

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



*Fond du Lac's Food Pantry stocked up to give out boxes every Wednesday in February.*

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# Local News

## Governor, Lt. Governor recognize FDL's efforts

The Fond du Lac Band's leadership, membership, community members, and employees have really stepped up during this pandemic, specifically making sure that FDL's people had enough food and could get it safely.

For that hard work Minnesota Governor Tim Walz and Lt. Governor Peggy Flanagan, sent the Fond du Lac Band a letter of gratitude for their heroic efforts to decrease food sovereignty.

The letter, which was sent to the chairman, but directed to all of Fond du Lac for their efforts, was also directed at Tawny Smith-Savage, FDL's Social Services Coordinator, and Jamie Adams, Economic Development Planner. Smith-Savage was ready to help from the very beginning of this crisis because she knew just how hard this was going to be on so many in the Fond du Lac community.

"We come from a perspective in social services and human services, that it's the whole person. Behavioral health, the mental health side, the physical body, and the whole social side of a person, their family systems and things like that," Smith-Savage began about her role in helping with food shortage and people going through a hard time around the Reservation. "We knew that

some of our clients were struggling with stay-at-home orders and knowing that many of our clients we work with we see a high amount of homelessness. So we started kind of thinking ok, how can we support them?"

Fond du Lac was as prepared for this pandemic as anyone could be. Medical professionals within Fond du Lac began receiving briefings and other information on COVID-19 back in January of 2020, and Smith-Savage and her staff actually had begun to stockpile food before that but it originally had nothing to do with the pandemic.

"We were actually taking canned food donations at our annual human services department holiday party," Smith-Savage said about the beginning of food donations. "That kind of started us off, and then we started doing even more donations, department competitions, so really encouraging those other departments to participate, and they have big hearts. They want to give back in a good way."

Fond du Lac has always been a very giving Tribe, but the efforts of the membership, the community, and FDL employees during this pandemic have shown just how giving each and every one within Fond du Lac truly is. When times were tough, our

community gave time, money, or food to help those who were even more in need.

"I think it was the hunger solutions grant that really sustained us on a regular basis," Tawny Smith-Savage said. "They are exactly what was said in this letter, that they are heroes."

FDL has always been a giving community and that has never been more apparent than during this pandemic. These efforts of the FDL community didn't go unnoticed and that is why the Governor sent a letter thanking the Fond du Lac Band.

While the food donations didn't initially start out as a way to help those struggling during this pandemic, it has blossomed into an even bigger help than Tawny Smith-Savage, FDL's Social Services Coordinator, could have imagined.

"We had a one room—one closet really—set up for our food shelf. It was very small, but it assisted families when they needed to get food. Then the pandemic hit and it turned into 'well, we need a conference room.' And then Jennifer Dupuis she was really looking at the COVID related grants," Smith-Savage said about FDL's efforts to increase the size of the food storage that Social Services had.

"We applied for one of the

grants from the Office of Economic Opportunity through MNDHS. They were offering funding for people to apply to start working with Hunger Solutions, which is an organization that really takes a look at how to gather resources and how to address the hunger issue all over Minnesota" Smith-Savage said of the work of Dupuis and others in Human Services to get more funding to help the community.

Those grants were more than just helpful, they were absolutely instrumental in keeping everyone fed during a time of food shortages and people struggling to make ends meet.

"That was really helpful too. I think it was the Hunger Solutions grant that really sustained us on a regular basis," Smith-Savage said of her gratitude for the added funding. "And we still continue to use that grant. Then at the end of the year we got additional funding from the American Indian Cancer Foundation."

Smith-Savage and her staff have worked tirelessly during this pandemic and while they're very appreciative of the recognition, it hasn't always been easy.

"We were delivering food boxes every single day. My staff was on a rotation and continues to be on a rotation for delivery and I think one week we had 50 requests,"

Smith-Savage said of the amazing work her staff has done. "That was a lot for us because we felt the urgency, there were many families impacted all at one time. Of course you're dealing with multi-generational homes. This isn't like your nuclear family system, it's grandma and grandpa, and mom and dad, and kids and grandkids. We have households that are like 7-10 large."

Of course, with all that added work, her employees weren't able to just do it during the normal course of their day, but as she says, that didn't stop her staff making it happen.

"They would come early in the morning, like 7:30 in the morning and they would want to deliver because they would have so many deliveries throughout the day, so they would have to come in early before work," Smith-Savage said of the eagerness of her staff to help. "For the past 9 months, everyone has been needing a morale booster, especially during that surge, when so many of my staff and their families were being affected by COVID too, with sickness and quarantine. So to read the letter, if they ever have a bad day, just read this letter. They are exactly what was said in this letter, that they are heroes and during this time they offered this service for

## Nahgahchiwanong Dibahjimowinnan

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

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

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

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

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

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Association



# Local News

people to maintain their dignity and have food access. And we're not done."

Fond du Lac's hard work started long before this pandemic and will continue long after its ends because of the giving nature of all those in the community.

"This is the highest accolade that you could ever get and it was given to us, as FDL, and to me it includes all of our essential workers," Smith-Savage said in recognition of the large number of people who might not otherwise get recognition for this but still did their important part to make this all possible. "We didn't do it alone, we had to work with our maintenance, to talk about the deliveries, figure out what is a good protocol for safe distancing, and working with people that are coming outside of FDL to come in to do these deliveries. So there's protocols and those were all developed within our safety officer and our risk management staff so, we didn't do this by ourselves. It took all our departments and directors to support this kind of work."

Food has obviously been important during this time, but as Smith-Savage pointed out it wasn't the only thing that we saw shortages of during this pandemic and her staff also delivered those things to members in the community too.

"I think that what we are finding early in the pandemic is that there was a concern about access to food and other essential items. Essentials items such as cleaning supplies, water, even water sometimes, a lot of those things were bought out," Smith-Savage said. "People joke about toilet paper, but toilet paper was an item where we had some scarcity. Other paper products, cleaning products, like paper towels. We were also finding, even now, it's difficult to find Clorox wipes."

Having things like toilet paper and paper towels are so impor-

tant always, but the importance of disinfecting wipes like Clorox wipes, and the others that the Center for Disease Control and Prevention (CDC) have listed as ways to protect against the virus, cannot be understated. Fond du Lac's efforts to keep people safe and stocked with necessities is one of the main reasons why Fond du Lac has done so much better against this pandemic than many other communities around the country.

"We were trying to look at it from a large view, in terms of trying to figure out what people need right now, immediately and then putting it in the box. We put the food in there, but we also included face masks, paper towel, toilet paper," Smith-Savage said of getting people in the community what they need so they could stay socially distant or in quarantine if they had contracted the virus or were in contact with someone who did.

Smith-Savage and her staff also recognized the unique opportunity they had during uncertain times for those who had so little information, which was basically everyone not directly in the medical field. They took that opportunity and knowledge and put them to good use as they began their work in the community.

"I think that we also felt that there was a need for public service announcements or information about what is the coronavirus. How do you keep yourself safe during a pandemic? Because people were getting information and, it's a crisis, but I don't think

that people were getting a lot of good information at the very beginning," she said of getting information out through their many avenues, most particularly through the great work John Hopkins University did, and got it out to the people so we all could have a better understanding of the pandemic.

But the main reason that Smith-Savage and her staff wanted to help was because of the unique situation we all found ourselves in, which is "how do you help people when you can't be with other people?" Being able to

**"I think it was the hunger solutions grant that really sustained us on a regular basis," Tawny Smith-Savage said. "They are exactly what was said in this letter, that they are heroes."**

bring people in isolation and quarantine the things they needed was the best way, and while it helped those who couldn't or

shouldn't leave home, their reactions also helped the staff.

"We're doing the best thing that we can possibly do, which is basically helping with kindness and that consistency approach of just being there," Smith-Savage said. "So many people were like 'this is so wonderful, this is so beautiful,' but they were just common products, like fruits and vegetables, and people would be in tears accepting the food and just saying 'thank you so much for doing this and being there.'"

So much can't be done during this pandemic to help one another, but being there with kindness, an open heart, and much needed supplies to survive are things that we can offer to those most in need.

During this pandemic, seeing one another, even from a distance, and seeing the good in others has really made us appreciate one another. A fact that hasn't been overlooked by Tawny Smith-Savage and her staff, while they lead the food distribution efforts for FDL.

"I think that's what helped, that's the medicine. That positive response and caring response to the community, to be able to go to their individual homes and deliver during a time where they felt like it was hopeless," Smith-Savage said. "To be able to have that support there I think was absolutely amazing."

As part of this, the social services staff worked FDL nursing staff to coordinate exactly who needed food. Smith-Savage's staff then did their part to make sure those in quarantine didn't have to go out into the community, thus limiting the spread of the virus.

"We took every single one of our referrals coming from medical of everyone that was in quarantine from being exposed or COVID positive and we also provided food for people who were food insecure. There are families out there that actually walk to the clinic in the summer time with a wagon and would put the food box on the wagon and take them home," Smith-Savage said.

Fond du Lac has always been quick to innovate, building and creating when necessary to get projects like this off the ground, and Smith-Savage doesn't see all of FDL's hard work ending after the pandemic.

"We also have distribution happening at CAIR also. We have a lot of urban families in Duluth, and with that we are coordinating with AICHO. Sometimes if there were American Indian families that we couldn't reach, we would recommend their services," Smith-Savage said about making sure Fond du Lac members and

their families don't go hungry. "I feel like this will continue to be an effort. I am going to look into other options to continue to provide food for the community. We're going to need volunteers and space, but Fond du Lac being innovative and thinking long term for their community, they'll continue to make it a priority."

The letter of recognition from the state, Smith-Savage reminds us, recognizes all of FDL. When she first read the letter after everyone's hard work, she was so grateful.

"I cried. I had tears of happiness because it is a lot of work, to take that on top of trying to figure out how we're going to do that on top of our other services. Which is hard to begin with," Smith-Savage said.

From Fond du Lac's intake forms and through the clinic, FDL has served 1,907 adults, children, and Elders accounting for 658 families. The following is an excerpt from an American Indian food security information sheet.

In response to the COVID-19 Pandemic, Governor Walz signed the COVID-19 Emergency Response funds. Included in the legislation was an allocation of \$1,000,000 reserved for partnership-based programming among Tribal Nations and food banks. This funding will be administered through the Department of Human Services Office of Economic Opportunity. The goal of this funding is to create: awareness, relationship building, access to food services and sustainability.

For those who did donate, volunteer, or help in any number of ways, Smith-Savage wants to remind you that as you continue to encounter difficult times, that your work is appreciated, and that Fond du Lac will continue to help as best they can.

