

Nahgahchiwanong (Far end of the Great Lake) Dibahjimowinnan (Narrating of Story)



The opening ceremony for the Native American Heritage Month celebration.

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Local news

FDL youth speaks at White House

By Zachary N. Dunaiski

Fond du Lac has spent a lot of time over the last several years working with the U.S. Government, from having our presence at the White House to working with the City of Duluth, and while that has usually been with members of our council and Elders it doesn't always have to be that way.

Back in late September, Josyaah Budreau, a Fond du Lac Band member, got the opportunity to speak in front of the Tribal nations conference as a White House Youth Delegate.

"To be a youth delegate I had to participate in a Generation Indigenous Initiative, which is to conduct some type of event, activity, or whatever it might have been to improve social standing or some type of social setting on my Reservation or for Native American people." Budreau said. For Budreau being a youth delegate meant that he got the opportunity to attend the Youth Tribal Nations Conference and the Tribal Nations Conference and even had the opportunity to speak about his Generation Indigenous Initiative project before a crowd of about 600 people with thousands more watching

from home.

It wasn't just speaking, some of the others who received the honor to be on stage at the conference danced, told stories, and did other things as part of their presentations.

"In this case three others and I spoke from the stage about our personal Generational Indigenous Project and our personal stories and we spoke for about 5 to 6 minutes on the stage." Budreau said. "It was extremely nerve racking."

Josyaah's project was to look at himself, and use his life experience as an example for Native Youth.

"I had more of an abstract look on my project. I wrote that what I was doing was following the good path, which is part of Anishinaabe culture. I wasn't always following the good path, I strayed off for a while, but I'm in my graduate program right now and I've shaped up my life and because of that I've set an example for other Native youth that are going down the wrong path, whatever it might be, drugs, crime, or doing nothing, that there are other alternatives out there that we can take advantage of. That was my generation indigenous claim."

For some of us, the dark parts of our past are difficult to think about let alone talk about with others. Budreau took that to the extreme basically telling the entire world his past in hopes that Native youth, and all youth really, can use his example to make their lives better.

"I was abusing drugs when I was younger, and doing activities I shouldn't have been. It wasn't a gang, but they were doing gang like activities. I wasn't doing the right things, and that kind of changed when my friend passed away." Josyaah said, while adding, "Obviously it's not just one thing that turns a person back, it's a setting, that was one of the biggest parts, but it helped that I had the right supporting cast around me to make the change."

While every person is different, it was nice hearing Budreau talk about the people who were important in his life. Please keep that in mind if you know someone who needs help. Sometimes they just need a little nudge in the right direction, which was certainly the case here.

"My grandmother was one of the fundamental pieces, just her wisdom and her ability to live life the way she had. She was a guiding tone for me that with

everything she's gone through in her life and she was able to get to this point to help guide me through this." Budreau added, and also noted the other people in his life who were helpful.

"Josh Baker, he worked with me a lot at the community centers. He would give me the old techniques of punching me in the arm to say, "hey shape up a little bit. Get your act together." He gave me the rough treatment. And then obviously Bryan Bosto helped me a lot and my mother." The most important thing may be to admit when you need help, but knowing the people around you and who is willing to help may be just as important.

"The supporting cast, everyone that I needed to help me start making the right decisions and support me. I also had an English teacher at the Cloquet public schools that told me," Josyaah paused for a moment to think about this. "This was also fundamental in changing me, he told me that I was more intelligent than I thought I was or in the course that I was in. It really got me thinking that hey, I'm actually not as dumb as people think I am or as I think I am. That helped me realize that I could use my brain for more than what I was using it for."

Now he uses his brain a lot more for many different things. The confidence that his supporting cast has given him have clearly shown that the sky is the limit for this Fond du Lac Band member who wants to continue

to help his Reservation or even his country.

"I plan on going to get my PHD in Political Science after I'm done here at Ball State with my masters. From there, I don't have a clear path on what I want to do quite yet after that. I know I want to get into some type of governmental impact that can benefit Native communities or even communities overall." Budreau added. With a PHD in Political Science Josyaah could do so much, and with the endless possibilities Josyaah is waiting to see what allows him to help the most people.

"I haven't found that specific avenue yet, whether that's working for the UN, working for the federal government, working for Reservations or Tribes. I haven't decided yet, but I know I'm going to get my PHD and then whatever I'm best suited to do at that point, based on those areas I'm interested in, so whatever avenue that I can find that helps the people, my people on the Reservation, is what I want to do."

Josyaah graduated from the University of Minnesota-Duluth with a Bachelor's degree and is now currently a graduate student at Ball State University in Muncie, Indiana.

Many of us know someone who may be in need of our help, so let's use the example that Josyaah set to help anyone we know who may need it.

Nahgahchiwanong Dibahjimowinnan

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

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Editor: Zachary N. Dunaiski

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



A great dinner for our Veterans

Story and photos
by Zachary N. Dunaiski

On Veteran's day, Nov. 11, the Black Bear Casino Resort hosted their annual Veteran's day dinner.

Tom Whitebird, Veterans Services Officer, thanked all the veterans for being there, and asked for a moment of silence for the FDL veterans we lost.

After the speech, as veterans and their families were in line for the buffet, Tom

said he wanted to keep the speech short and sweet because it was a nicer way to honor those we've lost. He also joked that you have to know your audience and the crowd was ready for a great meal and he didn't want to keep them from eating.

There is never a bad time to thank our veterans, and I hope that they always feel appreciated because we owe them so much and our thanks is the least we can give back to them.



A few thoughts from the RBC

Boozhoo,

I was given the honor this month to do the dedication speech for the groundbreaking of the clinic addition. It was a well attended ceremony, but I was recalling some of the people that were not in attendance who were so instrumental in the development of our health services. The first was Phil Norrgard, who has his own health issues to deal with. I remember Bill Houle, Pete Defoe, Dottie Tibbetts, Teddy Fosness, Teresa Laprairie, Herman Wise, Vivian Wuollet and several others that I forget, who have passed on. I also think about the health and human services boards who have served to help improve our system here on Fond du Lac. Their service will always be appreciated. Our dedicated staff help ensure that our service is second to none in Indian country. I will always be grateful to all these individuals who have helped make our clinic a leader in health care for Indian people.

I had the opportunity to pass out candy and Ojibwe coloring books at the head start program this year. The staff does a wonderful job for the children. They prepared a meal for parents and children of sloppy joes and chips. The children were then treated to a carnival atmosphere with all kinds of games including a bouncy house and face painting. When the kids were tired they were taken to their last stop which included my station. Over one hundred children went past my station as the coloring books ran out and there were still lots of

goblins that came for only candy. I was happy to see that the dental program was represented and were handing out toothbrushes.

The RBC had a market study done for our casino by Global Marketing recently. We were looking at the potential to increase our market share of customers. The study looked at current operations and what we could do fairly easily and what we need to do on a larger scale to be more competitive. The study looked at accommodations (hotel), food services, and gaming opportunities. Most of our current operations are in need of some adjustment but for the most part our facilities are operating pretty well. The one thing that stood out with me was our customer service could use some improvement. I will keep you up to date as we begin to implement some of the recommendations of the study.



Ferdinand Martineau

November is Native American Heritage month and we are showcasing our heritage at the casino this month. There have been drum and dance exhibitions, native artworks, a craft fair, and native dishes in our buffet. If you have the chance to go please take the time to view the Medal of Honor that was presented to Lex Porter posthumously for his service as a Code Talker in WWII. It is quite impressive.

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

Gigawaabamin

Wisconsin Point Restoration project

The City of Superior has scheduled a Tribal cultural meeting to share preliminary engineering concepts and gather comments from the tribal organizations regarding the Wisconsin Point Dune Restoration Project, including the historical marker for the Chippewa burial grounds.

There will be a presentation, discussion, and preliminary plan drawings will be available for

viewing.

The cultural meeting will be held on Wednesday, Dec. 7 from 5–6 p.m. in Room 201 (Council Chambers/Boardroom) of the Government Center, 1316 North 14th Street Superior, Wisc.

