

Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



FDLOS students volunteer to bring plates of food to Elders during the Elder's Christmas party. This event couldn't happen each year without the volunteers and dozens of employees who make it possible by coordinating the party, making the food, donating gift baskets, and so many other things that make this party possible.

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Local News

Stephens honored by U.S. Army

The following is an article from the U.S. Army recruiting news website where they honored FDL Band member Anna Stephens for her work. The article first appeared on their website and is written by Bailey Senerchia, USAREC Public Affairs.

The Fond Du Lac Band of Lake Superior Chippewa Reservation in Cloquet, Minnesota has a large veteran population and hosts a Veterans Powwow annually to bring tribal members from multiple states together.

Sgt. 1st Class Anna Stephens comes from a history of military service, “my father and uncle served in the Army. My grandfather served in World War II on the U.S.S. Thresher submarine at Pearl Harbor.” She is proud to represent her family during the annual Veteran’s Powwow carrying their Eagle Staff.

The Eagle Staff has a long history and became widely used when veterans retired from the Vietnam War, “it’s a way for each clan to tell their families’ story about their ogichidaa (warriors),” Stephens explained. “I feel very proud to carry our family’s Eagle Staff because at the top of our staff is the eagle feather that I deployed to Iraq with.”

Stephens recalled being stationed near Washington, D.C. and visiting the Smithsonian’s National Museum of the American Indian where a birch bark canoe her uncle made is displayed.

“A lot of Native American traditions are

passed on through stories from our elders, it is important to continue to celebrate traditions and pass down common practices and language, so it is not lost,” Stephens said.

Fond du Lac has so many Veterans who’ve done so many wonderful things and its great to see the way we honor and respect our Veterans being recog-

nized by the Army. Thank you Bailey Senerchia and thank you Anna Stephens.

The article can be found by visiting: <https://recruiting.army.mil/News/Article/3208759/usarec-soldier-serves-while-continuing-tribal-traditions/>

Photo from U.S. Army Recruiting News



Upcoming events sponsored by FDL

This month the Fond du Lac Tribal and Community College (FDLTCC) will be hosting its annual **Food for Thought, a Tasting Event** Thursday, January 19 4:30–7:00 p.m.

FDLTCC encourages you to join them at the Foundation for an evening of food and beverage tastings benefiting student scholarships. Tickets can be purchased in advance (starting Nov. 14) for \$25 at the FDLTCC Business Office or for \$30 at the door on January 19.

This fundraiser is a great event for the college every year with tremendous food. We highly encourage everyone to attend to help students of the future at FDLTCC.

Pet Wellness Clinic: FDL Head Start is hosting a FREE Pet Wellness Clinic in the Head Start Gym on January 14 & 15, 2023. No appointment is needed.

Brave Art Youth Exhibit: Jan. 9 1-4 p.m. AICHO, 202 W 2nd st Duluth.

Gichi Manidoo Giizis Powwow will be hosted once again at the Black Bear Casino Resort Otter Creek Event Center Jan. 13-14 Grand Entrys at 7 p.m., 1 p.m., and 7 p.m. There will be a feast Jan. 14 5 p.m.

Check the Fond du Lac website (fdlrez.com) for updated events throughout the month of January.

Nagaajiwanaang Dibaajimowinan

Translation: Stories from where the water stops

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Fond du Lac News, Tribal Center,
1720 Big Lake Rd.,
Cloquet, Minn. 55720.

Editor: Zachary N. Dunaiski
zacharydunaiski@fdlrez.com • (218) 878-2682

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

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

opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

*Corporate Member of the
Native American Journalists Association*

Local News

Elder's Christmas Party returns to BBCR

By Zachary N. Dunaiski

Fond du Lac's Black Bear Casino Resort hosted its annual Elder's Christmas party for the first time since 2019.

The winter storm that closed schools for 3 days and blocked many roads for most of that time, didn't dampen the enthusiasm for the party's return. In fact it didn't even keep people away as the room was full almost to bursting with excited FDL Elders and their significant others.

The food, as always, was delicious and the Council members who spoke (all were in attendance) mainly thanked the Elders for being there and the employees of FDL as well as those who work or volunteer specifically for the Elder's Christmas party.

Parties like these are great events, but they wouldn't happen without all the great work of the people behind the scenes as well as the volunteers and the Elders are grateful for all.



Opening ceremonies



RBC Thoughts

Cloquet News



Wally Dupuis

Hello All

To update you on some of the projects happening, the compound project is mostly complete. The placement of sidewalks was put on hold until next spring as the weather will not allow for them to be poured at this time. Otherwise all curb and gutters are in place and the roads have been blacktopped. I am sure there are other fixes and adjustments that need to be made when construction begins in the spring. Just want to say thank you to all those that put up with this construction over the summer.

The construction of the childcare center began recently. The framing of the walls is coming along nicely as progress is being made in getting this building enclosed for winter interior work. Each time I check on this, I see new progress and I am impressed with the work being done. When completed, the childcare building will be able to accommodate at least 44 children. This along with our current daycare/head start program will reach our child care needs as determined by the feasibility study that was completed. I am anxiously waiting to open the doors.

The removal of the old hotel at the Black Bear Casino is also coming along nicely and most of the debris is gone from the site. It sure makes the place look different with the hotel gone. I am continually asked what will be going up in place of the old hotel and at this time no decision has been made. There have been many ideas offered and the RBC is weighing each option and looking at the feasibility of those options. As you know the old hotel needed constant and expensive repairs and was not suitable for use. It was costing a lot just to have an empty unusable building standing there and it made more sense financially to tear it down. I am sure that with input from staff and membership we will be starting on an addition soon.

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

RBC updates

The Fond du Lac Reservation Business Committee is committed to increasing transparency for the citizens of the Band. Starting in mid-November, Administration will provide a weekly recap. The recaps posted in the paper will be from an approximate one month span from before the paper comes out. So it will most often be mid-month to mid-month each time posted here in the FDL newspaper.

The week of November 21-25, 2022 the Band's elected officials agenda:

Monday

- Had a discussion about Contracts
- Completed the monthly Enbridge meeting – discussed ongoing business.
- Met with the Communications Division and contracted PR firm, Poston & Associates LLC. – discussed Communication strategies and deliverables.

Tuesday

- Attended the Cloquet Churchill Elementary MN State Blue Ribbon Achievement Award Ceremony.
- The RBC met with the Fond du Lac Housing Board.
- Completed a consultation with Duluth Public Schools.

Wednesday

- Had a weekly RBC meeting.

Thursday and Friday

- Fond du Lac Tribal Programs are closed due to the holiday weekend.

The week of November 28-December 2, 2022 the Band's elected officials agenda:

Monday

- Met about 2023 Budgets-RBC met with the Executive Director and Accounting Directors to review and finalize 2023 Budgets.

Tuesday

- Attended the Mazinaakizigewin Youth Showcase Luncheon at Fond du Lac Anishinaabewigamig Center – staff put together a photography workshop for Fond du Lac Ojibwe School and Cloquet High School Juniors and Senior students and this luncheon showcased some of the pictures the students captured

- Completed a consultation with Huber Engineered Woods Frontier Project - dis-

cussed sustainable wood products

Wednesday

- Held a Retirement Celebration for Tammy Anderson Transit Coordinator.
- Completed the Weekly RBC Meeting-Agenda available upon request and is also posted on the FDL website.
- Chairman Dupuis traveled to Washington D.C. for the Tribal Leaders Summit and plans to discuss ICWA, Boarding Schools, Land Transfers, among other topics.

Thursday

- Chairman Dupuis was still in Washington D.C. for the Tribal Leaders Summit and plans to discuss ICWA, Boarding Schools, Land Transfers, among other topics.
- RBC met with architects and project manager to go over design options for the hotel tower renovation project.

Friday

- Held a consultation with the Department of Public Safety – discussed priority issues for the Band, MMIR, and legislative ideas.

The week of December 5-9, 2022 the Fond du Lac Band elected officials completed the following:

Monday

- Attended a NICWA/Social Services Consultation that was requested by FDL Social Services to go over finalized documents regarding NICWA.

Tuesday

- The RBC discussed potential minor per capita plan options and will continue discussion with the Bands financial team to decide most beneficial plan.
- Met with Human Services Division to discuss employee retention policy.
- Attended Economic Development Committee meeting.

Wednesday

- Completed the Weekly RBC Meeting-Agenda is available upon request and is also posted on the FDL website.
- Met with TC Energy to discuss Right of way, Fee to Trust Priority, and Boarding School Initiative.

Thursday

- Completed a Virtual Consultation U.S. Army Corps of Engineers about PolyMet 410(a)(2) action
- Weekly Governor's call with Tribal Leaders.