# Food Pantry CCC SCC BCC Feb. 3, 10, 17, 24 • 12 - 7p.m.

## RBC Thoughts

### Boozhoo,

I hope that you have had a blessed holiday season and that you were able to spend some time with your loved ones. I was able to see my daughter through my living room window as one of her children contracted COVID-19 and they were on quarantine. It was not a usual Christmas for us. I am very happy to say good-bye to 2020 and welcome in the new year 2021. I hope this year brings good health and happiness for each and every one of you. I hope that this year brings you a renewed faith in our communities that things will begin to turn back to somewhat normal. I hope that we all survived this pandemic to see a better future for all of us. I wish you all a happy new year for 2021.

The number of people that have been infected by COVID are staggering. The number that have died are also quite sobering. We have 91 active cases on the Reservation as of Jan. 8. This leads me to the vaccine that we have received for the Reservation. We received 700 doses of the Moderna vaccine through Indian Health Service (IHS). We began to vaccinate our front-line healthcare providers on the day we received it. We are almost complete with that process and will begin to vaccinate Elders and at-risk population next. Within the next couple of weeks, we should receive another shipment and we will

continue to vaccinate until all who want it have received it. I received my vaccination and am eagerly awaiting my second shot so I can start back to somewhat normal.

The RBC has decided to begin the process again of re-opening our Casinos. We have re-opened our buffet and steakhouse for sit down dining. We have limited hours but are looking at the lunch crowd next. The bingo hall is opened with our COVID safety practices in place as



Ferdinand Martineau

well as our card games. The slots have been equipped with plexiglass barriers for player protection. The bars are still closed but you can enjoy your favorite beverage at your gaming machine or card table. The hotel has new key locks and most of the carpet has been replaced with hard surface flooring that is easier to keep clean and disinfect. We

had a dry run over the New Year weekend and it was very promising. It certainly was not the "Old Bear" but it made lots of customers quite excited to be there.

*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)*

*Gigawaabamin.*

### Cloquet News

#### Hello all

I hope you all had a good holiday season. As we start the new year, we can look forward to the vaccine being distributed and hopefully putting this virus in check.

As tough of a decision as it was, we have started opening up some of our casino business's both at Black Bear Casino and Resort and at Fond-du-luth Casino. However, some very strict policies and procedures addressing the COVID safety protocols have been implemented. Our Casino staff is watching these protocols closely.

We have had a few projects happening here at FDL, mostly all in an effort to address COVID. These projects are mostly all finished, as we set a completion date for these projects at the end

of December.

Our clinic did receive 700 doses of the vaccine and are vaccinating folks daily. They have also received a number of the test kits and are putting on testing clinics frequently. If you have any questions regarding either the vaccine or testing please feel free to call the



Wally Dupuis

Min No Aya Win clinic as staff there are glad to help.

I would like to say THANK YOU to each and every employee who has worked through this pandemic. Your

efforts are appreciated. Without your dedication and hard work FDL and its members would surely be struggling. THANK YOU.

*As always, please feel free to call or write as I am always glad hear from you. Cell (218) 428-9828, Office (218) 878-8078, or email [wallydupuis@fdlrez.com](mailto:wallydupuis@fdlrez.com)*



# RBC Thoughts

## Sawyer News

### Boozhoo,

February is the month, Namebini Gizis (the sucker fish moon), that we start to get ready for the first harvest of the new year. I have been trying to get wood set aside for sugaring season and get tools organized to start working in the woods. So far, we have had a very mild winter. I believe we can appreciate the light snow and mild temperatures; it has helped with a little less stress for the community.

With all that has been happening I have heard that people have felt relieved that vaccines have been administered to front line employees and community Elders. Please be patient and stay safe until we can get these vaccines out to the general community and employees.

I would like to thank all the staff who have provided services and provided food and supplies to the community, also the medical, enterprise, and program staff who have helped the community in these times of concern. There has been so much that has happened over the past month.

On another note, I feel for the

men and women who had to endure the tragic events that happened at the nation's capital. There is a call for justice for this type of intimidation and behavior.

Additionally, the losses among our friends and neighbors is significant due to the pandemic. I send my condolences to Fond du Lac families who have endured loss of loved ones, during a time when we can't hug or share words of support, just know my thoughts are with each and every one. Please be thoughtful of your fellow community members, especially our youth, who might just need someone to talk to.

On February 18, 2021 at 5:30 pm there will be the annual State of the Fond du Lac Band

Virtual event. If you are an Elder, or know of an Elder, who has not received their vaccine please contact Fond du Lac Human Services and if you have any questions about COVID or the vaccine call (218) 879-3791.

*Gigawabamin,  
Bruce M. Savage  
Sawyer District Representative  
(218) 393-6902  
BruceSavage@FDLREZ.com*



*Bruce Savage*

# FOND DU LAC TERO JOB FAIR

**JANUARY 30TH & JANUARY 31ST  
8:00 AM-12:00 PM  
BLACK BEAR CASINO RESORT  
- FOND DU LAC HALL -**

**ALL INTERESTED TERO COMPLIANT  
APPLICANTS WILL BE:  
CHECKED IN, APPLY ON SITE,  
AND COMPLETE AN INTERVIEW**

**DUE TO COVID-19:**

- JOB FAIR WILL BE FOLLOWING COVID-19 SCREENING PROCEDURES
- PLEXIGLASS WILL BE AT TABLES
- APPLICANTS MUST WEAR A MASK
- AREAS WILL BE SANITIZED BETWEEN APPLICANTS



# Amik and Indecision

Research by  
Christine Carlson

Long ago when the world was young and the face of nature was very different from what it is today, the beavers were a mighty nation. The greatest nation on Earth, for they of all the living creatures could cut down trees, build dams, and homes. Amik ruled the world and the race of man was their slave. At first they ruled well and kindly and people served them gladly. From them they learned how to fell a tree and taking a pattern from the animal's teeth, made tools of stone to aid them in their work.

As the years rolled on, the beavers like almost every nation that attains great power became cruel, overbearing and the lot of man was very hard. The ruling beavers became so oppressive that the people revolted and a terrible war took place. At first the beavers won, but they had become fat and ill conditioned through years of power and having allowed all their work to be done by others, so presently the people began to attain power.

At last the entire force of the two nations met in a great battle on the shores of Lake Athabasca. For days the fight raged, until all the beavers were killed except the old king and two very young beavers. The old king fought desperately but finally, terribly wounded,

crawled into his lodge on the shore. Fearing however that soon the enemy would enter and kill him, he dived under the floor and swam under water far out into the lake. When at last he came up he was sufficiently away so the enemy could no longer see him. Very weak from loss of blood he reached the further shore. Here he lay down and because of his many wounds, bled to death. Upon this stretch of the lake shore for hundreds of yards, the sand is dyed deep red and the Indians use it as paint.

As for the young pair of beavers that survived, they hid under the floor of the lodge and so escaped to be the parents of the present race of beavers. They were so frightened of the previous memories that they work at night and are the shyest of the animals in existence.

Amik stands for energy, enterprise, and industry. Next to humans the beaver is the only animal capable of felling a tree and though they work all around the trunk in their cutting, they can still drop the log in the desired direction.

Amik can gnaw through a 3-inch aspen tree in about 12 minutes. The beaver can drop a 6-inch aspen, cut it into 6-foot length cordwood and haul it all to the pond in a single night. Until the invention of the saw, no creature singlehandedly ever cut timber more efficiently. The secret is in the teeth which lay down a new hard

covering each year.

Amik is the engineer of the animal kingdom and one of the hardest workers you will ever see. Thus the term "busy as a beaver".

Beaver dams are not always a nuisance; they help to prevent soil erosion, control downstream flooding and provide wetland habitat for animals and waterfowl. Fish grow larger in newly created pools.

There are many mixed human reactions to amik but they can live in balance with their habitat and can be agreeable neighbors. I hope to see amik swimming by as it always brings such joy to my heart.

## Amik and the St. Louis River

There are legends about how different islands and sand hills were formed. These might be told about any of such places. This was told about islands or the sand hills in the area of the St. Louis River.

Once there was a great giant. He was a mighty hunter and spent all his time hunting for large animals in the area where he lived.

One day he was looking for just the right animal to kill and was rather angry since it had been a long time looking. He was really a big giant and his head reached the top of the biggest trees.

Each time he took a step, he broke many small trees in his way. Sometimes he walked on land and sometimes on water. The

water was not very deep for this big giant.

He came down the winding river from old Fond du Lac. Just ahead of him he saw amik's large lodge that was across the river. No animal except a very large beaver could have made it. The giant tried to hide his large body and crept up slowly and carefully.

He had to patiently wait and finally saw the biggest

beaver of all time. He just had to have it as his own. When amik came near, he shot it with his special arrow. Amik was injured and kicked with his hind legs. It was so big, it dug down deeper and deeper into the water. Each time it kicked; it threw up a great pile of sand.

Amik was a very strong animal and lived for quite a while as the sand pile became larger and larger. At last, amik died and the giant was pleased with his trophy. The next day

the people who lived on the river saw this new island. They did not know how it came to be as it was a large island and the sand hill right in the middle. Grass and trees started to grow upon it.

Yes, amik made the island and maybe other islands have been made the same way.

My feelings about amik are my own.



*Wondering what amik was thinking when working on this tree? Why do you think there are two cuttings?*

*Photography by Christine Carlson*



# School News

## Fond du Lac Ojibwe School News

### News from the Principal

**B**oozhoo Fond du Lac Ojibwe School Community, The world is looking a bit brighter these days. I am hoping to get back to a new normal. I would love to see my friends and family in person. I know the family members that live in my household are getting bored of me, too.

We just held our first online Biboon Celebration. We had various speakers who shared their knowledge and provided a bit of humor and fun. Miigwech to all of those who attended and to all staff members who helped organize the event. We will have our Ziigwan Online Celebration on March 18, 2021.

Please help your child(ren) get online every day. If they are unable to do so because they are sick or because they are having technology issues, please contact the teachers or student advisors. It is important that they have a schedule with their classes and their homework. Keeping a schedule keeps a bit of “normalcy” in their lives. Also, tutors were approved to continue through the end-of-the-year. If your child needs a tutor, please request one through their teacher.

Families, we are continuing to have Parent Advisory Group (PAG) meetings. We meet monthly via phone conference. We may try to meet through Google Meet soon. The purpose of these meetings is to gather input and ideas from families, to problem solve issues and concerns, and to provide information. If you are interested in participating, please call Shirley at (218) 878-7242. We will reach out to you regarding PAG meetings. We will be putting the notes/minutes of the meetings on our FDL Ojibwe School website. Please check them out and see what we have been discussing.

Staff also continue to grow and sharpen their online skills. We will be having a teacher development day on February 5, 2020 (no school for students). Teaching staff will receive additional training for online learning.