If you are unable to attend the meeting, you may provide your input by visiting the City's website and completing an online comment form: www.ci.superior.wi.us/226/wisconsinpoint

FDL Elder's Christmas Party

Friday, December 2, 2016
Black Bear Casino Resort Otter Creek Event Center
Registration begins at 9am
Luncheon 11am-2pm



DEDICATION

The Fond du Lac Reservation Business Committee cordially invites you to attend the dedication ceremony for the new Center For American Indian Resources

221 WEST 4TH STREET DULUTH MN

Date: Friday, December 9th, 2016

Time: 1:00-5:30PM

Agenda

- | | |
|--------------|-------------------------------|
| 1:00-3:00 PM | Tours |
| 3:00-4:00 PM | Pipe Ceremony, Drum, Speakers |
| 4:00-5:30 PM | Feast |

Native American Heritage Month

Native American Heritage Month

By Zachary N. Dunaiski

Every day people on the Fond du Lac Reservation are doing things that would make their ancestors proud. During the month of November, FDL showed off that pride to anyone who came into the Black Bear Casino Resort as they celebrated Native American Heritage month.

During the month long festivities, Native American entrées were served at the buffet, there were also displays of moccasins, a jingle dress, a wigwam, a birch bark canoe and many other items. There were also many demonstrations and dances during the month.

The opening ceremony, held Nov. 1st, featured all five of the council members speaking about how important this decision was to the Band to bring our heritage to the forefront of people's minds.

Jeff Savage, Director of Fond du Lac's museum, spoke first and then Tim Elliot, Marketing Director introduced Kevin Dupuis, Fond du Lac Chairman, who spoke first about the resolution the council passed, and then its importance to the Band.

"I think this is a great thing the RBC has done. Also, we made Ojibwe the official language of the Fond du Lac Band. It carries us and our way of life into the future." Chairman Dupuis said. "Now we can carry out the history of Fond du Lac. And we're going to hold every one of you accountable just like you hold me accountable." The Chairman said to laughter.

"Be who you are as a Nation," Chairman Dupuis added before passing the opportunity to speak to Ernie Stevens, Chairman and spokesman of the National Indian Gaming Association (NIGA).

It was a sincere couple of speeches from the council members, as well as Mr. Stevens, about the importance of sharing our culture, especially with our youth.



Etc.

Nominations for Representatives

The Fond du Lac Human Services Advisory Board (HSAB) is looking for nominations for the following vacancies:

- Brookston Representative (1 Vacancy)
- Cloquet Representatives (2 Vacancies)
- Sawyer Representatives (2 Vacancies)
- Duluth Representatives (2 Vacancies)

The Fond du Lac Reservation Business Committee recognizes that the delivery of health and human services by the Fond du Lac Band to its eligible service population must be administered with the highest professional standards and in a manner which respects and reflects the culture, values, and traditions of the Band. Towards these purposes, the RBC has created the Human Services Advisory Board to monitor the scope, quality, and manner of service delivery, to facilitate outreach and accessibility of services to the community, to advise the RBC regarding the adequacy and effectiveness of policies and procedures, and to perform such other functions as are described in the FDL Human Services Advisory Board Bylaws.

The HSAB meets on the second Wednesday of the month at the Min No Aya Win Human Services Center from 1:30-3 p.m.

All submissions must be turned in by Friday, December 30, 2016. Individuals selected to fill these vacancies will be notified in January 2017.

FDL Rez Historical Society

The Fond du Lac Rez Historical Society's December meeting will be held at the Cloquet Community Center library classroom on Friday Dec. 9, noon to 6 p.m.

The elder video will be shown and pictures will be available to view and identify. Please bring pictures, etc. in to have us make copies.

Miigwech!

Cement Finishers training

Fond du Lac will be hosting a screening for a Cement Mason Tribal Training Partnership class on Dec. 9.

The screening will be to select 2-4 FDL enrolled members (depending on the numbers from other Reservations) for the class. The screening will be for both trainings which will be held Jan. 30-Apr. 21, 2017 or May 1-July, 21, 2017 at the Cement Mason Union Training Center in New Brighton, Minn.

For those accepted into the class, there will be a \$300 a week stipend for food and travel. If the class is dropped the student would have to pay back the money from their per cap. During the training, attendees will stay at the AmericInn next to the training center and it will be covered by MnDOT.

For an application, which must be filled out before the screening on Dec. 9, or other information please contact Lony Susienka (218) 878-7527.

Because you matter

The Community Health Services Department held their annual Women's Health Brunch on Saturday Oct. 22. "Because You Matter" was this year's theme. A total of 70 women attended, received great information, and enjoyed a delicious brunch. There were informational booths from a variety of programs including: Home Care/Assisted Living, nutrition, smoking cessation/second hand smoke, and family planning/STD. Blood sugar screenings were also offered throughout the event.

There was local and regional representation from organizations such as: American Indian Cancer Foundation (AICAF), Essentia Health Cancer Resources Center, and Heide's. A beautiful opening prayer was done by Bonnie LaFromboise. The speaker Gay Lynn Richards from Minnesota Department of Health/Sage Programs presented "Healthy Habits for Life, Cancer Prevention & Early Detection". Brunch was provided by Jim & Jo's.

FDLOJS Board Regular Meeting

Tuesday September 13, 2016
Fond du Lac Ojibwe School Board Room 3:00 p.m.

Call to Order: 3:05 p.m.
Roll Call: Wayne Dupuis, Shawn Johnson, Kathleen Garsow, Betty Anderson, Dorothy Olson, Carol Wuollet
Absent: Joyce LaPorte, Dorothy Olson, Patty Petite, Debra Johnson-Fuller

Others Present: Jennifer Johnson, Superintendent; Tara Dupuis, Principal; Vicki Oberstar, Counselor; Sharon Belanger, Special Education Coordinator; Nissa Benedict, Math Teacher.

Reading of the Mission Statement & Vision: Read by Tara Dupuis.

Motion to approve the agenda

with changes: remove sub-committee and add MIEA to New Business. Motioned by Betty Anderson, seconded by Kathleen Garsow, all in favor, 0 opposed, motion carried.

Motion to approve the August 2, 2016 Regular Meeting Minutes with the addition of "Policies will be developed for Community Comments under School Board Blog under Community Comments - Charles Hilliard." Motion made by Betty Anderson 2nd by Shawn DePoe-Johnson, all in favor, 0 opposed, motion carried.

Motion to approve August 16, 2016 Special Meeting Minutes: Shawn DePoe-Johnson, 2nd by Kathleen Garsow, all in favor, 0 opposed, motion carried.

Review the ledger: No discussion

New business:

I. Rae Villebrun - Tabled
II. Charles Hilliard - iPads were introduced to be accessed by the board members present. Going forward the school board packets will be eliminated. All attachments will be emailed to the board.

III. MCA/AYP - Discussion regarding MCA testing, scores, evaluation tools.

Vicki Oberstar presented BIE report card for FDL Ojibwe School SY 2012-2013. Vicki also presented the MDE SLEDS website 2015 (Cloquet & Carlton).
MDE Compass website - FDL is currently working on posting the FDLOJS info in this website as it is a public website. FDLOJS is a grant school, not funded thru the state; therefore our school information is NOT currently posted on this website.

Vicki will email website links to the board members.

IV. MIEA Requests - Joyce LaPorte, Deb J-Fuller, and Dorothy Olson would like to attend.

Motion to approve travel to the MN Indian Education Association 2016 meeting at Treasure Island. Betty Anderson, 2nd by

Carol Wuollet, all in favor, 0 opposed, motion carried.

Old business:

I. 2016 Parent Student Handbook Revised Draft - Approved

II. Wellness Policy - Setting Goals 2016-2018. The Wellness Committee will update and present to the board for approval. The school board members present are requesting a projects board posted in the School Board room with a list of projects and what stage of the project we are in. Request project management software from MIS.

III. ACTS - Betty motioned to decline membership for 2016-2017 with ACTS. 2nd by Carol Wuollet. All in favor, 0 opposed, motion carried.

IV. Transportation Safety Person Update - Currently developing policy and procedure.

V. Literacy Policy - approved
VI. School Board Governance Training is September 27, 2016, noon to 3.

VII. 21st Century Community Learning Center - Received \$65,000 for startup costs. We have not received a total award document. After school activities will start September 26, 2016.

