

Nagaajiwanaang Dibaajimowinan

Stories from where the water stops

VOTE JUNE 14



FDLHSD's Safe Kids NE MN Coalition and FDLOS teach a bike and pedestrian safety course.

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Local News

FDL awarded Bemidji Area Indian Health Services Director's awards

Fond du Lac Human Services division was honored this past month with a few awards from the Bemidji Area Indian Health Services Director's Awards including the leadership award, patient safety and quality award, and quality assurance department award.

The following is the list of awards and who received them.

Leadership Award

This award was created to recognize the highest level of characteristics which define leaders in Bemidji Area Indian Health Services: humility, drive, and the ability to empower others.

Dr. Charity Reynolds, MD—FDL Human Services Medical Director Patient Safety and Quality Award - Team

This award was created to recognize major achievements to improve patient safety and health care quality.

Quality Assurance Department:
Crystal Greensky, Fran White, Louise Manydeeds Sather, Holly Karjala, Gidget Netland, Torrence Savage, Kristine Hershberger, Brooklynn Barney, Marlee Castellano, Clint Northrup, Mary Beth Smith, Emilee Heifner, Mar-

cie Goodreau, Jennifor Shofner, Rebecca Provost, Jacob Dunlap, and Dustin Blacketter.

In addition, we would like to congratulate the following teams for being nominated for a Bemidji Area Indian Health Services Director's Awards for their special efforts and contributions, beyond the regular duty requirements, resulting in significant benefits to the Fond du Lac community and IHS strategic goals, objectives and programs, customers and fulfillment of the IHS mission.

Fond du Lac Dental Office Team

Fond du Lac Childhood Vaccine Improvement Team

Fond du Lac Optical Team

Fond du Lac Diabetes and Diabetes Prevention Team

Fond du Lac Community Health Services Department

Fond du Lac Medical, Physical Medicine, and Optical Services

Congratulations to all team members!

Miigwech to all FDL Human Services employees on continuing to elevate the health and social well-being of American Indian people living in the Fond du Lac community!

Army Corps hearing on Fond du Lac Band's objection to PolyMet NorthMet 404 Permit and EPA recommendations

On May 3 the Fond du Lac Band of Lake Superior Chippewa will finally be heard on its objection to a 404 permit for PolyMet's NorthMet Project. The Army Corps suspended the 404 permit in March 2021 in order to have the EPA comply with the law and evaluate the effects of PolyMet's Project on the Band's downstream waters. The Band has raised well-grounded objections to the Project for well over a decade. But federal and state agencies ignored the Band. The Band has federally approved water quality standards that apply downstream in the St. Louis River within the Fond du Lac Reservation to protect and restore critical water resources now and for future generations.

In August 2021, the Band exercised its authority under section 401(a)(2) of the Clean Water Act to object to the 404 permit because discharges from PolyMet's Project will violate the Band's water quality standards.

EPA has now evaluated the Band's objection. EPA agrees with the Band on the science. EPA recommended that the Corps not reinstate the suspended 404 permit because there are no conditions that can be placed on permit to ensure PolyMet's compliance

with the Band's water quality standards.

After pressing its well-founded concerns for over a decade, EPA's top scientists in its Office of Research and Development concluded that the Band's objection is "well-grounded in contemporary scientific research."

Chairman Kevin Dupuis Sr. applauded EPA's recommendations stating "The Band is not opposed to mining, but if mining is to occur, we must ensure that our waters are protected, not just for the Band, but for all Minnesotans. It has taken a lot of time and dedication to get where we are today, and we appreciate EPA for taking a robust and meaningful look at our objection which is grounded in science. It is no surprise that EPA's recommenda-

tions agree with our long-standing concerns."

In reaching its recommendations EPA found PolyMet's efforts to analyze impacts from its proposed project "are extremely cursory." EPA also found that PolyMet's state water quality permit "authorizes continued exceedance of the Band's water quality standards for mercury," which is a clear violation of federal law.

This is a great victory for the Band's efforts to protect its waters from unacceptable pollution that threatens their culture and way of life. EPA has recognized that the science does not support PolyMet's flawed analysis for its Project. It is time for the Army Corps to revoke the 404 permit.



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Translation: Stories from where the water stops

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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.

Corporate Member of the
Native American Journalists
Association

Vote June 14

Local News

We the people: constitutional reform

“Look and listen for the welfare of the whole people and have always in view not only the present but also the coming generations, even those whose faces are yet beneath the surface of the ground—the unborn of the future Nation.” The Great Law of the Iroquois.

Scholars, Tribal reform leaders, academics, and legal practitioners have offered a comprehensive overview of Tribal constitutional reform processes and the rebuilding of Native governing documents. The MCT Constitutional Reform delegates have taken the lead in addressing the needs of our people with the goal to ensure self-governance and sovereignty.

Jason P. Hipp, in his article *Rethinking Rewriting: Tribal Constitutional Amendments and Reform* noted that Amendment, “involves small-scale adjustments designed to tackle specific problems, adding onto, and thereby preserving, existing governance documents. Reform, on the other hand, involves a “more fundamental reconsideration of constitutional foundations. It introduces changes of considerable breadth and impact, changes that substantially affect the operation of [the] government or . . . public policy.”

Historically, the Secretary of the Interior’s involvement in IRA constitutions through languages such as Secretarial Reviews and Secretarial Approval. The rationale given for the Secretary’s inclusion was IRA Tribal members’ concern of possible abuse by elected leaders. Most of the IRA constitutions were written with the approval, of both Tribal members, through referendums, and sign-off from the Secretary of the Interior, which

was required before the constitution would take effect.

The Secretary of the Interior’s intrusion into Tribal constitutions is a major impediment to Tribal self-determination. The MCT Reform will be taking the opportunity to remedy this through a secretarial election that removes the secretary.

Jason p. Hipp in *Rethinking Rewriting: Tribal Constitutional Amendment and Reform* noted that in 1975 when the U.S. government adopted a policy of self-determination, federally recognized nations had taken the opportunity to govern themselves and determine their own economic, political, and cultural futures.

As a first and crucial step in this process, many Tribes have revised their constitutions to create governmental structures more attuned to Native people’s unique cultural and political values.

It was written in *Montana v. United States*, 450 U.S. 544, 563–64 (1981) that “self-government remains the greatest power that contemporary tribes possess and need to enunciate in their constitutions.”

Eric D. Lemont the author of the book *American Indian Constitu-*

tional Reform and the Rebuilding Of Native Nations (ed., 2006) wrote “... This power (self-government) includes the ability to form a government, define membership criteria, regulate members’ domestic relations, prescribe rules of inheritance, levy dues,

fees and taxes upon tribal members and non-members conducting on-reservation business, exclude nonmembers from the reservation, regulate tribal property, and establish a justice system to resolve most offenses and disputes between tribal members...” Lemont further noted that much of the focus on the structures of tribal governments have been about “the use of separation of powers principle...the need for an independent judiciary; and the crafting of membership requirements.”

Contributing authors in Lemont’s book reflect the following:

1. Joseph Kalt, in *Constitutional Rule and the Effective Governance of Native Nations* wrote, “Although each tribe must tailor its rewriting to its unique history, values and culture... Confronting political instability, institutional incapacity, and governance mechanisms that fail to reflect a unique cultural heritage remain at the center of many tribes’ agendas,

often through designing a system with a division of branches, a strong executive, and an independent judiciary.”

2. Albert Hale, in *Firsthand Account: Why Engage in Constitutional Reform?* stated “[C]onstitutional reform... is... an exercise of sovereignty... With constitutional reform we’re talking about Indian nations doing what they have to do... to address common problems... The question should be... as a truly sovereign nation, is this constitution, this form of government, acceptable to us? To our people? That should be the question. And that should be the only question. And if it is acceptable to our people... then it is and that’s the way it should be. That is sovereignty.”

3. Duane Champagne, author of *Remaking Tribal Constitutions: Meeting the Challenges of Tradition, Colonialism, and Globalization*, also reflected on the fact that “IRA constitutions failed to engage with traditional tribal values, culture, and existing political institutions.” Champagne suggested the Tribes’ current need to create a strong central-

ized authority capable of managing complex twenty-first-century dynamics... compares to the U.S. founders’ rewriting of the Articles of Confederation.

The Constitution Reform delegates are keeping the wisdom of these scholars in mind during this exciting time for constitutional reform. The delegates are also astutely aware that our IRA constitution fails to reflect traditional Tribal values, culture, civil rights of members, our language, separation of power, natural resources, and treaty rights. The delegates value the voice of the people in this process. We are interested in your views. Act now, the Constitution Reform delegates continue to need your input. Join our community meetings, be informed, and when it is time to, Vote. We may not get another opportunity to make important changes. You can find ongoing information from our reform activities at www.fdlconstitution.org or call (218) 878-7579 to reach an FDL delegate voice-mail for comments or questions. Calls will be returned as soon as possible if you leave your name and number.

The Secretary of the Interior’s intrusion into Tribal constitutions is a major impediment to Tribal self-determination. The MCT Reform will be taking the opportunity to remedy this through a secretarial election that removes the secretary.

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RBC Thoughts

Secretary/Treasurer News

Boozhoo,

The censure hearing was conducted at the Otter Creek Convention Center on April 25. The rules were laid out by the presiding official and everyone adhered to them. The presentations, along with witness testimony, were made by both sides and the RBC went off to deliberate the outcome. The result of the deliberation was a vote of 3 to 2 against that the chairman answered the charges and he was cleared. No further action is required in regards to this matter.

The spring maple sap run is over. I did not get out to see any of our producers in action but was told by some of them that when the sap began to run it did not stop. They had to put some long days in but were rewarded in the end with a good product for their use. I was lucky enough to receive a bottle from this year's harvest and I made pancakes for breakfast. The syrup was delicious.

The Band has been spearing and netting for the past few weeks and the season is going along smoothly. The fishermen have been successful but most of all safe. We started at Green Lake and progressed north through several lakes to Mille Lacs. The weather has cooperated and we progressed into the 1854 ceded territory. The Band has opened several lakes going north and this week we will be at Lake Vermillion for netting. I received a package of fresh walleye from a Band member this spring



Ferdinand Martineau

and prepared it for dinner. The smell of fish cooking brings me back to my grandmother frying fish for us. The fish was delicious and the memories were very enjoyable.

The Reservation is experiencing a loss of employees through retirement. In the next few months we will be losing a dozen employees with 15 to 35 years of service to the Reservation. Not only are we losing the employee but more importantly we are losing the years of institutional knowledge they possess. It should not be hard to replace the person but will be almost impossible to replace the knowledge. The intricacies of a job are most often overlooked by a casual observer. The how and why of a job are often not well understood and are lost when an employee leaves the Reservation. The pandemic has changed our work-force

expectations for employment. There have been fewer applicants for jobs that used to have several at a lower wage. The desire to work from home is more prevalent throughout our organization and potential staff pool. The efforts to balance the organizations needs and the staff's desires are difficult at best. The next big challenge is going to be building our bench strength to help ease some of the pain when staff retire.

