

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops

## 2022 Election

Fond du Lac held the election lottery Feb. 7 to determine the ballot order of the primary election scheduled for Apr. 5. The primary election will only have one position as 5 candidates are vying for the Sawyer seat. The Secretary Treasurer position will not have a Primary as only two candidates are running for election, that winner will be determined June 14.



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# Local News

## 2021 Best of the Northland Survey Best Community Activist: Arne Vainio

*The following first appeared in the Duluth Reader Weekly*

**D**r. Vainio is a family practice physician on the Fond Du Lac Reservation. “If a 4-year-old comes in with an ear infection, I show them an ear anatomy chart and explain what’s happening. I show them they’re respected and hold them to a higher standard,” he said.

Not only does he treat his patients’ health, he talks to them about their life plans and what opportunities are open to them, and uses the time to educate them. He sees health care as a path to a better society. “If you look worldwide at what medicine has done, it’s brought basic things like clean water and education, things that should be available to everyone.”

He was born to a Finnish father and an Ojibwe mother, one of seven children. When he was four years old, his father committed suicide and poverty followed. From his teens through his 20s he worked as an auto body shop worker, lumberjack, sawmill worker, farmhand, bartender and heavy equipment operator. In the ‘80s he worked as a professional firefighter and paramedic, which made him realize he could become a doctor.

In the ‘90s he attended medical school at UMD and he became a doctor at age 30. After a family practice residency in Seattle, he went to Fond du Lac starting in 1997. His audio essays on life, work, medicine and spirit have been on the air on The North (formerly KUMD) since 2018. He also does the Health Matters segment of Native Report on PBS affiliate WDSE/WRPT.

He credits less than a double-handful of people for changing his course. “We are all that person for someone who might be lost,” he said.

## Rule wins FDLTCC Best of Festival

**T**asheana Rule (FDL), a FDLTCC multimedia production student, entered her photograph in the Thunder Indigenous Festival and her photo was voted Best of Festival.

“It’s a photo I took in my living room actually,” Tasheana said of the photo. “That’s my son Benson. I dressed him up and I said let’s play around. Let’s do this and we took maybe 10 different picture, different photos, and that’s my favorite one.”

Tasheana and her son, 6, worked on a photo for this contest for a couple of days, making sure that everything turned out perfectly. The photo is very impressive and those voting on it thought so too.

For her amazing photo, Tasheana had the option to either get a cash prize, or a gift that anyone who works with photos would really enjoy.

“I could either win money, or Adobe Creative Cloud so I took that,” Tasheana said. Adobe Creative Cloud includes many programs, but the program that photographers are most excited about is Adobe’s Photoshop for editing photos just like how Tasheana edited this photo of her son to win the competition.

“Yeah it was a virtual ceremony. It was three days and we took these different virtual classes or trainings. I got to meet different people and then got to see everybody’s work,” Tasheana said of the festival. “Then on the third day, they announced the winners.”

One of the judges for the competition was Gary Farmer, Actor, musician, cultural activist, and filmmaker, really liked Tasheana’s photo and according to her teacher, Farmer made it very clear from the moment he saw it.



“The next week after in class, my teacher said ‘I just want to tell you that Gary Farmer saw your picture and said yes that is the winner, I love that picture,’ and was just talking up my picture. That was pretty cool.”

“I felt great!” Tasheana said with a laugh about learning she had won this Best in Festival. “I was like ‘oh my gosh, I won!’ I was surprised because there was a lot of great pictures and videos. It was just really cool.”

Someday Tasheana hopes to be able to spend more time working on her business, which as she continues through school, she can’t spend as much time on it as she would like to.

“I currently run my own photography business,” Tasheana said of her focus for why she is a multimedia production student. “I can’t focus on it so much because I’m in school. In the summertime it picks up really well.”

Tasheana hopes to finish school this fall and then be able to spend time working on her business.

## Nagaajiwanaang Dibaajimowinan

*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*

# Local News

## More Election News

### Primary Election Notice

A Primary Minnesota Chipewewa Tribal Election of the FOND DU LAC Reservation Business Committee will be held on April 5, 2022 to fill the following positions: Election Date: April 5, 2022

### POLLING PLACES:

DISTRICT II: Sawyer Community Center

3243 Moorhead Road  
Sawyer, MN

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

### Candidates for Secretary/Treasurer – 4 Year Term

Only two (2) candidates, No Primary Election

### Candidates for District II Commit-

### teeperson – 4 Year Term

Daniel G. LaPrairie  
Michael J. Diver  
Brad (Raff) Blacketter  
Bruce M. Savage (Incumbent)  
Naomi Northrup

### 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 Reserva-

tion 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 Commit-

teeperson. 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.

*The rest of the election news appears on pages 12-14.*

## Fond du Lac Housing and Community Needs Assessment

The 2022 Needs Assessment is an effort being led by the Fond du Lac Band to collect accurate and up-to-date information concerning housing and future community needs on the Fond du Lac Reservation.

### Who?

1) A random sampling of households living on the Reservation will be selected to complete the primary survey with an assigned survey code.

2) Off-Reservation households will have the opportunity to complete a separate survey. No survey code will be needed for those respondents.

### What?

A housing & community needs survey. The survey includes questions about you and other residents of the household.

NOTE: Survey responses are CONFIDENTIAL and cannot be used to identify you or impact the services that you or any member of your household receives.

### Where?

Online & in person.

### When?

Spring 2022

### Why?

Your input matters to help Fond du Lac plan for the future. Community feedback helps us obtain funding to plan, support and prioritize programs and other investments. Your participation is important and greatly appreciated!

### How?

1) FDL field staff will be visiting selected homes to request their participation using a door hanger with an online survey link and unique code. Field staff will be available to help tribal members complete the survey in-person.  
2) The off-reservation survey link will be posted to the FDL Website and Social Media for broader participation.

### Questions?

Contact the Fond du Lac Planning Division  
Tel. 218-878-2642  
Email: [fdlplanning@fdlrez.com](mailto:fdlplanning@fdlrez.com)

# Fond du Lac

## Housing and Community Needs Assessment



### Coming soon Spring 2022!

**Madwetaagozin enendaman!**  
(be heard with your thoughts!)

## FDL's VSO is available

Tom Whitebird, Fond du Lac's Veteran's Services Officer, has been back to work and available to help FDL Veterans in need.

If you are a Veteran in need of assistance call (218) 221-5423 and Tom can help you.

# RBC Thoughts

## Secretary/Treasurer News

Boozhoo,

The circle of life continues with spring around the corner. The snow is melting and the lakes and streams are starting to open up. Soon we will be out in the woods tapping trees to collect the sweet nectar of maple syrup and sharpening our spears and repairing our nets to prepare for another fishing season. We will renew old friendships and make new ones. I often wondered about the knowledge that my elders gave me. As a kid it didn't seem to have much relevance. As a teenager it had a little more meaning but I was forgetting some of it. As a young man the knowledge was put away and I didn't use it much. Now as I am approaching Elder status I find myself recalling the knowledge. I now share that wisdom with the younger people. It is funny how things change only to remain the same.

We are working to complete a new drinking water system for the Mahnomen and Danielson housing communities. Several years ago, the system at Mahnomen was cited for too high a concentration of organics. At that time, we worked on trying to clean the system to meet the guidelines for safe drinking water. Although we were able to bring the organics down the system was not adequate for our community. It was able to provide drinking water but did not provide fire protection. We looked at designing and building a

new system for providing drinking water through a tower. We explored several potential sites in Brookston to locate the well and each had its own challenges. Eventually, we found a site in Cloquet that had an adequate water supply and met our standards for drinking water. We have been working on the tower site and running the supply lines to our communities. As spring rolls around you should see plenty of activity along the water line route.

With the State of the Band now behind us, it seems like a good time to report on the financial condition of the Band. Our enterprises did very well this past year. We had a total of 23.5 million transferred to development for Reservation use, third party health put 16.6 million in its coffers to provide healthcare needs for the Band and our insurance company had a profit of 347K. Our cash flow shows a 3.8 million overspend but we placed 17.5 million back into our investments. We are administering 179 grants for a total of 213 million of which we have spent 97.8 million and a balance of 115.1 million. Our member services budget spend for the year was 30.9 million. During a very trying time these past few years we managed to increase our investments.



Ferdinand Martineau

*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 [ferdinand-martineau@fdlrez.com](mailto:ferdinand-martineau@fdlrez.com)*

*Gii ga waa ba min.*

## Cloquet News

Hello all

As we enter into the new season, lots of folks are developing plans for the summer activities. We have spring fishing and sugar bush activities right around the corner. Crews are preparing for summer construction work and transitioning from the winter construction activities. They have been working on the Brookston/Danielson water line project throughout the winter and it is coming along at a pretty good pace. Our Public Works department has a good plan on starting the sewer water line project in the compound area.



Wally Dupuis

As mentioned before they will be upgrading the entire infrastructure system in the area including new roads and walkways throughout the area. I am looking forward to getting this project completed as it will be an extreme update for all folks, not only in the compound area but for the folks in the supportive and Vets housing as well. As this project moves along, please be understanding of the workers that may

be in the area as well as the disturbances that you may be confronted with while they are demolishing and reconstructing the area.

We continue to have a shortage of employees in many different divisions and we are having a shortage of folks ap-

plying for positions. If you are interested in being employed please review our Human Resources webpage to see open positions.

Fond du Lac Reservation is working with the 6th Judicial District Public Attorney's office in an effort to help folks resolve any warrants they may have. These warrants create a hurdle for being employed. The public defender's office is willing to resolve/remove any warrant through an agreement with them. Please give them a call to talk about resolving warrants.

*Wally Dupuis  
District one Rep.  
Fond du Lac Reservation  
1720 Big Lake Road  
Cloquet MN 55720  
(218) 878-8078*

FUTURE GENERATIONS ARE COUNTING ON US.