VIII. Airplane Project - Currently in contract development.

IX. Completed Brochure and Hosted BBQ - Kudos to everyone on the team.

X. School Board Corner Blog - Policy needs to be developed.

Supervisor reports:

Jennifer Johnson, Superintendent - attended the St. Louis County truancy meeting. Discussion regarding Ojibwe School Truancy procedures.

Tara Dupuis, Principal - New staff announced. Current enrollment K-3 74, 4-8 56, 9-12 68. Current Kindergarten enrollment 23 and 3 on the waiting list. 2 staff resignations. Licensed staff will be reassigned to the appropriate classrooms to accommodate the current

Etc.

enrollment.

Future STEM project - electric car that will be purchased by Natural Resources. NR has discussed using the Airplane Hanger to build the car.

Sharon Belanger, Special Education Coordinator - increase from 44 to 50 SpEd students. P/T OTR has been hired.

Motion to adjourn Carol Wuollet, seconded by Kathleen Garsow, all in favor, 0 opposed, motion carried.

Adjourn 5:05 PM

Recorded by: Jennifer Trotter-chaude

FDLOJS School Board Strengths Workshop Training

School Board Meeting Tuesday, September 27 2016 12-3 p.m. School Board Room

Present: Dorothy Olson, Joyce LaPorte Patty Petite, Shawn Johnson, Kathleen Garsow, Deb Johnson-Fuller, Jen Johnson, Betty Anderson, Trainers: Dawn Newman, Lori

Absent: Wayne Dupuis, Carol Wuollet

Start: 12:15 p.m.

Introduction and Opening Question: Discussion on: What did each of us get out of the exercise to find out what strengths we each bring to the School Board? Presentations by Trainers on how our individual strengths are relative to being an effective school board member with awareness of each member's approach to addressing school board issues.

Exercises conducted by all displaying individual strengths and recognizing the diversity and similarities among board members.

Handouts were distributed

on leadership collaboration domains allowing our individual top five strengths earlier determined by our responses to the on-line questionnaire, [all were to be completed by September 12, 2016] to be considered why each of us respond or react to School Board issues.

End: 3:16 p.m.

Recorded by Betty Anderson, School Board Secretary

Nagaajiwanaang Genawendangig Anishinaabemowin Honors Language Table Students 2016

Submitted by Janis Fairbanks, Anishinaabemowin Coordinator

After a year-long language table operation at three district community centers, Brookston, Cloquet, and Sawyer, language table teachers and on-call subs honored their students at the year-end language program awards ceremonies held November 16 at the Cloquet Community Center. The Fond du Lac Honor Guard attended, along with Cedar Creek Drum, who rendered an honor song for all students receiving awards at the event. Spiritual advisor Ricky DeFoe offered a traditional blessing, and assisted in the activities for the evening, which included language games and activities for all who attended, as well as language table t-shirts.

Jeff Savage, Director of Fond du Lac Culture and Museum, along with Janis Fairbanks, Anishinaabemowin Coordinator, presented awards and incentives in several categories.

Outstanding Youth Awards

Three students were recognized as outstanding youth language warriors. They are Jacob Reynolds and James Friedman, co-captains of the Quiz Bowl team at FDL Ojibwe School, and regular language table participants, and Ian John Proulx (Nigigoons Little Otter) from the Sawyer Center who consistently modeled language lessons for other students, according to language teacher Ricky DeFoe.

Excellent Attendance

Brookston Community Center: Allen Defoe, Dawn Mainville, Hunter Olsen, Joseph Shelafoe, and Quina Smith.

Cloquet Community Center: Michelle Beeksa, Doug "Duckie" Diver, Kaz Roterman, Christine Schloer, Sharon Shuck, and Arne Vainio.

Sawyer Community Center: Jason Goward, Robert Kesner, Bruce Savage, and Karen Savage.

Participation Awards

An additional 59 students earned participation certificates by attending classes at least 10% of the time.

Outstanding Food Service Awards

Although food service was provided at each center, students were encouraged to bring something to share with their fellow language tables, and three students at the Cloquet Community Center provided outstanding food service donations throughout the year. Miigwech to Michelle Beeksa, Sharon Shuck, and Christine Schloer for their delicious food donations. Michelle and Christine were awarded slow cookers, and Sharon was awarded two 4-piece baking totes for their contributions to the nutrition of the language table students all year.

Certificates awarded to valuable Language Table instructors and subs

Running three language tables every week requires a strong set

of language teachers to maintain consistent meetings and continuity of success for each table. Our anchor teachers for the year were John Daniel, Ricky DeFoe, Eunice Lightfeather, Carmen Jones, Ralph Fairbanks, Dan Jones, Rick Gresczyk, and Marcus Ammesmaki. These fine, talented, dedicated teachers worked diligently to keep the language tables interesting through forty sessions at each community center.

As the 2016 calendar year draws to a close, we want our community to celebrate the achievements of the staff and students at each language table. During the Wednesday closing event, students from each center participated with friends, family, and guests in various language table games and activities. We enjoyed a catered feast of wild rice tomato soup, sandwich trays, and assorted beverages as we visited, and made plans for language table 2017. We hope you will join us then.

FDLOJS basketball schedules

The January portion of the schedule will be posted in the following month.

Fond du Lac Girls Basketball 2016/17 Schedule:

Tuesday, November 29, LLCS - 5:00 PM Away Varsity only

Tuesday, December 6, Silver Bay 4:45/6:16 PM Away

Tuesday, December 13, Bug School 5:00 PM Away Varsity only

Thursday, December 15, North Woods 5:45/7:15 PM Home

Saturday, December 17, Red Lake- 1:00 PM Home Varsity only *

Tuesday, December 20, Northeast Range 5:45/7:15 PM Away

Thursday, December 22, Nashwauk 5:45/7:15 PM Home

*With Boys

Fond du Lac Boys Basketball 2016/17 Schedule:

Friday, December 2, Cristo Rey

Jesuit 5:30/7:00 Away

Friday, December 9, North Woods 5:45/7:15 Away

Tuesday, December 13, Bigfork 5:45/7:15 Away

Saturday, December 17, Red Lake 3:00 Home *

Monday, December 19, Parkers Prairie- 6:00 Away Varsity only

Tuesday, December 20, Sebeka Tournament TBD Away Varsity only

Wednesday, December 28, Crosby-Ironton Tournament TBD

Thursday, December 29, Crosby-Ironton tournament TBD

Friday, December 30, Crosby-Ironton Tournament TBD
*With Girls

Starting a Business

Join us on Wednesday, Dec. 7 at the Fond du Lac Tribal Center classroom from 10 a.m. to 2 p.m. for an informative presentation, *Starting a Business in Minnesota*, and to learn about the resources available to help you.

Mary Lundeen, a UMD Center for Economic Development (CED) Business Consultant, will be our guest speaker and will also be available to answer your questions, discuss your ideas, and set up appointments to help you if the journey of starting a business is right for you!

As Northeastern Minnesota's Small Business Development Business Center (SBDC), CED offers services and resources including: confidential, professional and no cost consulting services to business owner/entrepreneur; workshops on a variety of topics both online and in person; a resource library; student programs; Entrepreneurship Recognition programs; and more.

Thank you, and have a wonderful day!



Health News

Fond du Lac Reservation Families Pave Way in Breastfeeding

Jenni Godbold,
BSN, BA, RN, PHN, CLS

Congratulations to the Fond du Lac Reservation Public Health Nursing (PHN) and Doula families for having above national standard breastfeeding rates! Since the beginning of 2016 the PHN mothers have a breastfeeding initiation rate of 89% and the doula clients have an initiation rate of 96%. Both groups of women have exceeded the national goals set by Healthy People 2020, which is an initiation rate of 81.9%.

Healthy People 2020 is a nationwide program targeting health-promotion and disease prevention by the US Department of Health and Human Services. Every 10 years, goals are set to help communities work towards healthier communities. For the year 2020 the breastfeeding goals are as follows:

- Breastfeeding initiation rates to be 81.9%
- Breastfed to 6 month to be 60.6%
- Breastfed at 1 year to 34.1%
- Breastfed exclusively at 3 months 46.2%
- Breastfed exclusively at 6 months 25.5%

The goals are defined as initiation rate: baby's first intake of milk was from the breast whether it was pumped or received from the breast, breastfed to 6 months or 1 year include exclusively breastfeeding,

pumping, and/or supplementing with formula. Breastfeeding exclusively at 3 months and 6 months means the infant took in only breastmilk whether it was from the breast or through mom pumping milk and being fed through a bottle. No formula was introduced in this goal.