*If you have any questions or comments please feel free to contact me. My office number is (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com
Gii ga waa ba min.*

Cloquet News

Hello all

Well our spring fishing season seems to have been a success as our fishermen reached our quota on Mille Lacs Lake. I know they have been fishing other bodies of water also but are reporting limited success.

Our Fond du Lac Language and Cultural Center is holding weekly gatherings with a focus on various cultural activities. This is occurring every Tuesday and Thursday from 5-8 p.m. Last week they were busy making birch bark baskets as well as making tobacco out of choke



Wally Dupuis

cherry trees. Late May or early June they will again be tanning and processing hides. They have moose hides, deer hides, and buffalo hides that they will be working on. If you are interested in participating or have any questions about these activities please call the language center at (218) 878-8170. The highly skilled staff will be glad to help you.

On May 10, 2022 we held the ground-breaking ceremony for the Brookston Elder Building. The building will be placed in the old Brookston School lot overlooking the Stoney Brook River. This will be a five-unit complex to start with and has expansion capabilities incorporated in the

design. This building is a long time coming and will serve our folks well.

To give a little update, The Fond du Lac Veterans Powwow is truly scheduled for June 7 and 8th. Please mark your calendars. The Powwow organizers have not had a lot of time to schedule and organize the event but are diligently working to make it a success. I am sure that it will be downsized from past events but they are trying to include as much as they can. I look forward to seeing you there.

As always please feel free to call or write to me with any questions, concerns, or ideas. Email -wallydupuis@fdlrez.com, or office (218) 878-8078.

Annual Gathering of the World Indigenous Nations Higher Education Consortium
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More Local

FDLTCC hosting the annual gathering of the World Indigenous Nations Higher Education Consortium (WINHEC) in August

This summer, Fond du Lac Tribal and Community College will have the distinct honor of hosting the World Indigenous Nations Higher Education Consortium (WINHEC) and World Indigenous Nations University (WINU) welcoming members of Indigenous-serving institutions from around the world. This landmark event takes place **August 12 through 18** and will be held in a hybrid fashion inviting all that can attend in person, as well as those from around the world who will need to attend virtually. Registration for the event is open to the public and due by June 10, 2022. To register for this exciting event, please visit <https://fdltcc.edu/winhec2022/>.

Fond du Lac Tribal and Community College (FDLTCC) is a unique institution in Minnesota created by the Minnesota Legislature in 1987 and chartered as a tribal college by the Fond du Lac Band of Lake Superior Chippewa that same year. Opening its doors in the fall of 1987, FDLTCC is the fulfillment of the Fond du

Lac Band's comprehensive educational plan for the reservation serving the Fond du Lac Reservation, its neighbor communities, Cloquet, and the residents of Carlton and southern St. Louis counties in Minnesota.

Like many Indigenous serving institutions, FDLTCC was born out of a movement, grounded in the desire to serve the community with the Tribe in mind. Almost 35 years later, FDLTCC continues to provide higher education opportunities for Ojibwe people and the community at large.

Providing diploma, certificate, and associate degree programming, the educational impact of FDLTCC is everywhere in the region. As police officers, childcare providers, social workers, nurses, chemical dependency counselors and educators, FDLTCC graduates are serving the community and ensuring that Indigenous people are seen, heard, and treated more respectfully.

Through WINHEC accreditation of FDLTCC's Anishinaabeg Gikendaasowinan, which is the collection of

Indigenous focused programs at the college, Native and non-native students are sent out into the world fully prepared with the cultural values of the Ojibwe-Anishinaabe to work innovatively and jointly to solve problems.

The World Indigenous Nations Higher Education Consortium (WINHEC) was established in August 2002 at the World Indigenous Peoples Conference on Education (WIPCE) in Alberta, Canada. WINHEC's aim is to bring professionals together to achieve common goals through higher education. Members come from many different countries and a variety of diverse areas such as university departments, research organizations and government agencies.

For more information on the Annual Gathering of the World Indigenous Nations Higher Education Consortium at FDLTCC, please visit <https://fdltcc.edu/winhec2022/> or contact Roxanne DeLille at roxanned@fdltcc.edu. For registration assistance, contact Stacey Johnson at Stacey.Johnson@fdltcc.edu.



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More Local

Correction

Last month, while acknowledging the great work of FDL youth, I wrote Addison Thompson also was accepted into the Native American Promise Tuition program which also is a small select group that only the brightest and hardest working students get accepted into.”

I misunderstood the program. The program actually is setup to include any first year student of one of the 11 federally recognized Tribes to help with tuition. The following is from their website.

Starting the Fall 2022 semester, the University of Minnesota Native American Promise Tuition Program expands upon a full tuition waiver program on the University's Morris campus, which has long been in place through Minnesota statute given the campus property's history with Native American boarding schools.

The expanded program will provide substantial financial support, in many cases free tuition, to first-year undergraduate students and transfer students from Tribal colleges on the remaining four campuses who are enrolled citizens in one of Minnesota's 11 federally recognized Tribal Nations.

To be considered, students must be admitted to one of four University of Minnesota campuses (Crookston, Duluth, Rochester or Twin Cities), complete a Free Application for Federal Student Aid (FAFSA), meet family household income requirements, and be an enrolled citizen of one of the 11 federally recognized Tribal Nations in Minnesota (complete the Native American Promise Tribal Affiliation Form). Students enrolled at the University of Minnesota Morris are considered for the American Indian Tuition Waiver.*

For more information visit: <https://system.umn.edu/native-american-promise-tuition-program>

FDL hosts solar panel array tour on Earth Day

By Zachary N. Dunaiski

Earth Day (Apr. 22) is always a great day to be greener, more environmentally friendly, and just generally more protective of our environment. We should all do these things every day, but Earth day is the one day a year that we absolutely should be caring for the environment around us.

This year on Earth Day, Fond du Lac hosted a tour of the 1-Megawatt solar field behind Black Bear Casino Resort (BBCR), which has been in operation for 6 years, saving Fond du Lac approximately half a million dollars while also helping to protect our environment. The tour, led by Bruno Zagar, FDL Environmental Specialist and Steven Douglas, FDL Facilities Operations Director, was funded by a grant from the Clean Energy Resource Team (CERT) and

the Minnesota Department of Commerce.

The solar array, which produces about 10% of the Casino's energy, is just one of many fossil fuel reduction projects that FDL has completed over the past several years to not only help save money, but also to be more environmentally friendly. Some of those projects are outlined on CERT's website:

Within Carlton county, the Fond du Lac Band has constructed the first LEED Resource Management building, a one megawatt solar field, biomass district heat system, Tesla 8 vehicle charging stations, a Forest Carbon Sequestration Project, and an organic farm with food storage and processing area. They have developed a Strategic Energy Plan and reduced fossil fuel use by 50% and CO2 by 80%. This grant will help cover staff time as they provide tours and discuss pathways to achieve sustainable

living with schools, colleges, organizations, and the public.

Environmental efforts like these have always been the goal of the FDL RBC. The FDL Band has always sought to promote energy efficiency and renewable energy and lately the goal has been to add endeavors such as electric vehicles, carbon sequestration and sustainable living.

Now FDL has funding to showcase our renewable energy projects with sustainable living tours, and our Tribal staff on the Fond du Lac Reservation are funded and happy to show everyone, everything they can about these great accomplishments.

Fond du Lac would like to extend a thank you to CERT and MN Department of Commerce for all of their support. If you have a group that is interested in a tour please call or email Bruno at (218) 878-7165 or brunozagar@fdlrez.com.



More Local

FDLOS hosts bike/pedestrian safety

Story and photos by Zachary N. Dunaiski

The FDL Human Services Division's Safe Kids NE MN Coalition partnered with the FDL Ojibwe School to provide pedestrian and bike safety education. The event was a part of the week-long bike education that the school was providing in gym class. The coalition along with the Statewide Health Improvement Partnership (SHIP) grant provide helmets and safety bags for the students.



More Local

Breaking ground on the Brookston Elderly complex

By Zachary N. Dunaiski

May 10, Fond du Lac broke ground in Brookston on a 5 unit elderly complex on the shoreline of the Stoney Brook River.

Housing for the Elderly in our community has long been a task the RBC has worked to get taken care of to help Elders have a safe place to live. The RBC was glad to finally have the day arrive to begin the process of giving Elders a home.

“A lot of Band members have been asking, ‘what are we going to do for the Brookston district’ so getting together and moving forward, we decided it’s time to do it,” Chairman Kevin Dupuis Sr. said at the groundbreaking ceremony.

There are many different spots in the Brookston area that FDL has worked to purchase, and all

of them were options, but as the council said, they decided this location along the river was the best spot.

“The idea came back to here, overlooking the beautiful Stoney Brook, that was the kicker and everybody agreed to that,” Chairman Dupuis said. “As long as I’ve been here, the conversation for an Elderly home or Elderly complex has been there, and so it’s finally here.”

With the building now becoming a reality, Brookston can be happy knowing that this project was the hard and dedicated work of many individuals.

“It was a project in my district, that I’m lucky to represent, and it’s been a long-time conversation. I remember in 96, talking about this very project,” Roger Smith Sr., District III Representative (Brookston) said of how long he’s been waiting for that ground-

breaking ceremony. “But where would it go and what would it consist of? A lot of that goes to the Housing Division with Mary Diver (housing director), and working with this project and understanding the importance of it to the Brookston District because it has been a long time coming.”

The initial talks about this new Brookston Elderly complex can be traced back even farther as the Secretary/Treasurer Ferdinand Martineau Jr. explains.

“The planning for this started in the early 80s. The plan was to build one in Cloquet, Sawyer, and Brookston,” Secretary/Treasurer Martineau said. He even talked about how the Cloquet and Sawyer Elderly buildings were able to be Guinea pigs for this project as FDL has learned from them.

“We’ve been working on solving those issues and the housing division has done a good job with

that. The Sawyer Representative and the Cloquet Representative are constantly meeting with Mary and the people there. I’m sure when this one is done the Brookston Representative will be doing the same thing here.”

Martineau also thought about the Elders who will one day take up residence in this place, and how nice it will be for them to be able to live on the banks of the Stoney Brook River.

“A lot of people who will be living here, I’m sure went to school in the area and they will remember Stoney Brook from when they were kids,” Martineau said. “I think that will be a good thing for them to reminisce. This will be a great area for those who were born in this area, lived in this area, and retired in this area.”

Bruce Savage, District II Representative (Sawyer) spoke about this importance of patience with

projects like these as the RBC wants to make sure that every decision they make is one that benefits the Band.

