan zhiibaangwashi,  
When outside the wiigiwaam there arose such a clatter,  
I sprang from the nibaagan to see what was the matter.  
Away to the waasechigan I flew like inaabiwin,  
Tore open the shutters and threw up the giibiiga’iganiigin. The dibik-giizis on the  
breast of onaaband  
Gave a shine like duct tape to objects zazagaamagad,  
When, what to my wondering nishkiizhigoon should appear,  
But a miniature toboggan, and eight tiny waawaaskeshi,  
With a little old driver, so lively and wajepii,  
I knew in a moment it must be Miigiwe Miskwaa Gichi Inini.  
More rapid than migiziwag his coursers they came,  
And he whistled, and biibaagi, and izhi-wiinde by name;  
“Now, Bimibatoo! now, Niimi! now, Babaamishimo and Moozhikwe!  
On, Anang! on Zaagi! on, Animikii and Wawaasese!  
To the top of the porch! to the top of the wiigiwaam!  
Now Bimibide! Ipide! Ombibidemagad!”  
As dry leaves that before the wiindigoo fly,  
When they meet with BIA, mount to the sky,  
So up to the apakwaan the coursers they flew,  
With the tobaggan full of toys, and Miigiwe Miskwaa Gichi Inini too.  
And then, in a twinkling, I heard on the apakwaan  
The prancing and pawing of each little inzid.

As I drew in my inji, and was turning around,  
Down the chimney Miigiwe Miskwaa Gichi Inini came with a bound.  
He was dressed all in gipagawe, from his head to his foot,  
And his clothes were all tarnished with bingwiand and soot;  
A bundle of toys he mangiwane on his back,  
And he looked like a adaawewinini just opening his pack.  
His ishkiinzigoon -- how they twinkled! his inowan how merry!  
His miskwanowan were like roses, his nose like a choke-cherry!  
His droll little indoon was drawn up like a bow,  
And the beard of his chin was as white as gichimookamaan;  
The stump of a opwaagan he held tight in his wiibidaakaajiganan ,  
And the smoke it encircled his head like a miskwaanizigan;  
He was full up on frybread with little round belly,  
That shook, when he laughed like a wiigwaasinaagan of jelly.  
He was chubby and wiinin, a right jolly old elf,  
And I giimoodaapi when I saw him, in spite of myself;  
A wink of his ishkiinzigoon and a twist of his mangindibe,  
Soon gave me to know I had nothing to gotaaji;  
He ojibwemo not a word, but went straight to his work,  
And filled all the moccasins; then turned with a jerk,  
And laying his ibinaakwaanininj aside of his nose,  
And wewebikweni, up the smoke hole he rose;  
He sprang to his toboggan, to his waawaaskeshi gave a whistle,  
And away they all onjinizhimo like the down of a thistle.  
But I heard him biibaagi, ere he drove out of sight,  
“Happy Niibaa-anama’egiizhigad to all,  
And to all baamaapii.”

Source: <http://www.nativetech.org/poetry/ojibwechristmas.html>



# Community News

## Happy Birthday

Happy Heavenly birthday **RayRay Smith** (Dec. 5) *Love, Velvet, Ronnie, and Amanda, we miss you*



Happy 19th birthday to **Mackenzie Bassett** (Dec 6)! I'm so, so proud of the beautiful, sweet, sassy, kind, funny, fun, expressive, and motivated young woman you're turning into. *I love you, my girl. Auntie Jamie*



*Amanda*

Happy birthday **Emily Smith!** (Dec. 10). *Love, Uncle Ron, Auntie Velvet, and Cousin*

Happy birthday **Elizabeth Rilea!** (Dec. 13) *Love your best friend, Nicole*

I would like to send a happy birthday to my husband **John Bradford** (Dec.14)! Baby you're the best, enjoy and good luck *Your wife, Evie*

Happy birthday to our sweet **Sister Marion** (Dec. 17), a Breast Cancer Survivor! We are so proud of you. Have a wonderful day! *We love you, Bonnie, Karen, Marcy, and Gary*