#GETVAXXED

# RBC Thoughts

## Brookston News

### Boozhoo,

I would like to welcome our Elders and Band Membership to the 2022 State of the Band. It is nice to see so many Band Member participants from around the world. Once again, we unfortunately have to give this presentation by a Zoom meeting. I wouldn't have thought that we would still have to do this virtually. Like I stated last year,



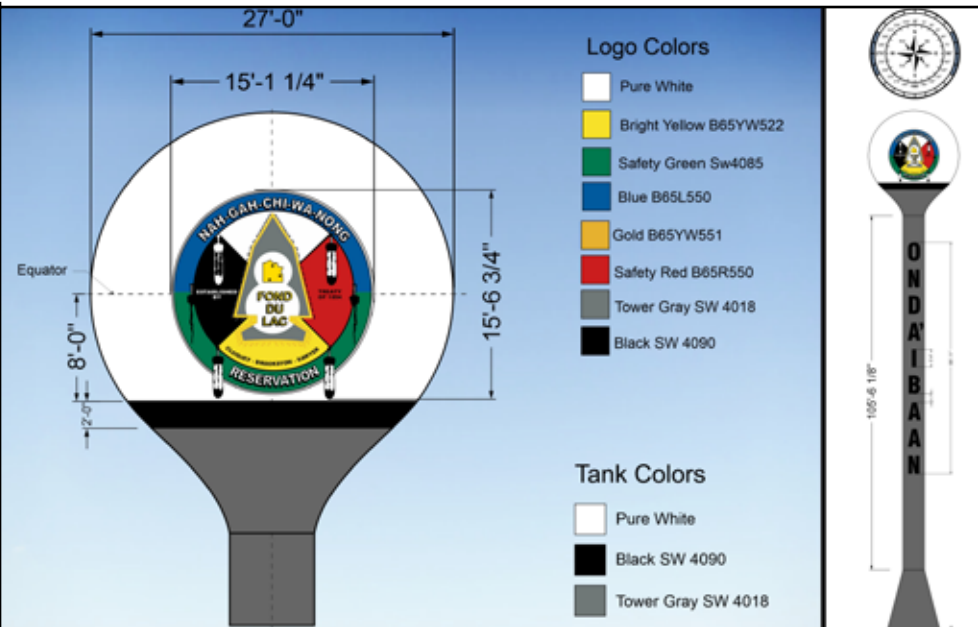
Roger M. Smith Sr

and unfortunately again this year, 2021 was a very trying year for all. We are still having to quarantine, still having to take precautions of wearing masks and keeping a safe distance from others when we venture out. I have stated it before, I am so grateful for our resilient ancestors and those that still share our teachings of love, wisdom, bravery, humility, honesty, truth and respect. It is with these important teachings that we are to survive and to adapt to these situations by being very resilient Anishinabe.

Through all of this, I am pleased to report our advancements within the District. We have made significant progress on our Regional Water Project. We have started visible construction on the treatment plant that is located off of Brookston Rd and the addition of red fire hydrants situated along the roadway as you make your way towards Mahnomen Rd. Once there we can see the start of construction of where OUR water tower will be located. You can see by the drawings that it will be evident it is OURS! We are looking at a substantial completion date this fall. I have always looked

at this project as not wanting to just put a band aid on it, but to come up with a solution. When complete this project will have cost just over \$16M. I would like to say Chi Miigwech to the other RBC Members for making the commitment to approve this project. I would also like to say Chi Miigwech to all staff that have worked on this very vital community project. I would also like to update you all on another very vital and amazing project. Our "FDL Youth Shelter", it's what I will call it for now. I have stated before that I would give you some "teaser"

pictures to see where we are at and with a completion date within the next couple of months. This has been a very important project for us as our youth will now not have to go to the Carlton or St. Louis County youth shelters as we will have our very own. I am very excited as this project moves along as this has been discussed for numerous years and numerous administrations. I am sure there will be postings in the coming future for positions in the facility. Now that I mentioned the youth, I now want to update on Elders, in particular the "Brookston Elders Complex" is what we call it



# RBC Thoughts

for now. I have mentioned before that we have set the location, it is where the old school was located on 2nd St. South in the town of Brookston. Again, I will show a couple “teaser” drawings. This will be a five-unit complex to start off with. We have been very fortunate to be able to look at both the Elder complexes in Cloquet and Sawyer, and to find out what works and what doesn’t work. There will be a community room that the occupants can use. We have looked at safety for the occupants and will have a sprinkler system as well as doors that are controlled access so the occupants will not be disturbed by anyone that is not invited into the building. I like that the back entrances and private patio areas will face southeasterly and overlook the Stoney Brook River. To me that has a meaning that they are able to sit and face east. From what I was taught of our teachings, that is the direction of the start of life. They could think back to where they all came from and the experiences

that they have been through and reminisce about the past while having a fantastic view. This will be an absolute beautiful building. We will also be able to review the need and the possibility of additional units in the future located in the same area.

I would like to update everyone on the Governors MMIW Task Force I had the honor of representing Fond du Lac. It is with great pleasure that I can announce that the Governor has looked at the Final Report and looked at the mandates that were listed. The Director for the NEW, Office of Missing and Murdered Indigenous Relatives has been selected. Juliet Rudie, a Tribal Member of the Lower Sioux Indian Community will lead the first office of its kind in the Nation. The MMIR office will be housed in the Department of Public Safety Office of Justice Programs. She brings to this office more than 27 years of experience in Public Safety. Beginning in St. Paul Police Department rising through the ranks of

Patrol Officer, Investigations to Director of Training. She then went to Ramsey County Sheriff’s Office serving as Inspector and again rising through the ranks to become Chief Deputy. I am excited that we start this office off with someone that is very motivated.

There are a number of other issues that we continue to work on with Superior National Forest, University of Minnesota and obtaining the Forestry land back, mining issues and other Tribal Sovereignty issues that I’m sure the Chairman will update on. One issue that I am very proud of that ALL the Tribal Leaders in the state worked on is that the Codification of the Governors Executive order on Tribal Consultation. It is now Law that the Commissioners must have Tribal Consultation!

For this upcoming year I look forward to working with the Intertribal Buffalo Council as we complete our Feasibility Study in order to establish our very own herd. I also will focus on how we can open back up our centers

safely. I feel it is important that as we gain ground on this latest surge that we can safely reopen our centers in order for our youth to have other avenues for outreach. I will continue to be dedicated to promoting our Band Member owned businesses.

I would like to end on offering my deepest condolences to all of the families that have lost loved ones this past year. We have unfortunately lost some way to early as they have succumbed to COVID. Some have lost more than one family member and I know of one family that had lost both parents unexpectedly. Please keep these folks in your thoughts and prayers. I also want to touch on one in particular that as the family mentioned that was a pillar of their family. Well he was more than just a pillar to the family, but



a pillar to the community and to Fond du Lac. After giving over 47 years of service to his people, he deserved to have his work place named in his honor. I again say Chi Miigwech to the family for sharing Chief Conservation Officer John Smith with all of us. Miigwech!!!

*Roger M. Smith Sr  
District III, Brookston  
Representative*



# Ashi-niswi giizisoog (Thirteen Moons)

## Onaabani-giizis

*The new Onaabani-giizis begins March 6. This is the Hard Crust on the Snow Moon. Other names for this moon are Bebookwedaagime-giizis, the Snowshoe Breaking Moon; Aandego-giizis, Crow moon; Nika-giizis, the Goose Moon and Ziinsibaakwadooke-giizis, the Sugar Making 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

### Biiwan blizzard

Ningwaanakwad .....cloudy  
 Awan .....foggy (be)  
 Zasakwaa .....frost (heavy)  
 Mashkawadin frozen ( .....be)  
 Dakaanimad ..... wind (cold)  
 Waabani-noodin ... wind (east)  
 Giiwedini .....wind (north)

Zhaawani-noodin wind (south)  
 Goon.....snow  
 Maajipon ..... snow (start to)

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

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

BIGISHKANAD/Rotten

BIMIKAWAAN/Footprint

BIZAAN/Quiet

DIKINAAGAN/Cradle Board

GITIGAAN/Garden

GODIGOSHIN/Injured

GWEKIWEBINIGAN/Pancake

MAAMAKAADIZ/Astonish

MITIGWAAB/Bow

NENOOKASI/Humming Bird

OMASHKOOZ/Elk

ONIGAMIINSING/Duluth

WETOTWAAG/Jello

ZHINGOS/Weasel

# School News

## Principal update

**B**oozhoo Fond du Lac Ojibwe School community. Mino giizhigud. I am so glad our students are in the building. We had a dull roar of student excitement when students returned to in-school learning on February 14, 2022. They were so excited to be here. We are continuing to ask that students and staff wear masks. We are also testing students weekly, and asking staff to test weekly. Don't worry, the test we give at the school only requires to swab an inch or so into the nose. I know many of us remember the clinics' version when the nose swab was a much bigger annoyance.

Congratulations to Dawn LaPrairie's 7th Grade and Amy's 2nd Grade! The classes have been mentioned in the Achieve 3000 Newsletter that goes out to all the Tribal schools who use the Achieve 3000 Program (supplemental reading program). Second grade was mentioned as reaching Smarty Ants Gold. This means they reached a class average score of 70-74% in Lexile Growth. The 7th grade class (Ms. Dawn's class) was also mentioned for Lexile Growth with an average growth score between 70-74%. HOWA!

I would like to welcome a new staff member that have joined us this winter. Ashley Clark-Terry is our new social worker at the FDL Ojibwe School. Some of you may remember her as she worked at the school in previous years. We also have two cook helpers who have joined our team: Shawna Shabaiash and Starr Shabaiash. It is nice to see graduates of the school come back and work with us. In addition, Brian Stillday has been hired as the drum instructor. He has worked with our students previously, and we are so glad he is here with us again.

Miigwech to all the families that are calling the school to let us know of their child's absence. It is especially important for our school to know why students are absent this school year. Please contact the school nurse if symptoms described to the school secretary are COVID related. Our school nurse will assess to see if the student needs a COVID test before re-entering the school.

Please continue to be safe by wearing your masks, social distancing, and washing your hands.  
Valerie Tanner  
Anung Ginew Ikwe  
FDLOS K-12 Building Principal

## Kindergarten news

Howah!

The Kindergarten students have been very resilient with their learning this year. We have been challenged with distance learning several times this year. Miigwech to families who have been able to help with Chromebooks and getting students onto our classes and individual meetings. We are fortunate to have our specialists meet with students while working online. It has not been easy when internet connections cause problems, but we have a great IT team and staff to help us work through and solve these issues.

Our class continues to work on the foundational skills of counting, recognizing letter names and sounds, writing, and sight words. These skills are a priority to master during the Kindergarten year. We ask for families to help practice and reinforce these skills throughout the year. Working together we strive to stay safe by wearing our masks, washing hands, while keeping our room and learning tools sanitized.

We are happy to have an amazing group of creative learners and look forward to ziigwan as we will be able to spend more time outside.