“This is a prime example of when the RBC purchases land, community members are always asking ‘what are we going to do with it?’ One of the contexts that I always take it to, is that we can leave that for future generations to develop also,” Rep. Savage said of FDL’s land purchasing. “When the Band buys land, it doesn’t always have to meet a necessity immediately. The Band purchased this and now they came up with a great opportunity to build a facility for our aging community so they can have a comfortable relaxing place to call home.”

This 5-unit project is expected to be done by February of 2023, and was designed to be expandable for any future housing needs that may arise.



More Local

HOTM Pilot program at FDL

The Fond du Lac Ojibwe School was 1 out of 15 schools selected in Minnesota to participate in the Harvest of the Month (HOTM) pilot program through the Minnesota Department of Agriculture and Education. The purpose of the Harvest of the Month Program is to help successfully implement Farm to School and build community connections. The program goals are to

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

The Harvest of the Month program has helped the Fond du Lac Ojibwe School make connections with local producers and offer more local products in the cafeteria. Throughout the year, the Ojibwe School kitchen has provided the students with locally produced and sourced apples, squash, wild rice, greens, poultry, and dairy used in a variety of recipes. At the start of 2022, the Ojibwe School also received a Farm to School Grant. This has further expanded the purchase of Minnesota produced items to include bison, rabbit, pork and vegetables.

Students at the Ojibwe School have had the opportunity to experience different activities focusing on these locally produced foods:

Apples: October 14, 2021, all students at the school participated in the Great Lakes Great Apple Crunch. Every student received an apple that was grown in Hinck-

ley, Minn. at Cider Flats Apple Orchard. The Great Lakes Great Apple Crunch celebrates National Farm to School Month by encouraging schools to purchase locally grown apples to take a bite at the same time across the state.

Squash: The Harvest of the Month Team visited the Cary Road Gitigaaning Farm and used the cannery to make a roasted pumpkin video. Since students were participating in distance learning, the video was posted in each grade's Google Classroom page for them to view. The Bimaaji'idiwin Ojibwe Garden Program and Producer Training Program donated pumpkins and on October 28, 2021 each family at the Ojibwe School received a pumpkin along with the roasted pumpkin recipe to make at home. The Food Farm in Wrenshall, Minn. has also supplied the Ojibwe School Kitchen with squash and other produce throughout the spring.

Wild Rice: A Wild Rice Pilaf tasting was conducted in the classroom for each grade on October 19, 2021. Students tried the wild rice and gave feedback by filling out a survey. The Wild Rice was sourced from Native Wise Farms on the Fond du Lac Reservation.

Greens: On March 8-9, 2022, students learned how to plant and grow microgreens in their classroom. The greens took about 10 days to grow and then students were able to add some of the microgreens grown in the school to their salads for lunch on March 18, 2022. At the Ziigwan Celebration on March 24, 2022, each student received a kit to grow their own microgreens. The Ojibwe school cafeteria now uses revol spring

mix, daily in their salad bar.

Poultry: Students participated in another tasting in their classrooms for turkey Wild Rice meatballs on April 7th, 2022. They filled out another survey and gave great feedback on what they think would go well with the meatballs. The ground turkey used in the meatballs was from Wild Acres in Pequot Lakes, Minnesota. At the Cary Road Gitigaaning Farm Field Trip on May 13th, 2022, a tasting of Smoked Turkey Jerky occurred in the Cannery. The Turkey Jerky was purchased from Osseo Meat Market in Osseo, Minn.

Cheese: Students also participated in a cheese tasting at the Cary Road Gitigaaning Farm Field Trip on May 13, 2022. They were offered Wild Rice gouda and baby swiss from Eichten's Cheese located in Center City, Minnesota. The students really enjoyed the Wild Rice gouda!

Cary Road Gitigaaning Farm Event: On May 13, 2022, all students had the opportunity to attend a field trip at the Cary Road Gitigaaning Farm. They were given a tour of the Garden Plots, Grow Dome, Root Cellar and Cannery. They received samples of 2 different cheeses, turkey jerky, and bison sticks. Students filled out a survey of the foods they taste tested and gave great feedback. Students also participated in a seed starting activity of either cucumbers or tomatoes which they got to take home. The Harvest of the Month Team hopes to schedule another field trip to the farm at the start of the 2022-2023 school year so students can see the gardens when they are ready to be harvested.

Community Connections: Harvest of the Month Minnesota

Producers

- Fond du Lac Reservation (Cloquet, MN): Wild Rice
- Native Wise Farms (Cloquet, MN): Wild Rice
- Cary Road Gitigaaning Farm/ Bimaaji'idiwin Ojibwe Garden Program and Producer Training Program (Cloquet, MN): Squash, Greens, Tomatoes, Cucumbers, Potatoes
- Food Farm (Wrenshall, MN): Squash, Onions, Carrots, Potatoes
- Silver Feather Homestead (Cloquet, MN): Chickens
- Cider Flats Apple Orchard (Hinckley, MN): Apples
- Wild Acres (Pequot Lakes, MN): Turkey
- Eichten's Cheese (Center City, MN): Wild Rice Gouda and Baby Swiss
- Osseo Meat Market (Osseo, MN): Smoked Turkey Jerky
- Envy Apples (Minnetonka, MN): Apples purchased through Upper Lakes Foods

- Revol Greens (Owatonna, MN): Spring Mix purchased through Upper Lakes Foods
- Farm to School Minnesota Producers
- Grazing Acres (Elko, MN): Bison
- Yker Acres (Carlton, MN): Pork
- Faber Farms (Sturgeon Lake, MN): Rabbit
- Eichten's Bison (Center City, MN): Bison Sticks

The Harvest of the Month Team would like to thank Fond du Lac Community Health Services and Samantha Martin as they donated child and teen/adult portion plates and sweatshirts as incentives for students to participate in Harvest of the Month activities. We would also like to thank the staff at Cary Road Gitigaaning Farm, The Bimaaji'idiwin Ojibwe Garden Program, Producer Training Program and 13 Moons Program for allowing us to bring the students to the farm and for all of their help with the field trip.



Gigichi-apiitenimigoom Geshkitamaazojig 2022

(Congratulations 2022 Graduates)



Olivia Verley
Class of 2022
from Gordon
Parks High
School in St Paul,
MN. Daughter
of Michelle King
and Mike Verley.



Megan Wait
Bemidji State Uni-
versity
Bachelor of sci-
ence
Major: Criminal
Justice
Minor: Psychology
Emphasis: Correc-
tions



**Geneveve Jewel
Fonoti**, Cloquet
Senior High, Class
of 2022-Diploma



**Addison Thomp-
son**, Cloquet High
School, High
School Diploma



Michelle King
Class of 2022:
Masters of Arts-
Early Childhood
Education from
Concordia Uni-
versity in St Paul,
MN. Daughter of
Nancy Howes and
Rodney King.



**Rebekah Dun-
lap/Waawaase
Amoog**, gradu-
ated with her
Doctorate in
Nurse Midwifery
May 13 from the
University of Min-
nesota, ranked
#2 Midwifery
school in the
Nation. During
the program Rebekah caught 51 babies,
21 of which were at the Alaska Native
Medical Center during her last rotation.
She plans to work towards revitalizing
traditional reproductive practices &
serving marginalized communities who
desire an alternative to colonized care.



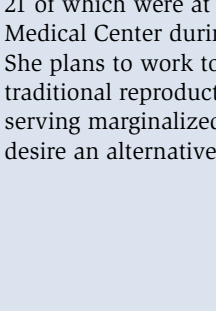
Jacob Dunlap
graduated with
an MBA in
Leadership and
Change from
the College of
St Scholastica.
He serves on
the Economic
Development
Committee and
helped lead the
Human Services Division for Fond
du Lac. Additional accomplishments
to date have been quitting smoking
and learning to manage his emotions
rather than his emotions managing
him.



**Brittany Con-
nor**, University
of North Dakota,
Bachelor of Sci-
ence in Dietetics



Erica Northrup,
December 2021
graduate from the
University Wiscon-
sin Superior with
a Bachelors of Sci-
ence in Psycholo-
gy, and a minor in
Sociology. Walked
for graduation on
May 14.



Justice Paro,
Cloquet High
School,
Class of 2022



**Jezlyn
Abramowski**,
South Ridge High
School, Class of
2022



Congratulations
Alyza Savage!
Graduating with
honors from CHS
and FDLTCC. May
all your hard work
make your dreams
come true. We are
so proud!
Love always, your
family



**Conner Matao
Adam Barney**,
Cloquet Senior
High, Class of
2022-Diploma



Trevor Ojibway,
Northwoods
Technical College,
Welding

Graduation News

The 2022 FDL Ojibwe School Graduating class

Congratulations to the graduates of this year's Fond du Lac Ojibwe School:

Barrett, Kaydance	Lund, Tamara
Defoe Jackson, Salina	Misquadace, Gina
Diver, Darnell	Mohr, Solai
Fosness, Autumn	Ojibway, Jazmine
Fosness, Mason	Reynolds, Namida
Foster, Jalon	Saice, Delamecia
Hudson, Gabriel	Stapleton, Nicholas
LaPrairie, Simon	Tiessen, Angelina
Lintgen, Devin	Yellow, Gloria
Lockling, Kiara	

Congratulations to these graduates from around the area

Olivia Anderson	Marshall Hayes
Aiden Murkerson	Hunter Lockling
Sarice Northrup	Steven Martin
Alexis Thompson	Talayah Martineau
Cole Thompson	Joslyn Mitchell
Conner Barney	Koda Osvold
Donte Bell	Justice Paro
Winnie Benjamin Hall	Alijah Petite
Amaya Bridge	Cierra Petite
Orville Councillor	Bailey Reynolds
Hayden Dahl	Alyza Savage
Sophia Diver	Davis Smith-Barney
Tyrell Diver	Justice Taylor
Sarah Ellet-Cardinal	Addison Thompson
Kaya Fairbanks	Champ Zacher
Geneveve Fonoti	Breea Zacher
Avery Goodreau	

Vote June 14



#FDLSTRONG



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



18-HOLE CHAMPIONSHIP PAR-72 COURSE

THE "BEAR" IS OPEN!

CALL THE PRO SHOP
TO SET UP A TEE TIME
218-878-2485

golfatthebear.com

Election News

Election Notice

A Regular Minnesota Chippewa Tribal Election of the FOND DU LAC Reservation Business Committee will be held on June 14, 2022 to fill the following positions;

Election Date: June 14, 2022

POLLING PLACES:

DISTRICT I: Fond du Lac Tribal Center

ENP Dining Hall
1720 Big Lake Road
Cloquet, MN

DISTRICT II: Sawyer Center
3243 W. Moorhead Rd
Saywer, MN

DISTRICT III;
Brookston Community Center
8200 Belich Road
Cloquet, MN

Polls Open 8 a.m.-8 p.m.