Here is how FDL PHN and Doula clients measure up to the Healthy People 2020 Goals.

FDL families surpassed Healthy People 2020 breastfeeding goals in two of the five goals, breastfeeding initiation rate and breastfed exclusively at 6 months. FDL mothers know the importance of providing their baby's with the perfect food, their milk. Over the next few years we know the mothers can meet and exceed the goals of Healthy People 2020 with their continued efforts, support from their families and their communities.

As a community we can encourage these mothers on their breastfeeding journey by supporting their decisions to breastfeed and learning more about breastfeeding. Breastfeeding is beneficial for both mother and baby in many ways. Fond du Lac Reservation recognizes the importance of this choice to families. Please contact the Public Health Nursing Team at (218) 279-3705 for more information on breastfeeding, nursing your baby, or having a doula!

Spotlight on the Fond du Lac Human Services Division, Community Health Services Department

The Community Health Services staff provides a host of health and wellness services to the community. These services are targeted toward individuals and families and promote healthy behaviors and lifestyle choices.

Family services

- Arrowhead Juvenile Center – PHNs provide health check-ups, referrals and assistance for incarcerated youth
- Breastfeeding and Lactation consultant
- Car seat safety education
- Childbirth education classes
- Child and teen checkup
- Doula services
- Family planning
- Home safety assessments
- Immunization education
- Maternal child health home visiting
- Nutrition education assistance
- Parenting education
- Registered dietician services
- WIC

Adult services

- Adult immunization education
- Cancer prevention education
- Communicable disease follow-up
- Community Health Representatives (CHR)
- Diabetes prevention (“On the Move”)
- Tobacco cessation
- Elder exercise
- Elder picnic
- Medication delivery for homebound
- Nutrition education assistance
- Public health emergency preparedness education
- Respite and caregivers – services are for families with a homebound or disabled elder
- Smoking policy and secondhand smoke education

Other health education services

Community Health Services provides many education services and resources to the Fond du Lac community. See below for information about the health education programs.

- Blood drive

- CPR and first aid
- Injury prevention education
- Personal trainer
- Tobacco education
- Nutrition education

Doula program

A Doula is a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during and after childbirth.

What can a Doula do?

- Remain with you throughout your labor and birth
- Provide physical, emotional, and informational support
- Offer help and advice on comfort measures
- Assist your partner and family by offering suggestions
- Provide continuous emotional reassurance and comfort for you and your family
- Help after birth for first weeks by offering emotional support, light housekeeping/meal preparation
- Assist you with breastfeeding by offering information and support.

Doula Benefits

- Use of a Doula decreases interventions used in childbirth, such as caesarean sections and medication use
- Mothers express more satisfaction with their birth experience
- Higher occurrence of successful breastfeeding and bonding experience
- Any woman can benefit from doula care; however, women with special life circumstances report even greater benefits
- The doula's goal is to help the woman have a safe and satisfying childbirth as the woman defines it
- A doula can help make the transition into parenting a bit smoother and more satisfying.

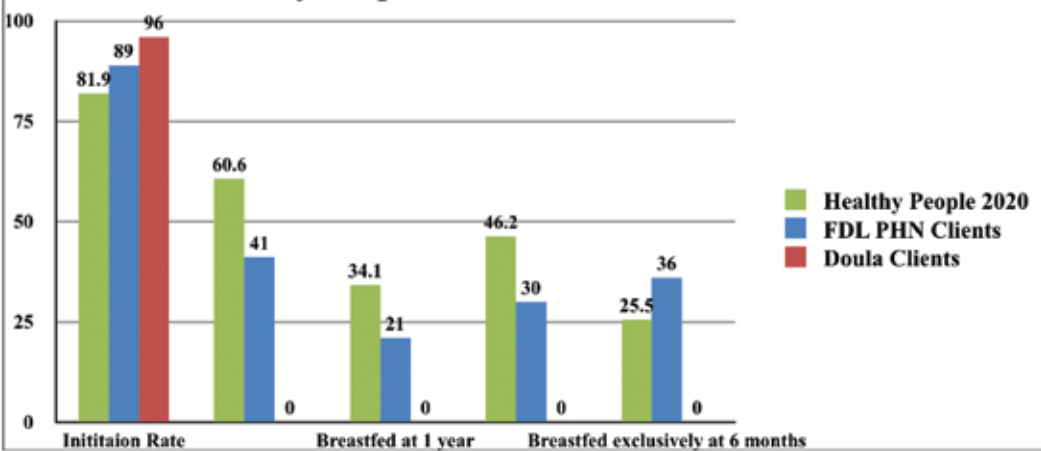
Interested?

Call the Fond du Lac Community Health Services Department today, Celeste Ekberg (218) 878-3705.



Health News

Fond du Lac PHN & Doula Clients vs. Healthy People 2020 Goals



WIC program

The Women, Infants and Children Program is a special supplemental nutrition program known to many people as WIC. It provides vouchers for supplemental foods that promote good health, nutrition education, and referrals to other related programs.

Who is eligible?

- Pregnant women
- Breastfeeding women
- Women who have a baby less than six months old
- Infants and children up to five years old.

Must also:

- Be eligible for services through Fond du Lac
- Be at nutritional risk
- Meet liberal income guidelines.

What can you expect from WIC?

- Nutrition Education
- Information on other programs and referrals
- WIC vouchers for food
- Equal treatment
- Fairness

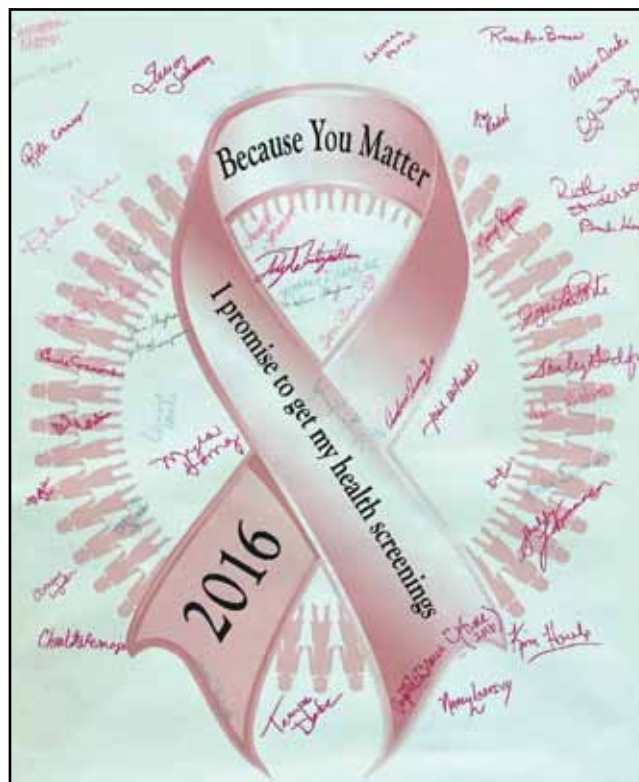
- Confidentiality.

How can you get WIC?

Make an appointment at for WIC clinic by calling: (218) 879-1227.

For more information

on any of the Community Health Services Programs listed please call the CHS department secretary at (218) 878-3790.



Holiday Health

By Kara Stoneburner,
RDL, Public Health Dietitian

Holiday parties, cookie and candy baking, shopping deadlines, stress and school breaks. All are opportunities to fall back into old habits that aren't necessarily the healthiest. It is time to take control and stay healthy this holiday season. Here are some tips to help.

Remember food safety

- After grocery shopping, get your food in the refrigerator or freezer within two hours
- Wash your hands often when cooking and eating
- Keep hot foods hot and cold foods cold
- Place leftovers in a shallow, sealed, labeled, and dated container within an hour of eating
- Reheat leftovers to 165°F
- Don't eat the raw cookie dough.