Happy birthday **Jared Braveheart!** (Dec. 21). *Love, Uncle Ron, Auntie Velvet, and Cousin Amanda*



Happy birthday **Amanda Linden** (Dec. 27) *Love you, Mom and Dad*



## Congratulations

On July 9, 2019, **Deshawn Berglund** went to the United States Army. He completed his basic training at Ft. Benning Georgia. He graduated November 8, 2019. He is now stationed in Ft. Lewis in Tacoma, Wash. Deshawn was a 2019 Fond du Lac Ojibwe School graduate. His parents, Shannon and Eric Berglund, are very proud of him.



## Memorial

**Anthony Adyt** (May 24, 1989-Nov. 11, 2014) it's been 5 years since you have left us.



those we love don't go away. they walk beside us every day unseen, unheard but always near still loved still missed and very clear. *Love always, players club at fond du luth casino*

## Obituary

**Kim Ivanna Martin "Giiwedinookwe - Northern Woman"** age 56 of Cloquet, passed away on Friday, October 25, 2019 at Community Memorial Hospital in Cloquet. She was born on February 14, 1963 to John and Linda (Northrup) Martin in Duluth, MN. Kim was a homemaker and mother and worked for the Fond du Lac Reservation in many areas over the years.

Kim was preceded in death by her parents; her brother, John Martin III; and her son, Niibaosa Aubid. She is survived by her children, Michael (Jamie Moses) Aubid, Charles Aubid, Jean Martin, Ziibens Aubid, Tina Morrison, Anang Aubid, Yvonne Aubid, and Ceegwan Aubid; her brothers, Robert Martin and Paul Peterson; her sisters, Tina Martin, Linda Martin, Gladys Martin, Serena Martin, Alberta Martin, Billie Jo Martin and Shelly Martin; and numerous grandchildren, nieces and nephews.

**Brian Lee Abramowski**, age 64 of Cloquet, died on Saturday, October 26, 2019 at Community Memorial Hospital in Cloquet. He was born on August 27, 1955 to Walter and Bernadine (DeFoe) Abramowski in Cloquet. Brian was the owner/operator of Fond du Lac Logging and operated

heavy equipment for Fond du Lac Construction Company. He was a proud member of the Fond du Lac Band. Brian loved the outdoors - hunting, fishing and ricing.

Brian was preceded in death by his parents; and grandson, Cassidy Houle. He leaves behind his children, Tanya (Larry) Reynolds, Lee Abramowski, Jay (Prisha) Houle, and Desirie Houle; his brothers, Alan (Carmen) Abramowski and Craig (Dawn) Abramowski; sisters, Carol (Mark) Jurek and Dawn Abramowski; special friends, Karen Otis and Cochise; 11 grandchildren and one great-grandson.

**Harvey Joseph DeFoe**, age 85 of Cloquet, MN died on Monday, October 21, 2019 at Chris Jensen Health and Rehabilitation Center in Duluth with his family by his side. He was born on August 1, 1934 to Joseph and Lizzie (Colburn) DeFoe in Cloquet, MN. Harvey was a US Air Force veteran and was a member of the Cloquet Combined Honor Guard. He was employed with Conwed and as a supervisor for US West/Northwestern Bell retiring in 1991. Harvey served as the Chairman and the Cloquet Representative for the Fond du Lac Reservation.

Harvey was preceded in death by his parents; wife, Peggy; daughter, Connie Wiesen; his siblings, Edith DeFoe, Delores Misquadace, Ramona Thompson, Alivina Abramowski, Bernadine Abramowski, Harold DeFoe, Vernon DeFoe, Kenneth DeFoe, Sr. and Phyllis Hague. He leaves behind his brother, Melvin DeFoe; sisters, Elaine (Daniel) McFatrige, Dorothy Cooley,

and Nancy (Hank) Seppala; his children, Wanda Smith, Steven DeFoe, and Anna DeFoe; 11 grandchildren and 18 great-grandchildren.