CANDIDATES FOR SECRETARY/
TREASURER - 4 Year Term

Ferdinand Martineau Jr (Incumbent)

Robert Abramowski

CANDIDATES FOR DISTRICT II
(Cloquet) COMMITTEEPERSON -
4 Year Term

Naomi Northrup

Brad (Raff) Blacketter

The following is an excerpt from Election Ordinance revised December 14, 2021, which states voting requirements.

Section 1.6. Voter Eligibility.

1.6(A). Judging Qualifications.

Each Band governing body will be the sole judge of the constitutional qualifications of its voters and may, by official action, delegate this responsibility to its General Reservation Election Board.

1.6(B). Eligibility to Vote: Generally.

Eligible voters are enrolled members of the Tribe, 18 years

of age or over. All eligible voters shall vote by secret ballot. To be eligible to cast a ballot a voter must meet all constitutional requirements. In addition, to be eligible to cast a vote for Committeeperson, a voter must have resided within that district for at least thirty (30) days immediately preceding the election, unless the voter casts an absentee ballot as permitted by this Ordinance.

1.6(C). Eligibility to Vote: Absentee.

Whenever, due to absence from the reservation, illness or physical disability, an eligible voter is not able to vote at the polls and notifies the General Election Board consistent with this Ordinance, he/she will be entitled to vote by absentee ballot in the manner and under the procedures as provided by Section 2.2(B). To cast an absentee ballot for Committeeperson, an eligible voter must have resided within that district for a period of at least thirty (30) days as his/her last reservation residence. In the event an eligible voter has never resided on the reservation of his/her enrollment, he/she may declare in his/her request which district has been selected in which to cast the ballot for Committeeperson. If an eligible voter does not and has not previously designated a district, that eligible voter may cast an absentee ballot that includes only the at-large positions up for election. Once a voter has resided in or declared a district, the voter may not thereafter change his/her district for absentee voting purposes without actually residing within a different district on his/her reservation of enrollment for at least thirty (30) consecutive days immediately preceding the election.

Election Calendar

June 14: General Election (Polling Places open from 8 a.m. until 8 p.m.)

June 15: General Reservation Election Board certifies results of Election. Prior to 8 p.m.

June 16: General Reservation Election Board publishes Election results.

June 17: Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

June 21: 4:30 p.m. - Deadline for Notice of Contest. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)

June 22 (or 21, if request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.

July 1st: Deadline for Decision on Contest for General Election.

July 5th (or within 3 days of decision on Contest): 4:30 p.m. - Deadline for appeal to Court of Election Appeals. (Filed with Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering Decision).

July 8th (at least two (2) days prior to the hearing date): Record of contest forwarded to Court of Election Appeals.

July 12th (hearing within 7 days of notice of appeal). Last Day for Hearing on Appeal.

July 12th: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.

July 22 (or Ten days from Hearing on Appeal): Deadline for decision of the Court of Elections Appeal. Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

NOTICE

The mailing address of the General Reservation Election Board is PO Box 430, Cloquet, MN 55720.

Candidate Statements

The 2022 election is coming up June 14. There are two positions up for eligibility.

The following statements are of the candidates, they have not been altered except to meet our format. The candidates' names appear here as they will on the ballot as determined by the election lottery. Secretary/Treasurer: Ferdinand Martineau Jr. (Incumbent) and Robert Abramowski Sawyer: Naomi Northrup and Brad "Raff" Blacketter.

Secretary/Treasurer

Ferdinand Martineau Jr.

Fellow Band Members,

I am running for the position of Secretary/Treasurer in the regular election on June 14, 2022. I have had the honor of serving you for the past 16 years and look forward to your support for another 4 years.

The past 16 years have presented several unique challenges for the reservation We had a loan for the casino to pay off. We were able to pay the loan off in a little over a year by selling stock and tightening our spending habits. Shortly after we paid the loan off the stock market experienced the worst drop in market price since the Great Depression. If we had not paid the loan off we would have defaulted and the bank



Ferdinand Martineau

would have taken over financial management of the casino. Since then we have had several market corrections until the Corona-Virus pandemic. When the virus first appeared, we closed most buildings to the public to help slow the spread according to the Emergency Operations Center. With most buildings closed to the public we laid off staff. With the reduction in expenses our income from business enterprises increased and we were able to maintain services. The reservation has navigated through difficult unchartered financial waters, especially with the pandemic and we have come out stronger than ever.

With my advocating we were able to provide direct funding with a stimulus payment of \$3200 and energy assistance for \$3600 to all band members. We also provided a \$5000 direct grant to band member owned small business designed to help them navigate through the pandemic. Because most band members were staying home to eat there was a need identified for a working stove, refrigerator and water heater as well, so we provided a grant to address this need. We also opened a food shelf program to help with some necessities and keep band members from having to go to stores and risk potential exposure to the virus. The program continues with a pick up once a week for all band member families to address the need for food and safety of the community. We also raised the minimum wage to \$15/hr. to help attract workers back to the jobs they left pre-pandemic. With all these changes we were still able to continue with the per capita payment.

The past 16 years have been interesting and fulfilling for me. It has truly been an honor to serve you and the band as Secretary/

Election News

Treasurer. I look forward with great excitement and enthusiasm towards the next 4 years. I will continue to implement the things that have worked well for us the past 16 years, a sound financial plan, an accessible government for each and every band member and an open-door policy for all of you.

I would like to thank you for your time and the continued support you have shown me in the past. Don't forget, Vote on June 14, 2022.

As always,
Ferd Martineau Jr.

Robert Abramowski

Boozhoo, Fond du Lac Band members!

I humbly request your VOTE for Secretary/Treasurer on June 14, 2022.

A summary of my goals and plan is listed below:

- Focus on Accountability and Transparency regarding the RBC's activity (producing minutes and posting of minutes in a prompt manner to include RBC vote details, posting the agenda before meetings for band member comment periods)



Robert Abramowski



- Develop/present resolution for Term Limits to be decided by the Band Members (per referendum)
- Develop/present resolution to promote Fairness and Consistency for upcoming candidates running for office by providing eligible voter list by district and at large.

- Develop/present resolutions with regard to Community Board Members to make them elected positions (housing, school, land use, reservation and ceded territory)

- To work with Community, Housing, and Human Services to develop policies with regard to Child Welfare (ICWA) to Focus on creating a strong support for Parents/Grandparents who are struggling so we keep families together to the greatest extent feasible.

- Develop/Present a resolution to Revise the current Procurement/Purchasing policy to give opportunity and preference to Band member owned businesses to offer pricing first then opening to others after that.

- Create a space in the Otter Creek Convention Center with Military Service Plaques and Portraits to honor our veterans.

- Bring together Elders, parents and children through community activities at outdoor recreational spaces: trails for walking, biking and lake and shoreline improvement.

- Work with band members and RBC members to create and set aside land for a FDL Family Recreational Park and to improve hunting trails.

Please don't hesitate to contact me to discuss anything in this letter or any suggestions, issues or concerns you have.

Thank you.

Rob Abramowski
(218) 591-6312

VoteRob2022@gmail.com

District II Representative

Naomi Northrup

Boozhoo people of Fond Du Lac, Aaniin Anishinaabeg-Gaaskoid nindizhini-kaaz. Makwa nindoodem.



Naomi Northrup

Gwaaba'iganing nindoonjibaa.

I would just like to start off by thanking all of those who voted for me and allowed me to advance into the General Election for District II Representative for the Fond Du Lac Reservation. At this time, I would like to encourage everyone to cast your vote and let your voice be heard for who you choose to lead our community. Since I started my journey to become an elected official for Sawyer, I have been able to listen to the people and their concerns, I would also like to take some time to address these concerns within this article as well. The first issue is what I will do if I am elected, I would like to say that I am not running just to represent Sawyer, but I will make sure that the voice of all the people of Fond Du Lac will be heard. I will work together with our elected tribal council members as a team and communicate with our people to better our reservation and ensure a future for our next generations. I will be your voice to ensure that all opportunities will be fair across the board for all districts within our reservation. Another issue I will address is the issue regarding safety on our reservation. I will advocate for programs to ensure that our community will be safe and prosperous. We do have an issue with drugs and housing.

By repairing the houses that are boarded up all over Fond Du Lac, we can ensure that our people can be provided with a strong, dependable, and safe place to call home. As far as addressing our issue with drugs, I will be the voice to make sure our people who are suffering from addiction can get the help they need, as well as getting them the support they need to stay sober and providing opportunities for our people to become successful. If I am elected, I will be the advocate for the people. If I am elected, I will ensure safety for our elders, as well as our children. I promise to make sure we have a prosperous community for

our Fond Du Lac Band members. I would like to see an Accountability Oversight Committee that is independent of council & also would like to address term limits. If I am elected as your District II Representative, I promise to be SAWYER STRONG so Let's make Sawyer Heard-Sawyer Visible & Sawyer Strong - VOTE NAOMI NORTHRUP SAWYER 2022.

Miigwech,
Naomi Northrup

Brad Blacketter

Chose not to submit a statement

NIIBIN "Summer" 2022 FDL NAGAAJIWANAANG MINO-WIIDOOKAAGEWIKWEG WOMEN'S WELLNESS GATHERING



Cloquet Forestry Center
175 University Rd

Thursday, June 23 & Friday, June 24

THURSDAY

8:00 am - 9:00 am	Registration & Refreshments
9:00 am - 10:15 am	Opening Pipe Ceremony
10:30 am - 12:00 pm	Morning Session
12:00 pm - 1:00 pm	Lunch
1:00 pm - 2:00 pm	Walk or Yoga
2:15 pm - 4:45 pm	Workshop (choice of 4)
4:45 pm - 6:00 pm	Dinner
6:00 pm	Talking Circle
Throughout Gathering	Chair Massage by Hilary

FRIDAY

8:00 am - 9:00 am	Registration & Refreshments
9:00 am - 10:15 am	Opening Pipe Ceremony
10:30 am - 12:00 pm	Morning Session
12:00 pm - 1:00 pm	Lunch
1:00 pm - 2:00 pm	Walk or Yoga
2:00 pm - 3:00 pm	Talking Circle
3:00 pm - 4:00 pm	Closing Ceremony

- Middle and high school girls are invited
- Dress for the weather, as we will be outdoors - weather permitting
- Please do not bring your children - no childcare provided
- **Masks** are required

Please register via email by June 9 to CarolineBlacketter@fdlrez.com

If you have any questions, please call Social Services at 878-2145.

Fond du Lac Human Services Division | Social Services Department

Projectiles, Knapping and Learning Something New

Research by Christine Carlson

Knapping – Information from the Internet

Knapping removes small flakes from the stone with tools made from bone, antler, wood, other stones and metal to achieve a desired functional shape, size and strength.

The stone is carefully and precisely chipped and shaped through this process. Knapping is different from carving or etching.