Mrs. Carol Smith, Ms. Maggie, Ms. Anna

## Second grade news

Boozhoo from second grade. Our students have recently been navigating working from home with distant learning. We are starting to find our footings and are adjusting back to this new way of learning.

Second grade has been engaging in lessons about Martin Luther King and the great accomplishments he made to civil rights. We have also been learning about the Sun and the Moon in science. In math, we are learning to do double-digit addition, and regrouping.

I would like to acknowledge the second grade for how well they did

on their NWEA testing. This had to be done completely online with the students this time. The students not only took their time and carefully answered the questions, but also showed great respect during this important test.

Miigwech to the amazing second grade!

## Third grade news

Boozhoo from grade niswi! Mrs. Shamra Benson here. Just giving you a hint at what we've been up to during the first two quarters. Third grade students have been busy learning their multiplication and being introduced to division. We are always brushing up on our reading skills; and are learning about text features, main idea, and grammar. In Science class, we have made dioramas about the different ecosystems on Earth. We have also explored different states of matter. We are currently learning about the Grandfather teachings and how they can help lead us to good things in life.

These next two quarters, we will begin to learn about fractions in math, character in reading, and nature in science. We have also started to learn about coding using a program called Scratch Jr. The students are very interested in this project. We will

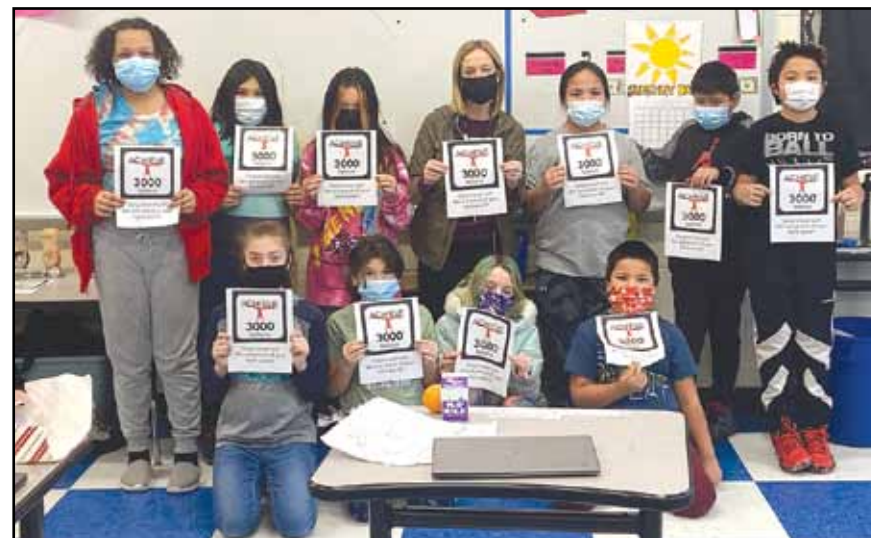
explore this and other available STEM (Science, Technology, Engineering, Math) projects and programs. We will also incorporate more Achieve 3000 in their reading. We do need help from families at home to encourage our students to slow down and try their best. However, they should not receive too much help because the program matches their reading to each student's abilities. If they get too much help their assigned reading articles will become too difficult for them to do on their own.

Miigwech for all the support we receive at home and in our community.

## Fourth grade news

Dear Families,  
Happy New Year and welcome back! We hope that everyone has had a wonderful break and that students have returned ready to take on whatever comes their way! We look forward to an amazing 2022, as we continue on our journey through fourth grade together!

Sincerely,  
Andrea and Shawn  
**Dates to remember:**  
3/24 Ziigwan Celebration  
3/25 End of 1st Quarter and Early Release



Fourth grade class



# School News

## Big ACHIEVEMENT!

In addition to our daily reading curriculum, students at Fond du Lac Ojibwe School participate in the Achieve 3000 Literacy program. Achieve 3000 provides online reading content to students and focuses on building phonemic awareness, phonics, fluency, reading comprehension, vocabulary, and writing skills. Last month, 4th grade students from FDLOS were mentioned in the program's national newsletter for having high accuracy scores and earned themselves an ice cream party! WAY TO GO!

Anokii, Nanda-gikendan, Enigokagawge, Gashkitoon  
(Work, Study, Strive, Succeed)

## Gifted and Talented art class

Beginning this February, 4th and 5th grade students participated in the Gifted and Talented Art Class were given the opportunity to study multiple areas of visual arts including painting, ceramics, sculpture, and photography. They will explore various art materials such as pastels, clay, paper mache, and watercolors while creating landscapes, portraits, sculptures, and collages.

Studies have shown that students who are exposed to a consistent, quality arts education develop skills that will enhance their ability to learn throughout their whole lives. We are excited to watch these students grow as they let their creative minds go to work!

## A message from Grandma Ginny & Mrs. Martin

(FDLOS academic specialists) February is "I Love to Read

Month"

Snuggle up with a good book & stay warm...

Here are some literacy activities to celebrate this special month and help your family develop a life-long love for reading...

1. Visit your local library or book store
2. Read aloud to/or with your child for at least 15 minutes a day; this can include a cereal box label or a shopping list
3. Let your child see you reading
4. Place books everywhere in your home
5. Challenge your child to read an entire book series
6. Buy books as gifts or incentive.



## FDLOS - how can your child improve his/her reading?

### Achieve 3000

Now your child can improve his or her reading skills at home with the same great technology program we're using in school: Achieve 3000 Literacy.

Throughout the week, Achieve 3000 will send your student various interesting articles for him

or her to read. Every student in the class gets the same basic lesson, but the content is customized to match your child's own reading level. The lesson comes with a variety of fun activities to improve your child's comprehension, vocabulary, and writing skills. As your child's reading level improves, Achieve 3000 will increase the level of difficulty so he/she remains challenged and interested. Doing his or her best on the activities will ensure the best match between your child's ability and the content delivered. It is also important that your child's answers to the questions reflect work completed independently and without extra assistance.

All 3rd through 12th grade students use Achieve 3000 in class, but you can also share in the fun at home - or anywhere a computer is connected to the internet. Here's how:

1. Have your child log on to <https://login.achieve3000.com> with their unique username and password.
  2. Encourage your child to follow these five easy steps:  
Step 1: Respond to the Before Reading Poll  
Step 2: Read the article  
Step 3: Do the activity questions  
Step 4: Respond to the After Reading Poll  
Step 5: Answer the thought question.
  3. Explore other Achieve 3000 features, including other articles, puzzles, and more.
- Smarty Ants**  
For those students in our K-2 program, they can learn by using the individualized reading program, Smarty Ants. The Smarty Ants literacy program by Achieve3000 is different than other reading programs because it considers your child's individual reading needs,



Jasmine H.  
4th Grade Art Student

EVERY  
CHILD  
IS AN  
ARTIST  
-PICASSO

and uses personalized instruction to inspire students to become life-long readers.

Our school license also gives students FREE access to the program outside of school hours. Research shows that many children spend an average of six hours on computers and/or devices every day. I encourage you to make that time as productive as possible by giving your child access to Smarty Ants at home. You can use any iPad, Chromebook, or computer to access Smarty Ants.

Smarty Ants requires minimal internet connection to access the site at <https://play.smartyants.com/login> We have also installed an App on your child's Chromebook where they can just log in as they do in school.

With Smarty Ants, students become better readers. I'm excited that they can continue their learning with participation from home. If you have any questions, please feel free to call or email me.

### Epic Reading

Many classrooms participate in Epic Reading at [www.getepic.com](http://www.getepic.com) Your child may already have

a code to log in or it may already be set up on their Chromebook depending on the classroom he or she is in. If your child is not set up, you can always log into the website above and create an account. This is a great reading source for all students.

According to the Epic website (2022), "Epic is the world's leading online children's subscription book service offering immediate, on-demand access to over 40,000 high-quality illustrated books and chapter books for children ages 12 and under... In a world of unlimited screen time, Epic is a smart and safe alternative to generic games and videos."

In January, we did have NWEA testing. We will also begin MCA Testing in March and continue with that through April. Look for more information in the mail about MCA testing as the dates approach. Please be sure that your child eats a good breakfast and gets a good night sleep the night before.

As always, stay safe and healthy and we hope you enjoy exploring Achieve 3000, Smarty Ants, and

# School News

child eats a good breakfast and gets a good night sleep the night before.

As always, stay safe and healthy and we hope you enjoy exploring Achieve 3000, Smarty Ants, and Epic with your child. Miigwech

Ms. Dawn Liimatainen, FDLOS Reading Coach

## Music news

Boozhoo Fond du Lac Community!

We have made it to the 3rd quarter here at the Ojibwe School.

We were able to make it through last year's full year of distant learning in the music department. Although distant learning is not ideal for learning and teaching music, we were able to find some positives and created some cool new methods of teaching that

we can take with us moving forward. As we progress through this school year, last year's distant learning methods are proving to be useful. We have gone distant twice now as a full school and several times as individual classrooms. Being able to adapt to learn in-class one week and distant the next week is becoming a critical skill for our students.

Our K - 6 students have been able to have their music classes online look similar to what their music class would look like in person, therefore, the change hasn't been as severe of a difference. They are able to learn songs by singing them, dancing, and by learning their notes and reading them. The biggest drawback, or course, is not having the instruments, space, and camaraderie of their fellow classmates in person to share in the experience. We are always looking forward to the next time we can learn music

together.

The 7 - 12 students have still had great opportunity to learn their notation and instrument of choice while being online or in person. We have learned songs online with me exemplifying each instrument individually while they play along at home, whether on a real instrument or mentally. The high school pep band has been practicing and learning new songs all year preparing to play during the basketball season. Unfortunately, most games have been cancelled, but the students still tried their best to keep their heads up and practice the music for the love of music itself.

I, unfortunately, don't have a long list of positives coming out of these last 2 years when comparing it to the level of success during March of 2020. However, I am always so proud of our students K - 12 with their ability to easily adapt to the inconsistent lifestyle that has become our new way of living. Everyday there is new optimism for what the future can provide to our students in the music department. It may seem in the very distant future, but we have plans to have our Biboon and Ziigwan festivals have music performances once again. We have plans for our Pep Band to play at our boys and girls basketball games again, as well as at a Minnesota Timberwolves game! We also hope to play at the 1st Annual Modern Band Festival at the Anoka-Ramsey Community College with other modern bands from around the state in May.

I look forward to seeing you all sometime soon at an event for our young musicians.