**James "Weasel" A. Couture**, age 65, of Brookston, passed away Saturday, November 9, 2019. He was born March 26, 1954 in Cloquet to David and Catherine (Church) Couture. Jim was a member of Fond du Lac Reservation and worked numerous jobs with them. He was an avid hunter, fisherman, outdoorsman and enjoyed spending time with his family, especially his grandchildren.

Jim was preceded in death by his parents; one infant son, David; 4 brothers, Eugene, Joseph, Michael, and Julius; and 3 sisters, Janice Tindal, Deloris Fornari, and Dorothy Yadon. He is survived by his wife, Patricia; two sons, Christopher Houle and Jesse Seabury; four daughters, Jennifer Seabury, Katherine Couture, Leanne (Dale) Reynolds, and Tammy (Marc) Erickson; one brother, David Couture; two sisters, Marge Clark and Ella Netland; numerous grandchildren, great-grandchildren, nieces, and nephews.

**Frances Marie (Gurneau) Ziebarth**, 90, passed away peacefully October 13, 2019 at Baptist Memorial Hospice in Memphis, Tennessee after a short illness. Fran, known as Dolly by many in her family, was born in Cloquet, Minnesota, on November 11, 1928, the first child of Frank and Sadie Gurneau. She was a proud Elder of the Fond du Lac Band of Lake Superior Chippewa.



# Community News

Fran married Ken Ziebarth, longtime high school teacher and counselor, during a snowstorm on November 20, 1948. Their marriage welcomed six children and lasted until his death in July 2017. She was a resident of Minnesota for 89 years, with Ken and Fran making homes in Cloquet, St. Paul, Houston, and Fulda, before settling in Pipestone in 1968. She will be remembered for her smile, soft voice, joyful eyes and big heart.

Fran's greatest joy was tending to her home and family. She took great pride in being a homemaker, sometimes literally, as she mixed the cement foundation for their home in Fulda. Ken often referred to Fran as an energizer bunny because she only sat down to watch sports or hold a baby. Her timing was impeccable in bolstering children's spirits with simple positive mantras, such as "You're such a good boy," or "You are the best big sister," when they needed to hear it most. Fran did even the smallest tasks with intention, precision, and calmness, from meticulously folding laundry to preparing holiday meals for dozens. Her home was always ready to welcome visitors with a pot of hot coffee and everyone's favorite foods (German chocolate cake, assorted pies, tater tot hot dish, Old Dutch potato chips, and Twin Bings). She

helped Ken harvest the produce from their five-acre property in Pipestone, making delicious raspberry jam, applesauce, and apple pie. Never one to miss an opportunity to go shopping, Fran enjoyed buying birthday and Christmas gifts for her children and 37 grandchildren and great grandchildren. Her grandchildren

remember Christmas gatherings with cookies filling the kitchen table and mountains of gifts filling the living room.

Fran owned and operated F & M Apparel in Fulda and managed Plainsman Associates Insurance Company, supporting Ken's role as an insurance adjuster and salesman. She maintained an interest in fashion throughout her life and was always keen on looking her very best, ever anticipating visits to the salon. Her hobbies included golf, Bridge, cribbage (where she was often tasked with keeping an eye on Ken's inventive scoring techniques) and following the Twins and Vikings. Fran loved traveling to visit family, joining them on vacations, and cheering for her children and grandchildren at their many sporting events and activities. She was a wonderful seamstress and made many beautiful ceremonial outfits for her family to wear to Pow Wows held on the reservation in Fond du Lac.

After being a caretaker for so long, Fran switched roles the last two years of her life when she moved to Cordova, Tennessee where she was cared for by her son and daughter-in-law, David and Michelle, and their children. She was surrounded by great grandchildren who provided her with the sounds of laughter and the sweet hugs she loved.