Flint Knapping – is the shaping of rocks such as flint, chert, obsidian and other rocks into

tools and weapons by chipping away at the stone in a controlled fashion. Ancient people used the art of flint knapping to make things such as arrowheads.

Dictionary Definitions

Flint- used to make stone tools and fire. A piece of flint can be used with rock or steel to produce an igniting spark.

Chert- a compact rock consisting essentially of microcrystalline quartz

Obsidian- volcanic glass similar in composition to granite, usually dark but transparent in thin pieces and having a good

conchoidal fracture. Obsidian is a highly valued toolmaking stone.

Conchoidal- Mineral. Noting a shell-like fracture form produced on certain minerals by a blow.

Ancient Industry

Knapping of flint may be the oldest living industry. It may be the one industry carried on now nearly in the manner the Indigenous peoples fashioned spears and arrowheads. The most difficult process is the flaking or driving the flakes off in a single blow of a certain width and thickness. The process is

very delicate and few attain great proficiency. Even today the basic tools are the same being the hammer and chisel.

Artifacts Found

When artifacts are found and studied, people are able to piece together the culture, life, habits and customs of people.

Sources of water

One thing that most artifact sites had in common was a close supply of fresh water. It could have been something small or much larger. Many of the villages will be found near that

source of water for drinking and a source of food. Animals, while drinking, made easy targets. Fish were also taken and the larger streams and rivers were used to travel by canoe.

The Excitement of the Find

The items shown were found with great excitement and all found quite by accident. Thanks to those that shared their finds with me and then can be shared with the readers.

Photography by
Christine Carlson



This projectile point was found in 1989 at Net Lake in Carlton County. A bulldozer was leveling an area and it was spotted sticking out of the ground. The property owners brought it over to me to be photographed. Comparing this to a drawing from a book, could this be a Paleo spearpoint maybe between 8,000 to 10,000 years old? It is about 3 ½ inches long.



In 2019 my great nephew Alex was skipping rocks along Rainy Lake, looked down and found the arrowhead. It is 2.4 inches long and just over an inch wide.



This was found by some children swinging near a pond in Kerrick, Mn in 2019. It is 1.38 inches long and .61 wide. It was taken to Fond du Lac Community College and identified as Dakota and about 600 years old.

Etc

Free COVID tests

The federal government is once again allowing homes to obtain free COVID testing kits.

As the National Public Radio (NPR) is reporting, this set of tests is more than previous free offers from the federal government.

In this round, the U.S. Postal Service will deliver eight free rapid antigen tests to any household in the U.S. that wants them, according to the website. That brings to sixteen the total tests offered per household so far.

There was no previous announcement for this third round of test, but users noted that the site went live May 16. A full announcement from the White House about expanded testing should become available today.

Tests are vitally important to finding cases and stopping the

spread as quickly as possible, especially as NPR reports that we've seen a spike in cases lately thanks to Omicron subvariants.

This comes as COVID cases in the U.S. have risen more than 60% in the past two weeks and hospitalizations have begun to climb again as well. "As the highly transmissible subvariants of Omicron drive a rise in cases in parts of the country, free and accessible tests will help slow the spread of the virus," explains a White House fact sheet.

The government hasn't been giving out tests as fast as the community would like, but federal officials have stated they were holding onto tests to get a feel for demand for home testing before giving away their entire supply. But as NPR reports, hundreds of millions of free government tests

have gone out to households across the country

Four months into the program, the White House says 350 million tests have been given away to 70 million households, more than half of the households in the U.S. In the midst of the first Omicron wave, with cases spiking and tests hard to find, the Biden administration announced it would order one billion tests to distribute free to Americans.

To get your free tests, visit [COVIDtests.gov](https://www.covidtests.gov) today before their supplies run out.

Source: <https://www.npr.org/2022/05/16/1099335734/the-federal-government-is-offering-another-round-of-free-covid-tests>

FDL's focus group

Your feedback is needed! Did you miss the Fond du Lac Loan

Program Focus Group on May 5?

Fond du Lac is exploring three types of financial assistance to best serve Fond du Lac business owners and entrepreneurs. The full presentation from May 5th can be found here (place hyperlink the PowerPoint). Please feel free to share with others who may be interested! This is a new program/concept and still in DRAFT form, so changes are welcome! Your feedback will be incorporated into the programs' design. You can share comments or ideas at this link until May 18th: <https://www.surveymonkey.com/r/5522Feedback>

Please feel free to reach out anytime to FDL Planning Division Staff at FDLPlanning@fdlrez.com (218-878-2642) or to Amanda Vuicich (avuicich@northspan.org) or Bob Palmquist ([northspan.org\) with any questions or clarifications you may have.](mailto:BPalmquist@</p>
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Tribal Court notice of name change

In the Matter of the Name Change of PATRICIA FINEDAY, Petitioner. Case No.: NC-0001-2022 Notice of name change.

Notice is hereby given that on March 30, 2022 an Order was issued changing the name of Patricia Josephine Fineday to Patti Jo Savage.

Minnesota June Powwows

June 3

American Indian Magnet School Pow Wow – Traditional

Location: St. Paul, MN. American Indian Magnet School, 1075 3rd St. E.

FDL VICTIM SERVICES ADVOCATES HAVE SECURITY CAMERAS!



If you are a victim/survivor of interpersonal violence, call the advocates to see if you qualify.

Cameras are wireless, operate on Wi-Fi and an app that can be downloaded onto your phone.

FDL Victim Services numbers are:
 Renee Rote, Domestic Abuse Advocate at 218-878-3783
 Jasmin Budreau, General Crime Advocate at 218-878-3773
 Micheala Leecy, Sexual Assault Advocate at 218-878-3867

Advocates are available Monday – Friday, 8am – 4:30pm



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

Cooking to Control Blood Sugar

CAIR - Lake Superior Room | 11am - 12pm
 Thursdays: June 16th, 23rd and 30th

Learn how to cook using whole grains or carbohydrate substitutes; Three modules will be presented to assist in lowering blood sugar through diet. Each session includes a dish that will be demonstrated for participants to sample. Grocery items will be provided to participants to make the dish at home.

After this program, participants will:

- Become familiar with foods that affect blood sugar
- Refresh menu planning with new ideas
- Understand how to read labels to find carbohydrate content
- Learn the difference in types of carbohydrates
- Learn ways to use vegetables to lower carbohydrate content
- See the benefits to cooking at home

Registration is required.
 Class space is limited.
 Call Barb at 218-878-2141 for more information and to register.

SOCIAL DISTANCING AND MASKS ARE REQUIRED



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



COMMUNITY
 BABY SHOWER

JUNE 2ND, 2022
 4:00PM – 7:00PM
 33 University Road, Cloquet MN

PRIZES, VENDORS, WORKSHOPS
 PLEASE JOIN THE FOND DU LAC HEAD START PROGRAMS IN CELEBRATING EXPECTANT MOTHERS, AND MOTHERS OF CHILDREN UP TO THE AGE OF 2 YEARS OLD. THERE WILL BE PRIZES AND DINNER WILL BE PROVIDED.

Etc

We're back!

The Fond du Lac Historical Society has returned to in person meetings. They meet the second Friday of each month 10 a.m.-2 p.m. Last month's meeting was at the Cloquet Historical Society, but this month they will return to in-person meetings at the FDL Natural Resource building.

The group also asks that if you have any stories, pictures, or anything you would like to share about the old FDL hospital, please stop in and share your story.

The next meeting will be June 10 10 a.m. natural resource building.



Donna Smith with her mother, Louise Smith, at the Old FDL Hospital in 1948.

June 4
Mendota Mdewakanton's 26th Anniversary AND FUNDRAISER TOWARDS COMMUNITY CENTER! – Traditional
 Location: Mendota, MN. St. Peter's Church, 1405 Sibley Memorial Hwy
 Info: Sharon Lennartson (651) 452-4141
 Additional Info: This is not a powwow, but a fundraiser. 12-4 p.m.

June 4
Ain Day Yung Center's 23rd Annual Cherish The Children Powwow - Traditional
 Location: St. Paul, MN. 200 Dr. Justus Ohage Blvd. (Haret Island)
 Info: Holly Henning

MC(s): Jerry Dearly and Deanna Rae Standing Cloud
 AD(s): Norman Benson
 Host Drum(s): Oyate Teca, Co-host Spirit Boy
 Cost: Free admission
 Additional Info: Grand Entry 2 and 6 p.m. Saturday.

June 9-12
44th Annual Lower Sioux Wacipi - Traditional
 Location: Morton, MN. Lower Sioux Pow Wow grounds
 Info: (507) 697-6185
 MC(s): Butch Felix and Jerry Dearly
 AD(s): Chaske LeBlanc
 Host Drum(s): Southern Boyz
 Cost: \$5 for weekend, includes meals. Free for 55 + and 5 and under
 Additional Info: Grand entry:

Friday 7 p.m. Saturday 1 and 7 p.m. Sunday 1 p.m.

June 17-19
29th Annual Mille Lacs Band of Ojibwe Grand Celebration - Contest
 Location: Hinckley, MN. 777 Lady Luck Drive
 Info: 800-472-6321 or (800) 468-3517
 MC(s): Wallace Coffey & Josh Atcheynum
 AD(s): Chico Hermanyhorses & Cheevers Toppah
 Host Drum(s): Meskwaki Nation, Invited: Little Otter, Red Willow, SouthernBoyz
 Additional Info: Grand entries: Friday 7 p.m., Saturday 1 and 7 p.m., Sunday 1 p.m..

June 24-26
Lake Vermilion Powwow - Traditional
 Location: Tower, MN. Lake Vermilion Powwow Grounds
 Info: Muriel Deegan (218) 750-7772
 MC(s): Terry Goodsky
 Host Drum(s): Lake Vermilion Singers & Burntside Lake Singers
 Additional Info: Spiritual Advisor: Darrel Kingbird.
 Friday: Warm ups. Saturday: Grand entry 1 and 7 p.m.
 Sunday: Grand entry 1 p.m.

Tuesday & Thursday Events

Fond du Lac Language & Cultural Center
 Anishinaabewigamig
 1713 Animikii Rd Cloquet

The Language & Cultural Center will be hosting weekly gatherings:

Tuesdays & Thursdays from 5PM-8PM
 Thursdays from 1PM-4PM

Starting on April 26th

These sessions will focus on various activities with our language & culture. Everyone is welcome to come learn, share & have a good time!

Contact us with any questions
 WilliamHowesIII@fdlrez.com
 218-878-8170

JeroamDefoe@fdlrez.com
 218-878-8172

DO MORE

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 424 Main Street
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 Orono, MN 56359
 888-532-4142

This 7-day run connects 10 tribal nations throughout the Ojibwe Ceded Territory. Join us as we run our homelands or walk/run in prayer and unity from wherever you are.