Josh Danderand



## Introducing the new school social worker




**M**y name is Ashley Clark and I am the School Social Worker at the Ojibwe School. I am so excited to be back here working in the school with the students, staff, and community again.

Working with children and families has always been a passion of mine; and I look forward to being a part of the team. I graduated with my bachelors in Social Work from The College of Saint Scholastica. I have worked with children and families in various different settings. I enjoy spending my spare time with my family and children, going to their sporting events, and enjoying the little things in life.

I am looking forward to being a helpful resource to the students, parents, guardians, and community members. Please contact me at the school with any questions.

# Fond du Lac Propane Company Customers

## Stay warm this season and remember to:

-  It is imperative that you check your tanks regularly and call 218-879-4869 when your tank is at 30%.
-  If you run out we can not guarantee a same day fill especially during bad weather
-  Driveways need to be plowed and a path shoveled out so our delivery drivers can get to your tank



# 2022 Legends

Research by Christine Carlson

## Duluth Daily News of January 31, 1892 - An Indian Legend from the Pictured Rock. The Story Gathered from an Indian Chieftain on the Shores of Lake Superior

*On the south shore of Lake Superior in the vicinity of the Pictured Rocks there lives an old Indian chieftain. He has been my companion in many a summer's jaunt; and it is most sad that he is almost the last of his race. He lives ten miles or more from the south shores of the great lake, and at the head waters of a beautiful river so broken with cascades, rapids and falls that we cannot ascent it in our canoe. So, we follow a trail along its banks, through grassy meadows, the work of that industrious mechanic, the beaver; over hills where every rod of ground is covered with ferns and wild flowers; through ravines where at every turn you look deep into caves in the rocks, once the homes of countless wild animals; and through forests of birch, maple and hemlock, where the startled deer and partridge surprise your dreamy eyes for an instant, and are out of sight.*

### The Two Tell Their Stories

*The old man said, "My daughter, I am glad to see you. My lodge is cold and cheerless yet it will shield you from the tempests of the night. But tell me who you are that you dare to come to my lodge in such strange clothing. Come, sit here and tell me of thy country and thy victories, and I will tell thee*

*of my exploits, for I am a Manitou". I blow my breath and the waters of the river stand still."*

*The maiden answered. "I will breathe and flowers spring up on all the plains." The old man said: I shake my locks and snow covers all the ground." "I shake my curls, returned the maiden, and warm rains fall from the clouds."*

*When I walk about, the leaves fall from the trees at my command the animals hide in their holes in the ground and the birds get out of the water and fly away, for I am Manitou. The Maiden made answer: "when I walk about the plants lift up their heads; the trees cover their nakedness with many leaves; the birds come back and all who see me sing. Music is everywhere."*

*And thus, they talked and the air became warm in the lodge. The old man's head dropped upon his breast and he slept. Then the sun came back and the bluebird came to the top of the ledge and called; "say-ee, I am thirsty," and the river called back, "I am free, come and drink."*

*As the old man slept, the maiden passed her hands above his head and he began to grow small; streams of water ran out of his mouth and soon he was a mass upon the ground, and his clothing turned to green leaves. Then the maiden, kneeling upon the ground, took from her bosom the most precious white flowers and hid them all about under the leaves, and breathing upon them said, "I give thee all my virtues and my sweetest breath, and all who would pick thee,*

*shall do upon bended knee."*

*Then the maiden moved away through the woods and over the plains and all the birds sang to her, and wherever she stepped, but no where else, grow the arbutus.*

### The Tale of Waagosh and the Tail of Mukwa

Waagosh, the fox saw an Indian with a sled load of fish. Waagosh wanted the fish but was afraid of the man. How could waagosh get a fish without letting him know? After much contemplation, she thought of a plan. She laid herself down by the road and pretended to be dead.

The Indian wanted the skin of waagosh the fox but did not have time to take it. He just threw waagosh on the sled with all his fish and pulled the big load toward the wigwam and home. While the Indian was hard at work pulling, sly waagosh pushed off two or three good fish and rolled off herself. In a minute she was out of sight with the fish.

Later waagosh met a wolf who asked her, "Where did you get the fish?" Waagosh did not like the wolf, but told him the trick she played on the Indian. "It is easy. Go and do it," said waagosh. The foolish wolf ran away. He then saw the Indian and quickly laid down and waited as waagosh had told him. The Indian saw him but not to be fooled twice by the same trick, he pounded the old wolf with a stout stick that he used for a cane. The wolf jumped up fast and ran away to find waagosh. He did not find her.

Mukwa, the bear saw waagosh, the fox eating the fish while the wolf was gone. "Where did your fish come from?" asked mukwa? "Follow that road down to the river and you will find a fishing hole. Put that long busy tail of yours into the water. Wait until the fish bite it, then snatch them out."

Mukwa ran down to the river and did just as waagosh had told him but while waiting for the fish to bite, the fishing hole froze over. Mukwa did not realize this, for his back was turned to the water. It was a very cold day and thought he better walk around and get warm. When he tried to get up, his tail broke off in the ice. Mukwa was mad and ran so fast and found waagosh and wanted to fight her. "I have done nothing," said waagosh. "It is all because you are so slow at fishing."

Mukwa never had a long tail after that time. Waagosh never lost her fine, bushy tail.

### The Legend of the Bird and the Blisters

The Indians of our country have many legends connected with certain peculiar habits or customs prevalent among them. If one should visit the home of an old Indian, one might notice a turkey wing hanging near the fire. The Indian uses the wing to fan the fire into a flame and make it burn brightly, or perhaps, fan himself. If asked why he uses the turkey wing instead of the wing of any other bird, he would no doubt relate the following story:

"Many years ago, the fire of

the world was nearly extinguished. This happened just at the beginning of the winter season. The birds of the air were filled with anxiety, for their intuition told them they would need heat to keep them warm through the winter.

A bird council was held and it was decided that birds who could fly the highest should soar into the air and see if they could find a spark of fire somewhere. The efforts of the eagle, lark and raven were in vain. The honor was left to the little brown sparrow who spied a spark of fire in the hollow of an old stump in the heart of a deep forest.

The birds flocked around the stump and tried to decide who should pick the spark out. But all their efforts were in vain. To their dismay they saw the spark growing smaller and smaller. The turkey then volunteered to keep the tiny coal alive by fanning the spark with its wings. Day after day the turkey kept fanning; the heat became greater each day, until from leaning over so much, the feathers were singed off the turkey's head. If one notices carefully, you will see lumps on the head of a turkey that appear as blisters.

It is believed that the turkey was so badly burned that all turkeys since have bald heads and wear the blisters as a memento of the brave deed. The faithful turkey lost its head feathers but gave fire back to the world. So to honor this brave bird, the Indian uses the turkey wing to make or keep the fire burning."

# Election News

## Election lottery

Feb. 7 Fond du Lac held its election lottery to determine the order of the names on the ballot for the April Primary of the Sawyer District Representative.

On June 14, the date of the General election, the Secretary Treasurer position will also be on the ballot, but as only two candidates are on the ballot, there will be no need for a primary election.

The election lottery, which took place in person for vaccinated and masked individuals, but was limited to candidates, current RBC members, and a few select others, but was also available via zoom. The order of the names drawn were to determine the order on the ballot for the primary election. Another lottery will be held to determine the order of the General election.

## Election Calendar

March 31: Notify MCT on choice of appellate forum.

April 5: Primary (Polling places open from 8:00 a.m. until 8:00 p.m.) 2

April 6: General Reservation Election Board certifies Primary Results. (Prior to 8:00 p.m.)

April 7: General Reservation Election Board publishes Primary Results.

April 8: Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

April 8: Deadline to Post Regular Election Notice without Primary

April 12: 4:30 p.m. - Deadline for Contest of Primary Election. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe).

April 13: (Results, if Allowed or 11th or 12th If earlier request) Deadline for Decision on Request for Recount and Results of Re-

count, if allowed.

April 22: Deadline for Decision on Contest

April 25 (or within 3 days of decision on Contest) 4:30 p.m. - Deadline for Appeal to Court of Election Appeals. (Filed with the Executive Director of the Minnesota Chippewa Tribe and with Reservation Tribunal rendering Decision).

April 28 (at least two (2) days prior to the hearing date): Record of Contest forwarded to Court of Election Appeals.

May 2 (hearing within 7 days of notice of appeal). Last Day for Hearing on Appeal

May 12 (10 days from hearing on appeal). Last Day for Decision on Appeal

May 13: Notice of General Election (or earlier if no appeal).

May 13: TEC provides ballots for General Election (or earlier if no appeal).

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.



#FDLSTRONG

**THEY DID THEIR PART.  
LET'S DO OURS!**

#GETVAXXED



#FDLSTRONG

**WITH WIND AT OUR BACKS  
WE MOVE FORWARD**

#GETVAXXED

# Election News

## Candidate Statements

The 2022 election is coming up beginning with the primary election on Apr. 5. There are two positions up for eligibility, but only one position will have a Primary Election. District II will have a Primary Election, but as only two candidates are running for the position of Secretary Treasurer, no Primary Election is needed.

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. Sawyer: Daniel LaPrairie, Michael J. Diver, Brad "Raff" Blacketter, Bruce Savage (Incumbent), and Naomi Northrup.



### Daniel LaPrairie

Boozhoo Sawyer District 2 voters,

My name is Daniel G. LaPrairie, and I humbly ask for your Vote in the primary election on April 5th.

I am a Proud member of the Fond Du Lac Band, Husband, Dad, Grampa, Uncle, Cousin and Friend. I have always cared very deeply about our community. One of the most amazing things we do time and time again is COME TOGETHER as a community when in need. Since I was very young I have witnessed this countless times, not just in hard times but in times of great joy and healing. That is why I love our community and that has led me to the decision to run to represent Sawyer District 2.

If chosen as your next district representative I will hit the ground running. I have been a tribal employee for many years and currently I oversee a division in enterprise. I am a lifelong student of our Tribal government, Tribal ordinances, On-reservation and Ceded territory conservation codes 1837 1842 1854, Gaming ordinances and Tribal state compacts, as well as many of our committee bylaws and Robert's rules of Order. These are but a few things that will allow me to effectively represent you the bandmember.

I would like to close by asking you to PLEASE VOTE Daniel G. LaPrairie on April 5th, 2022.

We are limited on words but please reach out to me at daniellaprairie72@gmail.com to discuss any wide range of topics, issues, and concerns you have as a voter.