*Miigwech.*

*Valerie Tanner*

*Anung Ginew Ikwe*

*K-12 Building Principal*

### News from the Superintendent

**A**aniin/Boozhoo Nindawemaganidok, Mino Oshki Gikinoonowin/Happy New Year! I hope everyone enjoyed the holidays. I am hoping that 2021 will be a much better year than 2020, and never have to deal with another pandemic. By the time you read this article our school year will be half over. The first semester ended January 15, 2021. We started our school year with Distance Learning and will continue to do so until it is safe to return to in-person learning. I wish I could give you a specific date, but I can't right now. Our decisions are prioritized with everyone's health and safety in mind. Hopefully, the pandemic will end by summer, everyone will have the opportunity to be vaccinated, and our students can begin the year with everyone in the school building.

As we move through the pandemic our students, families, and staff have demonstrated Ogichidaadog Gimashkawizimin/We are strong. We have successfully continued our academic programs, delivered meals, held staff trainings, and did the best we could with virtual socializing. Chi Miigwech staff for your teamwork, commitment, dedication, strength, and efforts. I am extremely proud of the collaboration among the FDLOS staff and what they have accomplished during the pandemic. Chi Miigwech to our students and families for your committed efforts and hard work! I appreciate, and I am grateful, that we are all working together. I am proud to work in a community that is mindful of our purpose as Anishinaabe and one who upholds

the mission and vision statements of the Ojibwe School.

We strive every day to live up to our Ojibwe School Motto; “Anokii/work, Nanda-gikendan/study, Enigok gagwe/strive, Gashkitoon/succeed.” A student's education does not just occur at school; it occurs all around them daily. FDLOS appreciates our parents, guardians, and community support to help our children be successful and healthy. We all need to stay healthy! Here are a few tips that will help students be successful:

- 1) Students need an average of 9 - 11 hours of sleep per day.
- 2) Students need to play outside and exercise at least 30 minutes per day.
- 3) Students should wear Blue Light glasses when on technology devices.

Living a well-balanced life during the pandemic is important for everyone, not just children.

We strive for educational excellence, social/emotional well-being, and cultural preservation for our students. We will continue to work through this pandemic in an atmosphere of cooperation and collaboration, continue to provide meaningful learning

opportunities, support student achievement with various programs and departments, and ensure the best quality of services are available to meet the needs of our students. I look forward to the day when we can all be back in the Ojibwe School safely.

Mask up, wash up, and socially distance. Let's work together to keep everyone safe and healthy!

*Giigaawaabamin dash Mino Oshki Gikinoonowin*





# School News

## Grants and accountability manager

When students and staff finally return to the school, they will be met with visual and hidden improvements. The hiatus caused by the pandemic allowed us to complete projects that would have had to wait until summer 2021 to complete. By March, all lighting will have been changed out from fluorescent to energy efficient LED; this amounted to changing out over 1,000 fixtures over the past year. We will also benefit from Minnesota Power rebates for the changeover.

The school is now equipped

with a state-of-the-art surveillance camera system, inside and out. This change brings increased safety for students, staff, and community. Miigwech to our partners in this project: Guaranteed Network Services, Integrated Protection Services, Dennis McCauley/BBC Surveillance, and the FDL IT Division.

Other projects completed include upgraded food service freezer/cooler upgrades, roof repair, security room cooling, and carpet replacement. We have submitted, or will be submitting, grant applications to provide the following: rice and

sugar processing shelter improvements, outdoor oven and pizza oven, Journey Garden fencing, gymnasium insulation, summer school and professional development funding.

Miigwech to our maintenance staff, Devon and Mike for keeping the building sanitized and organizing the distribution of equipment and materials ordered during the pandemic. Thanks also to Wayde (while working remotely) for monitoring building systems, gathering HVAC data, and arranging for maintenance contractors at our buildings.

Dan Anderson

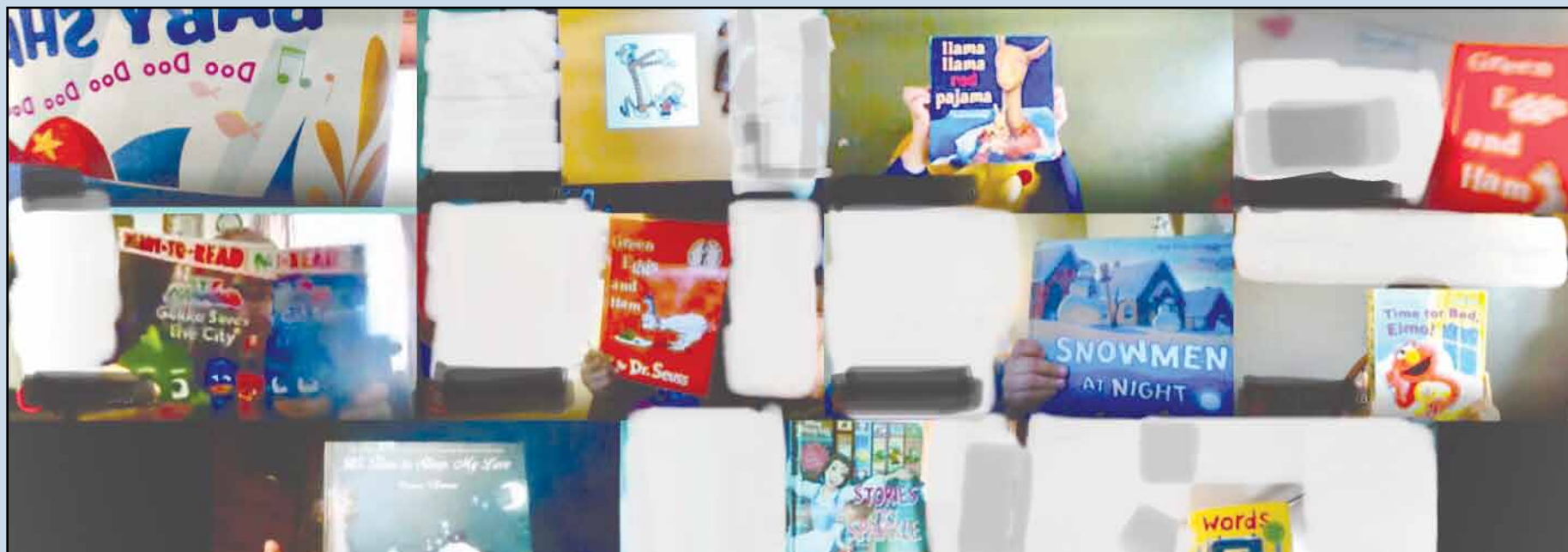
## Technology needs

Aaniin Boozhoo,

My name is Brittany Heskin, I am a high school paraprofessional and have been helping with technology needs at our school. I want to say that I am very proud of our students for taking care of their chrome books and devices. A lot of our students have shown that they are responsible. Technology can be frustrating, so a huge thank you to the students and families for your patience, kindness, and support. With all the sunshine and warmer weather, make sure to balance screen time and go outside. Wear your blue-light glasses to reduce

the strain on your eyes. Things that let off blue-light include; many indoor lights, computer monitor screens, flat screen LED televisions, smartphone screens, and tablet screens. MiFi devices are still going out to provide students with internet for school purposes, let us know if you need a mifi device. I hope everyone was able to join the fun for the Biboon celebration and drawing. Congratulations to our winners. I Love to Read Month is in February.

Have a great month. We are off to a new start in our new year! Brittany Heskin



## Kindergarten news

We are celebrating "I Love to Read" month and asked kids to bring a favorite book to share at our Google Meet class. Sometimes it's hard to choose a favorite book but if we can start an early habit

of reading it will hopefully develop and help with skills as they continue to grow.

It amazes us at how these young learners have adjusted to virtual learning. Many have shown up consistently at our twice a day Google Meet class

times, as well as their daily individual meet times. We also have specialist meet times for Ojibwe language, art, phy-ed and music. We try our best to introduce new skills, review, and assess their learning the best we

can. The best part of using our Chromebooks and technology has been being able to see our classmates. We are very thankful for families for helping remind students of these meeting times. It is important to spend time away

from the screens too! We encourage students to spend time outside with their families where they can enjoy the sights and sounds in nature or grab a good book and spend some time reading.

Carol Smith & Daniel Franklin

# School News

## Cultural curriculum coordinator

This has been a mild but long Biboon! We continue to do distant learning with every single class. We have a group of Senior students who are very independent workers. It sure is different not seeing everyone in person every day. I miss all the students and hope that this pandemic will be over soon.

We had an online Biboon celebration that went really well. Miigwech to everyone that participated and Miigwech to the staff who put so much time and effort into getting this up and running. Jodie Lockling and Julia Lintgen were extremely helpful and giving of their time for our celebration.

As I am working with the seniors this year as the advisor, I have been able to see a few of them online. Every once in a while, I stop in their driveway to say hi and deliver supplies. We will need some information from them for ordering their cap and gowns. That special exciting time is coming fast!

Maria Viebahn and I have been having online sessions for our seniors to understand their options for college. We met with Josh from FDLTCC last month and plan to have a meeting with Shelley West for the Fond du Lac Scholarship program. There are some scholarship opportunities on the senior 2021 page that our seniors can apply for as well and some links to do virtual tours of colleges.

As we come into spring, things will even go faster. Hopefully, everyone is getting their work done and ready to move on to life without high school... I have missed all the

students so much and now next year these seniors will be doing great things and you all need to know we are here for you even if you are not our students. You will always be "my kids."  
Miigwech!  
Tara Dupuis

## Gifted and Talented news

Happy New Year! Welcome 2021! My name is Sharon Belanger and I am the Gifted and Talented Coordinator for the Fond du Lac Ojibwe School. The pandemic and other events have made the 2020-2021 school year very interesting and unique. The Gifted and Talented services will be provided remotely this year. There are currently six Gifted and Talented coaches: Andrea Johnson-Korpela, [andreajohnson@fdlrez.com](mailto:andreajohnson@fdlrez.com); Nissa Benedict, [nissabenedict@fdlrez.com](mailto:nissabenedict@fdlrez.com); Dawn LaPrairie, [dawnlaprairie@fdlrez.com](mailto:dawnlaprairie@fdlrez.com); Jill Goodreau, [jillgoodreau@fdlrez.com](mailto:jillgoodreau@fdlrez.com); Daniel Franklin, [danielfranklin@fdlrez.com](mailto:danielfranklin@fdlrez.com); and Aliza Kettelhut [alizakettelhut@fdlrez.com](mailto:alizakettelhut@fdlrez.com). They will be providing fun and engaging activities utilizing Zoom, Google Classroom, Google Meet and/or other electronic platforms. If you have any questions or would like further information, please contact me at [sharonbelanger@fdlrez.com](mailto:sharonbelanger@fdlrez.com).

## Greetings from grade 1!

Boozhoo all!

First grade students are so smart and happy! It is a pleasure every day to come on our Google Meet to see all the smiling faces of our students! They are so happy to come to our virtual classroom.

Our students are making great progress, just maybe a bit slower than in the actual classroom. We have many great readers already! It's amazing what the students are reading in Book Club with Ms. Hailey. We certainly appreciate all the help and assistance we get from Ms. Hailey; she's been a vital part of grade 1.