HEALING CIRCLE RUN

July 9-July 15, 2022

move. pray. together.

For the most up to date information visit glifwc.org/hcr, email Miles Falck or Jenny Krueger-Bear at hcr@glifwc.org or call our main office at (715) 682-6619

Etc

Indigenous Healthcare Career Exploration Scrubs Camp to be held at FDLTCC in June

Fond du Lac Tribal and Community College invites high school students to explore the exciting field of healthcare at Scrubs Camp this June. The in-person, multi-day residential Indigenous Healthcare Career Exploration Camp is open to Minnesota students entering grades 9–12. The camp takes place June 22-25 and is hosted by Fond du Lac Tribal and Community College in partnership with the Arrowhead Area Agency on Aging, Center on American Indian and Minority Health, Native American Research Center for Health (NARCH), Essentia Health,

Minnesota Indian Area Agency on Aging, Minnesota Chippewa Tribes, and Fond du Lac Human Services. Applications for the 2022 Scrubs Camp are open through June 1, 2022. To apply, please visit <https://bit.ly/IndigenousHealthcareCareerExploration>.

Scrubs Camps offers students a unique chance to learn about many different professions in the healthcare field. Throughout the camp, students will explore careers in nursing, community health, midwife and doula, virtual reality simulations, physical therapy, occupational therapy, flight nurse, dentistry, nutrition, and more. For students, the camp is a way to turn dreaming of a career into truly seeing a future for themselves in healthcare or long-term care. This year's Scrubs

Camp will provide students with the opportunity to learn about different healthcare professions directly from healthcare providers.

"At Great Lakes Inter-Tribal Council, our mission is - To enhance the quality of life for all Native people. This theory is used in the delivery of services within all of the programs. When our program NARCH directly participates in projects like SCRUBS which gives indigenous youth hands on, positive experiences to explore medicine and research, it brings us that much closer to accomplishing it." shared Tara Senter, Project Coordinator for Native American Research Center for Health.

During the camp, students will have the opportunity to experience various cultural activities

including traditional games and ceremonies. Camp participants will also go on fun excursions, stay in on-campus housing and be provided meals at no cost through the generosity of our funding partners– Essentia Health, Great Lakes Inter Tribal Council, and the Northland Foundation. Transportation support is available for participants, if needed. Scrubs Camp offers a great introduction to the healthcare field on the beautiful FDLTCC campus. In addition to experiencing Scrubs Camp, students interested in pursuing a career in healthcare are encouraged to explore the nursing program at FDLTCC, which aims to educate nurses to be culturally sensitive, focusing on the health needs of the American Indian population and the rural com-

munity. For more information on this fantastic program, please visit <https://fdltcc.edu/degrees-certificates/degree-programs/nursing>.

Applications for the 2022 Scrubs Camp at Fond du Lac Tribal and Community College are open through June 1, 2022, and space is limited. Students can apply at <https://bit.ly/IndigenousHealthcareCareerExploration>. For more information, please contact Brenda Shafer-Pellinen at bshaferpellinen@ardc.org.

Scrubs Camp has been in existence since 2008 and was created by HealthForce Minnesota. The first Scrubs Camp was held at Winona State University. For more information on the 2022 Scrubs Camp at Fond du Lac Tribal and Community College, please visit <https://fdltcc.edu/>

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 12PM - 2PM
via **zoom**

- Tuesday, June 7
- Thursday, June 9
- Tuesday, June 14
- Thursday, June 16
- Tuesday, June 21
- Thursday, June 23
- Tuesday, June 28
- Thursday, June 30

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

13 Moons Golf Tournament

Date: August 19th, 2022
Shot Gun Starts 9:00 a.m.
Location: Black Bear Golf Course
1791 Highway 210
Carlton, MN 55718

13 MOONS SCRAMBLE

\$300 Foursome or \$75 Individual
(Includes Green Fees, Cart and Lunch)

Optional Team Skins Game \$50/team
50/50 Raffle - Raffle for prizes - #11 Par 3 game - #7 Bear Paw Drop - #16 Move Up Shot

Hole In One Contest #4 First Hole in One Wins \$13,000.00 CASH
CASH PRIZES FOR 1st, 2nd, 3rd Place

2 players from your team will play scramble but will be paired with 2 players from another team. The other 2 players from your team will also play scramble and be paired with 2 players from another team.
You DONT play with the other 2 players on your Team.
Once the round is completed you add your 2 (2) player scramble scores together to come up with your 13 Moons Scramble Score.
Donations will go to the 13Moons 2023 Gichi Manidoo Gitsis Powwow Traditional Feast First 26 Paid Teams Will Be Accepted, Deadline to sign up is August 15th @4:30 p.m.

Contact Phillip Savage @ 218-878-7121 or Phillipsavage@fdlres.com
Make checks payable to FDL Development (add 13Moons Golf Tournament to the memo line)
Mail to FDL Resource Management ATTN: Phillip Savage 1720 Big Lake Road, Cloquet MN 55720

CLOQUET AREA FIRE DISTRICT

WE'RE RECRUITING PAID ON CALL FIREFIGHTERS/EMERGENCY RESPONDERS!

Help make a difference!
Must live within 6 miles of assigned station.

- Earn experience in firefighting and medical care
- Opportunity for advancement into a full time position
- No prior experience needed
- All required training provided
- Start earning a relief pension
- Wages starting at \$12 per hour (increases after 1 year probationary time)

Contact us at:
phone: (218) 499-4258
e-mail: contactus@cloquetafd.com
cloquetareafiredistrict.com

Etc



Plant & Seed Giveaway

Saturday, June 4th

Natural Resource Garage
Starting at 8 a.m. (until supplies last)

Contactless Pick-Up: Please STAY IN YOUR CAR when arriving to the giveaway. You will be directed where to go, someone will check you in and our team will deliver the plants to your vehicle. Please have your trunk clean and ready for boxes of vegetables. **Open to tribal members or anyone who has attended 3+ Gitigaan Classes.**

If interested in volunteering,
please contact KaitlynWalsh@fdlrez.com

Tribal ID required at pickup, one set per household.

OPTION #1 SALSA GARDEN

- (1) 4pk Sweet Bell Pepper
- (1) 4pk Sweet Pepper Variety
- (1) 4pk Sweet Hot Pepper Variety
- (1) 6pk Red Onion
- (1) 6pk Yellow Onion
- (2) 3" pots Slicing Tomato
- (2) 3" pots Roma Tomato
- (1) 3" pot Heirloom Tomato
- (2) 4pk Herb Variety

OPTION #2 PROCESSING GARDEN

Everything in Salsa Garden plus the following

- Broccoli (1) 4pk
- Cauliflower (1) 4pk
- Cabbage Variety (1) 4pk
- Zucchini (1) 3" pot
- Spaghetti Squash (1) 3" pots
- Pumpkin (1) 3" pot
- Winter Delicata (1) 3" pot



Tribal Court notice

In the matter of the Estate of: KATHRYN HOWES, Decedent. Case No.: PR-0008-2022 NOTICE OF PROBATE PETITION.

TO THE HEIRS, BENEFICIARIES AND ALL OTHER INTERESTED PARTIES: PATRICIA DUNLAP HAS PETITIONED FOR APPOINTMENT AS PERSONAL REPRESENTATIVE OF THIS ESTATE.

THIS MATTER HAS BEEN SET FOR HEARING ON: Monday, June 6, 2022 at 11:30 a.m., at the Fond du Lac Band of Lake Superior Chippewa Tribal Court, located at 28 University Road, Cloquet, Minnesota 55720.

Tribal Court notice

In the matter of the Estate of: MARY BLACKWELL, Decedent. Case No.: PR-0009-2022 NOTICE OF PROBATE PETITION.

TO THE HEIRS, BENEFICIARIES AND ALL OTHER INTERESTED

PARTIES: PATRICIA DUNLAP HAS PETITIONED FOR APPOINTMENT AS PERSONAL REPRESENTATIVE OF THIS ESTATE.

THIS MATTER HAS BEEN SET FOR HEARING ON: Monday, June 6, 2022 at 11:30 a.m., at the Fond du Lac Band of Lake Superior Chippewa Tribal Court, located at 28 University Road, Cloquet, Minnesota 55720.

Tribal Court notice

In the matter of the Estate of: JOHN ARTHUR SMITH, Decedent, MATTHEW J. SMITH, Petitioner. Case No.: PR-0001-2022 GENERAL NOTICE TO CREDITORS.

Notice is given that probate proceedings are pending in the Fond du Lac Tribal Court regarding the estate of John Arthur Smith.

Any claims against the above-referenced estate must be filed on or before August 1, 2022 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 attorney for Mathew Smith, the personal representative of the estate is:

Carrie L. Schneider
Dryer, Peterson &
Knutson, P.C.
202 W. Superior St.,
Ste. 200

Duluth, MN 55802
The mailing address of the Tribal Court is:

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

LEGAL NOTICE – JUNE 2022

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
DURHEIM, Mindy
ENGLER, Virginia
ERICKSON, Judith Lenore
HOFFMAN, Cotee Lee
JACK-MUNNELL, Ramona
LAPRAIRIE, Robert
MARTIN, James Ernest Sr.
MARTIN, Tina Marie
MATHISON, Michael
MARZINSKE, Larry
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.

Fond du Lac

Housing & Community Needs Assessment

Madwetaagozin enendamán!
(Be heard with your thoughts!)

Fond du Lac is doing a housing and community needs survey this summer. Some households have been randomly selected to participate and will receive notification in the mail. Field staff will also be visiting the selected homes to provide the unique survey codes and offer assistance with the survey.

A separate online survey will be available for other households that want to participate. Scan the QR code or visit the link below to get started: <http://www.fdlrez.com/survey.htm>

Questions? Contact FDLplanning@fdlrez.com or call 218-878-2642

Ashi-niswi giizisoog (Thirteen Moons)

Ode-imini-giizis:

The new Ode-imini-giizis, the Strawberry Moon begins June 23. Other names for this moon are Gitige-giizis, Ode-imini-giizis Gardening moon; and Waawano-giizis, Flowering Moon.

Anishinaabemowin Lessons

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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

AADIZOOKAAN/LEGEND

AAGIMAAK/BLACK ASH

AGWAJIINS/OUTDOORS

ANAAMIBIIG/UNDERWATER

BAAKAAKWENHWIGAMIG/CHICKEN

COUP

BIMIKAWAAN/FOOT PRINT

GIISHKASHKIMOD/CEDAR BARK BAG

GIZHEWAADIZI/GENEROUS

NAABISHEBIZON/EARRINGS

NIINIZIS/HAIR

ODATAGAAGOMIN/BLACK BERRY

OMAKAKI/FROG

WIIDOOKAAZO/HELP

WIIGWAASIMAKAK/BIRCH BARK

BASKET

ZHIIWAABOO/VINEGAR

Health News

June is National Cancer Survivor Month

Survivorship is a focus that relates to improving the quality of health and life of the person with cancer once they are through with treatment and until the end of life. It is also thought that a person who has been diagnosed with cancer begins the journey of cancer survivorship once the diagnosis is determined.