Miigwech!



### Michael J. Diver

Boozhoo,

My name is Michael J. Diver, I am running for Sawyer District Representative. I have served the people of Fond du

Lac since my teenage years and currently, Lieutenant of the Fond du Lac Tribal Police Department.

Some areas of interest I would like to address, if elected, would include:

- The current drug epidemic that our people are struggling with: As someone that has been working in Law Enforcement for 20 + years, I know that we cannot arrest our way out of the issue, so I would like to meet with treatment directors and hear their ideas for helping our people.
- Housing issue: I hear of Fond du Lac families without a house to live in, most with children. I want to get houses fixed, so that these families can plant their roots and have a home to call their own.
- Economic development and stability: We need to diversify our current businesses and look outside the box and start thinking laterally, into developing new money-making enterprises.
- Youth and Elder Engagement and Well-being: I would like to expand on these programs and improve them to engage our

youth; the future of our Reservation, and elders.

- Tribal youth council: I would like to start a tribal youth council and get their input and outlook, on what they would like to see for our future.

- Living wages for our employees: I would like to look at our wages and determine if we have a competitive wage and labor market with other businesses in our area.

I wish to continue my service to the Fond du lac people as the District II Representative. I am writing today, asking for your support and vote in the upcoming District II, Primary Election on April 5, 2022.

Miigwech

Feel free to contact me at 218-590-1097

### Brad "Raff" Blacketter

Dear Fond du Lac Band Member,

I, Brad (Raff) Blacketter, have chosen to run in the upcoming 2022 election for the District of Sawyer. It is my wish to represent the Sawyer community members, as well as those band members from Sawyer who now live off reservation. It is

no secret that we have all been struggling to stay connected as a community, something that has always been an essential part of our lives as community members. Because of that, we have witnessed a further degradation of healthy living, as we are so far removed from our ability and natural preference to stand strong together as a community. Without the community centers open, activities to keep the youth engaged, and accessible jobs for people struggling through the pandemic, we have begun to witness a further degradation of our beloved community. 2020 and 2021

have been difficult for a lot of people, as we have seen the passing of many people close to us, myself included. I've lived in Sawyer my whole life, and many of you have known me for many years. With the opportunity to represent the people of Sawyer, I would have the foundation to maximize my ability to give back to the community that a lot of us have grown up in, and still call home to this day. The things that I am committed to implementing, if given this opportunity, would be to open back up the community centers in a way that still keeps us safe, bringing accessible jobs back to band members, and opening up some of the many houses that have been boarded up. With all of this being said, I welcome any conversations, and am just a phone call away, if anyone wishes to speak with me.

Sincerely,

Brad Blacketter. (218) 221-5016



### Bruce Savage (Incumbent)

Boozhoo,

The good people of Gwaaba'iganing, we have begun to see

campaign signs and campaign letters from leaders in our community. You have an important task; to vote for the future of our community. I have been representing Sawyer District II with leadership that seeks to maintain critical infrastructure & services. My experience & knowledge in the area of business is necessary in order to problem solve & manage aspects of day to day work on the Reservation Business Committee. I have also served as Vice Chair of the Fond du Lac Band in Chairman's absence. I work at structuring meetings for discussion in order make choices that are well informed & provide a voice for community members. The last couple years have been challenging due to the unpredictability of COVID. However, it has also provided our community the time to evaluate our vital services and how the Sawyer community could best be served during the most concerning times of our generation. Services that I see our Band Members need the most are housing, human services, higher education & com-



#FDLSTRONG

# Election News

community services. In my role as the Sawyer District Representative I have identified that some of our answers to strengthening these services lies within our ability to grow our future workforce & to continue to expand efficiencies within enterprises & programs. Many people know that I am a straightforward person & truthful, I choose to seek strength through thoughtful evaluation & discussion. I look forward to your support in this upcoming election. I will continue to work hard so that Sawyers voice is recognized on all decision points for our Band. I am looking forward to the Center & community events opening again, we have been distancing for a very long time please reach out.  
 Miigwech,  
 Bruce Savage  
 (218) 393-6902



**Naomi Northrup**  
 Aaniin SAWYER Friends,  
 Relatives & Community  
 Members!  
 I am seeking your  
 vote on April 5, 2022  
 for District II -SAWYER  
 Committeeperson. Sawyer

has elected strong women in the past & I am honored to follow in that tradition. As a lifelong Sawyerite, A Mother of six,

A Grandmother to three & A proud line of Ancestry here, I am committed to creating a BETTER VISION for my community to share in & I welcome you to be a part of that. In my heart, I know we can be "SAWYER STRONG" again. I am stepping up to make Sawyer VISIBLE again, to be HEARD again & to be that VOICE for an equitable seat at the table for this land we call "HOME" -GWABAI'GANING. How 'bout we start looking at:

- Active Community Engagement & Communication
- Exploring/Accessing Big Lake Recreation Opportunities for Fond du Lac
- Creating safe Walkways & Biking trails
- Expanding Economic Development Opportunities to survive changing times of Gaming Industry
- Protecting/Safeguarding Treaty Rights, Landbase & Environment
- Reaching out to our Youth, Adults &

Elders "On & Off Rez"

- Preserving Language & Cultural Resources
  - Evaluating existing services & improving upon them to fit community needs
- My WORK EXPERIENCE includes:
- Black Jack Dealer
  - Cultural Aide -Little Black Bear Elementary

- Sawyer Center Director
- FDL Housing Resident Services Coordinator
- Enterprise Accounting Assistant
- FDL Payroll Clerk
- Administrative Assistant for Kraus-Anderson Construction
- FDL Construction Projects Administrative Assistant

COMMUNITY/VOLUNTEER SERVICE:

- Carlton -Local Indian Education Committee & JOM member
- Fond du Lac Ojibwe School Board mem-

- ber representing Sawyer
- Founder & Coach for 1st Sawyer Girls Fast Pitch Team
- Class Instructor -Beading & Outfit making for Community
- Mask-making for Community during onset of Covid Pandemic

Looking for your support. Vote NAOMI NORTHRUP -VOTE SAWYER STRONG QUESTIONS/CONCERNS/IDEAS? We can talk!

Contact me: naominorthrup1@gmail.com  
 Cell: (218)460-8005 OR Facebook -Naomi Northrup



## #FDLSTRONG

### Veteran's Services Officer returns to work

Tom Whitebird, Fond du Lac's Veteran's Services Officer, has been back to work and available to help FDL Veterans in need.

If you are a Veteran in need of assistance call (218) 221-5423 and Tom can help you.

They learn from watching you...

# Eat More Fruit & Veggies



and your kids will too!

This institution is an equal opportunity provider  
 This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP  
 Fond du Lac Human Services Division | Community Health Services



# Etc

## FDLOS Honor Roll

Second quarter Nov. 1, 2021–  
Jan. 14, 2022

### A honor roll: (name, grade)

Tyler Ammesmaki (7)  
Dayonna Bosto (7)

### B honor roll:

Kail Beaulieu (7)  
Olivia Boshey (7)  
Kyleigh Diver (7)  
Onix Downwind (7)  
Jaimie Petite (7)  
Bella Suttin (7)  
Berlin Herrera (9)  
Isabella N. Roy (9)  
Joseph C. Wichern (9)

Savannah K. Bosto (10)  
Jordell J. Brown (10)  
Jeffery A. Defoe (10)  
Emma M. Lightfeather (10)  
Shelden R. Misquadace (10)  
Racheal L. Fosness (11)  
Jalon M. Foster (12)  
Gabriel S. Hudson (12)  
Tamara A. Lund(12)  
Delamecia T. Saice (12)  
Gloria E. Yellow (12)

## Veteran's Services Officer is available

Tom Whitebird, Fond du Lac's  
Veteran's Services Officer, has

been back to work and available  
to help FDL Veterans in need.

If you are a Veteran in need of  
assistance call (218) 221-5423  
and Tom can help you.

## Sign Up Now for 2022 Virtual Gitigaan Classes:

Register now for the Gitigaan  
Program's 2022 online class  
series! We are honored to wel-  
come Fond du Lac Elder Joyce  
LaPorte as our first presenter of  
the season. Join us for "Sharing  
Our Food Stories" on Tuesday,  
March 1, 2022, 5:30-6:30 p.m.

Classes are free and open to  
everyone. They will be held via  
Zoom from 5:30-6:30 p.m. on  
Tuesdays in March, April, and  
May 2022. For those who may  
need help with the online for-  
mat or using Zoom, staff will be  
available to assist at 5:15 p.m.  
prior to each class.

Come learn about Tribal food  
sovereignty through educational  
classes on topics such as soil  
health, native pollinator plants,  
seed starting and more!  
UPCOMING CLASSES:

March 1 – Sharing Our Food  
Stories

March 8 – Indigenous Ways of  
Growing

March 15 – Seed Stewardship

March 22 – Soil Health

March 29 – Tending Your Peren-  
nial/Medicine Garden

Registration is re-  
quired at <https://tinyurl.com/2022gitigaanclasses> (type  
the URL into your web browser  
and it will take you to the online  
registration form). Once regis-  
tered, you will receive a Zoom  
link via email to attend the  
class. Click on the link at the  
class time to attend.

If you have questions, please  
contact Season Extension Spe-  
cialist Kaitlyn Walsh at (218)  
348-5281 or [kaitlynwalsh@  
fdlrez.com](mailto:kaitlynwalsh@fdlrez.com).

Mark your calendars for this  
year's Plant & Seed Giveaway  
for Tribal members on Saturday,  
June 4. Anyone who attends at  
least three Gitigaan classes are  
also eligible for the giveaway.

Seeds will be available starting  
in April. Tilling is being offered  
this year. The deadline to sign  
up for tilling is May 13. The  
Gitigaan Program provides staff  
and a tiller to till your home  
garden plot. To receive seeds  
for early starting or sign up for  
tilling, contact Jeanne Smith in  
the Planning Division at (218)  
878-2642 or [jeannesmith@  
fdlrez.com](mailto:jeannesmith@fdlrez.com).

## LEGAL NOTICE – MARCH 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 distribut-  
ing 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 publi-  
cation.

## BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

ATWOOD, Clyde Joseph  
BLACKETTER, Brandon Allen  
BLACKETTER, James Roy IV  
BOURDON, Robert Bernard  
BULLOCK, Sharon Mae  
CICHY, Gerard  
CICHY, Leslie  
DEFOE, Dale Edward  
DEFOE, Kenneth Larry Jr.  
DEFOE, Steven Joseph  
DOUGLAS, Mime A.  
DURHEIM, Mindy  
ENGLER, Virginia  
ERICKSON, Judith Lenore  
GORDON, Kenneth Jay  
HOFFMAN, Cotee Lee  
JACK-MUNNELL, Ramona  
KNIGHT, Lynette  
LAPRAIRIE, Robert  
LE BRECHE, Gerald Thomas  
LEE, Patricia J.  
LIND, Kevin Lee  
MARTIN, James Ernest Sr.  
MARTIN, Tina Marie  
MATHISON, Michael  
MARTINEAU, Steve B.  
MARZINSKE, Larry  
NIKOLAI, Gayle J.  
NORTHBIRD, Lance J.  
OWENS, Louise K.  
OTIS, Doris  
PARKS, Margaret Jean  
PYRLIK, Judith  
ROY, Lee David  
SAVAGE, Gerald Jr.  
SAVAGE, Mark  
SAVAGE, Torrence J.  
SENNETT, Billie Jo  
SIMON, Stella  
SMITH, Karrie Anne  
SMITH, Richard Joseph  
SOULIER, Carlyss Ann  
SOULIER, Gary  
ST. GEORGE, Richard J.  
THOMPSON, Dennis K. Jr.  
TIESSEN, Paul  
TOPPING, Debra J.  
WHITE, Sara Ann  
WILLETT, Steven George  
WRIGHT, Carol Jean

**m** DEPARTMENT OF TRANSPORTATION

**CEMENT MASONS MNDOT/TRIBAL 10 WEEK TRAINING**

Sponsored by the Cement Masons, Plasterers & Sheetmetal Local 833 Journeymen & Apprentice Training Trust Fund & The Minnesota Department of Transportation

**FREE TRAINING**  
THERE IS NO COST TO YOU. THE MNDOT GRANT WILL HANDLE ALL EXPENSES.  
COMPLETE THIS PROGRAM DEBT FREE!

**LOGGING & STIPEND**  
HOTEL ROOMS WILL BE PROVIDED DURING YOUR TRAINING SESSION.  
STIPENDS ARE AVAILABLE EACH WEEK!

**TOOLS PROVIDED**  
ALL TOOLS THAT ARE NEEDED TO START YOUR CAREER AS A CEMENT MASON.  
PROVIDED TO YOU FREE OF CHARGE!

**JOB ASSISTANCE**  
WE WILL ASSIST WITH JOB PLACEMENT THROUGHOUT THE STATE!

**WHAT TO EXPECT**  
During the duration of the training you will learn both related and on the job technical training. Some of the topics covered will be:  
• Highway Heavy Industry • Layout/Setup  
• Road Introduction • Concrete Repairs  
• Construction Math • Work Ethics  
• Chemistry of Concrete • Safety Certifications

**WHERE & WHEN**  
Cement Masons Local 833 JATC Training Center  
2180 Old Highway B NW New Brighton MN 55112  
Monday May 23, 2022 through July 25, 2022, held Monday through Friday from 7:00 a.m. until 3:30 p.m.

**CONTACT YOUR TRIBAL AFFILIATION FOR YOUR NEXT STEP!**

The Cement Masons, Plasterers & Sheetmetal Local 833 Journeymen & Apprentice Training Trust Fund is offering a 10 Week Cement Mason Trade Apprenticeship Training. The goal of this program is to assist and encourage the recruitment of tribal members to the cement mason trade. This training is available to tribal members who are currently unemployed and seeking employment. The program is funded in whole or in part by a grant from the Minnesota Department of Transportation.

# Etc

## JET providing free nursing assistant training with FDLTCC

Northeast Minnesota Office of Job Training (JET) and Fond du Lac Tribal and Community College (FDLTCC) are providing free nursing assistant training through a 4-week fast track hybrid program in March.

Eligible individuals interested in pursuing the exciting field of nursing can take a unique 4-week Nursing Assistant course at FDLTCC for free, courtesy of JET. Starting March 7, 2022, students participating in the hybrid program will participate in virtual courses on Mondays, Tuesdays, and Thursdays and receive hands on skills training with in-person classes at FDLTCC on Wednesdays. Upon completion of the course, students will need to pass NATO testing to

receive CNA certification. This unique offer is only available to individuals eligible for JET programming and is limited to the course starting March 7, 2022. Spaces are limited.

JET is a non-profit organization-grant recipient and administrative entity of federal Workforce Innovation and

Opportunity Act (WIOA) funds, along with state and county grants as well as private donations.

To learn more about this exciting opportunity and confirm eligibility, contact Laura Nilsen, Career Counselor at JET, via email at [Laura.nilsen@nemojt.org](mailto:Laura.nilsen@nemojt.org) or phone 218-499-6090.

**Earn Your CNA for FREE!\***  
**4 Week Fast Track Nursing Assistant Hybrid Program!**

VIRTUAL CLASSES ON MON, TUE, THURS  
 IN-PERSON SKILLS TRAINING ON WED AT FDLTCC

\*THIS IS A NURSING ASSISTANT COURSE. STUDENTS MUST PASS NATO TESTING FOR CNA CERTIFICATION.

Fond du Lac Community College | JET  
 An affirmative action, equal opportunity educator and employer

## Real Solutions WEIGHT MANAGEMENT SUPPORT

**Are you ready to begin and sustain a healthy lifestyle?**

Then join our weight management support group, *Real Solutions.*

**FRIDAYS | Jan. 14 - Mar. 11**  
**MNAW: 12pm - 1pm**

**THURSDAYS | Jan. 13 - Mar. 10**  
**CAIR: 12pm - 1pm**

This group meets weekly for an hour-long session in a casual group setting. A registered dietitian (RD) will lead each week's discussion. A fitness trainer will lead a short exercise demonstration. We will talk about strategies to make positive lifestyle changes a lasting reality for you. There will be group discussion, food demonstrations, and time to share ideas. Participants explore their unique habits, gain skills to overcome barriers to weight loss and get tools for changing diet and lifestyle. The small group setting provides a supportive and encouraging atmosphere.

The program will follow the *Real Solutions Weight Loss Workbook*, by Toni Piechota, MS, MPH, RD. It provides practical guidance for behavior changes including:

- Self-monitoring of hunger and intake
- Mindful eating
- Realistic goal setting
- Creating a supportive environment
- Portion control
- Helpful tips for eating away from home
- How attitude can affect weight loss
- Information about body image and weight maintenance

**To register:**  
 Barb @ 218-878-2141

Must meet program eligibility requirements.  
 Fond du Lac Human Services Division | Diabetes Program

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

**BLUE DIAMOND ALMONDS**  
 2/\$225  
 1.5 OZ TUBES

**PILLSBURY MINI COOKIES**  
 2/\$169  
 3 OZ PEG BAGS

**JACK LINK'S BEEF JERKY**  
 \$1449  
 10 OZ

**HOSTESS BAKERY SNACKS**  
 2/\$3  
 2.5 OZ - 5.5 OZ

**ARIZONA BEVERAGES**  
 79¢  
 23 OZ

**NAH-GAH-CHI-WA-NONG FOND DU LAC RESERVATION**  
 ESTABLISHED BY TREATY OF 1854  
 CLOQUET - BROOKSTON - SAWYER



# Daily Updates

## BA.2, Omicron's subvariant, is dominant in Denmark

The Omicron wave of this pandemic has ravaged most countries and decimated our healthcare system as hospitals find themselves overworked, understaffed, and out of space. Now Omicron's subvariant, called BA.2, is spreading at a faster rate and is the dominant strain in Denmark.

The subvariant is also on the rise in other countries as studies show that it spreads faster, leading experts to wonder how quickly cases will actually decline across the world as we begin to brace for BA.2.

The study which shows that BA.2 is more infectious than its parent strain Omicron, has yet to be peer reviewed. Nevertheless, experts across the world agree,

this is definitely on the rise and the numbers from it are concerning as the University of Min-

nesota's Center for Infectious Disease Research and Policy (CIDRAP) reports.

*The Danish group of scientists examined secondary attack rates in households that had a primary case between Dec 20, 2021, and Jan 11, looking at differences in transmission between BA.2, BA.1 (the original Omicron variant), unknown, and Delta variants. Of the households,*

*2,122 had an initial BA.2 case, and 6,419 had a primary BA.1 case.*

**findings suggest 3-dose vaccination protects well against symptomatic infection, which goes against any increased immune evasion.**

*They found that the secondary attack rate was substantially higher for BA.2 than BA.1, estimating that the rate was 39% for BA.2 and 29% for BA.1.*

While this is obviously concerning, nothing has truly changed as vaccines continue to do their work, and being boosted just adds increased protection according to the report as CIDRAP explains.

*They also found that unvac-*

*inated primary cases involving BA.2 were more likely to transmit the virus, compared to those who had the original strain. However, they didn't find increased transmissibility from vaccinated or boosted people who had BA.2 breakthrough infections.*

This increased protection is still being seen among the vaccinated. Previous infection doesn't replace vaccination as CIDRAP reports.

*Commenting on the study, Eric Topol, MD, founder and director of the Scripps Research Translational Institute, said on Twitter that the BA.2 variant findings suggest 3-dose vaccination protects well against symptomatic infection, which goes against any increased immune evasion. He also added that BA.2's increased*

*transmissibility will prolong the Omicron wave in many places.*

I know that many of us have grown weary of the pandemic, mandates, and other measures necessary to keep everyone safe, but until we all get on board and do the exhausting work to keep our communities safe, this is just going to keep happening. COVID-19 will continue to mutate to find a way to keep spreading, so our best bet is to keep it from spreading and the best tools we have are masks and vaccines.

*Source: <https://www.cidrap.umn.edu/news-perspective/2022/01/study-suggests-ba2-covid-19-subvariant-more-contagious>*

## COVID-19 will never be endemic, scientist says

One expert has said that COVID-19 will always be an epidemic and never be an endemic. Meaning there will always be waves we fight through and never just a low constant controlled case load.

Raina MacIntyre, a professor of global biosecurity at the University of New South Wales in Sydney, spoke with CNBC and discussed why she believes this will always be a pandemic.

*"If case numbers do change [with an endemic disease], it is slowly, typically over years," she said via email. "Epidemic diseases, on the other hand, rise rapidly over periods of days to weeks."*

This is the exact pattern we've seen over the last two years, but is this a trend that will continue?