Ms. Maggie has been making sure our students are making great progress in math and science. We usually do a great deal of hands-on work in these areas, but Ms. Maggie is making it fun and virtually interactive.

I think my favorite time of the day is during the individual Google Meets with students. We meet with students for 15 minutes each day. This time is important as we reteach material, give technology and assignment help, or just visit. It's vital for our first graders to be on during this time.

We also appreciate the families for helping the students get on our Google Meets and assisting them with their assignments. Take care and be safe!  
Mrs. Sautbine and Ms. Maggie

## 4th grade

Words cannot express how much we have missed seeing our students faces in our classrooms each day! We realize this drastic change hasn't been easy, but we are extremely proud of your efforts at home. We hope you were able to spend more time with your family and enjoy not rushing out the door every morning.

All of you have impressed us more than you will ever know. We are proud of your flexibility, positivity, and resilience during these crazy times! Although this wasn't the year we were expecting, please know that your hard work is paying off.

The school year is already halfway over... Keep up the great work!

## 5th grade happenings

Wow! We are halfway through the year. We would like to say Miigwech to our 5th grade students and parents who have made Distance Learning successful. We have all increased our knowledge on technology as hiccups and issues arise. Thank you to those students who jump in to help each other out when those hiccups happen.

Our 5th graders have been doing a great job logging into class each day. A majority of the time we have a 80% to 90% attendance rate so WAY TO GO STUDENTS! In math, we have just started geometry. We are working on area and perimeter. We will soon be ready to tackle volume! In social studies, we have been focusing on U.S. history along with the Constitution and Bill of Rights. Our next unit will focus on Treaty Rights. We are looking for some presenters

to come join our virtual classroom and share some knowledge of treaty rights and why they are important. If you would like to share, please feel free to contact one of us and we will get you on our schedule.

Please continue to read with your child at home. Reading for enjoyment will help your child increase comprehension and fluency while giving them a reason to pick up reading material. Encourage them to read recipes, back of cereal boxes, achieve articles, etc. to you and have some fun with it.

Watch for your child's 2nd quarter report card coming home to a mailbox near you. We will also be in touch to schedule a conference so that together we can help your child have a successful 5th grade school year.

As always if you have any questions or concerns please feel free to email us at [dawnliimatainen@fdlrez.com](mailto:dawnliimatainen@fdlrez.com) or [amyjackson@fdlrez.com](mailto:amyjackson@fdlrez.com). You can always text, message, or call as well. Miigwech for all you do, Ms. Dawn and Ms. Amy





# MULTIPLY YOUR MOOLAH!

**FEBRUARY 6<sup>TH</sup> - 27<sup>TH</sup>**  
**SATURDAYS 6 - 9 PM**

START EARNING ENTRIES  
ON JANUARY 31<sup>ST</sup>

- THREE (3) PLAYERS AN HOUR, TWELVE (12) A NIGHT
- YOU COULD WIN UP TO \$7,500 IN CASH!

FOLLOW US:



Official rules at the Players Club or online  
at [blackbearcasinoresort.com](http://blackbearcasinoresort.com).

**MAKE THE BEAR YOUR PLACE!**

Owned and operated by the Fond du Lac Band of Lake Superior Chippewa

# BUFFET OPEN

**Wednesdays - Sundays**  
**3 pm - 9 pm AND**  
**Saturdays & Sundays**  
**for Brunch**  
**11 am - 2pm**

**MY PLACE!**  
*for dining!*





# Vaccine Update

## Fond du Lac continues COVID vaccinations, moves into younger group

Fond du Lac began vaccinating people in late December 2020 with the Moderna COVID-19 vaccine. Since then over a thousand people have received their first dose of the vaccine and a handful of those in direct patient care within Fond du Lac's Human Services Division having been given both doses.

The doses that Fond du Lac has been getting are going out to the public, with the Emergency Operations Center (EOC) dictating the plan of vaccinating those most at risk.

"We are getting shipments weekly. We're getting about 700 a week," Robin Johnson, Fond du Lac's Community Health Services Department Coordinator said. "We're trying to get those out as soon as we can. So, we're working through the COVID vaccination and distribution plan."

"And we want to get through the phases that the EOC has designated so those that are considered critical infrastructure, those that have been considered essential," Dr. Reynolds, FDL Medical Director said. "So, we want to get them vaccinated first and quickly before we can open it up to the mass general public."

Fond du Lac has always been a leader in the medical community and this pandemic has been no different, with Fond du Lac already moving into the group that plans to vaccinate those with certain health conditions ages 18-51.

"We're also looking at those individuals that have comorbidities that put them at a more severe risk for disease too," Johnson said about the plan to begin to

vaccinate those in phase 1A. "That's why some of those are going down to age 18 because if they have multiple medical conditions that places them at a higher risk too."

The plan has been moving smoothly and that has led to FDL medical personnel to be able to vaccinate people in a quick and orderly fashion, and the Moderna vaccine's storage requirements have not been a problem.

"Moderna's vaccine is not one that has to be sub-frozen temperatures. So, we've been doing well with

our medical grade refrigerators and the time that it's allowed to be out of the refrigerator has been working well," Dr. Reynolds said. "We've

been able to vaccinate people and not have them expire."

Currently the plan is to continue to expand and open up the requirements to allow for more people to be vaccinated, and while that will include vaccine clinics such as drive-up style ones, none have been scheduled at this time.

At this time, FDL has vaccinated many important people in the community including critical infrastructure, Enterprise, the government, EMTs, conservation, law enforcement, Elder's, and many others in the community.

Still there may be many in the community that are nervous about the vaccine, but Dr. Reynolds assures us that this isn't something to worry about.

"In general, people have been getting the common side effects that are known to get after the COVID vaccination specifically after the second dose," Dr. Reynolds said about the side effects those within our community have experienced. "People may feel a little bit more reactions compared to the first dose and those include fever, body aches,

headache, nausea, extreme fatigue. Those have been the major side effects."

Dr. Reynolds continued discussing the side effects and what that means if you experience them after either of your

and that should not prohibit you from getting the COVID vaccine," Dr. Reynolds emphasized. "Thankfully we haven't had anybody with any anaphylaxis which has been the worry from the beginning. People who have had severe allergies have been vaccinated and they have done really well."

Since these side effects are completely normal, everyone in Fond du Lac's Human Services Division is encouraging everyone to get both doses, even if you have these common side effects after the first dose.

"It's really important for people not to be deterred when they hear this because the vaccine was studied in the two-dose series," Johnson said about wanting everyone to know that the vaccine is completely safe and we should all get it. "It's really important that people do finish out the two doses."

If a person doesn't get both doses of the vaccine, the results are very obvious.

"You're just not fully immunized. You're at greater risk of getting COVID," Dr. Reynolds said. "Robin makes a good point that maybe somebody when they had their first dose had a fever and had chills and felt awful, but that is expected. And those resolves within 24-48 hours. We haven't had someone who has had prolonged symptoms. So, it is important to know that you might feel a little icky for a couple of days, but it's going to get better."

The side effects of the vaccine are nothing compared to actually contracting COVID-19. There have been reports of months of

complications as Dr. Reynolds discussed.

"We have been seeing people who are recovering from the COVID-19 disease who are still having difficulty breathing. They're having a fatigue, they're having that memory fog, that brain fogginess that's been lasting for weeks and months. People with chronic headaches from having even mild COVID disease it effects their system and effects their system for a long time," Dr. Reynolds said. "So, weighing the fact that 'hey, I may get a fever and chills for a couple of days' versus months of having headaches and fatigue and muscle aches and difficulty breathing from getting the actual disease."

Dr. Reynolds also encourages everyone to get the vaccine because it is much safer than obtaining herd immunity through contracting the virus.

"We're hearing about the new variant of COVID-19 and so far, it does show to have immunity or protect people from that new variant," Dr. Reynolds said of the current data, but admits that could change.

FDLHSD continues to work hard to get everyone vaccinated and keep everyone safe.

If you are leery about the vaccine or have any broad questions you would like me to ask Dr. Reynolds and Robin Johnson about the vaccine, feel free to contact me (218) 878-2682 or email zacharydunaiski@fdlrez.com with questions. Please remember to leave contact information on a voicemail. If you have more specific questions, contact your healthcare provider.

**Questions for  
Dr. Reynolds and  
Robin Johnson about  
the vaccine? call  
(218) 878-2682 or  
email zacharyduna-  
aiski@fdlrez.com**

# More Local

## FDL receives letter from Governor and Lt. Governor

The article in the Local section (Pg 2-3) refers to a letter from Governor Tim Walz and Lt. Governor Peggy Flanagan. The following is the letter they wrote to the Fond du Lac Band.

Dear Chairman Kevin DuPuis,

As we begin the New Year, we wanted to send you a brief note to say – thank you. On behalf of the state of Minnesota, our families, and our communities, thank you.

Because of the COVID-19 pandemic, you have had to serve your community and relatives in different ways to ensure that they do not go hungry. We have strived to provide resources and support to each Tribal Nation, creating platforms to share needs and learn from each other. We are grateful for your partnership with us.

Your staff have worked creatively and tirelessly to establish food distribution programs to meet the needs of your communities. Together, you have shown what it means to care for one another through the power of food.

We want to assure you that our teams continue to monitor and analyze patterns of transmission. We also continue to work on food insecurity to help with access to food and services so no one is put into danger to access food.

The hunger relief network in Minnesota is strong, deep, and resilient. When this is all said and done, people will remember heroic efforts of your staff

to decrease food insecurity for American Indians. You and your teams have responded with dignity, honor, and respect.

Please take care of yourselves and know that we are grateful for your leadership and our partnership in ensuring that all people in Minnesota have access to food.

Miigwech /Thank you,

## Gitigaaning farm solar array

The Fond du Lac Band of Lake Superior Chippewa (FDL) was recently awarded a Tribal Solar Accessibility Program grant through the Minnesota Department of Commerce to build a 5.5 kW solar array at the Fond du Lac Gitigaaning farm. The funding helped develop a project that will reduce the costs of producing food for the Fond du Lac Community.

The Gitigaaning farm is a community program that promotes sustainability and provides opportunities to community members to expand food sovereignty for our residents. The placement of renewable solar arrays reduces our carbon footprint and energy costs. These efforts in efficiency and reduction on dependence of fossil fuels will result in lower food production costs and a reduction in greenhouse gas pollution.

The Gitigaaning farm is not only a place to train emerging food producers, it is an opportunity to educate our community members on all aspects of the food system and promote Tribal food sovereignty. We are educating the community and

providing demonstrations on soil health, managing for pests without harmful chemicals, processing, preserving and cooking foods, and composting with this project, using energy efficiency and supporting “off the grid” food production. The addition of the solar array will bring upon new opportunities to educate the community on how much energy is being produced, the cost savings, and what is being fueled with the energy. This project is a huge step in supporting our food sovereignty and will be a great asset to our community.