Survivorship covers the physical, psychosocial, and economic areas of cancer, beyond the diagnosis and treatment steps and phases.

Family members, friends, and caregivers are also thought to be included as part of the survivorship experience. It may be a long journey for the person diagnosed with cancer as there could be many areas that seem to go in a circle throughout the long road with survivorship such as prevention, detection, diagnosis, and treatments (in any order). There may be many questions to ask and answer. Working with a healthcare team can help put everything into perspective as well as learning about available resources.

With the advances in health care and medicine, and a variety of resources, we are finding that cancer survivors are living longer and there are more of them each year.

The following is a list of community resources that could be very beneficial to assist families, friends, caregiver(s), and yourself to make the journey of survivorship more positive:

- American Cancer Society www.cancer.org (800) 227-2345
- Fond du Lac Primary Health Care Team (218) 879-1227
- Fond du Lac Medical Social Workers (218) 879-1227
- Mayo Native Cancer Programs (507) 284-2511
- Native Circles (877) 372-1617
- Spirit of Eagles (507) 266-3064
- www.nativeamericanprograms.net/spirit-of-eagles
- American Indian Cancer Foundation (AICAF) www.AICAF.org
- Cancer Resource Center-Essentia Health-Duluth (218) 786-3581
- St. Luke's Cancer Center-Duluth (218) 249-5489
- Cancer Legal Care (651) 917-9000
- Circle of Hope (for Breast Cancer) (218) 464-1626
- Center for Disease Control and Prevention (CDC) www.cdc.gov
- National Cancer Institute (NCI) www.cancer.gov
- Heide's Mastectomy and Compression Store (952) 925-7837

Always remember to consult with your healthcare provider and medical team with any questions or concerns.

A message from your Fond du Lac Cancer Prevention Program.

Please Contact Fond du Lac Human Services Division Community Health Services for more information on any of our health-related programs: (218) 878-3790

Recipe of the Month Black Bean and Corn Salad

- 2 (15-ounce) cans black beans, rinsed and drained
- 1 cup fresh, frozen, or canned no-salt-added corn, drained
- 1 tomato, chopped
- 1 red, yellow, or green bell pepper, seeded and chopped
- ½ small red onion, chopped
- 1 jalapeño, seeded and finely chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- Salt and freshly ground black pepper
- ¼ cup chopped fresh cilantro

Directions: In a bowl, combine black beans, corn, tomato, bell pepper, onion, and jalapeño. In a bowl, combine lime juice, oil, and cumin and drizzle over bean mixture. Season with salt, pepper, and sprinkle with cilantro.

Per Serving (for 8 servings) calories 125, calories from fat 20, total fat 2.5g, saturated fat 0.4g, trans fat 0.0g, polyunsaturated fat 0.5g, monounsaturated fat 1.4g, cholesterol 0mg, sodium 80mg, total carbohydrate 20g, dietary fiber 7g, sugars 5g, and protein 6g.

Recipe adapted from: <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes/appetizers-side-dishes/black-bean-and-corn-salad.html>

June is National Fresh Fruits and Vegetables Month

What foods are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Based on their nutrient content, vegetables are organized into 5 subgroups: dark green; red and

orange; beans, peas, and lentils; starchy; and other vegetables.

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy salad greens can be considered as 1 cup from the Vegetable Group.

What foods are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, frozen, canned, or dried/dehydrated, and may be whole, cut-up, pureed, or cooked. At least half of the recommended amount of fruit should come from whole fruit, rather than 100% fruit juice.

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.

Recommended Daily Amount of Fruits and Vegetables*

Kids Ages 5-12: 2½ - 5 cups per day

Teens and Adults, Ages 13 and up
Males: 4½ - 6½ cups per day,
Females: 3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov/ to learn more.

You can incorporate fresh fruits and vegetables into your daily diet in a variety of ways, such as;

- Fruit on the go. Fruits such as apples, oranges and bananas make great portable snacks.

- Prep ahead. Chop fresh fruits and vegetables to have on hand for an easy grab and snack.

- Smoothies are a great way to get a serving of both fruits and vegetables for a snack or an easy breakfast.

- Shop with a plan. List your vegetables and fruits on your grocery list to ensure you are ready for the week ahead.

Recipe of the Month Cucumber Strawberry Salsa

Source: eat-move-save.extension.illinois.edu

Ingredients

1 cup fresh strawberries, diced
1 cup fresh cucumber, diced
1/2 cup red onion, finely diced
1/2 - 1 jalapeño pepper, finely chopped (remove seeds for less heat)
1/4 cup fresh mint, rinsed and chopped

1 tablespoon lime juice
1/4 teaspoon salt
1/8 teaspoon ground black pepper

Preparation

Wash hands with soap and water. Gently rub produce under cool running water.

Combine strawberries, cucumber, onion, pepper, and mint in a bowl. Toss with lime juice.

Add salt and pepper and stir. Serve with baked whole-grain chips or crackers.

Note: - Serving size is 2 Tablespoons.

- Look for berries that are firm, bright without browned areas, and without bruises, soft spots, or mold.

- Store them in the refrigerator for up to 1 to 3 days.

- Avoid washing strawberries until right before you eat to help shelf life.

Nutrition Facts

Servings per Recipe: 18

Calories: 5

Fat 0g

Sodium 35mg

Total Carbohydrates 1g

Fiber 0g

Protein 0g

Sources: choosemyplate.gov, usda.gov, eat-move-save.extension.illinois.edu

Health News

The Minnesota Department of Health Special Supplemental Nutrition Program for Women, Infants, and Children (Minnesota WIC) has resources for families navigating the national formula recall and shortage.

Finding Formula

The Minnesota WIC program added as many alternatives as possible to increase the chance families find formula in stores. Parents not receiving WIC benefits may use the list to find similar formula options for their babies when their preferred brand is unavailable.

- Use the Similac Formula Recall Minnesota WIC Approved Substitutions List (<https://www.health.state.mn.us/docs/people/wic/local-agency/recall/substitutions.pdf>) to help select a similar formula when the preferred brand is not available. Families can ask their health care provider for guidance.

- Stock can vary by store, region, day of the week, and time of day. Try checking different types of stores and calling ahead to a store or pharmacy to ask about their current formula stock or when they expect a shipment. Ask customer service about formula stock if formula is not on the shelf.

- Try to only buy what you need. There may be store limits in place for formula products.

- Do not make your own formula or feed your baby homemade formula. This can be dangerous. Learn more: The FDA advises parents and caregivers to not make or feed homemade infant formula to infants (<https://www.fda.gov/food/alerts-advisories-safety-information/fda-advises-parents-and-caregivers-not-make-or-feed-homemade-infant->

formula-infants).

Resources for Families

- The Minnesota WIC Similac Formula Recall Information page (<https://www.health.state.mn.us/people/wic/recall.html>) has helpful resources.

- There is guidance to help parents with Changing Formulas (<https://www.health.state.mn.us/docs/people/wic/localagency/recall/transitions.pdf>).

- Parents using a combination of breastmilk and formula can find Breastfeeding Support During an Infant Formula recall (<https://www.health.state.mn.us/people/wic/bf/recall.html>).

Get Help

- We encourage WIC families to contact their WIC Local Agency for help. Other families can contact their doctor, their local public health agency, or community organizations.

- Talk to your doctor if you have questions or concerns about feeding your baby or if you use medical formula.

Minnesota Department of Health - WIC Program, 85 E 7th Place, PO BOX 64882, ST PAUL MN 55164-0882; (800) 657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: (800) 657-3942.



Grilling Food Safely

By Kara Stoneburner, RDN LD, Community Health Services Dietitian

It's that time again—grilling time! Grilling food can be fun and nutritious. Keep these safety tips in mind while grilling food safely this season.

Safety starts at the grocery store. Place meats in a plastic bag so they don't contaminate other foods with their juices. Refrigerate or freeze perishable groceries within 2 hours of shopping (one hour if outside temperatures are above 90°F). Other ways to be food safe and minimize bacteria growth include:

- Washing your hands
- Keeping raw and cooked foods separate
- Washing cutting boards between uses
- Keeping cold foods cold. Be sure to use coolers and ice packs if on an outing
- Maintaining hot foods at temperatures of 140°F or hotter
- Always using clean utensils and platters to prevent contamination to the finished product
- Refrigerating leftovers in shallow containers within 1-2 hours of cooking, depending on outside temperatures
- Using refrigerated leftovers within 3 days

Preparing the meal requires safety precautions too. Frozen or partially frozen food will not cook evenly so thaw food completely before cooking. Ways to thaw food safely include: placing food in the refrigerator 1-3 days before cooking, defrosting in the microwave, or placing sealed

packages in cold water.

Marinating enriches flavor and tenderizes foods. Marinade foods in the refrigerator, never on the counter. Once the marinade has been touched by raw meat, it cannot be used as a sauce over the final, cooked product. Reserve a small portion of the marinade before adding meat, if you plan to use it as a sauce later.

Marinating meat also helps reduce the formation of heterocyclic amines (HCAs). HCA is a compound that is formed when meat is cooked at high temperatures. HCAs may cause cancer. To limit the amount of time on the grill, at a high temperature, partially precook food in the microwave, stove, or oven before moving it directly to the preheated grill to finish the cooking process. Never wait to finish cooking the meat. Cook meats to a safe internal temperature taken by a food thermometer. Raw beef, veal, lamb, and roasts should be cooked to a minimum of 145°F. Ground beef, lamb, veal and all pork products should be cooked to 160°F. Poultry and fully cooked meats, like hotdogs, should have an internal temperature of 165°F.

While grilling, it is best to prevent charring the meat. Polycyclic aromatic hydrocarbons (PAHs) are another cancer-causing compound and can develop when meat is charred. The risk of consuming PAHs and HCAs can be reduced by limiting the amount of grilled meat consumed, cooking at a lower grill temperature and preventing charring while grilling. If meat becomes charred, cut that portion off. Tips to

reduce charring on the grill include:

- Removing visible fat that can cause a flare-up
- Precook meat in the microwave immediately before grilling to release some of the meat's juices that may drip and cause a flare-up on the grill
- Cook food in the center of the grill with the coals on the sides
- Cook at a lower temperature
- Use smaller, thinner meat portions that will cook faster on the grill

An important note to keep in mind, the American Institute for Cancer Research recommends limiting red meat intake to less than 18oz per week and avoiding processed meats. Consider replacing red meat (beef/lamb/pork) and processed meat (sausage/hotdogs) with poultry, fish, vegetables, and fruit for a healthier plate.