Friday

- Completed the Title 31 Compliance Training.
 - Discussed the Law Enforcement Center construction.
- Gizhewizin naa ge Ayaangwaamizin (stay healthy and be safe)

Fond du Lac Child Care Development Fund (CCDF) Plan needs your feedback



As part of the Tribal Plan preparation process, federal law requires the lead agency-Fond du Lac Band of Lake Superior Chippewa, to provide an opportunity for the public to comment on the process of child care services and quality activities under the FDL Tribal Plan before it is submitted to the federal government. This will be available for viewing until January 13 on the Fond du Lac Reservation website, www.fdlrez.com or it can be viewed at the Min No Aya Win Social Services department, or it is available at CAIR 2nd floor front desk. This is your opportunity to view and share any comments about the ongoing work around child care. Please take some time, take a look, and let us know what you think. You can also call Social Services Department, Child Care Licensor Melanie Hansen at 218-878-2145 if you have any questions or comment.

RBC Thoughts

Getting to know: Rob Abramowski

By Zachary N. Dunaiski

Fond du Lac Secretary Treasurer Rob Abramowski was elected back in June of this year, and after a few months on the job, I sat down with Rob to find out more about one of our newest council members.

Abramowski has been a hard worker his whole life, but he knows that he would not be where he is today without the backing of the Fond du Lac Band.

“I just want to first and foremost thank the membership for their support,” Abramowski said.

Abramowski has already seen many opportunities to help the Band, which he said has been his goal from day one. That is why he has worked hard to change things in a positive way for the Band and do so with greater clarity.

“I just want to make changes for the better and do so in a positive way,” Abramowski said. “I also want to improve transparency and communications. That is why we are posting the RBC’s weekly recap every week so that the membership knows how hard we’re working for them.”

Abramowski has been working with the rest of the council to get

updates made to the purchasing and procurement policy which will lead to better opportunities for Band members.

“This would lead to great opportunities for Band members to work with the Band or even allow for new startup businesses by Band members,” Abramowski said about the procurement/purchasing policy. “We spend several million dollars a year on projects and that money could go to Band member businesses or startups.”

Abramowski has already made one big change to the per capita payment that each Band member receives and this change will save money for each individual Band member.

“Funds received from Right of Way agreements have been invested in, or placed in, a BIA Lock fund and a strategy has been developed so that per cap payments can be withdrawn from this fund tax free going forward through most of 2037,” Abramowski said of the Council’s efforts to save the membership tax money.

This new way of paying out the per capita to each of the approximate 4200 Band members, wouldn’t just save the membership, but also Fond du Lac on the

whole.

“Yes, it saves Band members, but it will also save the casinos and all of Fond du Lac over this time by not being taxed on it,” Abramowski said. “Not to mention the fact that we won’t have to use casino revenue to make those payments. So it will free up the profits from the casinos in order to make much needed improvements and upgrades to the casinos.”

Now, only a few months into his term, Abramowski feels he has a great handle on things and wants to continue looking for ways to improve. Abramowski and the Council’s next big project is the Casino renovation. After the old BCCR hotel was torn down just a few months ago, he has been listening to suggestions from everywhere and everyone to get ideas for what should be FDL’s next major money maker at the casino’s site.

“We are working through the budgets right now trying to determine the best way to save money, but also make money,” Abramowski said. “We are trying to determine the best path forward to make the casino even better.”

Band members should know that Abramowski’s door is truly always open and that he knows the best way to do his job going forward is to hear from every Band member.

“I really appreciate hearing Band members’ points of view because it helps me see from their perspective on how to make things better,” Abramowski said. Noting that he was elected by the people and he wants to be the voice for them.

“I’ve become a better decision maker listening to Band members, hearing what they want, and knowing what the Band’s needs are.”



That is why Abramowski prides himself on always having his door open and on answering every phone call and email.



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CRISIS TEXT LINE |

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

Etc

FDLTCC Extension Bimaaji'idiwin Ojibwe Garden Program and Bimaaji'idiwin Producer Training Program

Article and photos by Erika Resendiz Alonso

The Bimaaji'idiwin Ojibwe Garden Program: harvested a total of **1,069.20** pounds of produce this season **934.2** pounds from the quarter of an acre demonstration plot at the Gitigaaning (FDL Farm), and **135** pounds from the half garden behind the Fond du Lac Ojibwe School. This produce, vegetables and medicines consist in: Native corn, greens and dry beans, Miami Squash, pumpkins, sweet peppers, tomatillos, flowers, sunflowers, tobacco, broccoli, radish, peas, nasturtium, beets, garlic, onions, cucumbers, lettuce, cabbages, red, white, and

purple potatoes, zucchini, carrots, herbs, bok choy, marigolds, different varieties of squash, heirloom tomatoes, cauliflowers, amaranth, watermelons, herbs, and medicines. Of the produce harvested, **295.6** pounds went to FDL Ojibwe School lunches and farm tour in September, and **164.3** producer program classes meals, **521** community gatherings, **23** Gitigaan Wiikondiwig (Farm Feast) and **65.3** pounds went to the community members. In addition to the above-mentioned harvest, other foods, and medicines were harvested by community members from the garden and plot at Gitigaaning. We also saved seeds from

sunflowers, amaranth, squash, and cempasuchil. Bear Island Flint corn was also grown for food, but seed was not saved due to cross-pollination with other varieties grown in the area.

The garden and the plot at Gitigaaning had a good harvest. There was an abundance of Miami squash and carrots. We used wild rice chaff for mulching, which helped to keep moisture in the soil and keep weeds under control. All the equipment at the garden is electric and is charged in the daytime, mostly from solar energy.

We had a lot of youth and other programs visit the garden this summer.



POSITIVE INDIAN PARENTING

Honoring Our Children by Honoring Our Traditions

Join us for a virtual Positive Indian Parenting class focusing on traditional and culturally specific parenting practices and values. The class will draw on the strengths of historic Indian child-rearing practices and blend traditional values with contemporary skills. Storytelling, cradleboards, harmony, lessons of nature, behavior management, and the use of praise are discussed.







CLASS 10AM - 12PM

via 

- Wednesday, February 1
- Wednesday, February 8
- Wednesday, February 15
- Wednesday, February 22
- Wednesday, March 1
- Wednesday, March 8
- Wednesday, March 15
- Wednesday, March 22

Register today!

Call 218-878-2145 to reserve your spot.
Class is limited.



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

Etc

FDLTCC Extension Bimaaji'idiwin Ojibwe Garden Program and Bimaaji'idiwin Producer Training Program

Article by Erika Resendiz Alonso

Photos by Erika, Taylor and producers

The Bimaaji'idiwin Producer Training Program: 2022 cohort grew to **42** participants that enjoy growing food this year (27 band members, 15 community members), 22 had plots at Gitigaaning, and 17 grew food at home. Our meetings, classes, workshops, farm tours and conferences were virtual and in person from Spring to Fall.

On three acres at Gitigaaning, producers from the community grew a wide variety of produce, including: Native and sweet corn, greens and dry beans, hot and sweet peppers, tomatillos, flowers, sunflowers, tobacco, broccoli, radish, peas, nasturtium, beets, garlic, onions, cucumbers, lettuce, cabbages, eggplant, brussels sprouts, leeks, red, white, and purple potatoes, zucchini, carrots, herbs, marigolds, different varieties of squash, heirloom tomatoes, rutabagas, cauliflowers, amaranth, watermelons, herbs, and medicines. This fall, **3** of our producers planted garlic at Gitigaaning and more producers planted it at their homes. The garlic that they planted will be ready to be harvested in August 2023. **Twelve** producers did Seed Saving this year, **1** producer at Gitigaaning, **reported** having good harvests, including: **2,728** lbs. on 1/4 acre plus many herbs.

We use again wild rice chaff donated by Spirit Lake Native Farms, utilized as a natural local mulch throughout our gardens at Gitigaaning and the garden at the Ojibwe School. The chaff helps to suppress weed growth and keep much-needed moisture in our soil. This fall, we used chaff to cover the garlic and protect it throughout the cold winter.

We had potato bugs again and again, and a lot of visits from ground squirrels. Several species of bees, native bees, butterflies, and hummingbirds came to pollinate the gardens. Birds are beautiful visitors and dragonflies are our favorite early in the season because they eat all the mosquitos. Drip irrigation was installed this year at the farm. We hosted a successful Second Farm Feast Gitigaan Wiikondiwig in August. Classes, farm tours, and feast were well attended by producers and community members.

We look forward to seeing you at Gitigaaning next spring! We are thankful for the gifts that the land provides. Nibagosendaamin ji-waabamigooyan iwidi Gitigaaning ani-ziigwang! Nimiigwechiwendaamin gakina gegoo gaa-miinigoowiziyang.



Etc

Radon Awareness: Act to reduce cancer risks

By Carson Becicka (FDL GreenCorps Member), Paige Huhta (FDL Air Program Coordinator), and Anthony Mazzini (FDL Environmental Outreach Coordinator and Air Technician)

Aabita-Bibooni-Giizis (January) is Radon Awareness Month and the Fond du Lac Air Team encourages you to get your home tested for radon! But why should you?

Behind cigarette smoking, do you know what a leading cause of lung cancer is in the United States?

As you may have guessed, the answer is exposure to radon.

Radon is a radioactive, noble gas found aking (in the soil) beneath our feet and in the inanaamowin (air) around us. If high levels of radon exist in the air we breathe, our lungs are exposed to radiation from the element's decay. This radiation can damage the DNA found in our lungs, and over a period of time, cause cancer (Healthline: "Radon and Lung Cancer: Causes and How to Reduce Your Risk").