The FDL solar project team consisted of: Wayne Dupuis, Environmental Program Manager; Bruno Zagar, Energy Project Manager; and Steven Douglas, Facilities Operations Director, Zagar and Douglas are both certified by the National Renewable Energy Laboratory in solar operation and maintenance. Benson Electric staff installed the solar array. Their electricians are UL Solar Certified and have installed over 100 solar systems. Jamie Adams and Jason Holliday, from the Planning Division, contributed information about the Gitigaaning farm and a letter of support for the project.

FDL has pursued a variety of energy projects since the Reservation Business Committee (RBC) committed to the principals identified in the Kyoto Accord by measured reductions in greenhouse gas producing fossil fuels. One avenue the Fond du Lac Band of Lake Superior Chippewa has pursued is the installation of solar electric systems, including five, 3 kW solar electric systems, one on a powwow arbor located



Solar farm at Gitigaaning

behind the Ojibwe School, and five systems are installed on Band owned homes on the Fond du Lac Reservation. The Fond du Lac Resource Management building is the first Leadership in Energy and Environmental Design (LEED) certified building constructed in Carlton County and it is assisted in energy usage with a 12 kW Photo Voltaic system. In addition, in efforts to meet the Kyoto requirements, the Band has installed a one-megawatt solar system next to the Black Bear Casino and Resort to provide renewable solar energy equivalent to the usage of 200 residential homes.

This grant proposal reflects many elements stated in the Fond du Lac Overall Economic Development Plan, which pursues ambitious economic and environmental goals for the Band. Fond du Lac economic development goals are to obtain and sustain economic self-sufficiency for the Band while securing and nurturing economic and personal self-sufficiency for all individual

members of the Fond du Lac Band of Lake Superior Chippewa. This project will provide economic returns to the Band by improving energy reliability and energy independence, thereby producing cost savings and lowering operational and maintenance expenses.

Environmentally, the use of renewable energy and choice of energy purchases aligns with the cultural beliefs of the Fond du Lac Band by protecting its resources through the use of technologies that reduce pollution. The planning and engineering of renewable energy and local electricity management will help enhance Tribal sovereignty and self-reliance. Finally, the Fond du Lac Band is committed to sustainability as expressed in its vision of providing for future generations. This cultural belief is one of the guiding virtues of the Fond du Lac Band, and one which is in tune with the proper utilization of energy resources.



# More Local

## Per cap notice

Because of the COVID-19 shutdown of our gaming operations last summer, the RBC has taken the step to not issue advances for the first quarter of 2021. Depending on the recovery of our operations, loans may be available for second quarter of 2021.

## Christina Haswood wears regalia while being sworn in

In November, Kansas elected only their second Native American to the legislature, Christina Haswood (D-KS). Haswood joins Ponka-We Victors (D-KS) who has been serving in the House of Representatives since 2011.

Haswood, 26, was sworn in as the youngest legislator and did so dressed in full Navajo regalia. This important moment was one that as Vogue reported, Haswood wanted to use to make a statement about her heritage.

For the historic moment, Haswood knew she wanted to use her swearing-in ceremony this week to highlight her culture. So, she took her oath wearing traditional Diné regalia, which included moccasins, a velveteen skirt, and a red blouse with silver embellishments that she made along with her mother and her partner. "I wanted to honor my ancestors and all their sacrifices for me to be here and in this job," Haswood told Vogue of the style choice. "I wanted to honor my family, who has taught me how to be a strong, young Diné woman while growing up in Lawrence,

Kansas."

There has been sadly too few Natives representing the people of this country, and it is a momentous occasion to see Haswood show pride in her culture.

Source: [https://www.vogue.com/article/christina-haswood-kansas-representative-indigenous-regalia?utm\\_social-type=owned&mbid=social\\_twitter&utm\\_brand=vogue&utm\\_medium=social&utm\\_source=twitter](https://www.vogue.com/article/christina-haswood-kansas-representative-indigenous-regalia?utm_social-type=owned&mbid=social_twitter&utm_brand=vogue&utm_medium=social&utm_source=twitter)

## Governor Walz directs \$67.3 million to businesses impacted by COVID-19 closures

Governor Tim Walz announced the Minnesota Department of Revenue has issued \$67.3 million in COVID-19 Business Relief Payments to 3,891 eligible businesses in Minnesota. The relief payments were part of bipartisan legislation passed by lawmakers and signed into law by Governor Tim Walz in December to help restaurants, bars, gyms, and bowling centers impacted by the COVID-19 pandemic. The legislation also provides relief options to movie theaters and convention centers, as well as direct funding to all of Minnesota's 87 counties to set up local grant relief programs.

"This relief comes at a crucial time for our businesses who continue to make enormous sacrifices for the health and safety of Minnesotans," said Governor Walz. "This is a criti-

cal lifeline for those businesses and for the Minnesotans whose livelihoods depend on them."

"Thanks to the hard work of Revenue employees, much-needed aid has been distributed throughout Minnesota, supporting our small business communities and working families as we continue to work together to control this virus," said Lieutenant Governor Peggy Flanagan.

The department used sales tax filings to determine which businesses were eligible for the direct relief payments under the legislation. The checks have been mailed to eligible businesses, and business owners can expect to receive

them in the coming days. The department cannot release a list of businesses receiving a payment because they are a direct payment sent to business owners based on private, non-public tax data.

Eligible businesses must meet the program requirements outlined in the legislation. Direct payment requirements for businesses include:

- Being located in Minnesota
- Had at least \$10,000 in taxable sales in 2019
- Filed Sales Tax returns in 2019 and 2020
- Experienced a 30% drop in year-over-year taxable sales for April-September periods
- Being categorized by the Min-

nesota Unemployment Insurance program as a restaurant, bar, gym, bowling center, or similar business

Businesses that did not receive a COVID-19 Business Relief Payment but think they meet the program criteria can contact the department. An online inquiry process will be available beginning Tuesday, January 19, and will remain open through Friday, February 5. Businesses can visit [revenue.state.mn.us](http://revenue.state.mn.us) and click "COVID-19 Business Relief Payments" found on the homepage.



## FDL's first vaccine doses

Just before Christmas FDL received the best present, 200 doses of the Moderna vaccine.

The first doses went to FDL's frontline workers, and the next several doses will be going out to the Elder's most at risk.

Before we know it, we'll all have our vaccine, we just need to be patient and smart until then. Remember, every decision we make between now and when we're all vaccinated isn't just a decision that affects ourselves, it affects everyone in our community.



# More Local

## Bike update

Boozhoo indanawemaganidoog, it's Alexandra Houchin! Many things have been in the works since I have started serving out a fellowship in our community.

In early fall, I had issued a survey in our community that asked a lot of questions about interest and access to bikes. 46 people responded! There was such great feedback and as usual, the community helped me see the blind spots in my thinking.

Due to the new information, the state of the bike industry, and my greater vision of access to education, I've let the idea of a bike collective go to sleep; based off of the community feedback, I don't believe it would best serve our community's needs. I do, however, anticipate opening a full-service bike shop in a few years. In the meantime, I've started working on building an experiential learning non-profit. Learning through doing; not only learning through bikes, but learning through various means of doing.

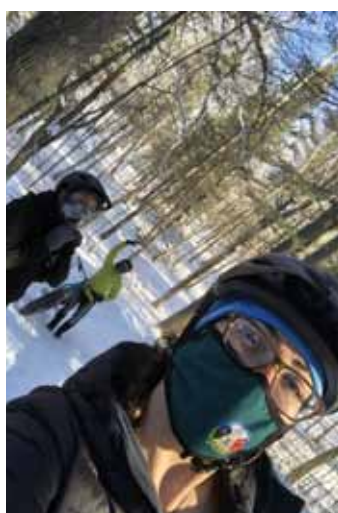
The Band has acquired a small fleet of fat bikes (1-small, 2-medium, 1-large, 1-x-large) for community use. I have been maintaining them, storing them, sanitizing them, and delivering them to areas for people to ride with me.

People have been having a blast riding them. A few of us meet up several times a week in

a socially distant manner and explore new places, new terrain and tackle ideas of what it means to be Indigenous outdoors. The response and turn-out so far has been awesome. I invite you to be a part of the narrative.

These bikes are to serve as demo bikes to increase access to outdoor recreation, pathways for exercise in a time when our indoor exercise facilities are closed, and ultimately, I hope to see people foster new, or nurture ongoing relationships with the outdoors.

If you are interested in trying out a bike for yourself, or your family, contact me via phone call or text message at (218) 591-6053 and we can organize a time and place to make it work according to your skill level!



## Love with all your heart.

### February is American Heart Month.

You can reduce your risk for heart disease. You can live a long, healthy life, and be there for your loved ones.

- Use tobacco in traditional ways only.
- Eat a healthy diet.
- Walk every day.
- Love with all your heart.



Produced by IHS Division of Diabetes Treatment and Prevention, [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)



# More Local

## Gegaanzongejig ji-aabadak Ojibwemowin Fond du Lac Language Program

We were taking so many calls and emails regarding calendar names that we decided to offer this with our monthly article. The calendar is a combination of names shared by Betty Gurno and our FDL Language Program Team. This calendar is an attempt to offer up Ojibwe names for the different moons for each month without any outside influence. Our calendar follows the moon cycles. That is why all the months have Giizis in it. Dibiki-giizis is what the moon is called in Ojibwe, another name the moon has is Giganan, which means Our Grandmother. In Ojibwe ceremonies, we call upon the spirit of the moon, our grandmother, to fix any mistakes that we have made during the ceremony.

In addition to the names of the months, we have added both Ojibwe and U.S. observed holidays. There are some months included with the U.S. observed holidays that are well known that we chose to include.

Ojibwe names of the months are regional. The names of the months are different in each Ojibwe speaking community. When you travel or move to other communities, try to use their local language and practices. That is what is expected of visitors.

Weweni sa naa! Daga apane aabitawingwepizog! Take Care! Please keep wearing your masks!