Fran is remembered by her brother, Duane Gurneau of Lakeville, Minnesota; her six children, Kathryn (Jerry, PhD) Stark of Oshkosh, Wisconsin, Michael Ziebarth of Pipestone, Minnesota, David (Michelle) Ziebarth, MD of Cordova, Tennessee, Deane Ziebarth of St. Paul, Minnesota, Karen Ziebarth of Adel, Iowa, and

Theresa Ziebarth-Moritz of Alexandria, Minnesota; 17 grandchildren, Brian (Sue) Stark, James (Rhonda) Stark, Willie (Tricia) Ziebarth, Katie (Barry) Ptak, DVM, Kathie (Michael) Klumper, DVM, Jared Ziebarth, Jesse (Sarah, MD) Ziebarth, PhD, Matthew (Liz Bruno) Ziebarth, Nikki (Nick) Deardorff, Eric DeSplinter, Tim DeSplinter, Michael Moritz, Erica Moritz, Taylor Moritz, Nicholas Moritz; 18 great-grandchildren, Emma Stark, Matthew Stark, Gabriel Stark, Sadie Stark, Madison Ziebarth, Brooklyn Ziebarth, Allie Ptak, Cody Ptak, Dylan Klumper, Katrina Klumper, Ezekiel Ziebarth, Josephine Ziebarth, Margaret Ziebarth, Merritt Ziebarth, Rufus Ziebarth, Gambrel Deardorff, Dysen Deardorff, and Renaud Deardorff. Frances was preceded in death by her husband, Kenneth J. Ziebarth, her parents, Francis and Esther Mercedes (DoMoe) Gurneau and her grandchildren, Tara Marie DeSplinter and Jamie David (Emily) Ziebarth, PharmD.

## FDL job listings

FT: Full Time PT: Part Time  
For more information about any of these permanent posting positions contact the Fond du Lac Human Resources Department at (218) 878-2653.

### FDL Reservation

- Substitute Teacher FDL Education On Call/Sub
- Cook Helper FDL Education On Call/Sub
- Secretary/Receptionist FDL Education On Call/Sub
- Reading Buddies FDL Education On Call/Sub
- Instructional Assistant FDL

Education On Call/Sub

- Custodian FDL Education On Call/Sub
- Transportation Driver FDL Transportation FT/PT
- Nursing Assistant FDL Assisted Living FT/PT
- Recreational Aide 1, Sawyer SCC FT/PT
- Recreational Aide 2, Sawyer SCC FT/PT
- Recreational Aide 1, Brookston BCC FT/PT
- Recreational Aide 2, Brookston BCC FT/PT
- Recreational Aide 1, Cloquet CCC FT/PT
- Recreational Aide 2, Cloquet CCC FT/PT
- Clinical Pharmacist MNAW, CAIR & Mpls On Call
- Pharmacy Technician MNAW, CAIR & Mpls On Call/Sub
- Transit Dispatcher FDL Transit FT/PT/On Call
- Head Start Substitutes FDLHS On Call
- Deli Clerk FDLGG PT
- Transit Driver FDL Transit FT/PT/On Call
- School Bus Driver FDL Education FT/PT/On Call
- Health Care Assistant MNAW, Assisted Living, Home Care FT/PT
- Store Clerk FDLGG PT
- Convenience Store Gas Attendant FDLGG PT

### Black Bear Casino Resort

- Golf Youth Cart Attendant PT Seasonal
- Cook I FT
- Cook II FT
- Cook III FT
- Beverage Server FT/PT
- Groundskeeper FT
- Buffet Runner FT
- Table Games Dealer PT
- Vault Cashier FT/PT
- Bus Person FT/PT
- Gift Shop Clerk FT
- Buffet Host/Hostess FT/PT