Several factors contribute to the health risk radon poses. One such factor is the element's physical properties. We can't smell radon or see it. It can exist at concerningly high levels in one's home for many years unnoticed. Another factor is a lack of awareness of radon; according to a 2015 survey conducted by the

American Institute for Cancer Research (AICR), only 59% of Americans know radon causes cancer (AICR, "The AICR 2015 Cancer Risk Awareness Survey Report"). Further, high radon levels have been documented in multiple FDL homes in the past, so radon does impact residences of our area. Without being able to sense radon ourselves, and without strong public awareness, it isn't surprising that radon is a health concern.

While this may sound scary, we don't need to live in the dark. There are affordable and accessible options for detecting radon in our homes. Radon tests can be purchased at a local hardware store, such as L&M in Cloquet, for under \$20. You can also order test kits online on the

National Radon Program Services website (<http://sosradon.org/test-kits>) or by calling 1-800-767-7236 and requesting an order form be sent to your residence. Tests vary in time length, but are simple to follow and allow you to tell if the radon level in your home is above the EPA Action Level of 4.0 pCi/L (the value at which the EPA recommends treating your home, although you may still think about treating your home even if your value is below this threshold).

If your home has high radon, you may consider implementing a radon mitigation system. Radon mitigation systems usually work by using a fan to create a pressure difference beneath your home, so that radon is drawn away from your house's foundation. Mitigation can be expensive, but

ensuring your system is installed properly is important. If expense is a barrier, a list of financial options for radon mitigation in Minnesota can be found on the MN Department of Health's Radon Website in the financial assistance section.

Radon is a health concern, but it is a concern that can be detected and mitigated. This January, we encourage you to get endayaan (your home) tested.

ICC is looking for a crew

Boozhoo!

Are you interested in exploring a career in conservation and land management? Fond du Lac Resource Management is hosting the Maajii akii

Winter Blues

Winter blues, not to be confused with seasonal affect disorder, can happen to anyone, especially in Northern Minnesota. This is the season when days are short and the sun hides behind a blanket of thick clouds, most of the time. This phenomenon happens between Thanksgiving and Christmas, but it can affect people well after all the festivities have quieted. So besides becoming "snowbirds", what can we do to combat the winter blues, in Northern Minnesota, when the sun fully hides for an average of 288 days??

- Acknowledge how your feeling.
- Be active – try out a new sport, hobby, or volunteer!
- Stretch! Stretch throughout the day to get rid of that "negative" energy and limber up for less chances of getting hurt if you fall on those icy sidewalks/roads.
- Don't abandon healthy habits. Eat plenty of fresh fruit and vegetables and try to stay away sugary foods and carbohydrates.
- Stick to a sleep routine. Keep a sleep schedule and eat healthy meals.
- Tackle your to-do list but keep it manageable.
- Find something to look forward to. Take a mini-staycation close to home.
- Get outside for some sunshine when it is around.
- Don't hesitate to see your provider or mental health professional.

FDL EAP is here to help. If you are a Fond du Lac employee, or immediate family member, reach out at (218) 878-7514 or (218) 390-4993.

2023 Brave Art Youth Exhibition: Healing Through Community

CALL FOR ART

Deadline: December 27, 2022
at 11:59 p.m. CST



SCAN ME

The annual 2023 Brave Art Youth Exhibition is accepting applications for art. This year's theme is *Healing Through Community*. The Brave Art Exhibition showcases creative and thoughtful 2-D and 3-D art created by Duluth's 5th graders to 24 year old youths who want to share what being brave means to them. All minor participants must have permission from a parent or guardian to participate in this exhibition. Organized by the Duluth MN Trafficking Awareness.



AICHO

Contact: PAVSA (218) 726-1931
or Dabinoo'Igan (218) 722-2247

Register with the QR code above or at:
forms.gle/5h8QVBDcyp7C2tLH9

JAN 9	Twin Ports January Trafficking Awareness Month Opening Ceremony & Mayoral Proclamation 12 PM - 1 PM AICHO 202 W 2nd St, Duluth, MN 55802 ASL Interpreted
JAN 9	2023 Brave Art Youth Exhibition Grand Opening 1 PM - 4 PM AICHO 202 W 2nd St, Duluth, MN 55802
JAN 9	Candlelight Vigil 4:30 PM - 5:30 PM https://www.lcsaxtrafficking.com/ Two Harbors Law Enforcement Center 611 3rd Avenue, Two Harbors, MN
TWIN PORTS TRAFFICKING AWARENESS MONTH JANUARY 2023 EVENTS HEALING THROUGH COMMUNITY	
JAN 11	Human Trafficking & Exploitation in Minnesota 2 PM - 4:30 PM Zoom Webinar Registration Required Zoom Webinar ID: 843 1782 7337
JAN 23	Myth vs Fact: Sex Trafficking in Our Community 9 AM - 11 AM Zoom Webinar Registration Required Zoom Webinar ID: 870 9880 6575
JAN 25	Human Trafficking & Exploitation in Minnesota 12 PM College of St. Scholastica, Duluth, MN Event Info Contact: alvar@pavsa.org
JAN 25	The Aftermath: Discussions with Sex Trafficking Survivor Experts 5 PM - 7 PM Zoom Webinar Panel Registration Required Zoom Webinar ID: 850 5044 5308
JAN 26	Human Trafficking & Exploitation in Wisconsin 5PM - 7 PM Superior Public Library 1530 Tower Ave, Superior, WI Tanja.Nelson@hdowi.org Event Info Contact:
JAN 31	Unpacking Sexual Exploitation of Systems-Involved Male Identified Youth 2:30 PM - 4:30 PM Zoom Webinar Registration Required Zoom Webinar ID: 854 8234 5943

The City of Duluth will light Enger Tower the color blue, January 8-15, 2023 in recognition of Human Trafficking Awareness Month

FOR MORE INFORMATION
Visit @DuluthMNTraffickingAwareness on Facebook or Instagram or Email alvar@pavsa.org

Etc

Gikenjigewin (Starting out in Earth Conservation), Indigenous Conservation Corps (ICC) Crew!

The crew will be comprised of four individuals, one crew leader and three crew members, and will work with FDL Resource Management staff on conservation projects such as invasive species management, wild land fire suppression, treaty fishing, wolf population monitoring and more!

Apply by visiting: https://conservationcorps.org/join/?_sft_position_status=open&_sft_program_region=northern-mn
CREW LEADER APPLICATION DUE JAN 6, 2023

Questions? Contact Anthony Mazzini, FDL Environmental Outreach Coordinator, (218) 878-

7112 | anthonymazzini@fdlrez.com
 Miigwech!

FDLREZHS cancels January meeting

by *FDLREZHS Board Members.*

The FDL Reservation Historical Society's January meeting has been cancelled at the Carlton County Historical Society, 406 Cloquet Avenue, Cloquet MN. 55720.

We look forward to re-group on February 10, 2023 and will move forward.

Agenda: Grant writing, Archives, Research "Old Indian Hospital."

The FDLREZHS is an Elder Volunteer Group and not affiliated with any other Historical Group.

Olson to continue her soccer career

Katelyn Olson, daughter of Thomas and Gina Olson, who was one of the members of the Cloquet girls soccer team that reached the state tournament last year, signed her letter of content to continue playing soccer at Gustavus.

Olson, the Cloquet Goalkeeper, will continue her career at the Division three school which went 7-9-1 (4-7 MIAC) finishing seventh in the Minnesota Intercollegiate Athletic Conference (MIAC).

Gustavus had two Seniors on this year's team and a Junior which should give Olson a chance to compete for some playing time in

the fall of 2023. We look forward to watching Olson continue her successful soccer career.

Annual holiday celebration returns to FDLTCC

The exciting annual Holiday Celebration sponsored by the Human Services Club at Fond du Lac Tribal and Community College (FDLTCC) returned after a two-year hiatus in Dec. The beloved community event included colorful face painting, delicious cookies, wonderful presents, and lots of fun with Santa and Mrs. Claus.

Roughly 450 people attended the fabulous celebration that took

place in the beautiful FDLTCC commons that was decorated with lights, trees, and lots of cheer by the wonderful FDLTCC Human Services Club. Like in past years, the annual Holiday Celebration included food, games, drawings for great prizes and much more. Plus, every child in attendance received a gift from Santa!

Many thanks to the numerous community donors that helped make this year's Holiday Celebration a success including: AJH Construction and Remodeling, AmericInn, AutoZone Auto Parts, Brickyard Restaurant, Cold One Liquor, Community Memorial Hospital, Community Printing, Cool Cuts by Jess, County Seat Theater,

EXPERIENCE EXTRAORDINARY

Spring Classes Start January 9th



Fond du Lac  College

2101 14th St, Cloquet, Minnesota

- Nursing
- Law Enforcement
- Elementary Education
- Child Development
- Environmental Science
- Electric Utility Technology
- Geographic Information Systems



Fond du Lac Tribal & Community College
 A member of Minnesota State

A member of Minnesota State and the American Indian Higher Education Consortium.
 An affirmative action, equal opportunity employer and educator.