Reduce calories, eat healthier

- Look for healthy substitutions in recipes; try an old food a new, healthier way; your local dietitian or health provider can help with ideas
- Eat a small low calorie meal or snack before a party (string cheese, pretzels, an apple or veggies and dip) to prevent overeating
- Chew gum to prevent nibbling
- Limit or avoid alcoholic beverages
- Choose fruit, cut veggies or a small amount of nuts as an appetizer
- Bring a healthy dish to the potluck
- Use a small plate at the food table
- Survey the buffet table before

dishing up and don't stack your plate with food

- Move away from the food table after dishing up
- Focus on conversations and friends rather than food.

Make activity a priority

- Start the day with stretching
- Plan a family walk after dinner
- Make a snowman with the kids
- Hit the sledding hill.

Plan ahead

- Carry healthy, on-the-go snacks, like fresh veggies or fruit and water, while shopping, to avoid the high calorie temptations
- If travelling, check the weather; have a winter survival kit in your vehicle
- Get a flu shot; colder weather brings more people indoors; if someone is sick, it can spread pretty quickly; stay home if you are sick
- Don't try to lose weight during the holiday season; strive for weight maintenance
- Start thinking about 2017 goals; make them realistic and obtainable; baby step your way to a larger goal
- Increase your knowledge on how to reduce your risk for cancer, diabetes and heart disease in 2017; consult with your healthcare provider or other health professional to get you going in the right direction.

Use these tips to have a healthier and more memorable holiday season and a New Year!

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

FDL Law Enforcement news

The following is a summary of about one month of select police reports

- Oct. 1 ATV was stopped and given a warning for driving in the lane of traffic on a county road
- Oct. 2 Report of a couple of horses being found in an individual's yard, the horse's owner was located and they collected their animals and took them home
- Oct. 3 Report of a disturbance at the Sawyer Elderly building, one individual was arrested and charged with criminal damage to property and disorderly conduct
- Oct. 4 Report of a theft of keys from a vehicle at Black Bear Casino Resort (BBCR)
- Oct. 5 Officers located an individual sitting on our steps and assisted them with a ride home as they stated they had been drinking and didn't want to drink and drive, because the individual did the right thing officers choose to only give the individual a warning for underage consumption
- Oct. 6 Vehicle stopped and driver given a warning for the driver's side headlight being out
- Oct. 7 Report of a gas drive-off from the FDLGG
- Oct. 8 Vehicle stopped for expired registration, driver was given a citation for expired tabs and driving after revocation (DAR), and warned the vehicle would be towed and they would go to jail if caught driving the vehicle again
- Oct. 9 Officers were asked to perform a welfare check on an individual and found what appeared to be a door that had been kicked in, after announcing themselves and checking the residence they located an individual with multiple Carlton County warrants and arrested that individual on those; they also located the individual they had been looking for and they were fine
- Oct. 10 Report of a burglary on Maple Dr. numerous items reported stolen
- Oct. 11 Report of tires being slashed on a couple of vehicles in the compound
- Oct. 12 Report of a domestic assault, one individual was arrested and taken to jail, while at the jail the individual assaulted an officer and received additional charges for the assault on an officer
- Oct. 13 Officers assisted an individual in retrieving some property from a family member's residence
- Oct. 14 Report of a bike being stolen from the Brookston Center
- Oct. 15 Report of a runaway, the child was located at McDonald's and taken back home
- Oct. 16 Report of a motor vehicle accident with a deer, unfortunately the deer didn't make it, minor damage to the driver's side of the vehicle
- Oct. 17 Report of an intoxicated individual at BBCR, the individual was brought to detox where they signed themselves in
- Oct. 18 Report of a broken window at a residence, officers did what they could to secure the residence until FDL housing could come and board it up
- Oct. 19 Driver was stopped and given a warning for a stop sign violation
- Oct. 20 Request for a welfare check on an individual, the reporting party was informed that the individual had been hospitalized a week prior and was set to be released soon
- Oct. 21 While on patrol an officer witnessed a larger dog attacking a smaller dog, the officer had to pull the big dog off the smaller dog numerous times, conservation was called and took over the call
- Oct. 22 Report of an attempted break in, there was damage to an individual's pole building where someone had tried unsuccessfully to break the lock off the building
- Oct. 23 Report of a dog house falling off a truck and another vehicle struck the dog house ripping off their mud flap
- Oct. 24 Report of a bike being found at the FDLGG, it was picked up and brought back to the PD
- Oct. 25 Report of cows wondering on Spirit Lake Rd. individual was contacted to come and get the cows put back in their pen
- Oct. 26 Report of a door being kicked in on a private residence and numerous electronics being stolen from the residence
- Oct. 27 Report of an intoxicated person at the FDL Tribal Center yelling at children, the individual was located and taken to detox where they signed themselves in
- Oct. 28 Report of an individual who was banned at BBCR, the individual was warned that next time they would be taken to jail for trespassing
- Oct. 29 Report of damage to a vehicle from kids playing with a BB gun
- Oct. 30 Officers assisted an individual with retrieving their court ordered property from a residence
- Oct. 31 Driver was stopped and warned for speeding.

Legal notice

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

| | |
|--------------------|--------------------|
| ANKERSTROM, Arthur | KING, Julie |
| BELGARDE, Elias | LAPRAIRIE, Robert |
| CADOTTE, Daniel | MARTINEAU, Frances |
| CICHY, Gerard | MARZINSKE, Larry |
| CICHY, Leslie | PARKS, Margaret |
| CONNORS, Aurelius | ROBERTS, Nina |
| CROWE, Mary Jo | SAVAGE, Kyle |
| DEFOE, Richard | SAVAGE, Mark |
| DIVER, Russell | SHAUL, Scott |
| INGALLS, Robert | TOPPING, Debra |

Merry Christmas Fond du Lac Members From the Fond du Lac Reservation Business Committee

On December 1, 2016 \$25 will be distributed to each adult member and \$50 to each minor member for Christmas. The funds will be deposited on your US Bank Focus card (if you receive your funds monthly) or as a check mailed to your address on file.

Merry Christmas!

Standing Rock and The Black Snake

A Journey by Christine Carlson

Standing Rock, North Dakota

The Standing Rock Sioux Reservation is located on the North and South Dakota border. It is the sixth largest reservation in the United States and located west of the Missouri River. This river is the longest in the United States.

Fond du Lac Reservation members

Several Fond du Lac Tribal Council members, Band members, and friends have gone to Standing Rock to support the efforts to protect our water, earth, religious freedom, and human rights.

Standing Rock – Cannonball Camp- Oceti Sakowin

Cannonball is the name of the main camp which is about 30 miles from Mandan, North Dakota off Highway 1806. This camp is the pulse of the present movement. The Cannonball Camp area is immense and dotted with teepees, campers, buses, tents of all kinds and sizes, new and old vehicles, dogs, and horses just like in the days of old. I was amazed at what a spiritual experience this was. The area of the sacred fire was incredible with serious and fun spirited emcees as well as guest speakers from our nation and around the world. I especially liked the drumming and singing in the evening while drifting off to sleep.

Other camps

There are several smaller camps within the Cannonball area. They are the Red Warrior Camp, Veteran's Camp, and Elder Camp to name a few. Two smaller but important camps across the Can-

nonball River are Rosebud Camp and Sacred Stone Camp just over the hill. The Frontline Camp sits directly on the path of the oil pipeline and is just off Highway 1806 about a mile from Cannonball Camp.

Standing Rock

Standing Rock is a place of prayer, dedication, community spirit, joy, sacrifice, camaraderie, and honor. It is a location where education, learning, change, and growth are possible. There is disbelief in how much power and control the oil company and government has in this situation. Standing up for what you believe is not easy and sacrifices may be necessary. It takes courage and tenacity to step out of the box of mainstream beliefs and take a stand.

Please pray for everyone there especially the front line protectors as the powers that be are cruel and relentless.

These direct action principles are printed on signboards at the camp

We are protectors! We are peaceful and prayerful. "Isms" have no place here. We are non-violent. Respect Locals! We are proud to stand. No Masks. No weapons (or what could be considered weapons). All campers must get an orientation. Direct action training is required for all action. No children in potentially dangerous situations. We keep each other accountable to these principles. This is a Ceremony. Act accordingly. Property damage does not get us closer to our goal.