### Ojibwe Giizisog

Wanii'ige-Giizis January (Trapping Moon)  
Namebini-Giizis February (Sucker Moon)  
Also; Webinige-Giizis (Throw Away Moon)  
Onaabani-Giizis March (Hard Crust Snow Moon)  
Ziinzibaakwad-Giizis April (Sugar Moon)  
Waabigoni-Giizis May (Flowing Month)  
Ode'imini-Giizis June (Strawberry Moon)  
Also; Aabita-Niibini-Giizis (Middle of Summer Moon)  
Miini-Giizis July (Blueberry Moon)  
Manoomini-Giizis August (Ricing Moon)  
Waatebagaa-Giizis September (Leaves Changing Color Moon)  
Binaakwii-Giizis October (Dropping Leaves Moon)  
Gashkadini-Giizis November (Freezing Moon)  
Aabita-Bibooni-Giizis December (Middle of Winter Moon)

### Anishinaabe Observed Days

Azhe-giwe Biboon Summer Solstice  
Azhe-giwe Niibin Winter Solstice  
Wiidoopange-giizhigad New Years  
Anishinaabe-giizhigad Indigenous People's Day  
Mikwenimindwaa Anishinaa-bebaniig  
FDL Memorial Day  
Jiibayi-dibikad All Soul's Night (Takes place during Halloween)

**Gichimookomaanaki (U.S.) Observed Holidays & Months**  
Baapaashkizige-giizhigad 4th

of July (Firecracker Day)  
Baapaashkizige-giizis July (Firecracker Moon)  
Mikwenimind Zhimaagan-ishibaniig Memorial Day  
Ojiindi-giizhigad Valentine's Day (Kissing Day)  
Gichimookomaanaki-ogimaa-giizhigad President's Day  
Jiishi'iwe-giizhigad April Fool's  
Maamaakiinaan-giizhigad Earth day  
Naanogonagizi Waabigoni-giizis Cinco de Mayo  
Also; Zhaawanowanishinaabe-giizhigad  
Giganaan-giizhigad Mother's Day  
Goosinaan-giizhigad Father's

day  
Gichi-anokii-giizhigad Labor Day  
Aanjishimind diba'igiiziswaan Daylight Saving's  
Mizise-giizhigad Thanksgiving  
Niibaa-anama'e-giizhigad Christmas  
Manidoo-giizis January, Spirit Moon  
Manidoo Giizisoons December, Little Spirit Moon

### Days of the Week

Anwebi-giizhigad Sunday (Resting day from drum)  
Nitam-anokii-giizhigad Monday (first day of work)  
Niizhoo-giizhigad Tuesday

(2nd day of week)  
Aabitoose Wednesday (Middle of week)  
Niiyo-giizhigad Thursday (4th day of week)  
Naano-giizhigad Friday (5th day of week)  
Niimi'idi-giizhigad Saturday (Drum dance day often referred to as Big Drum Ceremony)  
Noongom today  
Bijiinaago yesterday  
Awasonaago day before yesterday  
Waabang tomorrow  
Awaswaabang day after tomorrow

### Nahgahchiwanong Adaawewigamig

#### Fond du Lac Gas & Grocery

Open 7 days a week: 7 a.m.-9p.m.

We changed vendors and have new products! Come and check out our new selection of ready to go meals, ready to eat fruit and healthy food options. We have a new Java coffee brand as well as International Delight Iced Coffee! With our coffee cards buy 5 cups of coffee and get the 6th FREE! When you're grabbing a cup of coffee take a look at Grandma E's variety of donuts and bread. When you are looking around the store you will notice a better selection of WIC products. Our frozen section is stocked with variety of pizza and family meals. Please remember to wear your mask when you come shopping. We are now selling some Native style items. Elders will receive free 12 oz. coffee from 7-8a.m. We now have monthly specials posted on the in door or by the actual item itself.



Food Pantry  
CCC SCC BCC

Feb. 3, 10, 17, 24 • 12 - 7p.m.

# More Local



## Native foods to feed Native families

Fond du Lac's three community center managers, Melody Diver (Cloquet), Brenda Shabiash (Sawyer), and Bryan "Bear" Bosto (Brookston) have been instrumental in the food shelves that FDL has been operating since Nov. 18.

Shabiash has been in charge of ordering the food, and a lot of careful planning that has gone into the work.

"We try to include the kids in there and we think of what the Elders can eat and we try to incorporate that in the boxes. It's a nice variety for everybody," Shabiash said of the items chosen for the boxes each week. "That was non-stop calling vendors all over."

Terry Savage, Executive Director of Tribal Enterprises, did reach out to Shabiash with a list of different Native American vendors for her to include in the food orders.

"That's when I made the phone call down to Quapaw Reservation Oklahoma for our Bison," Shabiash said of including Native foods in the boxes. "They were excited because that was the first time ever leaving their area," mean that FDL was the first customer they had outside their area.

There are also foods in the boxes from local Native food sources too.

"We've got Red Lake Fisheries, that's where I ordered our Wall-eye from. Red Lake Stores, they sell their homemade jams and syrups, so that will be coming in next too," Shabiash said.

Each center has their challenges beyond just social distancing,

but even with the large gym, Diver has had a different set of problems to work through.

"Our stock is taking up almost the whole gym right now," Mel said about all the food they are storing at the Cloquet Center. She also has a theory as to why they have so much food and wants people to come get food if they need it.

"We're almost to the other end of the court now. I don't know if people are thinking they can only come one time. If they're not sure if they can come each time, they can," Diver said about all of their food.

If Wednesday is a difficult day for you or someone you know to make it, contact your community center to arrange a pickup time.

Each center manager has reasons to love what they are doing now that the public isn't allowed into the centers, but even with the centers closed, that doesn't stop them from wanting to help in the community.

"Just feeding the families and helping them out," Diver said about her favorite part of working to make sure those in the community have the essentials to get through another week. "It's hard work, but it's worth it."

Shabiash has enjoyed in the past that she and the other managers have been able to feed community members before, but realizes just how much more important this program has been for the Band members in her community.

"Just the fact that knowing we're serving the community. This way is more helpful than a

lot of the stuff we've done in the past," Shabiash said about how she has always loved connecting with the community in her role before this pandemic, and it hasn't changed since. "I mean we've done our community dinners, but this way we know that every week, we get to see the people and also supply them with their food boxes to help."

For Bosto, his favorite part is knowing first hand that everyone in the community is safe and will be getting the items they need.

"Just making those connections. 'Just wanted to make sure everything was all right, are you sick? What's going on? Because if you are we can still deliver you a box or you can come and pick one up,'" Bosto said about when he wouldn't see someone pickup a box or hear from them to schedule a pickup. "That's my favorite part, is reaching out to our community members, especially Elders."

Remember when you come to pick up your box of food, even if you're outside, to please wear a mask. It's a short time to have to wear one, but it remains the best tool we have to slow the spread of the virus.

The three community center managers, their staff, the two Executive Directors, Miyah Danielson and Terry Savage, and the Reservation Business Committee (RBC) have done so much for this community to make sure that anyone who needs food has access to it, and their efforts have been commended by so many across Fond du Lac and the state of Minnesota.



# More Local

## Coming together to feed the community

This pandemic has been difficult on all of us, but one thing Fond du Lac leadership and many of its employees have done during this time is make sure that Fond du Lac families are fed.

In order to organize such a big endeavor, the three community center managers Melody Diver (Cloquet), Brenda Shabiash (Sawyer), and Bryan “Bear” Bosto (Brookston) have worked with their staff to make sure as many people as possible can get food for their families.

In November and December the Brookston Center gave out 563 boxes that included food for individuals or families, Sawyer handed out 619 such boxes, and Cloquet has been giving out an average of 260 a week. The impressive part is the small number of staff the each center manager has needed to do this. Seven from Cloquet, seven from Sawyer, and nine from Brookston.

Each of their roles has changed drastically, especially with each center having 2-4 maintenance staff employees helping with boxing, disinfecting, delivering, and basically anything they’re asked. The recreational aides at each center are also an integral part in the process as each manager explained.

“Those guys that’s with 3-4 maintenance/custodial staff so they’re consistently either organizing the food shelves in the gym along with our rec

aides or they’re in here disinfecting our facilities,” Bear Bosto said about the many things that the staff at the Brookston Community Center (BCC) are doing. “It’s not like they’re just focusing on food, they’re in here making sure that obviously this place is disinfected every day, every hour.”

“It’s been a complete 360 of what they’re used to,” Brenda Shabiash said about how her staff has worked hard to keep getting food out to the community. “I haven’t had one staff member complain about anything, they’re more than happy to help. They love talking to the community. If it wasn’t for them, we wouldn’t have this program up and running.”

The hard work of these community center managers and their staff hasn’t gone unnoticed as even with times as difficult as they are, the community has found ways to give back.

“There are a few who have given us little presents like chocolates and stuff,” Melody Diver said about the appreciation from the community, adding that those things are really nice to see but that feeding the families of our communities is why they work so hard.

As we all do our part to stay six feet apart during these times, the food distributions each Wednesday are a moment when we do get together and it is easy for these managers to see just how much that means to the community.

“The community really appreciates it and likes seeing them,” Shabiash said of those working to distribute food. “And again, even though they can’t communicate like we used to, but we still get to see their faces under their masks.”

Shabiash added that when we get those moments to be together outside socially distanced, we all tend to talk a lot because it is one thing that we all miss so much during this time.

The three center managers thanked each other for their work, knowing that this wouldn’t be possible without close collaboration and dedication

“Brenda is actually the one doing the ordering and managing all the inventory at all three sites. She is taking care of all that stuff, and doing an amazing job,” Bosto said. “I kind of compare this to Enrollee Days. We know what we need to do. So having that experience of working with these people over the last 15 years helps, because had this been given to me ordering all the food. I would have no clue.

“I really want to commend Brenda for getting all the food here. Brenda and I have been trying to backup Mel for any issues there,” Bosto said as the Cloquet Center has so many orders each week. “It’s a really fun dynamic.”



Etc

## Circle of Security Parenting Class

*Always be honest, strong, clear and kind. Whenever possible, follow my child's lead. Whenever necessary, take charge.*



Circle of Security classes can help parents find the key and unlock the mystery to difficult child behaviors, giving parents renewed feelings of success and confidence.

- Access to resources, information and who can support your family
- Learn how to support your **child's feelings of security** which makes parenting more enjoyable
- Learn to observe your **child's cues** to understand what your child really needs
- Sharing strategies for helping caregivers become more **attuned and responsive** to their your children's emotional needs

The Circle of Security Parenting program can provide foster parents support, insight and fresh ways of thinking about foster children's needs.

**January 2021**

- Tuesday, January 26

**February 2021**

- Tuesday, February 2
- Tuesday, February 9
- Tuesday, February 16
- Tuesday, February 23

**March 2021**

- Tuesday, March 2
- Tuesday, March 9
- Tuesday, March 16

**CLASS 5PM - 7PM**  
via 

For more information, call 218-878-2145



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

## Fond du Lac Reservation's Prevention Intervention update

By Kami Diver

In the past several months the popularity of the Prevention Intervention has grown drastically. The program team finds this a welcomed surprise. By involving more families and youth we are able to get our message about the unhealthy aspects of alcohol, tobacco (non-traditional), and other drugs to many more youth and their families.

The Prevention Intervention program has been working with our youth and families explaining to them the destructive nature of early exposure to alcohol, tobacco (non-traditional), and other drugs among adolescents and young youth. We offer the ATOD program to our youth in an in-classroom setting at school. However, we know this year it is going to be a challenge with "distant learning" we will be providing the curriculum this year once the procedure has been developed and approved.