As CNBC reports the science definitely shows that this virus contains all the data of other pandemics.

*Scientists use a mathematical equation, the so-called R naught (or R0), to assess how quickly a disease is spreading. The R0 indicates how many people will catch a disease from an infected person, with experts at Imperial College*

*London estimating omicron's could be higher than 3.*

*If a disease's R0 is greater than*

*1, growth is exponential, meaning the virus is becoming more prevalent and the conditions for an epidemic are present, MacIntyre said.*

**"This is why we need an ongoing 'vaccine-plus' and ventilation strategy, to keep R below 1 so we can live with the virus without major disruptions to society," MacIntyre said**

*"The public health goal is to keep the effective R — which is R0 modified by interventions such as vaccines, masks or other mitigations — below 1," she told CNBC. "But if the R0 is higher*

*than 1, we typically see recurrent epidemic waves for respiratory transmitted epidemic infec-*

*tions."*

MacIntyre also points to the solution to the epidemic and it's what the experts have been saying all along.

*"This is why we need an ongoing 'vaccine-plus' and ventilation strategy, to keep R below 1 so we can live with the virus without major disruptions to society," MacIntyre said, adding a warning that "there will be more variants coming."*

This sentiment is also shared by many in the medical community including the Global Biosecurity, which stated that this will continue to be a problem with those who don't trust the science.

*"[Covid] will never be endemic," the organization said. "It is an epidemic disease and always*

*will be. This means it will find unvaccinated or under-vaccinated people and spread rapidly in those groups."*

Defeating this pandemic will obviously take more than just being vaccinated (wearing masks for instance), but being vaccinated is the best way to insure your protection. If you haven't gotten vaccinated, contact your healthcare provider to learn more about the safety and efficacy of the vaccines.

*Source: <https://www.cnbccom/2022/02/02/covid-will-never-become-an-endemic-virus-scientist-warns.html>*

# Health

## March is Colorectal Month

**M**arch is National Colorectal Cancer Awareness Month. Colorectal cancer is the second most common cancer among Northern Plains American Indians (following lung cancer) – a population with rates 53 percent higher than the general U.S. population. There are usually no symptoms of colorectal cancer until the cancer is at an advanced stage. Colon cancer starts out as polyps 95% of the time. When caught early, colon cancer is 90% survivable.

The American Cancer Society have major guideline changes with the new recommendations stating screening should begin at age 45 for people at average risk and American Indians should also start screenings at age 45. Evidence has shown that men and women age 45 and above, if screened regularly, can prevent or detect colorectal cancer at an early and curable stage. Evidence has also show that screening can lead to a decrease in mortality rates. It has been estimated that 9 out of 10 colorectal cancer cases can be prevented through regular screening.

Colon cancer is also on the rise for younger adults aged 20-39. According to the Mayo Clinic, “Young age of colorectal cancer onset is one of the hallmarks of hereditary colorectal cancer syndromes, and these syndromes contribute disproportionately to young-onset colorectal cancers”. Knowing your family history is very important.

Colorectal cancer often starts as a small growth called a polyp. Most polyps are benign (not cancerous) but some can become cancerous.

Risk factors that you can change are: Get your screenings done, quit smoking, increase your physical activity, changing unhealthy diets, limit alcohol use and being overweight or obese.

Risk factors you cannot change include: age, sex, family history of colorectal cancer, personal history of colorectal polyps or colorectal cancer, race or ethnicity.

Make a plan to stop colon cancer with screening. Be your own advocate. Due to the COVID-19 pandemic, CRC screening rates have drastically declined. According to the American Cancer Society, there was an estimated 90% drop in colonoscopies and biopsies from the spring of 2019-2020.

Continue to practice COVID-19 safety measures. Follow updated COVID-19 prevention recommendations.

Remember to talk with your healthcare provider about what colorectal cancer test is best for you.

A message from your Fond du Lac Cancer Prevention Program

Source: American Indian Cancer Foundation [www.american-indiancancer.org](http://www.american-indiancancer.org) and American Cancer Society [www.cancer.org](http://www.cancer.org) Colon Cancer Alliance: Mayo Clinic Proceedings

## National Nutrition Month 2022

**I**n March of 1973, the American Dietetic Association (now renamed the Academy of Nutrition and Dietetics) started a public campaign called National Nutrition Week. Through the years, it grew and eventually, in 1980, expanded into a month-long event, thus making March, National Nutrition Month® (NNM®). The purpose of NNM®, according to eatright.org, is to provide an opportunity to promote the dietetic profession and to deliver nutrition education messages to the public. Such messages would assist the public in making informed food choices and developing healthful eating and physical activity habits.

Each year has a nutrition related theme with key messages supporting the theme. The theme for 2022 National Nutrition Month® is Celebrate a World of Flavors. The four key messages are broken down into four weeks to help initiate healthful changes without being overwhelming. This year, the key messages are:

### **Week 1: Eat a variety of nutritious foods**

- Include healthful foods from all food groups
- Learn how to read the Nutrition Facts label
- Incorporate your favorite cultural foods and traditions.

### **Week 2: See a Registered Dietitian Nutritionist (RDN)**

- Ask your doctor for a referral to a RDN
- Find a RDN that specializes in your unique needs
- Receive personalized nutrition information to meet your health goals.

### **Week 3: Plan your meals and snacks**

- Choose healthful recipes
- Use a grocery list to shop for nutritious foods

- Make healthful food and drink choices when away from home.

### **Week 4: Create tasty foods at home**

- Learn cooking and meal prep skills
- Try new flavors and foods from around the world
- Enjoy your meals with friends or family, when possible.

Aligning with 2022's theme, Celebrate a World of Flavors, the Academy of Nutrition and Dietetics provides several examples of different foods to try from around the world. Some examples include:

- A smoothie with low-fat or buttermilk and tropical fruits, like papaya or mango
- Za'atar (a Middle Eastern spice blend) mixed with a little olive oil and spread on whole wheat pita bread, then topped with tomato slices, olives, cucumber and fresh mint
- Spring rolls, a Vietnamese dish that is served cold with dipping sauce and includes fresh vegetables and a protein food, such as tofu, stuffed inside thin sheets or rice paper
- Raw veggies with hummus or tzatziki, which is a creamy yogurt-based dressing made with cucumbers, garlic and dill
- Whole grain tortilla chips with guacamole or a salsa made with veggies or fruit.

Making healthier nutrition and physical activity choices can help reduce your risk for heart disease, obesity, diabetes and cancer. National Nutrition Month® provides the perfect time to start making some healthier changes!

Give this healthy recipe from [nutritionrealm.com](http://nutritionrealm.com) a try this month:

### **Bison Stew**

Prep time: 25 minutes

Cooking time: 120 minutes

Serving size: approximately 6

Ingredients:

- 2 pounds bison meat cut into small cubes (or sub with beef)
- 3 Tbsp canola oil
- 1 cup minced onion
- ½ cup minced celery
- 2 Tbsp flour
- 2 cloves minced garlic
- 4 cups chicken broth
- 2 Tbsp white wine
- 1 cup water
- 8oz can of tomato sauce
- 1 tsp salt
- ½ tsp ground black pepper
- 2 Tbsp parsley
- ¼ tsp ground thyme

Instructions:

1. Heat 2 Tbsp canola oil in a frying pan until hot. Add the cubed bison meat. Cook on each side until done
  2. In a large pot, place 1 Tbsp canola oil and sauté the onions and celery until soft. Add the garlic and sauté an additional 1-2 minutes
  3. Add the flour to the pot, stirring constantly
  4. Add the chicken broth, white wine and water. Mix well
  5. Add tomato sauce, parsley, thyme, salt and pepper. Let mixture come to a boil
  6. Once boiling, add the cooked meat to the pot
  7. Reduce heat and let simmer for about 45 minutes
- Enjoy!

\*Sources include: The Academy of Nutrition and Dietetics, [nutritionrealm.com](http://nutritionrealm.com)

\*\*\*Side note: March 9th is Registered Dietitian Nutritionist Day. A day to thank a RDN or a Nutrition and Dietetic Technician, Registered (NDTRs) for being the vital provider of food and nutrition services and for their commitment to helping people obtain and enjoy healthy lives.

# Community News

## Happy Birthday

Happy 12th birthday **Jordyn Peacock** (Mar. 4). We hope your day is as awesome as you are!

*Love, Mom, Mikey, and Zoey*

Happy birthday **Shannon Berglund** (Mar. 7)! I hope you have a beautiful day!

*Love you, RJ Mullen*

Happy birthday to **Renee DuFault** (Mar. 7) You are the most amazing mother anyone could ask for!

*Love, your girls*



Happy birthday to my beautiful, smart, caring niece **Chanelle Lumbar** (Mar. 7)

## Happy Anniversary

Happy anniversary, **Clint Northrup**

(March 18)! I can't believe it's been a year since we've been married. Every day is a new adventure and I can't wait to see what our future holds. I love you so incredibly much. Thanks for everything you do for us.

*Always, Erica*



Happy 25th wedding anniversary to my love **Todd** you will always be my forever and an extra day **Todd and Tammy Dixon February 14, 1997 (Also in photo William Dixon, Janet Lund)**

## Obituary

**Michelle Ruth LaDue-Cory** was born December 17, 1973, in Cloquet, Minnesota. She was joined by adoption into the LaDue and Safar families the summer of 1974 to the joy of everyone, she was the daughter of Virgil and Marge (Safar) LaDue.

Michelle attended Waubun elementary and high school, graduating in 1992. She moved to Webster, South Dakota for a few years where she worked as a waitress at Perebooms Café. She returned to the Ogema area in 1996. She married Anthony Cory on May 5, 2007, in White Earth, MN. They resided on the Safar family farm in rural Ogema. Michelle worked various jobs through the years from selling Mary Kay cosmetics to working in the greenhouse. She loved her kids, grandkids, and animals especially her horses.

Michelle is survived by her husband Anthony Cory, Sons Ben (Melissa) Soyving, Skyler (Taylor) Soyving, Preston LaDue, Terron Gettel, and daughter Maggie Jo Cory, five grandsons which were the pride and joy of her life Eli, Treyton, Xavier, and Lincoln: Ben and Mellissa's boys. Memphis, Skyler, and Taylor's son; all from the rural Ogema/Waubun Area. Stepfather and mother Merlyn and Marge Jirava of Webster, SD Brother James LaDue. Many aunts, uncles, and cousins.