- Golf Course Groundskeeper FT/PT Seasonal
- Steward FT
- Arcade Attendant PT
- Golf Pro Shop Sales Rep PT
- Golf Ranger/Starter FT/PT Seasonal
- Golf Concession Sales Rep FT/PT Seasonal
- Golf Cart Attendant PT
- Slot Attendant FT
- Custodial Associate FT
- Bell Staff PT
- Sage Deli Cook FT
- Bingo Vendor/Floor Worker PT
- Players Club Representative PT
- Restaurant Wait Staff FT/PT
- Hotel Laundry Worker/Hauler FT
- Hotel Room Attendant/Housekeeper FT/PT
- Drop Team Worker FT
- Fond-du-Luth**
- Security Guard/Dispatch FT
- Janitor FT/PT
- Clean up Worker FT/PT
- Beverage Waitperson/Bartender FT/PT
- Cage Cashier FT/PT
- Players Club Representative FT/PT
- Slot Attendant FT/PT
- Slot Technician FT/PT
- FDL Minneapolis listings**
- Clinical Pharmacist On Call
- Pharmacy Technician On Call/Sub

## Biboon Celebration December 19 FDL Ojibwe School

Our K - 6th grade will have a music performance in the FDLOJS gymnasium at 12 p.m. There will also be lots of activities for the students, parents, and community. There will also be drawings.

# Manidoo-giizisoons –Little Spirit moon– December 2019

ALR: Assisted Living Residence; BCCR: Black Bear Casino Resort; BBGC: Black Bear Golf Course; BCC: Brookston Community Center, (218)878-8033; BLH: Brevator Language House, CAIR: Center for American Indian Resources (218) 879-1227; CCC: Cloquet Community Center, (218)878-7510; CFC: Cloquet Forestry Center; CPT: Cloquet Premier Theatre; CHS: old FDLSS door; DC: Damiano Center; FACE: Family and Child Education Bldg.; FDC: Food Distribution Center; FDLGG: Fond du Lac Gas & Grocery; FDLM: Fond du Lac Museum; FDLSH: FDL Supportive Housing; FDLTCC: Fond du Lac Tribal & Community College; MKW: Mash-Ka-Wisen Powwow Grounds; MKWTC: Mash-ka-wisen Treatment Center; MNAW: Min no aya win (218)879-1227; MTC: MN Chippewa Tribal building; NRG: Natural Resource Garage; OJS: FDL Ojibwe School; OJSHS: Ojibwe School Head Start; PLT: Perch Lake Townhall; RMD: Resource Management Division; SCC: Sawyer Community Center, (218)878-8185; TRC: Tagwii Recovery Center; TCC: Tribal Center Classroom

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Come & Swim & use the gym 1	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC 2	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Parent advisory meeting 12 p.m. FDLOJS School board meeting 3 p.m. FDLOJS <b>Wreath making workshop 4:30 p.m. CCC</b> Immersion class 5 p.m. CCC 3	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW 4	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC 5	<b>Elder's Christmas Dinner 11 a.m. BBCR</b> 6	Come & Swim & use the gym 7
Come & Swim & use the gym 8	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC 9	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS Immersion class 5 p.m. CCC <b>Constitutional Convention Community Input 5 p.m. CCC</b> 10	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC Adult game day 1 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW 11	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC 12	<b>Hairball 7 p.m. BBCR</b> 13	Come & Swim & use the gym 14
Come & Swim & use the gym Family movie morning 10 a.m. 15	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC 16	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Parenting second time around 1 p.m. CHS Immersion class 5 p.m. CCC <b>Constitutional Convention Community Input 5 p.m. BCC</b> 17	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW 18	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC <b>Biboon Celebration 12 p.m. FDLOJS</b> GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC 19	20	Come & Swim & use the gym 21
Come & Swim & use the gym 22	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC 23	<b>Christmas Eve (closed)</b> 24	<b>Christmas (closed)</b> 25	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC 26	27	Come & Swim & use the gym 28
Come & Swim & use the gym 29	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC 30	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Immersion class 5 p.m. CCC 31	<b>No Elder movie morning, no sobriety feast, no open RBC meeting in December</b>	<b>Wreath making workshop Dec. 3 4:30 p.m. ENP CCC</b>	<b>Elder's Christmas Dinner Dec. 6 11 a.m. BBCR</b>	<b>Gichi Manidoo Powwow Jan. 18 1 and 7 p.m. BBCR</b>

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