For more information, call 218-879-0800

www.fdlccc.edu

Etc

Culligan of Cloquet, Dead On Arms, Do North Pizzeria & Pub, Eagle Towing, Eagles Club, Fond du Lac Band, L&M Fleet Supply, Marcus Lakes Cinema, Mary Gaetzke, McDonalds, Michael & Paula Stevens, Mille Lacs Band of Ojibwe, North Shore Tattoo, Northwood United Methodist Church, Adult Sunday School Class, Nu Luxe Salon, Outback Steakhouse, River Inn Bar & Grill, Sammy's Pizza, Sara Witeli Photography, Sassy But Classy Boutique, Shakopee Mdewakanton Sioux Community, Shamrock Trucking and Landfill, Subway, Taco Johns, Target, The Fig Tree, and The Medicine Shoppe.

"I just want to thank everyone who donated to the Holiday Celebration," shared FDLTCC Human Services Program

Coordinator, Don Jarvinen, "Your donations made the event the success that it was. Without your support we could not have done it."

For more information on the 2022 Holiday Celebration, contact FDLTCC Human Services Program Coordinator, Don Jarvinen at jarvinen@fdltcc.edu.

Amended General Notice to Creditors

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

CREDITORS

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

Any claims against the above-referenced estate must be filed on or before February 28, 2023 or the claims will be barred. All claims must be filed with the Tribal Court and provided to the personal representative by the deadline in order to be considered.

The address of the personal representative of the estate is:

Deanna M. Benjamin
4806 Hwy 33
Saginaw, MN 55779

The mailing address of the Tribal Court is:

Fond du Lac Band of Lake Superior Chippewa

Tribal Court
1720 Big Lake Road
Cloquet, MN 55720

General Notice to Creditors

In the Matter of the Estate of: ELAINE CAROL MCFATRIDGE (DEFOE), Decedent. Case No.: PR-0010-2022 GENERAL NOTICE TO CREDITORS.

Notice is given that Probate proceedings are pending in the Fond du Lac Tribal Court regarding the Estate of Elaine Carol McFatridge (DeFoe).

Any claims against the above-referenced estate must be filed on or before February 28, 2023 or the claims will be barred. All claims must be filed with the Tribal Court and provided to the personal

representative by the deadline in order to be considered.

The address for Gary Miskwa Bineshii, the personal representative of the estate is:

Gary Miskwa Bineshii
353 Ridge Road
Cloquet, MN 55720

The mailing address of the Tribal Court is:

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



Join Now!

Maajii-akii-Gikenjigewin Field Crew prioritizes personal and professional growth while receiving hands-on training and developing technical conservation skills in a 6-month or 9-month term with Fond du Lac Resource Management.

Ages 18+
\$15 - \$16 per hour stipend.
Education award up to \$6,495.

Typical projects include removing invasive species, sustainable agriculture and land management, tree planting, prescribed burning and more!


Training and certifications include CPR/First aid, Fire training/Red card, Leave No Trace, Plant ID, chainsaw use and safety, history of public lands, mental health first aid, and more.

www.ConservationCorps.org

Questions? Contact Anthony Mazzini
FDL Environmental Outreach Coordinator
218-878-7112 | anthony Mazzini@fdlirez.com




Seeking Fond du Lac Community Members to Share Input with the Constitution Reform Committee Delegates a Citizen Movement to MCT Constitution Reform




The Constitution Reform Committee for Community Members meets every other week in the Fond du Lac Ojibwe School Board Room at 5:00 pm with Zoom option available

We draw for 2- \$25.00 gift cards for those attendance

Monday, January 2, 2023	Monday, June 19, 2023
Monday, January 16, 2023	Monday, July 17, 2023
Monday, January 30, 2023	Monday, July 31, 2023
Monday, February 13, 2023	Monday, August 14, 2023
Monday, February 27, 2023	Monday, August 28, 2023
Monday, March 13, 2023	Monday, September 11, 2023
Monday, March 27, 2023	Monday, September 25, 2023
Monday, April 10, 2023	Monday, October 9, 2023
Monday, April 24, 2023	Monday, October 23, 2023
Monday, May 8, 2023	Monday, November 6, 2023
Monday, May 22, 2023	Monday, November 13, 2023
Monday, June 5, 2023	Monday, November 27, 2023

Seeking Fond du Lac Enrolled Band Members to Join the Constitution Reform Delegate Committee a Citizen Movement to MCT Constitution Reform



Please submit your letter of interest to delegate@fdlconstitution.org

The Constitution Reform Committee Delegates meet every other week at 5:00 pm

Monday, December 12, 2022	Monday, May 1, 2023
Monday, December 26, 2022	Monday, May 15, 2023
Monday, January 9, 2023	Monday, May 29, 2023
Monday, January 23, 2022	Monday, June 12, 2023
Monday February 6, 2023	Monday, June 26, 2023
Monday, February 20, 2023	Monday, July 10, 2023
Monday, March 6, 2023	Monday, July 24, 2023
Monday, March 20, 2023	Monday, August 7, 2023
Monday, April 3, 2023	Monday, August 21, 2023
Monday April 17, 2023	Monday, September 4, 2023

Etc

LEGAL NOTICE – JANUARY 2023

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

BOURDON, Robert Bernard

BULLOCK, Sharon Mae
CICHY, Gerard
CICHY, Leslie
DEFOE, Dale Edward
DEFOE, Kenneth Larry Jr.
DEFOE, Steven Joseph
DOUGLAS, Mime A.
ENGLER, Virginia
ERICKSON, Judith Lenore
HOFFMAN, Cotee Lee
LAPRAIRIE, Robert
MARTIN, James Ernest Sr.
MARTIN, Tina Marie
MARZINSKE, Larry
MATHISON, Michael
OWENS, Louise K.
OTIS, Doris
ROY, Lee David
SAVAGE, Gerald Jr.
SENNETT, Billie Jo
SMITH, Karrie Anne
SMITH, Richard Joseph
SOULIER, Gary
ST. GEORGE, Richard J.
THOMPSON, Dennis K. Jr.
WHITE (DURHEIM), Mindy



FOND DU LAC TRANSIT

WE'RE HIRING!

Join Our Team!

*Full Time & Part Time Driver Positions
Full Time Mechanic Position*

**Competitive Wages | Great Benefits |
Hiring Bonuses for Specific Positions**

Apply today at www.fdlrez.com or call 218-878-2653



Join Real Solutions to Weight Management

Attend all three to earn a FitBit incentive.

1. Personal nutrition appointment with dietitian

Call 878-2141 to make your appointment

2. Attend the Cooking Class to Reduce Calories

Feb 9 or 10

3. Attend the Real Solutions support group for at least 8 sessions.

Dotie Tibbets Room, MNAW

Fridays, 12-1 pm from Jan 6 – Mar 31

OR

CAIR Lake Superior Room, Thursdays 12-1 pm

Jan 5 – Mar 30

Want to lose weight for the new year and need some assistance in reaching your goal? This packaged program will provide you with the knowledge and support. Don't wait. Registration is limited.

Call now to reserve your spot. 218-878-2141

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

**DELI EXPRESS
BREAKFAST
SANDWICHES
\$3.49
4.4 OZ - 5.7 OZ**

**JAVA
CAPPUCCINO
\$1.69
ANY SIZE**

Yahoo - The Buffalo - Bizhiki have Returned Indian Boy's Pony – Attempt to Ride it at a Bison Hunt Bizhiki and Why Crows are Black

Research by Christine Carlson

So happy to read the article Buffalo Return to the FDL Reservation by Zachary Dunaiski in last month's paper. Thanks to Native Wise LLC and David and Patra Wise.

Bizhiki or Buffalo

The white man and his firearms began one of the most shameful chapters in American history. They ruthlessly slaughtered this king of the prairie and as a result, subjugated the various bands as well.

The Indigenous folks did not slaughter the buffalo needlessly. They hunted with a bow and arrow but at times, forced buffalo over a cliff. Some of these places are even noted along the roadways through the Dakotas.

The hunters and fighters became fine weapon makers. Their bows and arrows were short in order to be more easily used on horseback. The plains tribes made short throwing and thrusting spears too, with which a man on horseback could strike quickly and surely.

Every part of the slain animal was used. It furnished almost everything needed to live: food, shelter and clothing. The skin, hair, flesh, blood, bones, entrails, horns, sinews, kidneys and heart were all used. Even the gall bladder stones were used as medicine paint.

Women's' Contributions

The women tanned the hides and cut and sewed tepees and clothing from the tanned skins. They made moccasin for foot covering and painted designs on them with earth colors. They dried the buffalo meat and then pounded it with stone hammers. The finely powdered meat they mixed with fat and berries and stored away for

winter use.

About the time Columbus was lost, the buffalo were in massive herds and the country was covered with them. Yes, buffalo was ruler of the plains.