Quick temperature reference guide when grilling:

- 145°F—whole cuts of beef, pork, lamb, and veal (then allow the meat to rest for 3 minutes before carving or eating)
- 145°F—fish
- 160°F—hamburgers and other ground beef
- 165°F—all poultry and precooked meats, like hot dogs
- After grilling
- 140°F or warmer
- Refrigerate within 1-2 hours

*Sources include USDA, CDC, MDH, American Institute for Cancer Research and the American Cancer Society

Community News

Happy birthday

Happy birthday to **Michael Peacock Jr** (June 1)
Love, Mama with all my heart and soul, you'll always be my special boy

Happy birthday to my Uncle **Mike Peacock Jr.** (June 1)
Love, Danielle and the Baby

Happy 7th birthday to **Jax Kettelhut** (June 4). We love you so much.
Love, Mom, Dad, and brother Clay

Happy birthday **Jax Kettelhut** (June 4)! We hope you have the best day ever!
Love, Gramma Chelle, Mikey, Zoey, and Jordyn

Happy birthday to my grandson **Michael Peacock III** (June 5)
Love, Grandma Gail with all my heart and soul

Happy birthday to my little cousin baby **Mike Peacock III** (June 5) happy birthday cous.
Love, Danielle and the Baby

Happy birthday to **Mikey Peacock** (June 5). We love you kid! Keep being you.
Love, Big Clay, Aliza, ClayJ, and Jax

Happy 27th birthday **Michael Peacock III** (June 5).
Love always, Mom, Zoey, and Jordyn

Happy 30th birthday to **Clayton Kettelhut Sr.** (June 11). Thank you for being an amazing husband, dad, and best friend! We love you forever.
Love always, Aliza, Clayj, and Jax

Happy 30th birthday **Clayton Kettelhut Sr.** (June 11)!
Love you, Mom, Mikey, Zoey, and Jordyn

Happy birthday to my grandson **Toby Smith** (June 17)
Love, Grandma Gail with all my heart and soul

Happy birthday **Toby Smith** (June 17) happy birthday cousin, I love you.
From, Danielle, Baby Felix, and Fayelynn, love you

Obituary

Nicholas Adam Trotterchaude, age 40, entered the spirit world on Tuesday, April 19, 2022, at Cloquet Community Hospital, Cloquet, MN. Nicholas was born in Cloquet on January 17, 1982, to Gilbert DeMarr and Renata Trotterchaude. He is survived by his mother Renata “Dolly” Trotterchaude; children Alize Pierre’, Isabelle Trotterchaude, Nathan Billyboy, Nick Trotterchaude, Jr., Nolan Trotterchaude, Niino Trotterchaude, and Starr Trotterchaude; grandson Leon Trotterchaude; sister Mary Trotterchaude; and brother Richard “Dickie” Trotterchaude. Nicholas was predeceased by his soul mate Bertha Billyboy and his father Gilbert Demarr.

A funeral service for Nicholas was held on Thursday, April 21, 2022, at the Fond du Lac Cultural Center. Rick Defoe served as spiritual leader. Pallbearers were Craig Shabiash, Randi Jo Trotterchaude, Jessi Lees, Ian Martin-Proulx, Romney Olson, Ross Trotterchaude, Brian Stillday, Jr., and Richard “Dickie” Trotterchaude. Honorary pallbearers will be Nick’s aunties: Rita, Renee, Reva and Rhonda.



Steven Bryan Martineau, 66, of International Falls, Minnesota, died on Monday, November 30, 2020 at his home.

Our beloved mother and grandmother, **Mime Anne Douglas, née Houle**, died peacefully in the presence of family at home in Denver, Colo. on July 28, 2021. She was 80 years old. Mime was preceded in death by her devoted husband of 49 years, Clarence “Doug” Douglas.

Mime began her life on December 31, 1940 at the Fond du Lac Reservation in Minnesota. Her parents were Peter and June Houle. Mime discovered her Chippewa heritage (from her father’s side) as an adult and was a proud tribal member for the rest of her life. In her faith, she chose to belong to the Episcopalian church which remained important to her and sustained her through times of joy and difficulty.

Having been moved around for much of her childhood, Mime ended up in Colorado and went about setting roots. She graduated from North High school and attended the University of Colorado at Denver where she was able to study subjects related to her many interests. She was incredibly astute and knowledgeable on many issues having been a voracious reader for much of her life. Her living spaces, like her life, were filled with books, most of which she would read in a matter of a few days. Mime also had an abundantly warm heart and empathy towards animals. Once she married and began a family with Doug, she was able to spend her days being a wonder-



ful companion to the many cats, dogs, horses, and sheep that came in and out of their lives. She had been known to personally “escort” a few spiders outside instead of what’s usually done with insect invaders inside homes.

She proudly served the Denver and Aurora communities by working as a nurse and as a Deputy Sheriff in one of the Denver City jails. She and Doug were also long-time members of the Adams County Democratic Party, even serving as precinct captains.

Above all else, she was a loving mother and grandmother who was incredibly proud of her children and grandchildren for whom she was always available for guidance, warmth, and wisdom. She is survived by sons Daniel (Constance), Matthew (Jennifer), and Mark (Angie); grandchildren Michael, Meghan, Abigail, Jacqueline, and Hayden; and step-grandchildren Natalie, Devin, and Abby West.

Though we are heartened by the belief that she, in some way, has been reunited with her beloved Doug, we, her family who remain, will miss her greatly in our lives and in our hearts.

William Crockett Heene known as Bill to family and friends passed away at the age of 87 on February 9, 2022.

He is survived by his wife Donna Holmes Heene of Nacogdoches, TX; son Mike Heene, his wife Mary Jane and their children, Jill and Will all of Cypress, Tx; Hayley, her husband Jay Lawhon of Conroe, TX; and daughter Margaret Dalton, her



husband David and their children Katie and Maddie all of Kennett, MO. Bill is also survived in death by his sister Louise Heene Weeks of Angleton, TX and by his twin brother Dennis Heene and his wife Millie of Bainbridge Island, WA. Bill was preceded in death by his parents Ben and Ruby Heene and his older brother Ike Heene.

Bill was born on September 27, 1934 in Trinity, TX. When Bill was a young child, his family moved to Freeport, TX where he grew up. Later in life, Bill enjoyed returning to High School and choir reunions and reconnecting with the people from his youth. Bill was a proud member of the Fond du Lac Band of the Chippewa Nation. He also was a member of the Bonita United Methodist Church and enjoyed participating in the fellowship and activities provided by the Church. After retiring from SFASU, Bill enjoyed running the Lazy H Angus Cattle farm in Kirbyville, TX. This was a hobby that kept Bill entertained, energetic, and close to family.

Bill will be remembered as a loving husband, father, and grandfather. Bill and Donna married in Houston, TX on June 28, 1962 and remained each other’s devoted spouse for 59 years. Bill loved and depended on his wife throughout his life to be his companion, the mother of his children and his support in every facet of life. Early in their marriage, Bill and Donna moved numerous times for Bill to pursue his education and career. They lived in Houston, Austin, Dallas, Utah, Seattle, Boston, Corpus Christi, and Bay City. Eventually, they moved to Nacogdoches, TX where they chose to remain to raise their children and be close to family.

Bill was a loving father to Mike and Margaret. He always made sure that his children knew they

Community News

were loved and supported. He always asked questions about their lives, encouraged us to do better, and provided the support they needed to do better. He was proud of his children every day but was perhaps the most proud on those days that they graduated from high school and college. His face just seemed to beam a bit more when they received those diplomas. The quote remembered most from childhood was, "Anywhere you want to go to college, your mother and I will send you." Both Mike and Margaret took him up on it.

Bill will be remembered by his children and grandchildren for his magic separating thumb, his relentless tickling and his enduring belief in the power of education. To the end of his life, Bill remained a sweet and caring

Grandpa. Hayley, Jill, Will, Katie and Maddie were always a source of joy for Bill. Being a grandpa one of his greatest pleasures. Whenever possible, he attended sporting events, band concerts, choir concerts, violin recitals, piano recitals, church events and school events. Watching the grandchildren brought a special joy to his face. Each of the five grandchildren has special memories of their Grandpa.

Bill's own path in life was greatly affected by the education he sought and obtained. After enlisting in the Army, he attended Sam Houston State University on the GI Bill and earned a B.S. in Math. From there he would embark on a journey to improve his life and the lives of those around him through education. Bill continued his education earning a Masters'

degree in Education from the University of Houston and a Masters' degree in Math Education from Boston College. He completed his education at the University of Texas at Austin earning a Ph.D. in Educational Administration.

Bill's career began as a math teacher at Burbank Junior High school in Houston, TX. He held several other teaching positions including an administrative position in the Dallas Independent School District prior to accepting a position at Stephen F. Austin State University in Nacogdoches, Texas. It was at SFASU where Bill found his professional calling. He was a professor and department chair in the Department of Secondary Education and Administration for most of his professional life. He retired from SFASU in 1998.

Donna, Mike, and Margaret

would like to thank and extend our sincere appreciation to the many family members, friends and strangers who took the time to show Bill the love, understanding and patience required to spend time with him. Bill remained the kind, caring, and loving husband, dad and grandpa that we all knew until the end of his life.

The family requests that memorial donations be made to the Bonita United Methodist Church, P.O. Box 632701, Nacogdoches, TX 75963

Cabin for sale to Band member

A cabin on Big Lake 1080 South Lake Drive
LOCATION LOCATION LOCATION
24x24 approx. size

1 bedroom eclectic access
Had a sand point well
Needs work but a great location, stop by and check it out!
Must be enrolled member
Must sell ASAP as part of estate
Contact Todd Victrelli (218) 393-0349

FDL job openings

Fond du Lac Reservation and its enterprises has many terrific job openings available. If you are looking for a great place to work, visit the FDL website (<http://fdlrez.com/HR/employment.htm>) to find the perfect job for you.

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



JUNE 4TH - 25TH

Waves of Cash

DRAWINGS SATURDAYS 6 - 9 PM

- Start earning entries on Sunday, May 29, 2022.
- Four (4) winners each hour, sixteen (16) winners each night.
- Winners can win up to \$4,000.

blackbearcasinoresort.com

See official rules. Owned and operated by the Fond du Lac Band of Lake Superior Chippewa. Management reserves all rights.

Justin Moore

JUNE
10

Father's Day

SUNDAY, JUNE 19TH

- THREE (3) WINNERS EACH HOUR.
- FIFTEEN (15) WINNERS ON JUNE 19TH.
- WINNERS WILL WIN \$350 IN CASH & A BLACKSTONE GRIDDLE.

DRAWINGS 1 - 5 PM

**Blackstone
Adventure Ready 17"
Tabletop Griddle
with Range Top**



**Blackstone 2-burner 28"
griddle with Electric Air
Fryer and Hood**



**Blackstone
1967 22" Cart
Griddle with Hood**