We know there is no single reason why adolescents or teenagers try or use alcohol, tobacco (non-traditional), or other drugs. It has been found in most cases experimenting or lack of alternative activities are leading causes.

During this time of the COVID-19 pandemic the Prevention Intervention program has been developing positive alternative activities for the families and our youth. Providing these activities will demonstrate to our youth they do not need illegal substances or activities to have fun or participate in positive group and family events.

Prevention Intervention has developed the bowling and skiing programs. We are in the process of setting up protocols for Adventure

Zone, World of Wheels, and local theaters. Once the protocols have been developed and approved for these events we will advertise when those programs will be available.

Prevention Intervention is hoping that by providing family and youth positive alternative activities it will relieve some of the anxiety displayed by our youth and families. We are continuing our pursuit of developing a protocol for horseback riding. This will most likely take place in spring of this year. We will not be able to provide transportation to any of the venues offered, that will need to be provided by family members. For the venues (ranch, bowling alley, skiing, Adventure Zone, World of Wheels, and theaters) we will work out the process of payment by our program. Parents will need to transport their children. We will keep you informed.

We need to do our part in preventing the spread of COVID-19, this pandemic can only be reduced by following the mandates established by the RBC, MDH and CDC, please continue the social distancing, and small group gatherings. Wear your mask, social distance and wash and sanitize your hands regularly. If you need additional masks, Prevention Intervention will provide those masks to all parents and youth. By wearing masks and respecting the guidelines you will be following the third Grandfather gift of Manaad-jitowaawin (respect) to all people. Miigwech

## Managing space heaters citizens utility board

Author: Eva Chen

As we enter the winter months, temperatures are starting to drop, and many households may be

looking to portable space heaters to help stay warm in their homes. If this includes you, it is important to factor in the capability, costs, and efficiency of space heaters. This blog post will dig into the costs of using space heaters and discuss other effective ways to stay warm.

Portable electric space heaters can help boost the temperature of a room that does not have adequate heat or create extra warmth for someone who is especially sensitive to colder temperatures, such as a baby or an elderly family member. According to the US Department of Energy, space heaters typically operate through convection, circulating warm air through a room to raise its temperature.

Though space heaters can be very effective in heating smaller spaces, electric costs can quickly add up. An average space heater's power ranges between 750-1500 watts, meaning that using a single space heater for 8 hours a day could cost around \$20-\$40 in a single month. Thermostatically-controlled space heaters, which allow you to set the unit to your desired room temperature, are less likely to waste energy by overheating a room and so can cost less to operate, but they still consume a large amount of energy.

When using space heaters, it is also crucial to pay attention to the heater's safety features, so as to prevent any fire hazards or risk of burns. Space heaters are to blame for 25,000 home fires and send 6,000 people to the emergency room for burns each year. To use space heaters safely, place the heater on a flat and stable surface, at least three feet away from any potentially combustible materials (e.g. curtains, papers, clothes, or furniture), water, or flammable liquids. It's also important to plug space heaters directly into the wall socket, rather than using extension

**BONUS AVAILABLE TO START AS A PROVIDER & SUPPLIES COVERED TO START**

## Become a Licensed Child Care Provider

Have you liked staying home?

Would you consider caring for children in your home?

Have you or are you willing to take classes regarding child development?

**YOU CAN BECOME A FDL LICENSED CHILD CARE PROVIDER!**

Fond du Lac Reservation Child Care Services is accepting applications.




- Family, Friend and Neighbors can be qualified through support, training and resources to be a child care provider paid through the Fond du Lac Child Care Program.
- We can help you start a child care business.

**For more information, please call 218-878-2138.**

\* Complete Application Package & Home Inspection  
\* Pass Background Check \*



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



# Etc

cords or power strips, and make sure that there are no signs of fraying or other damage on the cord.

Beyond using space heaters, there are also many other ways to stay warm at home and minimize your heating bills, especially as winter temperatures continue to drop. When dressing in layers is not enough, an electric blanket can be a less costly option. Electric blankets' power demand varies but is often around 60 watts — just 8-16 percent of what a space heater uses.

Covering up cracks where air escapes from your home is a great method of ensuring the warmth from your heating system does not end up leaking outside, especially if you live in an older home constructed earlier than the 1980s. Some simple air sealing will more than pay for itself in many homes. As always, if you are struggling to pay your utility bills or are looking for ways to save energy in your home, contact Citizens Utility Board (844-646-6282) to learn about eligibility for energy assistance programs or to schedule a free 30-minute bill consultation. How useful was this post?

## Gift cards found

Gift cards were left at Duluth Grill and were sent to the Fond du Lac Tribal Center. If you are the person who has misplaced the gift cards, call the Tribal Center front desk, (218) 879-4593, ask for Flora or Loretta, and describe the gift cards that were left behind.

## FACE program

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

- Support parents/primary caretak-

ers in their role as their child's first and most influential teacher

- Strengthen family-school-community connections
- Increase parent participation in their child's learning and expectations for academic achievement
- Support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program
- Promote lifelong learning.

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

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

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

## LEGAL NOTICE – FEBRUARY 2021

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:

BLACKETTER, Spencer Daryold  
BLACKWELL, Mary Therese  
CASSIDY, Denise  
CICHY, Gerard  
CICHY, Leslie  
COUTURE, James A.  
DEFOE, Jackie Ann  
DERAGON, James Kenneth  
DICKSON, Madonna R.  
DURFEE, Thomas  
FIOLEK, Bernice  
FRIEDMAN, Ann Lorraine  
GURNO, Timothy Allen Sr.  
HILPIPPE, Jean M.  
KLASSEN, Lloria A.  
LAFAVE, Loren James  
LAPRAIRIE, Robert  
\*LEE, Patricia J.  
MARRONE, Elizabeth Ann  
MARTIN, Robert M. Jr.  
MARTIN, Travonti John  
MARTINEAU, Vincent Roy  
MARZINSKE, Larry  
OLSON, Donald James  
OLSON, Emmanuel Samuel  
PAPPAS, Christopher K.  
RUSSEAU, Cordell George  
SAVAGE, Mark  
SAVAGE, Terry B.  
SHABAIASH, Kevin L. Jr.  
SJOLANDER, Janet  
SOULIER, Gary  
TIESSEN, Melissa Lee  
WESAW, Joze R.  
WILEY, Roxanne Marie

## POSITIVE INDIAN PARENTING

Honoring Our Children by Honoring Our Traditions

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



**CLASS 2PM - 4PM**

via **zoom**

- Thursday, February 4
- Thursday, February 11
- Thursday, February 18
- Thursday, February 25
- Thursday, March 4
- Thursday, March 11
- Thursday, March 18
- Thursday, March 25

Register today!

Call 218-655-3643 to reserve your spot.  
Class is limited.



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

## Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

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

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

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

"OUR CHILDREN ARE OUR FUTURE"



# Health News

## 2020-2025 Dietary Guidelines

By Kara Stoneburner, RDN  
LD, Community Health Services  
Dietitian

The new 2020-2025 Dietary Guidelines have been published. But what exactly does that mean?

The Dietary Guidelines were established in 1980 to promote health, prevent chronic disease, and help people reach and maintain a healthy weight. Every five years, the U.S. Department of Health and Human Services (HHS) and the US Department of Agriculture release new, updated Dietary Guidelines, based on recommendations from an expert advisory committee of doctors, researchers and dietitians.

The Dietary Guidelines encourage following a healthy dietary pattern. A dietary pattern is the whole picture of what a person usually eats and drinks over a period of time. A healthy dietary pattern consists of nutrient-dense foods and beverages, across all food groups, in the recommended amounts and within the individual's calorie limit. It is well documented that a healthy dietary pattern can minimize chronic diseases such as cardiovascular diseases, type 2 diabetes, liver disease, obesity, some types of cancer and dental caries.

The new 2020-2025 edition is the first time the Guidelines included recommendations for toddlers and infants under age 2 and pregnant and lactating women.

Also included in the 2020-2025 edition is the acknowledgement that the Dietary Guidelines do not encourage specific foods or beverages but rather provide recommendations by food groups or subgroups, so that it can be customized, as needed, to fit personal, cultural, traditional and affordability considerations.

The 2020-2025 Guidelines continue to promote overall health and prevention of chronic diseases rather than treating chronic diseases. The recommendation for eating more whole grains, whole fruits, a variety of vegetables, fat-free or low-fat dairy/dairy alternatives, lean protein foods, limiting sodium, added sugars and saturated fats while remaining within one's calorie limit, is still consistent.

The 2020-2025 Dietary Guidelines for Americans have four main messages. There is more detailed information within each message and within each life stage: Infants and Toddlers, Children and Adolescents, Adults, Women who are Pregnant or Lactating and Older Adults. Below is an overview of the four main messages:

### Follow a healthy dietary pattern at every life stage.

- Most Americans do not follow a healthy dietary pattern.
- A healthy dietary pattern allows one to stay within their individual calorie level.
- The first six months of life exclusively feed human milk. Continue to feed infants human milk through, at least, the first year of life and longer if desired. Feed iron-fortified infant

formula if human milk is not available. Vitamin D supplementation may be needed.

- At about six months, the introduction of nutrient-dense complementary foods is recommended. A variety of foods from all food groups is encouraged for

infants at this age and toddlers. Do not feed infants under age one cow milk, as a beverage, soy beverage or other liquid plant-based milk alternatives.

- 12 months and up: should follow a dietary pattern to meet nutrient needs, help achieve a healthy body weight and reduce the risk of chronic disease.

### Customize and enjoy nutrient-dense food and beverage choices to reflect personal preference, cultural traditions and budgetary considerations.

- The Dietary Guidelines are

intended to be customized to meet individual needs and diverse cultural traditions.

### Focus on nutrient-dense foods and beverages in each food group while staying within calorie limits.

- Nutrient needs should be met primarily from foods and beverages versus supplementation. Nutrient-dense foods provide vitamins, minerals and other health-promoting components with little or no added sugars, saturated fat and sodium.

- Core elements of a healthy dietary pattern include:

- a) Vegetables of all types. Eat a variety of colors and include beans, peas and lentils.
- b) Fruits with emphasis on whole fruits.
- c) Grains- strive for at least half of your grains to be whole grains.
- d) Dairy options include fat-free or low-fat milk, yogurt, cheese and/or lactose free versions and fortified soy beverages and yogurts as alternatives.
- e) Protein foods including lean meats, poultry, eggs, seafood, beans, peas and lentils, nuts, seeds and soy products.
- f) Oils should include vegetable oils and oils in such foods as seafood and nuts.

Limit foods and beverages higher in added sugars, saturated fat, sodium and limit alcoholic beverages. There is little room for these foods or beverages within a healthy dietary pattern.

- Added sugars should be less

than 10% of calories/day starting at age 2. Avoid foods and beverages with added sugars for those younger than 2.