Indian Boy's Pony – Attempt to Ride it at a Bizhiki Hunt – Duluth Weekly Herald of Sept. 11, 1895

The Hunt -Thus, led by those dedicated to religious service, the band leaves its village, the people by families dropping into line – men, well mounted, bearing their weapons ready for use; women, in gala dress, riding their decorated ponies, older ones leading the pack horses; little children in twos and threes upon the backs of steady old nags, or snugly stowed away in the swinging pouch between the tent poles; and the dogs trotting complacently everywhere. Here and there along the line of the cavalcade is a lad being initiated into individual responsibility. He has been upon the hunt before, as one of the family, but this is his first step toward going independently uncared for as a child. The father has lassoed a wild horse, saddled and bridled him, and now bids his son to mount the animal. The boy hangs back; the colt is a fiery creature, and already restive under restraint. The father tells his son that the horse shall be his own when he has conquered it but the lad does not move. The onlookers are smiling and the cavalcade does not wait. "Get up" says the father.

The boy slowly advances, and the colt quickly recedes; but the boy, grasping his mane, swings himself into the saddle. The father lets go and so does the colt—rears, jumps, wriggles, humps his back like an infuriated cat, stands on his fore legs and kicks at his own tail, paws the air and stamps the earth,

but the boy clings to him until with a sudden jerk the saddle girth is broken and he is landed over the head of the excited creature, which runs for dear life and liberty. Brought back, protesting by twists and shakes of his head, he is again mounted, and again frees himself.

After two or three repetitions of this sort of thing the boy becomes angry, and the mother grows anxious. She runs to her son as he is scrambling up from the ground, checks him all over and moves his legs and arms to see if he is hurt. He is impatient at the delay; he is going to master that pony now or die for it. This time he stays on. In vain the animal lashes himself into foam and fury; the boy sticks to him like the shirt of Nessus, and the father at last leads the indivisible pair between the tent poles which trail behind a sophisticated family horse, and there, fenced in, they journey all day, trying to get used to each other. The pony does not see his way out of the poles, and is forced to keep up with the procession.

At first halt the strife is renewed. The pony jumps over a nest of children slung between tent poles and rouses the ire of the dogs. With them at his heels and the boy on his back, he is an object of terror as well as of mirth to the camp. He goes where he likes. All the boy can do is to hold on; but hold on he does, until at nightfall he dismounts without the aid of the pony. The animal recognizes this as a defeat, and the struggle is over. An admiring uncle presents the boy with a whip, the handle of which, decorated in porcupine quill work, is terminated by a tassel of elk teeth; and thenceforth he rides his pony with the pride of a conqueror, while the pony himself prances along as if he too were proud of his own part of the

performance.

Bizhiki and Why Crows are Black

In the beginning crows were white. The crows and buffalo were great friends. When the crows saw the hunters approach, they would warn the buffalo by perching between the horns alerting the buffalo of danger. The buffalo would then stampede, leaving the people without food.

The people held a council to see what could be done. The leader of the crows was huge and twice as big as the others. In council, the chief suggested to capture the leader and teach it a lesson.

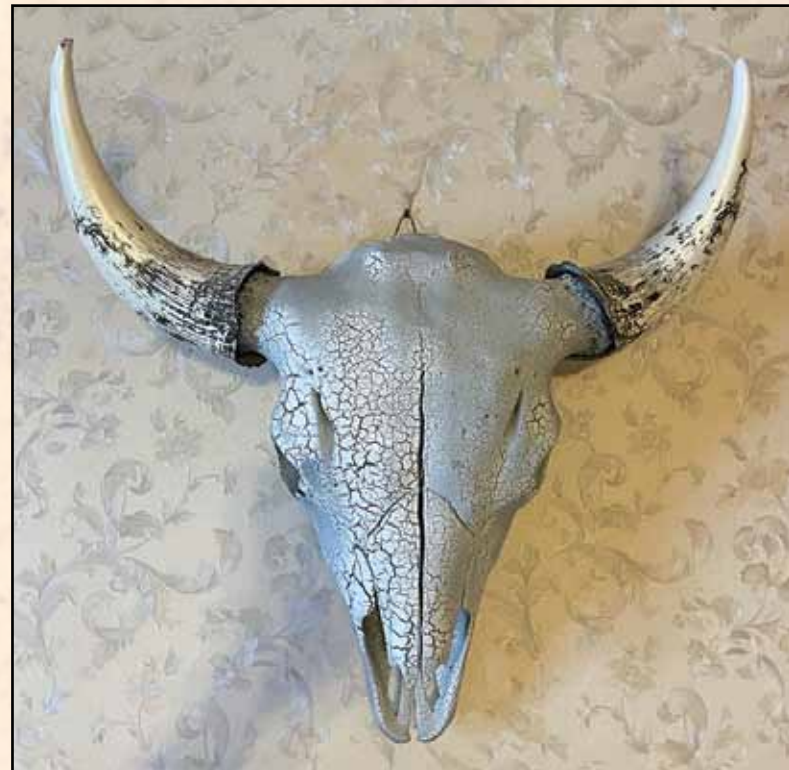
A young brave disguised himself as a buffalo and crept into the herd. They paid him no attention and soon the hunters came. The

crows warned the buffalo and when they stampeded, the brave stayed behind pretending to graze. The big crow came and landed on his shoulder calling out the warning, "Caw! Caw!" The brave grabbed the crow and bound it with a leather strap.

Back in council, they talked about what to do and a hunter was angry and grabbed the crow and threw it into the fire. The crow was badly singed and promised not to warn the buffalo any longer. This is why the crows are now black.

Reference

See related article on the buffalo called Black Thunder and Standing Rock in the archived January 2017 issue of this paper.



Buffalo Skull by Todd DeRoiser

Health News

January is Cervical Cancer Awareness month

Pap tests and HPV tests can help prevent cervical cancer and can find it early. Depending on age, the tests are the most effective cancer screening test available to women. Cervical cancer is highly curable when detected and treated early. According to American Indian Cancer Foundation, American Indian women are nearly 2x more likely to develop cervical cancer and are diagnosed at later stages than white women.

Human Papillomavirus (HPV) is the most common cause of cervical, vaginal, and vulvar cancers. The HPV vaccine protects against types of HPV that is most often the cause of cervical, vaginal, and vulvar cancers. The HPV vaccination is suggested for girls and boys 9-26 years of age.

Update: CDC now routinely recommends two doses of HPV vaccine for 9-15-years old to prevent HPV cancers. Teens and young adults who start the series at ages 15 through 26 years old suggested to receive three doses of HPV vaccine.

According to the American Cancer Society, smoking commercial tobacco raises a women's risk for cervical cancer.

All women are at risk for cervical cancer. It occurs most often in women over the age of 30. Each year, around 12,000 women in the United States get cervical cancer.

It is suggested to start getting your regular Pap test at age 21.

Cervical Cancer Screenings are suggested for 21-29 years old every 3 years.

For those 30-65 years old it is suggested to be screened:

- Every 3 years with a pap test alone
- Every 5 years with HPV testing alone OR
- Every 5 years with HPV and pap testing together (cotesting).

Always remember to talk with your healthcare provider.

Sources: U.S. Department of Health and Human Services; The Office on Women's Health. Centers for Disease Control and Prevention (CDC) www.cdc.gov, American Indian Cancer Foundation (AICAF) AmericanIndiansCancer.org, and American Cancer Society (ACS) www.cancer.org

A message from your Fond du Lac Cancer Prevention Program

Nutrition and Flu Season

By Kara Stoneburner, RDN LD,
Community Health Services Dietitian

The holidays are past us but cold and flu season is not. Although there is no one sure way to prevent getting sick, there are steps you can take to lessen your chances. These steps include:

- Eating a healthy diet
- Drinking plenty of water
- Decreasing stress
- Getting adequate sleep
- Reducing/quitting smoking and alcohol
- Practicing good handwashing and hygiene
- Covering coughs and sneezes appropriately
- Staying home when sick
- Getting a flu shot

Let's focus on healthy eating. Eating a healthy diet on a regular basis will help lessen your chances of getting sick and could reduce the length of time you are sick. The vitamins and minerals we get from healthy foods help the body's immune system function and stay strong. It is highly recommended to get the proper amounts of vitamins and minerals through the food and beverages we consume, not a supplement, unless prescribed by your Healthcare Provider. If you feel you need a supplement, consult with your Healthcare Provider.

If you do get sick, eating a variety of healthy foods may help shorten your illness. Healthy foods include fruits, vegetables, whole grains, lean meats, poultry, fish, seafood, beans, eggs, low-fat or nonfat dairy and healthy fats.