She was preceded in death by her father Virgil LaDue, baby brother Zachary LaDue, grandson Bernard Soyving IV, all her grandparents and many aunts and uncles.

May she rest in peace in the arms of the Angels

**Rebecca M. Barney**, age 62 of Cloquet, passed away Saturday, January 29, 2022, at St. Mary's Hospital in



Duluth with her family at her side. She was born May 1, 1959, in Cloquet the daughter of Warren Barney Sr. and Cecelia (Martineau) Barney. Becky was full of life. She enjoyed traveling, fishing, hanging out with family and friends, and going to casinos. Becky especially liked to refurbish old furniture, jewelry, and all kinds of trinkets. No matter what she worked on, she always accomplished improvements through her creativity and loved to barter with her pieces. She will be greatly missed and never forgotten by all who knew her.

Becky was preceded in death by her parents; brothers, Woods, Randy, and Tim Barney; infant sister, Wendy M. Barney; and daughter, Wendy M. Barney. She is survived by her brothers, Jay and Dixon; sisters, Josa and Dawn Barney; favorite niece, Ricki Barney; son, Jason Richardson; granddaughters, Becky, Cecelia, and Feather; grandson, Vincent; and great-granddaughter, Kinlee.

**Burton J. Shotley**, age 90, of Cloquet, passed away Tuesday, February 1, 2022, at Evergreen Knoll. He was born September 9, 1931, in Cloquet, the son of Peter and Josephine (Jesse) Shotley. Burt was united in marriage to Claudette Schoen on August 1, 1953. He served in the Army National

Guards and worked as a firefighter for the Cloquet Fire Department. Burt was also a member of Fond du Lac Band of Lake Superior Chippewa.

Burt was preceded in death by his parents; his wife, Claudette; son David Shotley; brother, Leon Shotley; and a sister, Patricia Dickinson.



He is survived by his daughters, Deborah (John) Gassert, and Jody (Kurt) Williams; grandchildren, Cassie (Matt) Jacobs, Stephanie (Scott) Paul, Kyle Williams, Kirsten (Matt) Cherrey, and Michaela Shotley; great-grandchildren, Archie Paul, Louie Paul, Gino Paul, Corinne Jacobs, and Cru Jacobs; sister, Evelyn Putnam; sister-in-law, Eileen Shotley; and numerous nieces and nephews.

## Fond du Lac Sugar Bush Tapping Guidelines

The intent of these guidelines is to assure area sugar bush (*iskigamizigan*) resources remain healthy and productive now and into the future. These guidelines are based on published research and on the advice of local experts.

### Site Selection

- Choose sites that are accessible throughout the entire tapping season. Dirt roads or woodland trails that may be useable in the beginning of the season can often become very muddy and rutted as the frost goes out of the ground and the ground becomes soft. Select sites with good access that does not require crossing wetlands or other sensitive areas that may be damaged, especially near the end of the season.
- Choose sites with healthy, large-crowned sugar maples (*ininaatig*) and/or red maples (*zhiishigimiwanzh*). Avoid selecting areas where the trees show signs of stress or decline (e.g. dead or dying tops, missing bark, trees defoliated by forest tent caterpillars the previous year, etc.).
- Always make sure you have the appropriate permission to tap the trees or to access the land.

### Tree Selection

- Select healthy, full-crowned sugar maple, red maple, silver maple, or box elder trees that are at least 10" in diameter at chest height. Tapping smaller trees will yield little sap and risk the long-term health of the tree.
- Expect 9-13 gallons of sap per tree for the season. Flow rates are highest on warm days following cool nights.
- Avoid driving ATV's, tractors, trucks, or other vehicles within 20-30 feet of the base of the tree during the tapping season. The ground is soft and the roots can be damaged, affecting the health of the tree. Instead, carry buckets or bags by hand to vehicles, wagons, or other maintenance equipment. Healthy roots make healthy trees.

### Spile Selection

- Smaller spiles are preferable to larger spiles. Research shows smaller spiles will deliver as much sap as larger spiles with less damage to the tree.
- Use 5/16" or 19/64" spiles if possible. These spiles should not be placed more than 1 1/2" deep.
- Older style 7/16" spiles are still acceptable but should be replaced with smaller spiles when possible. This size spile should not be placed more than 2 1/2" deep.
- Do not tap frozen trees as this can cause the bark to split. Only tap trees when the sap has begun to flow.
- Use a drill-bit that is the same size as the tap you are intending to use and wrap a piece of tape around the drill-bit at the desired depth. This will serve as a guide to help avoid drilling too deep.
- Holes should be drilled at a slight upward angle so that sap can flow down and out of the hole.
- Tap the spiles in carefully to avoid damaging the tree. Avoid tapping discolored or damaged looking bark as these areas may have fungal infections and tap holes may serve as entry points.

### Number of Spiles and Their Placement

- The number of spiles per tree should be based on the diameter of the tree at chest height.
  - Trees smaller than 10" in diameter should not be tapped.
  - Trees 10" - 18" in diameter should have no more than 1 tap per tree.
  - Trees larger than 18" can have up to 2 taps per tree. No tree should have more than 2 taps.
  - Spiles should be spaced at least 6 inches horizontally and 2 feet vertically from previous year's tap hole locations. This assures water and nutrients can still flow between the roots to leaves.
  - Never re-tap existing holes or drill new taps near the end of the season trying to prolong the season.
  - Spiles should be placed in the tree about 2-4 feet above the ground level.

### When to Start and When to Stop Collecting Sap

- Sap will start to flow when the days are in the 40F's and the nights are below freezing, typically mid-March in Northern Minnesota. Flow tends to slow or stop when daytime temperatures are cool or below freezing.
- Sap will start to taste "buddy" (bad) when the buds start to expand at the end of the season. When you observe buds expanding, cease collecting sap. Red maples may start to bud before sugar maples.

**\*\*Be sure to remove all spiles from trees and clean up other equipment from the site at the end of the season.\*\***

**\*\*Be careful when boiling sap outdoors - spring is also wildfire season!\*\***

Miigwech!

MARCH 5<sup>TH</sup> - 26<sup>TH</sup>

# Feeling Lucky

MARCH 5<sup>TH</sup> - 19<sup>TH</sup>

- START EARNING ENTRIES ON SUNDAY, FEB 27<sup>TH</sup>.
- 4 WINNERS EACH HOUR, 16 WINNERS A NIGHT.
- WINNERS CAN WIN UP TO \$1,500.

**DRAWINGS SATURDAYS 6-9 PM**

GRAND PRIZE NIGHT - MARCH 26<sup>TH</sup>

- 3 WINNERS EACH HOUR, 12 WINNERS.
- WINNERS CAN WIN UP TO \$10,000.



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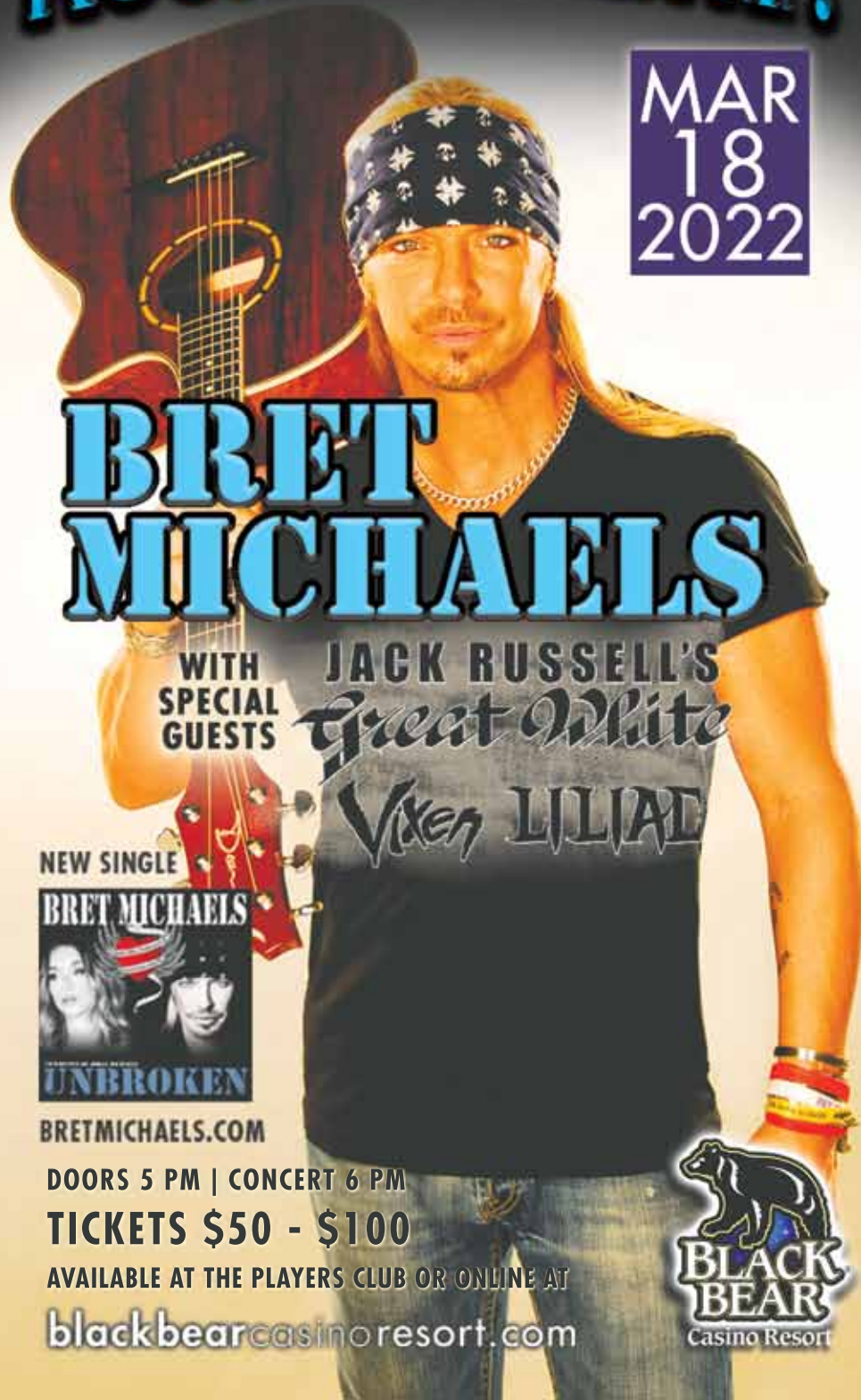
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