Added sugars can be found in syrups and sweeteners that are added to foods and drinks such as regular pop, sports drinks and energy drinks. Added sugars are also in baked goods and candy.

- Saturated fats should also be limited to less than 10% of calories/day starting at age 2.

- Sodium levels should be less than 2300mg/day for everyone and even less amounts for those younger than age 14.

- Any alcohol beverage consumption should be by adults of legal drinking age only. Some adults should not drink any alcohol including pregnant women. If a legal adult chooses to drink alcohol, it should be limited to 2 or less drinks/day for men and 1 or less drinks/day for women.

Healthy eating should go hand and hand with physical activity. All Americans should meet the Physical Activity Guidelines for Americans. These Guidelines can be found at [health.gov](http://health.gov).

As always, be sure to consult with your Healthcare Provider or a Registered Dietitian Nutritionist with further questions.

*\*Sources include: [dietaryguidelines.gov](http://dietaryguidelines.gov), [health.gov](http://health.gov), the *Academy of Nutrition and Dietetics*, [Choosemyplate.gov](http://Choosemyplate.gov) and the *Center for Nutrition Policy and Promotion**





# Health News

## Obesity and cancer

By Denise Houle,  
Cancer outreach worker

Did you know that being overweight or obese increases your risks for getting cancer? American Indians and Alaskan Natives have much higher rates of getting lung, colorectal, liver, stomach, kidney and many other types of cancer compared to the non-Hispanic white people in the United States.

Overweight and obesity for our children is on the rise. Being obese or overweight as a teen can increase the risk of colon cancer later in life. The higher amounts of body fat are

associated to increased risks of a number of different cancers including:

- Endometrial-** 2-4x more likely and risk increase with increased weight gain
- Esophageal adenocarcinoma-** 2x as likely, however 4x as likely for extremely obese people
- Liver-** 2x likely and stronger in men
- Kidney-** 2x as likely to develop renal cell cancer which is the most common form of kidney cancer
- Pancreatic-** 1.5x higher
- Colorectal-** 30% more likely for men and women, however higher in men

**Gall bladder-** 20% increased risk

**Breast-** postmenopausal and obese women have a 20-40% increased risk for developing breast cancer, however obesity for men is a risk factor also

**Ovarian-** increased risk for women who have never used hormone therapy

**Thyroid-** 10% increased risk for obese or overweight people.

**Risk factors include:** commercial tobacco use, drinking sweetened beverages, alcohol use, lack of physical activity, diabetes, obesity, exposure to carcinogens (substances that can cause cancer), viral hepatitis infection and helicobacter

pylori (leading risk factor to stomach cancer).

### What can we do to decrease these risks?

- Provide education to understand benefits to the screening services
- Provide tobacco prevention programs
- Teach how to maintain a healthy diet and increase physical activity
- Reduce exposure to these risk factors by providing preventative services

### Services offered include:

- Exercise classes via zoom
- Yoga, Get Fit, PiYo and personal training, contact Katie Hughes (218) 878-3795
- Tobacco cessation, contact Sam Martin (218) 878-2121 or Pharmacy (218) 878-2157
- Real Solutions Weight Management Support Group and other groups including Diabetes prevention, contact Barb Heikkila (218) 878-2141

Sources: Center for Disease Control (CDC) [www.cdc.gov](http://www.cdc.gov), National Cancer Institute (NCI) [www.cancer.gov](http://www.cancer.gov), Fond du Lac Human Services [www.fdlrez.com](http://www.fdlrez.com)

GENERAL MILLS  
Bugles  
2/\$2.59  
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5.8 OZ - 7.3 OZ PER BAG

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\$9.99 EACH | 4 OZ - 5.5 OZ

They learn from watching you...

# Be Active

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

They learn from watching you...

# Eat More Fruits and 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



# Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Feb. 16, 2021 for the Mar. 2021 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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

## Happy Birthday

Happy birthday to **Cody Erickson and Maddie**  
*Love, Darrell and Mom*

Happy birthday **Jennifer Youngs**, have a great day.  
*Your work family*

**Mino Dibishkaan nimaamaa Tara Dupuis** (Jan. 12) 50 never looked so good. We love you, miigwech for always being the best.  
*Love, Aliza, Clay Sr., ClayJ, and Jax*

Happy 1st birthday to our youngest daughter **Vivian Ammesmaki** (Jan. 15)  
*From, momma and daddy*

Happy belated 10th birthday to our **Clayton Kettelhut Jr.** (Jan. 19), we love you so much!  
*Love, Dad, Mom, and brother Jax*

Happy birthday **Paeton Holm** (Feb. 1) sweet girl! We hope you have a wonderful day! We love you so much!  
*Your Family*



Happy 51st birthday to my dear mother **Yvonne Misquadace Shabaiash** (Feb. 10) love you  
*Always ur kids, Steph, James, Ty, and Trae*

Happy birthday and valentine's day my valentine baby, **Cherokee Smith** (Feb. 14)  
*Love you, Grandma Gail*

Happy birthday my beautiful, sweet, niece **Cherokee Smith** (Feb. 14)  
*Lots of love, Uncle Mike Jr.*

Happy birthday my dear darling valentine baby, **Cherokee Smith** (Feb 14). Love you. You're always in my heart.  
*Love Mom, have a great day*

Happy birthday my sweet valentine sister, **Cherokee Smith** (Feb. 14) Love you always, have a wonderful day.  
*Stephen, Toby, Shelly, and Raymond*

Happy birthday my little niece, **Cherokee Smith** (Feb. 14)  
*Love you much, Nancy*

Happy birthday **Mariah HolmDefoe** (Feb. 16)! You're one year close to being a teenager! Yikes! We hope you have a wonderful day! Love you!  
*Your Family*



Happy 16th birthday to **Maci Ann Martin** (Feb. 17). I love you today, tomorrow, and forever!  
*Love, aunty Aliza, uncle Clay, ClayJ, and Jax*

Happy 14th birthday to **Madilynn Martin** (Feb. 19). I love you today, tomorrow, and forever.  
*Love aunty Aliza, Uncle Clay, ClayJ, and Jax*

Wishing a happy birthday to my son **David Petite Jr.** (Feb. 21 )35 yrs old, have a great day  
*Love, Mom and Izzybutt, Matt, Angel and Kids, April, Markiss and Royce, Dez, Sam and kids, Rylan, Sabrina, James, Kayla and kids*

Happy 18th birthday to my son **Caide Northrup** (Feb. 22)! "Take pride in how far you have come and have faith in how far you can go."  
*Love, Mom and Jon*



## Congratulations

On behalf of the Native Teacher Program from Fond du Lac Tribal and Community College we would like to send out a big congratulation to the **LaVonne Bellanger!** LaVonne was a part of the FDLTCC/ Winona State University Native Teacher Program/Cohort, and graduated December 11, 2020 with a Bachelor of Science, Teaching.

*We wish you the best of luck in your educational journey! Well done.*

**Nevaeh (Marie) Fox** (Nov. 14, 2020) she weighed 7 lbs. 4 oz. her mother is Josephine Antoinette Sueling-Loons



## Obituary

**Georgiann DeRoache**, was born on July 1, 1936 in Minnesota; the youngest of 11 children. She met Gerald DeRoche in 1956 and they married in 1957. Georgi and Jerry had many adventures including living in Chicago for a time, but moved to Colorado in 1969 where they stayed. Georgie worked as a Health Clerk in a local elementary school for over 25 years where she was able to "watch over" many young ones. Georgi's steadfast faith endured, and her greatest joy was simply to spend time with her family. She is survived by her husband Jerry, and 3 children; Vegas, Tony, and Theresa and 3 granddaughters; Jessica; Dakota & Amanda. She will be remembered as the cornerstone of our family and will be deeply missed by all.

There will not be services for my mom due to current COVID circumstances, but would value any memories that you want to share in the comments section (<https://www.newcomerdenver.com/Obituary/194693/Georgiann-DeRoche/Denver-CO>). In lieu of flowers, please consider making a donation to your favorite charity in remembrance of her generous heart.







# Community News

## FDL job listings

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

## FDL Reservation

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

- Transportation FT/PT
- Nursing Assistant FDL Assisted Living FT/PT
- Recreational Aide 1, Sawyer SCC FT/PT
- Recreational Aide 2, Sawyer SCC FT/PT
- Recreational Aide 1, Brookston BCC FT/PT
- Recreational Aide 2, Brookston BCC FT/PT
- Recreational Aide 1, Cloquet CCC FT/PT
- Recreational Aide 2, Cloquet CCC FT/PT
- Clinical Pharmacist MNAW, CAIR & Mpls On Call
- Pharmacy Technician MNAW, CAIR & Mpls On Call/Sub
- Transit Dispatcher FDL Transit FT/PT/On Call
- Head Start Substitutes FDLHS On Call

- Deli Clerk FDLGG PT
- Transit Driver FDL Transit FT/PT/On Call
- School Bus Driver FDL Education FT/PT/On Call
- Health Care Assistant MNAW, Assisted Living, Home Care FT/PT
- Store Clerk FDLGG PT
- Convenience Store Gas Attendant FDLGG PT

## Black Bear Casino Resort

- Golf Youth Cart Attendant PT Seasonal
- Cook I FT
- Cook II FT
- Cook III FT
- Beverage Server FT/PT
- Groundskeeper FT
- Buffet Runner FT
- Table Games Dealer PT
- Vault Cashier FT/PT

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

- Hauler FT
- Hotel Room Attendant/Housekeeper FT/PT
- Drop Team Worker FT

## Fond-du-Luth

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

FDL Minneapolis listings  
• Clinical Pharmacist On Call  
• Pharmacy Technician On Call/Sub

## FDL's first vaccine doses



# Ashi-niswi giizisoog (Thirteen Moons)

## Namebini-giizis

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

## 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

Days of the Week

Monday(day after prayer day)-

Ishwaa-anami’e giizhigad

Tuesday(second day)- Niizho-

giizhigad

Wednesday(half way)- Aabi-

toose

Thursday(fourth day)- Niiyo

giizhigad

Friday(fifth day)- Naano giizh-

igad

Saturday(floor washing day)-

Giziibiigiisaginige-giizhigad

Sunday(last work day or prayer

day)- Ishwaa-anokiigiizhigad

or

Anami’e-giizhigad

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

pdfunds like the “ay” in stay

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

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in  
the puzzle below

AADIZOOKAAN/legend

AAKOZIWIN/illness

ANOKIIWIN/job

BABIINZIKAWAAGAN/jacket

BIISIGNAISAAN/kindling wood

DEBWETAW/obey

ESHKAN/ice chisel

JIBAAKWAANAKIK/cooking

kettle

MINJIKAAWAN/mitten

OJIINDIWAG/kiss

WAABIZHESHI/marten

ZAAGAIGAN/lake

ZHIGAAGAWANZH/onion