A few highlighted vitamins and minerals that are popular with the immune system include:

- **Vitamin C**- assists with growth and repair of cells and tissues. Helps prevent infections and shorten their stay – Sources include citrus fruits, spinach, bell peppers, tomatoes, strawberries, broccoli, cantaloupe and brussels

sprouts

- **Vitamin E**- supports the immune system and helps fight off infections – Sources include nuts and seeds, green leafy vegetables, mangos, avocados, peanut butter, some oils (sunflower, safflower and soybean oils) and other foods that are fortified with Vit E

- **Vitamin A**- helps the immune system function properly – Sources include carrots, sweet potatoes, pumpkin, butternut squash, cantaloupe, bell peppers, broccoli and dark green leafy veggies

- **Vitamin D**- supports the immune system – Sources include mushrooms, salmon, tuna, sardines, vitamin D fortified milk and milk products, fortified orange juice and fortified cereals

- **Zinc**- helps produce new immune system cells

- Sources include meats, poultry, beans, legumes, nuts, crab, whole grains, spinach, eggs and oysters

- **Folate/folic acid**- involved in cell formation, supports healthy growth and function of cells

- Sources include dried beans, lentils, spinach, asparagus, broccoli, vegetable juice and brussels sprouts

- **Iron**- supports growth of cells and assists in moving oxygen to cells

- Sources include meats, poultry, dark green leafy vegetables, beans, legumes, nuts and fortified foods

Knowing some of the important vitamins and minerals the immune system needs, it is time to think about what to have on hand in case you do become sick. Below is an example of some food supplies that may come in handy when not feeling well. (Remember to watch expiration dates). Consider foods that are a bit easier to prepare when energy level is low, while still getting the necessary vitamin and minerals. Adjust as necessary for any medical nutritional needs.

Staples:

- Whole wheat bread

- Milk/dairy alternative
- Eggs

- Peanut butter

Cereals/Starches/Breads:

- Oatmeal
- Non-sugary cold cereal
- Crackers
- Tortillas
- Rice

Soups:

- Broth and broth-based soups such as chicken noodle

Fruits/vegetables:

- 100% fruit or vegetable juice
- Fruit & vegetables (fresh, frozen or canned)

Meats and meat alternatives:

- Canned tuna and/or salmon
- Canned chicken
- Canned beans

Other:

- Popsicles
- Fresh water

Sample meal plan when not feeling well

(adjust as needed for diet restrictions):

Breakfast ideas:

- Oatmeal
- Milk/milk alternative
- Whole wheat bread with butter (toast)
- Fruit (fresh, frozen or canned)

Lunch/Dinner ideas:

- Soup
- Crackers
- Steamed vegetables
- Other ideas for meals or snacks:
- Tuna fish sandwich
- Peanut butter and jelly sandwich
- Eggs

- Canned chicken and cheese melted on tortillas
- Jell-O
- Beans and rice
- Popsicles
- Frozen veggies (add to soups for more nutrients)

May 2023 be happy and healthy for all!

Health News

Recipe of the month: Chicken and white bean soup

Serves: 6 to 8

Prep time: 15 minutes or less

Total time: 1 hour or less

Ingredients

- 1 rotisserie chicken breast section or 3 cups chopped white chicken meat
- 1 tablespoon canola oil
- 3 carrots, sliced
- 2 celery stalks, sliced
- 1 onion, chopped
- 2 cups water

- 6 cups reduced-sodium chicken broth

- 1 (15-ounce) can Great Northern beans, rinsed and drained

- Salt and freshly ground black pepper

Directions

1. Remove wings from chicken and reserve. Remove skin from breast and discard. Shred the meat

from the breast and break off breastbones.

2. In a stockpot over medium heat, add oil. Sauté the carrots, celery, onion, chicken wings, and breastbones for 8 to 10 minutes, or until vegetables soften.

3. Add water and chicken broth and bring to a boil, stirring to combine. Reduce the heat, cover, and simmer for 15 to 20 minutes. Add

beans and chicken meat and cook for 5 minutes. If too thick, add additional broth or water. Discard bones and wings before serving. Season with salt and pepper.

Per Serving (for 6 servings) Nutrition Information: Calories 235, Calories from Fat 45, Saturated Fat 1.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.4 g, Monounsaturated Fat 2.3g, Choles-

terol 60 mg, Sodium 675 mg, Total Carbohydrate 17g, Dietary Fiber 5g, Sugars 5g, protein 28g

Recipe adapted from: <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes/main-dishes/chicken-and-white-bean-soup.html>

Don't get mixed up in consumer scams.

Unscramble the letters to reveal common scams.

1 RTLEY Θ†

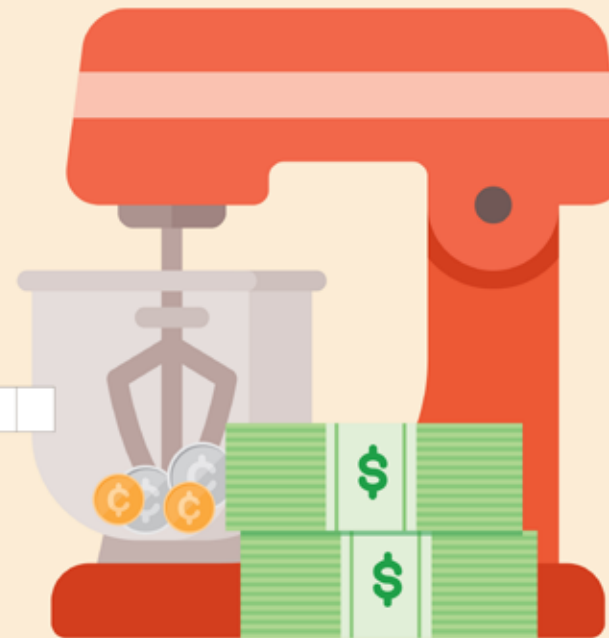
2 NSHIH ΠG

3 ETNRPGAN RΔA

4 IYTHA €R

5 PGNFO ∑Θ†

 Answers on back!



If you have questions about financial scams, contact Andrea Linton, Adult Services at 218-655-3632.



Health News

Measles outbreak: the importance of getting your child immunized

By Callie Bassett, RN, CLC

A measles outbreak is currently growing in central Ohio affecting more than 50 children, half of them needing hospitalization. None of these children have been fully vaccinated against measles. According to the US Centers for Disease Control and Prevention more than 90% of children in the US have been vaccinated against Measles, Mumps, and Rubella by age 2. It is recommended that children get the vaccine in two doses: the first dose between 12 and 15 months, and the second between ages 4 and

6. One dose is about 93% effective at preventing measles, getting both doses is about 97% effective if you come in contact with the virus. In 2022 Minnesota had a total of 14 measles cases reported from an exposure outside of the US and 8 cases that were within the US per the MN department of Health. This can be prevented with getting vaccinated.

Measles is a highly infectious disease that can be spread through the air when an infected person coughs or sneezes or if someone comes into direct contact with or shares germs by touching contaminated objects or surfaces.

This virus is so transmittable that, if an infected person coughs or sneezes, it can remain in the air for up to two hours after the infected person leaves the room. Other complications can arise once they are diagnosed with the measles such as ear infections, dehydration, pneumonia, croup, and in rare cases, encephalitis which is an inflammation of the brain that requires urgent medical attention.

As a result of the pandemic we are experiencing a global dip in vaccination coverage due to children missing their routine physicals. About 90% of unvacci-

nated people who are exposed to measles will become infected.

Symptoms include high fever, cough, runny nose, red/watery eyes, and 3-5 days after symptoms begin a measles rash breaks out. It usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, trunk, arms, legs, and feet.

Please call (218) 878-2190 to schedule an appointment with



your healthcare provider to get your child up to date on their immunizations!

The first step in preventing scams is knowing about them.

Answers:



1 Lottery scam: In a lottery scam, you receive a call or email congratulating you on being a winner with an ask for an upfront payment for fees and taxes. Similarly, if you are asked to pay an advance on sweepstakes prize winnings, it could be a scam.



2 Phishing: Phishing happens when you receive authentic-looking emails or text messages with links that ask you to share bank or credit card account numbers or your social security number.



3 Grandparent: If you get a call from a grandchild or relative asking you to wire money or send gift cards to help them out of trouble and they ask you not to tell anyone, it could be a scam.



4 Charity scam: If you get a call or email asking for a donation to a charity you've never heard of, look the charity up before you give out your credit card number. Scammers could be trying to take advantage of your generosity.



5 Spoofing: In a spoof scam, criminals send an email that looks like it's from a friend who needs money to deal with an emergency. If you receive an email like this, always check with the sender by phone or in person.

If you have questions about financial scams, contact Andrea Linton, Adult Services at 218-655-3632.



Ashi-niswi giizisoog (Thirteen Moons)

Namebini-giizis

The new Namebini-giizis begins February 4. This is the Sucker Fish Moon. Other names for this moon are Migizi-giizis, Eagle Moon and Makoonsag-gaa-nitaawaadi-giizis, When the bear cubs are born moon.

Gichi Manidoo Giizis (Great Spirit Moon) Pow Wow 2023

JANUARY 13 & 14, 2023

Black Bear Casino Resort

Otter Creek Event Center

Friday, January 13

5pm - Registration Starts

7pm Grand Entry

Saturday, January 14

10am - Registration Starts

1pm & 7pm Grand Entry,

5pm - Feast

Emcee - Les Gibbs

Co-Emcee / Language Translator - Alex Kmett

Arena Directors - Jamie Petite, Leland WhiteFeather Jr.