The Black Snake or DAPL – Dakota Access Pipe Line

The Dakota Access Pipeline, DAPL or the Black Snake is a 1,168 mile, \$38 billion-dollar

pipeline that starts at the Bakken oil fields in North Dakota and cuts through three other states. The DAPL, is owned and operated by Texas based Energy Transfer Partners. This pipeline would transport 470,000 barrels of fracked crude oil a day through twelve to thirty-inch diameter pipes to its destination in Illinois. It was originally scheduled to go through the capitol city Bismarck, but guess what; the people did not want it to go through their city. A fast decision was then made to put the pipeline within a half mile of the Reservation. Any spill would potentially affect Lake Oahe, Missouri and Cannonball Rivers, and disturb burial grounds and sacred sites on ancestral treaty lands. The entire pipeline also crosses 209 rivers, creeks, and tributaries.

Water is Life – Protect our Water

Standing Rock Tribal Chairman David Archambault II said, "We have a serious obligation, a core responsibility to our people and to our children, to protect our source of water. Our people will receive no benefits from this pipeline yet we are paying the ultimate price for it with our water. We will not stop asking the federal government and Army Corps to end their attacks on our water and our people."

Thanks in the Dakota language is Pelahmonie

Pelahmonie – Thanks to the Standing Rock Tribal Council and members who are hosting this spiritual journey for the entire world to see and experience. This is an amazing feat of logistics just dealing with all the people and many events that are happening daily. History is being made. No one ever said that any struggle with big oil and the government would be easy. This is a difficult task that takes the passion and hard work of so many people. There are people in meetings, people in the front, people caring for the camps, people cooking, cleaning, sorting, laboring, reporting, taking photos, documenting, building, and people sending support from home and

around the world.

Thank you so much for everyone, who is or has partaken, visited, or stayed there. Your generous contributions include: giving your time and energy to a cause whose time has come; and the sacrifice of leaving your job, school, home, or families.

For all those at home who are donating time for concerts, benefits, merchandise sales, etc. Your efforts are needed and appreciated. For those taking in

the mail or watching the homes, children, or animals of those who have gone to support this cause. For the lodge poles, wood, tarps, stoves, warm clothing, and miscellaneous supplies to keep the western winds at bay. For the wild rice, maple syrup, fresh vegetables, meat, or any other food or money you have donated. For keeping the Standing Rock protectors safe and the people of the world informed and sending your prayers and good wishes. Please keep the faith and be thankful for each day we have been given. Thanks to friendships made by Yogi, Sherman, J.D., Adrian, Bugz, Dana, and Glenna.

Jim Northrup and the Sacred Stone Camp

Motored to Sacred Stone Camp where Jim Northrup Jr. was located. Wow what incredible, large lodge construction he is teaching others. Knowing Jim's dad, he would be so proud of his son sharing this wonderful cultural knowledge with so many. Miigwech Jim.

Standing Rock Stone/Monument

On the east side of Fort Yates is the Standing Rock Stone Monument from which the Standing Rock Agency got its name. This stone is held sacred by the Dakota/Lakota people. A spiritual man by the name of Fire Cloud, noted for his purity and powerful prayers, conducted the dedication ceremony on November 6, 1886.

The views shared by this journey belong to me alone. They are not meant to represent the Fond du Lac Reservation.

Peace on Earth.



Standing Rock Monument located on the east side of Fort Yates overlooking the Oahe Reservoir. The Standing Rock Agency derived its name from this sacred stone.

Ashi-niswi giizisoog (Thirteen Moons)

Manidoo-giizisoons

The new Manidoo-giizisoons begins December 29. This is the Little Spirit Moon. Another name for this moon is Gichi-bibooni-giizis, the Big Winter Moon.

Gichi Manidoo Giizis Powwow 2017

The Thirteen Moons Fond du Lac Tribal College Extension Program is proud to host the 2017 Gichi Manidoo Giizis Traditional Powwow on Jan. 14, 2017 at the Black Bear Casino and Hotel-Otter Creek Event Center. This is one day powwow celebrates taking care of the land and community.

The mission of the 2017 Gichi Manidoo Giizis Traditional Powwow is to bring together community

members and federal, Tribal, and state organizations to learn from one another about how we take care of the land and community. Representatives from organizations will be available to answer questions and provide information on sustainable agriculture, natural resources programs for land owners, and education and career opportunities through college and university programs. In addition,

those representatives will learn from community member's the traditions of the Anishinaabe culture, language, and best practices of taking care of the land and community. Please see the flyer for more information. To sign up for an Outreach and Education Information tables or Vendor tables contact Nikki Crowe at nikkicrowe@fdlrez.com or call (218) 878-7148.



Gichi Manidoo Giizis Traditional Pow Wow

"Taking Care of the Land and Community"

Saturday January 14th, 2017

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

Black Bear Casino Resort
Otter Creek Event Center
1785 Highway 210
Carlton, MN 55718
Hotel Reservations: 1-888-771-0777

Free Admission--Open to the Public --Alcohol & Drug Free Event

Moccasin Game
50/50 Raffle

Join our event on the 13 Moons Ashiniswi giizisoog Facebook page

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

Vendor tables available
For more information contact:
Nikki Crowe 218-878-7148

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



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

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

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words.

All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

Biiwan

blizzard

Ningwaanakwad

cloudy

Awan

foggy (be)

Zasakwaa

frost (heavy)

Mashkawadin

frozen (be)

Dakaanimad

wind (cold)

Waabani-noodin

wind (east)

Giiwedn

wind (north)

Zhaawani-noodin

wind (south)

Goon

snow

Maajipon

snow (start to)

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf

"Twas the Night Before Ojibwe Christmas

By Tara Prindle

'Twas the night before Niibaa-anama'egiizhigad, when all through the wiigiwaam

Not an awakaan was stirring, not even a waawaabiganooji-inh;

The moccasins were hung by the smoke hole with care, In hopes that Miigiwe Miskwaa Gichi Inini soon would be there;

The abinoojiinhyag were nestled all snug in their nibaa-ganan,

While visions of ziinzibaakwad danced in their nishttigwaan; And nimaama in her moshwens, and I in my makadewindibe,

Had just settled down for a long biiboon zhiibaangwashi, When outside the wiigiwaam there arose such a clatter, I sprang from the nibaagan to see what was the matter. Away to the waasechigan I flew

like inaabiwin,
Tore open the shutters and threw up the gibiiga'iganiigin. The dibik-giizis on the breast of onaaband
Gave a shine like duct tape to objects zazagaamagad,
When, what to my wondering nishkiizhigoon should appear,
But a miniature toboggan, and eight tiny waawaaskeshi,
With a little old driver, so lively and wajepii,
I knew in a moment it must be Miigiwe Miskwaa Gichi Inini. More rapid than migiziwig his coursers they came,
And he whistled, and biibaagi, and izhi-wiinde by name;
"Now, Bimibatoo! now, Niimi! now, Babaamishimo and Moozhikwe!
On, Anang! on Zaagi! on, Animikii and Wawaasese!
To the top of the porch! to the top of the wiigiwaam!
Now Bimibide! Ipide! Ombibidemagad!"

As dry leaves that before the wiindigoo fly,
When they meet with BIA, mount to the sky,
So up to the apakwaan the coursers they flew,
With the tobaggon full of toys, and Miigiwe Miskwaa Gichi Inini too.
And then, in a twinkling, I heard on the apakwaan
The prancing and pawing of each little inzid.
As I drew in my iniji, and was turning around,
Down the chimney Miigiwe Miskwaa Gichi Inini came with a bound.
He was dressed all in gipagawe, from his head to his foot,
And his clothes were all tar-nished with bingwiand and soot;
A bundle of toys he mangi-wane on his back,
And he looked like a adaawewinini just opening his pack.