Spiritual Advisor - Ricky DeFoe

Host Drum - Little Otter

Co-Host drum - Cedar Creek

Head Dancers - Shane Mitchell, Misty Rose Peterson

Vendor tables - Contact Nikki Crowe, 218-878-7148

Drum Sign Up - Contact Phil Savage, 218-878-7123

Info Table Sign Up - Contact Courtney Kowalczak, 218-879-0862



Fond du Lac Tribal & Community College is an affirmative action, equal opportunity employer and educator, and a member of the American Indian Higher Education Consortium and the World Indigenous Nations Higher Education Consortium. This document is available in alternative formats to individuals with disabilities. Consumers with hearing or speech disabilities may contact us via their preferred Telecommunications Relay Service.



Student Initiative for Reservation Veterinary Services



College of Veterinary Medicine
UNIVERSITY OF MINNESOTA

****FREE Pet Wellness Clinic****

NO APPOINTMENT NEEDED – WALK IN CLINIC

When: January 14th and 15th, 2023

Time: January 14th 8am - 5pm
January 15th 8am - Noon

Where: Fond du Lac Head Start Gym
33 University Rd,
Cloquet, MN 55720

Services: Pet wellness checks, vaccines (rabies, distemper, parvo), heartworm testing, flea/tick preventative, nail trims

COVE will be having activities for children ages 5 and up on Saturday, January 14th from 1pm to 3pm.

Ashi-niswi giizisoog (Thirteen Moons)

Language Page: 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)
Dakaanimadwind (cold)

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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

E	Q	F	K	U	Y	B	R	W	I	M	Z	A	H	A	K	G	V	C	R
L	N	G	T	Q	T	J	Z	P	L	Z	H	N	F	F	K	C	C	W	G
I	S	D	N	A	G	I	A	K	S	A	A	B	I	I	Z	A	F	R	W
P	S	H	S	C	V	F	U	V	G	I	A	N	B	O	S	O	L	E	G
Q	O	G	S	J	L	G	E	X	D	Q	G	A	X	J	E	I	L	I	D
T	A	O	G	I	Z	H	A	A	D	A	A	W	A	S	O	R	M	Y	I
C	T	P	X	W	I	I	J	I	I	W	N	D	A	K	B	A	T	B	R
Z	I	I	G	W	E	B	I	N	I	G	A	N	J	V	G	H	Y	Q	T
N	L	T	A	C	S	D	I	I	E	N	A	K	S	I	B	I	W	V	C
A	K	K	Y	C	S	E	B	I	A	V	S	D	W	U	P	P	R	U	Z
W	W	D	B	K	O	O	F	A	N	E	H	I	K	J	Q	X	Q	R	V
Y	T	W	I	X	O	V	Z	Q	O	A	I	E	P	X	E	D	L	P	B
Y	R	Z	M	D	N	I	X	A	A	K	I	I	M	A	W	K	I	M	H
B	B	I	I	C	I	R	G	P	O	T	W	H	N	P	N	S	V	K	W
J	V	N	W	N	P	G	V	N	Y	Y	A	D	C	K	I	G	V	Q	N
M	A	K	A	D	E	W	A	A	B	I	K	I	Z	I	C	I	J	W	T
M	J	N	N	F	T	D	G	T	P	B	E	A	Y	A	G	O	J	V	Y
K	E	G	A	W	A	T	I	W	E	D	E	L	G	H	L	B	F	E	V
E	N	T	A	S	T	D	A	V	C	J	X	U	O	C	L	E	U	O	X
Q	B	Y	N	K	L	Y	Q	P	D	D	M	V	L	T	K	D	O	N	D

- WIIJIIW/ACCOMPANY
- GIZHAADAAWASO/BABY SIT
- BIMIWANAAN/BACKPACK
- GICHLANIIBIISH/CABBAGE
- ZHAAGANAASHIIWAK/CANADA
- NANIIZAAANAD/DANGEROUS
- DEWITAWAGE/EARACHE
- MAKADEWAABIKIZI/ECLIPSE
- ANOKIIWIGAMIG/WORKSHOP
- ZIIGWEBINIGAN/GARBAGE
- MIKWAMIKAA/HAIL
- MIKWAM/ICE
- BISKANE/IGNITE
- ZIIBAASKAIGAN/JINGLE
- MANIDOOBIIWAABIK/MAGNET

Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on January 17, 2023 for the February 2023 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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

Happy Birthday

Happy birthday to our daughter **Eleanor L Ammesmaki** we hope have an amazing day. *Love you, Mom and Dad*



Happy 4th birthday to **Knox Korby** (Jan. 11). We are thankful for you every day! We love you so much. *Love, Mom, Dad, and Patience*

Mino Dibishkaan Nimama Tara Dupuis (Jan. 12). We love and appreciate you so much! *Have the best day, ma*

Mino Dibishkaan ningozis Clayton Kettelhut Jr. (Jan. 19). We love you and hope you have the best day! *Keep being you, my guy!*

Happy birthday **Frapma Bouda (Roger Smith Sr.)** (Jan. 29)! I love you Frampa! *Love, Lincoln*



Congratulations

Welcome **Dreya Sharee Kettelhut** to the world on November 17.

Thank you

A Thank you from the Sister's Family of **Stephanie Hammitt** We would like to thank the following, Tia Tokkesdal for

the compassion and care she gave after the passing of my sister, Stephanie Hammitt. The assistance and guidance Tia provided to ensure the meal and the grave site prep was going to be taken care of, everything was handled so carefully and professional where the family didn't have to worry about these details during this difficult time. The Cedar Creek Drum Group for sending off and honoring my sister so beautifully, the Reservation Business Committee, the Public Works Crew, and the Black Bear Casino Banquet Team. If we've missed anyone please know it didn't go unnoticed and everything was appreciated.

Sincerely, Michelle LaFave's Family

Obituary

Curtis Ryan DeFoe, "Gahnegahwe Biimosay Ogahma Miimiidgwis," which means the



one who will lead his people to greatness, passed away on Wednesday, November 9, 2022, at St. Luke's Hospital in Duluth. He was born on Wednesday, December 2, 1987, in Cloquet. Curtis was of the bear clan and an enrolled member of the Fond du Lac Band of Lake Superior Chippewa. Curtis enjoyed being outdoors, hunting, fishing, and being out with the family.

Curtis will be remembered as the life of the party, bringing joy to any room he entered. He will surely be missed by many.

Curtis is survived by his sons, Coy and Cy'Ruse DeFoe; daughter, CeaReah Lone-DeFoe; brother, Shane Defoe (Danielle

Webster); sisters, Shere'e Defoe (Nicholas Neargard) and Christine (Jordan) Morris; and uncle, Garrett "Umitz" DeFoe (Mary Peacock). He was preceded in death by his mother, Sherry DeFoe, daughter, Cindaria Lone-Defoe; grandparents, Roy and Geraldine DeFoe; uncles, Roy, Randy, and Antoine DeFoe; and aunts, Roberta (Davis) DeFoe and Robin LaFave.

William Roger Martin passed away on Saturday, November 19, 2022, in Sandstone, Minnesota. He was born on May 17, 1953, to John Sr.



and Dorothy (Tiessen) Martin in Cloquet, Minnesota. He grew up in Sawyer, Minnesota. During his childhood he enjoyed fishing, hunting, swimming, ricing, and playing baseball. William's passion was art and he attended art school at Fond du Lac Vo-Tech. He spent his time working as a craftsman creating wood carvings. William would always travel to see friends but would always return to his home in Sawyer. He enjoyed being outside, going for walks, making fires, drawing, and decorating. William will be missed for his protecting and loving nature. He had a great sense of humor and was a big kid at heart. He would call you "sis" when you meant the most.

William is survived by his siblings, Betty Lou Nelson of Cloquet, Patricia (Lester) McLaughlin of Sawyer, Steven Martin Sr. of Carlton, Cheryl Martin of Duluth, and Darwin Martin Sr. and family of Cloquet; nieces, Gladys, Alberta, Johanna, Shelly, Linda, Serena, Billie,

Gail, Colleen, Ann, Darlene, Deserae; nephews, Robert, Rodney, Mike, John, Kevin, Shawn, Steven Jr., Jonas, and Darwin Jr.; great niece, Skye Northbird; great-great nephew, Ian Martin; and many other family and friends. He was preceded in death by his son, William Roger Barcelona Martin; his parents; brothers, Michael Martin, John Martin Jr., and Frederick Martin; and sisters, Darlene, Phyllis, and Bonnie Martin.

Glenda Gray Mikita, 86, passed away on Nov. 21, 2022. She is survived by her grandson, Shaun Mikita; sister, Bonnie Spoden; nieces, Kim (John) Warren, Pamela (Reeves) Bower and Robin (Dan) Collier; and numerous great-nieces and great-nephews. Preceded in death by her parents; sons, Roger Chingway and Shaun Mikita; and sister, Karol Betts.



Glenda was born to Bernard Chingway and Gladys Hultquist on Nov. 18, 1936, in Winnebago, Neb. She worked at CF&I, Evraz and Davis Wire.

Glenda enjoyed trips to Cripple Creek, professional Colorado sports, family birthdays and holidays, her many beloved pets, and daily walks at City Park. She was an amazing baker and won numerous awards at the Colorado State Fair. The family would like to thank the staff at Bonaventure of Pueblo and New Century Hospice for their love and care.

Community News

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

- Maintenance Worker, FDL Tribal Center, FT
- Security Guard, FDL Human Services, FT
- Cook Helper, FDL Head Start, FT
- Family Service Worker, FDL Head Start, FT
- Teacher, FDL Head Start, FT
- Teacher Assistant, FDL Head Start, FT
- Dental Hygienist, FDL Human Services, FT
- LP Delivery Driver, FDL Propane Co., FT/PT
- Maintenance II, MNAW, Assisted Living, Supportive Housing, Tagwii, FT
- Maintenance I, MNAW, Assisted Living, Supportive Housing, Tagwii, FT
- Skilled Laborer 2, FDL Housing, FT
- Skilled Laborer 1, FDL Housing, FT
- Maintenance Worker, FDL Housing, FT
- Custodian/Cleaner, FDL Housing, FT
- SUD Treatment Aide, FDL Human Services, FT
- COVID-19 Health Screener, FDL Human Services, FT
- Registered Dental Assistant, MNAW, FT
- Transfer Station Attendant, FDL Transfer Station, FT
- Security Guard 1, FDL Law Enforcement, FT/Temp
- Security Guard 2, FDL Law Enforcement, FT/On Call/Temp
- Tribal Monitor/Field Crew Supervisor, FDL Resource Management, FT/Temp Seasonal
- Tribal Monitor/Field Crew Tech-

nician, FDL Resource Management, FT/Temp Seasonal

- Convenience Store Clerk, FDLGG, PT/On Call/Temp
- Custodian, FDL Tribal Center, FT
- ENP Driver/Cook, BCC, CCC, or SCC, F
- SUD Treatment Technician, FDL Human Services, FT
- Maintenance/Security, BCC, FT/PT
- Custodial/Security, BCC, FT/PT
- 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, FDL Head Start, On Call
- Deli Clerk, FDLGG, PT
- Transit Driver, FDL Transit, FT/PT/On Call
- School Bus Driver, FDL Educa-

tion, FT/PT/On Call

- Health Care Assistant, MNAW, Assisted Living, Home Care, FT/PT
- Store Clerk, FDLGG, PT
- Convenience Store Gas Attendant, FDLGG, FT

Black Bear Casino Resort

- Table Games Supervisor/2nd Screen Pit Boss, FT/PT
- Drop Team Supervisor, FT
- Sous Chef, FT
- Surveillance Operator II, FT
- Food & Beverage Supervisor, FT
- Slot Floor Person, FT
- Cook I, FT
- Golf Course Equipment Operator, FT
- Golf Course Groundskeeper, FT
- Golf Course Triplex Operator, FT
- Golf Course Concession Sales Representative, FT/PT
- Golf Course Pro Shop Sales Representative, FT/PT
- Golf Course Cart Attendant, FT/PT
- Golf Course Youth Cart Attendant, FT/PT
- Golf Course Ranger/Starter, FT
- Engineer/Maintenance I, FT
- Event Center Set-Up, FT/PT
- Surveillance Operator I, FT
- Administrative Secretary/Receptionist, FT
- Motel Room Attendant, FT
- Table Games Dealer, PT
- Hotel Maintenance Worker, FT
- Bartender, PT



Pictures from the 80's

Here's another photo from a Vista worker, who worked for Fond du Lac from 1980-81. If you can identify someone in this picture, please email zacharydunaiski@fdlrez.com, call me at (218) 878-2682, or stop by.

- Slot Video Technician, FT
- Sage Deli Cook, FT/PT
- Front Desk Representative/Night Auditor, FT
- Vault Cashier, FT/PT
- Engineer/Maintenance HVAC, FT
- Call Center/PBX Operator, FT/PT
- Bingo Vendor/Floor Worker, PT
- Custodial Associate, FT
- Drop Team Worker, FT
- Gift Shop Clerk, FT
- Slot Attendant, FT
- Steward, FT/PT
- Buffet Wait Staff, PT
- Room Attendant/Housekeeper, FT
- Security Guard/Dispatch, FT
- Buffet Runner, FT/PT
- Steakhouse Wait Staff, FT/PT

- Steakhouse Host/Hostess, FT/PT
- Buffet Host/Hostess, FT/PT
- Cook II, FT
- Players Club Representative, FT/PT

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 Technician, FT/PT
- FDL Minneapolis listings
- Clinical Pharmacist On Call
 - Pharmacy Technician On Call/Sub

JANUARY 7 - 28TH

\$100,000
IN CASH PRIZES!

FROZEN ASSETS

JANUARY 7, 14, 21 & 28TH:

- START EARNING ENTRIES ON JANUARY 1, 2023.
- TWELVE (20) WINNERS EACH SATURDAY 6 - 9 PM.
- WIN UP TO \$2,000.

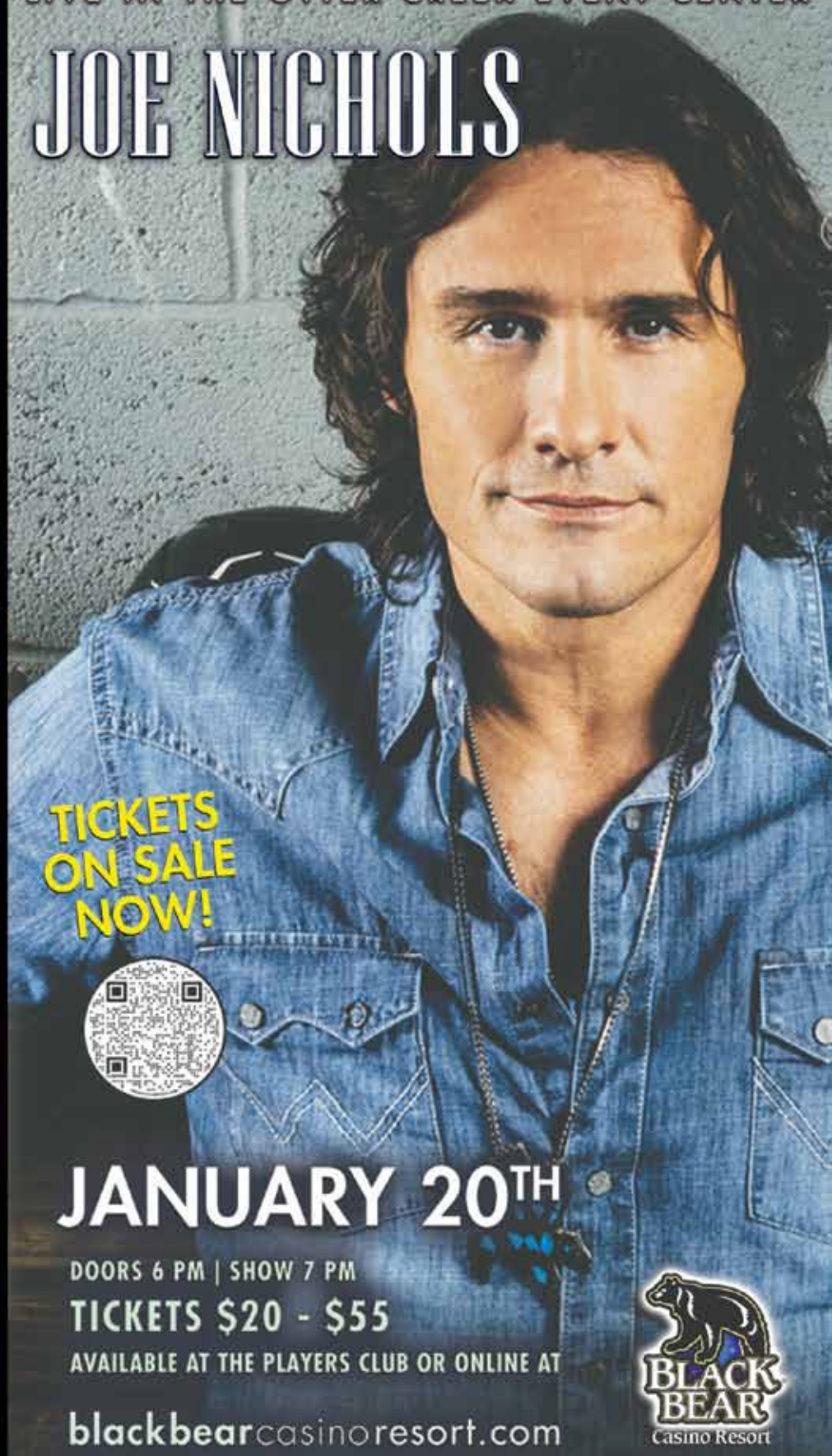


blackbearcasinoresort.com

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LIVE IN THE OTTER CREEK EVENT CENTER

JOE NICHOLS



TICKETS ON SALE NOW!



JANUARY 20TH

DOORS 6 PM | SHOW 7 PM

TICKETS \$20 - \$55

AVAILABLE AT THE PLAYERS CLUB OR ONLINE AT

blackbearcasinoresort.com