His ishkiinzigoon -- how they twinkled! his inowan how merry!
His miskwanowan were like roses, his nose like a choke-cherry!
His droll little indoon was drawn up like a bow,
And the beard of his chin was as white as gichimookamaan;
The stump of a opwaagan he held tight in his wiibidaakaajiganan ,
And the smoke it encircled his head like a miskwaanigan;
He was full up on frybread with little round belly,
That shook, when he laughed like a wiigwaasinaagan of jelly.
He was chubby and wiinin, a right jolly old elf,
And I giimoodaapi when I saw him, in spite of myself;
A wink of his ishkiinzigoon and a twist of his mangindibe,
Soon gave me to know I had nothing to gotaaji;
He ojibwemo not a word, but

went straight to his work,
And filled all the moccasins; then turned with a jerk,
And laying his ibinaakwaaninjinj aside of his nose,
And wewebikweni, up the smoke hole he rose;
He sprang to his toboggan, to his waawaaskeshi gave a whistle,
And away they all onjinizhimo like the down of a thistle.
But I heard him biibaagi, ere he drove out of sight,
"Happy Niibaa-anama'egiizhigad to all,
And to all baamaapii."

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



Community News

Happy Birthday

Happy birthday to an awesome father and grandfather on what would have been his 58th birthday (Nov. 16), we all miss you very much **Dave (DA)** Love, Renee and Tiffany

Happy birthday **Lurinda DeFoe** (Dec. 2), we love you and hope you have a good birthday. Love, your daughter Alisha and kids



Happy 12th birthday to my baby girl, **Justine Braveheart** (Dec. 10) Love, mom

Happy birthday **Emmanuel Olson** (Dec. 12), we love you and hope you have a good birthday. Love, your girlfriend Alisha and kids

Happy 16th birthday to the most favorite brother in the world **River Ray Hietala** (Dec 13) Love, your favorite big sister Erin Marie

Happy 3rd birthday to my baby boy **Jordan James Wright** (Dec. 13), you're getting so big on me but I'm so happy with how smart and big you have gotten. Love, your momma

Happy birthday **Patti Jo Fineday** (Dec. 16) We love you: Phil, Lyssa, Dylan, Muffy



Happy birthday **Patti Jo Fineday** (Dec. 16) From, Herb, Molly, Dannin, Greenlee, and Sonny

Happy birthday **Delilah Savage** (Dec. 17) We love you: Uncle Phil, Auntie Lyssa, Cousins Dylan, and Muffy

Happy 30th birthday to my son, **Jared Braveheart** (Dec. 21) Love, mom



Sending the happiest of birthday wishes to our fearless leader **Bruce Blacketter Jr.** (Dec. 27). Thank you for your guidance, comradery, and all of the laughs. We appreciate you and hope this new year brings you many good tidings. Have a great birthday, Bruce. Love, your Fond-du-Luth family

Thank you Dave Reynold's Black Pants Memorial open

I want to thank you for playing in my brother's golf outing. Thank you for all the donations from the merchants and golf courses. Also thank you to all those who helped out. The donations go to cancer, diabetes, and St. Jude's. \$800 dollars were raised so \$400 will go to each. The donations were divided by giving \$350 to cancer,

\$350 for Indian diabetes, and \$100 to St. Jude's.

Thank you from, Irma Stein and Eugene Reynolds

On behalf of my family I want to thank all the employees of the "crews" who did repair work on our home and who cleared dead trees and brush off the property. They all did a great job on some very complicated structural problems. They arrived on time, explained their plan for the day, put in 8 hours or longer and cleaned up after themselves each day. They were professional yet were willing to share that good old Indian humor! They showed respect for us and our property and we can only hope they felt ours in return. We will forever be grateful for their assistance and want to share this with the RBC, Executive Directors, and their Division Directors. Miigwetch for a job well done.

Robert Wallace

From the election on Nov. 8, all the judges at the ward 5 precinct 2 FDL Head Start Gym, would like to thank **Jasmine and Catherine** for their participation in the judging. They are students from the Cloquet Senior High School who came to help as part of their government class.

Memorial

Benjamin W. Smith (Aug. 10, 1923-Apr. 1, 2004) enlisted in the U.S. Army on Oct. 14, 1940 at the age of 17, after changing

his birth certificate to reflect that he was born on Aug. 10, 1921 and was 19, not 17 years of age.

He was a Medical Technician/Infantryman and served in the Medical Detachment of the 32nd Red Arrow Division from Superior, Wisc. between Oct. 15, 1940 and July 13, 1945. He received his Medical Badge on May 21, 1945.

While he was in World War II, he was in battles at New Guinea, Papuan, Southern Philippines, and the Luzon Campaigns.

He received two purple hearts for being wounded in action-Pinamapoan, Leyte Philippine Islands on Nov. 16, 1944 and wounded in action-Luzon Philippine Islands on Mar. 26, 1945. He also received a Distinguished Unit Badge, Good Conduct Ribbon, American Defense Service Ribbon, American Theater Ribbon, Asiatic Pacific Theater Ribbon with four Bronze Battle Stars, Philippine Liberation Ribbon with on Bronze Battle Stars, six Overseas Service Bars, and one Bronze Oak Leaf Cluster Lapel Button.

Obituary

Shawna Marie DeFoe, "Ozhaawashko-Giizhig" Blue Sky, 23, passed away at St. Mary's hospital in Duluth, Minn. On Thursday, Oct. 27, 2016, she started her four day



journey to the spirit world to be with our creator, Gitchi-Manidoo.

Ozhaawashko-Giizhig, was born in Minneapolis, Minn. to Josephine "Josa" DeFoe (Fond du Lac) and Steve Barber (Lac Courte Oreilles) on April 22, 1993. She is from Fond du Lac Reservation. As a young girl, Shawna was a fancy dancer. She graduated from Fond du Lac Ojibwe School in 2013. She loved the game of volleyball and played for FDLOJS; it was her favorite sport. She also loved to spend time with friends and family. Spending time with her daughters, Mariah and Allibelle, filled her heart the most.

Shawna is survived by her daughters, Mariah La'Rose Holm-DeFoe, and Allibelle La'Raina Northrup; mother, Josephine Diane DeFoe (Andrew); father, Steve Alan Barber (Patricia); brothers, Richard J. Stiffarm (Erin), Kristopher A. Stiffarm (Deseray), Cotee L. Hoffman (Joshua), Jeremy J. DeFoe (Amber), Brian K. Wichern, James R. Wichern; sister, Desiree Conger; aunts Debra, Patricia, Arlene, Nita, Bonnie, Pamela, Rosemary, Barb, Becky, Annie; uncles Dale, Lee, Theodore "Ted", William, Nelson, Bill, Phillip, Brian; nieces and nephews, Jessica, I'Liana, Avii'anna, Ellianna, Aubrianna, Aubrey, Mercedes, Kareena, Aidon, Ty, Houston, Clarence, Wabanung; she is also survived by many cousins, extended family, and



Community News

friends.

Preceding Shawna in death were her grandparents, Josephine (Smith) Defoe, Edward DeFoe, Neva (Delapast) Belille, and Frankline Barber; uncles, Jeffrey DeFoe, Robert "Bobby" Delapast, Frank Barber, and Tim Belille, and nephew, Bill Fowler.

The Best

Our Creator saw you getting tired
And a cure was not to be.
So He put His arms around you
And whispered "Come to Me."
With tearful eyes we watched you,
And saw you pass away
Although we loved you dearly,
We could not make you stay.
A gold heart stopped beating,
Hard working hands at rest.
Our Creator broke our hearts to prove to us,
He only takes the best.

Donald E. "Don" Smith, age 80, of Crestview, passed away Saturday afternoon, September 10, 2016, in Fort Walton Beach, after a tough fight against cancer. He was born May 17, 1936 in Cloquet, Minnesota, to the late Walter and Ann (Sheehy) Smith.

Don served his country in the United State Air Force, retiring after 22 years. He is survived by his wife, Debbie; children, Rhea Smith, of Michigan, Michael P. Smith, of Hawaii and Karen Jones (husband, Jeff Allen), of Tennessee; a sister, Patricia Nelson, of Minnesota;

grandchildren, Michelle Sinkey, of Michigan, Ryan Jones (wife, Ashley) of Tennessee and Kristin Wall (husband, Lucas), of Tennessee; great grandchildren, Jayden Fater, of Michigan and Grayton Jones, of Tennessee; nieces, nephews and other loving relatives and friends.

Home for sale

31 Homes St., Cloquet
2 + bedroom with garage
Call Frank (218) 348-8979

FDL job listings

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

FDL Reservation

Registered Nurse Patient Advocate FT MNAW & CAIR
Public Health Nurse FT MNAW & CAIR
Licensed Alcohol and Drug Counselor FT MNAW Human Services Center
Dental Hygienist On Call MNAW Human Services Center
Certified Diabetes Educator/Dietitian FT MNAW & CAIR
MIS Project Administrator I FT FDL Tribal Center
Laboratory Technician FT MNAW & CAIR
Ojibwemowin Teacher FT FDLOJS
School Linked Mental Health Administrative Specialist FT FDL Human Services

Registered Dental Assistant On Call/Temp MNAW Human Services Center
Pharmacy Technician FT CAIR Foster Care Licensing and Placement Specialist FT MNAW Human Services Center
Behavioral Health Specialist FT MNAW & CAIR
Clinical Assistant FT/On Call MNAW & CAIR
AODA Outpatient Treatment Technician FT MNAW Human Services Center
Instructional Assistant PT/On Call FDLOJS
Mental Health Counselor FT MNAW & CAIR
Custodian FT/On Call/Sub FDLOJS
Min No Wii Jii Win Program Case Manager FT Min No Wii Jii Win
Pharmacy Technician FT Mashkiki Waakaagan, Mpls
Clinic Physician FT/PT/On Call MNAW & CAIR
Mental Health Case Manager FT MNAW & CAIR
Skilled Laborer 1 FT FDL Tribal Center
GED Teacher PT FDL Tribal Center, Brookston Center, or Sawyer Center
Reading Buddies PT FDLOJS
Driver's Training Instructor PT FDL Tribal Center
Driver/Cook On Call Brookston Community Center
School Secretary/Receptionist On Call/Sub FDLOJS
Cook Helper On Call/Sub FDLOJS
Driver/Cook On Call FDL Tribal Center

Substitute Teacher On Call/Sub FDLOJS
Transportation Driver FT/PT FDL Transportation
Nursing Assistant FT/PT FDL Assisted Living
Recreational Aide 1 FT/PT Sawyer Community Center
Recreational Aide 2 FT/PT Sawyer Community Center
Recreational Aide 1 FT/PT Brookston Community Center
Recreational Aide 1 FT/PT Cloquet Community Center
Recreational Aide 2 FT/PT Cloquet Community Center
Clinical Pharmacist On Call MNAW, CAIR, Mashkiki Waakaagan-Mpls.
Pharmacy Technician On Call/Sub MNAW, CAIR, Mashkiki Waakaagan-Mpls.
Transit Dispatcher FT/PT/On Call FDL Transit
Bus Monitor PT/On Call FDL Education
Substitute Staff On Call FDL Head Start
Programs Teacher FDL Head Start
Teacher Assistant FDL Head Start
Deli Clerk PT FDLGG
Transit Driver FT/PT/On Call FDL Transit
School Bus Driver FT/PT/On Call FDL Education
Health Care Assistant FT/PT MNAW & FDL Assisted Living
Store Clerk PT FDLGG
Convenience Store Gas Attendant PT FDLGG

Black Bear Casino Resort

Vault Cashier FT/PT
Room Attendant FT
Bus Person FT/PT
Gift Shop Clerk FT
Buffet Host/Hostess FT
Golf Course Groundskeeper FT/PT Seasonal
Steward FT
Arcade Attendant PT
Golf Course Pro Shop Sales Representative PT
Golf Course Ranger/Starter FT/PT
Golf Course Concession Sales Representative FT/PT
Golf Course Cart Attendant FT/PT
Slot Attendant PT
Custodial Associate FT
Gift Shop Clerk PT
Bell Staff PT
Sage Deli Cook FT
Bingo Vendor/Floor Worker PT
Players Club Representative FT/PT
Wait Staff FT/PT
Hotel Laundry Worker/Hauler FT
Hotel Room Attendant/Housekeeper FT/PT
Drop Team Worker FT

Fond-du-Luth

Security Guard/Dispatch FT
Janitor FT/PT
Clean up Worker FT/PT
Beverage Waitperson/Bartender FT/PT
Cage Cashier FT/PT
Players Club Representative FT/PT
Slot Attendant FT/PT
Slot Technician FT/PT

Manidoo giizisoons – Little Spirit Moon – December 2016

CCC: Cloquet Community Center, (218)878-7510; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185;

CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School;

CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center;

FDLTCC: Fond du Lac Tribal & Community College; OJSHS: Ojibwe School Head Start; FDLGG: Fond du Lac Gas & Grocery; TRC: Tagwii Recovery Center;

FDLM: Fond du Lac Museum; CPT: Cloquet Premier Theatre; RMD: Resource Management Division; TCC: Tribal Center Classroom; FACE: Family and Child

Education Bldg. MKWTC: Mash-ka-wisen Treatment Center; DC: Damiano Center; FDLSH: FDL Supportive Housing; CHS: old FDLSS door;

MTC: MN Chippewa Tribal building; ALR: Assisted Living Residence; FDC: (Food Distribution Center); PLT: Perch Lake Townhall

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|---|---|
| Elder's Christmas dinner Dec. 2 11 a.m. BBCR | Bentleyville trip Dec. 13 bus leaves at 4:30 p.m. CCC | Hairball Dec. 23 7 p.m. BBCR | 2017 Gichi Manidoo Giizis traditional Powwow Jan. 14 BBCR 1 & 7 p.m | Sewing 9 a.m. CCC Get fit 12 p.m. CCC Driver's ed 4 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA support 6 p.m. CCC | GED CCC (Call) Elder's Christmas dinner 11 a.m. BBCR AA support 6 p.m. BCC | Holy Family Bazaar 12 p.m. CCC AA support 6 p.m. SCC |
| Holy Family Bazaar | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Bad River Cobell 1 p.m. CCC Driver's ed 4 p.m. CCC Cribbage 5 p.m. CCC Language table 5 p.m. SCC | Bad River Cobell 9 a.m. CCC Get fit 12 p.m. CCC WIC 12 p.m. CAIR AA/NA support 12 p.m. TRC Driver's ed 4 p.m. | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC Game Day 1 p.m. CCC GED 2 p.m. SCC Driver's ed 4 p.m. CCC Health and nutrition 5 p.m. CCC | Sewing 9 a.m. CCC Get fit 12 p.m. CCC Driver's ed 4 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA support 6 p.m. CCC | GED CCC (Call) Historical Society 12 p.m. CCC Holiday Celebration 5 p.m. FDLTCC AA support 6 p.m. BCC Declaring War King of the Cage 7 p.m. BBCR | Come & Swim & use the gym AA support 6 p.m. SCC |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Come & Swim & use the gym Elder movie morning 11 a.m. | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Driver's ed 4 p.m. CCC Cribbage 5 p.m. CCC Language table 5 p.m. SCC | Get fit 12 p.m. CCC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS AA/NA support 12 p.m. TRC Driver's ed 4 p.m. Bentleyville trip 4:30 p.m. CCC | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC Game Day 1 p.m. CCC GED 2 p.m. SCC | Sewing 9 a.m. CCC Get fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA support 6 p.m. CCC | GED CCC (Call) AA support 6 p.m. BCC | Come & Swim & use the gym Holiday Meal 1 p.m. CCC AA support 6 p.m. SCC |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Come & Swim & use the gym Cloquet Movie Morning | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC New Year's Res 12 p.m. CCC Cribbage 5 p.m. CCC | Get fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC Parenting second time around 1 p.m. CHS | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC Game Day 1 p.m. CCC GED 2 p.m. SCC | Sewing 9 a.m. CCC Get fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA support 6 p.m. CCC | Closed for Christmas Hairball 7 p.m. BBCR | Christmas Eve |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Merry Christmas | Closed for Christmas | Get fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC Game Day 1 p.m. CCC GED 2 p.m. SCC Sobriety feast 6 p.m. CCC | Sewing 9 a.m. CCC Get fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA support 6 p.m. CCC | GED CCC (Call) AA support 6 p.m. BCC | Come & Swim & use the gym AA support 6 p.m. SCC |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

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