

# *Nagaajiwanaang Dibaajimowinan*

Stories from where the water stops

John A Smith, who worked for the Band for 47 years and was a former RBC member, passed away Dec. 25, 2021. On Jan. 12, the Resource Management building was renamed the John A. Smith Memorial Building.



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# Local News

## Constitution reform

**A**nii Boozhoo, Time marches on, as does our constitution reform efforts. We have been meeting with the Minnesota Chippewa Tribe (MCT) Reservations monthly for 3+ years in this current push to reform our document. There are still weekly community meetings at Fond du Lac held via ZOOM. We have been meeting on Wednesday evenings at 6 but will move to Monday night at 7 due to community conflicting events.

We have started gathering citizens interested in forming citizen councils of men, women, Elders, youth, and descendants. These meetings have been taking place on Saturdays at 1 p.m. and will be expanded to include more days and times. The idea is we the people will be the eventual oversight of our traditional government structure once we implement changes. We have taken the initiative to introduce youth Tribal councils to the schools to empower our youth. That is the direction three years of community/ delegate discussion have led.

Questions about to be voted on are the abolition of blood quantum and enrollment authority. Attend a meeting soon to voice your opinion before the process takes place. There will be a vote in April to determine citizen's interest in these issues. If a large enough percentage recommend the changes, it will be put on the ballot to all the MCT citizens for a final binding vote and decision. We need to discuss the effects of the inevitable changes, so we are casting an informed vote. Please plan to attend a com-

munity delegate meeting soon.

On a happy note, Congratulations to all the Artisans and winners of their fine crafts in December's Great FDL Delegate ART GIVE-AWAY. We gifted thousands of dollars in art to our FDL community and a good time was had by all. Prizes are nearly all distributed and if you didn't receive yours yet, reach out to one of the delegates to make sure we get that to you soon.

Check out our FDL Delegates website for latest updates of MCT Constitution progress. We are concentrating on Rights of Nature and want to know "what do you think is important for us to protect? How do we best protect our Relatives (resources)? What are some ways we can protect nature's rights?"

There has been discussion on institution of "Cultural Competency" to be included in determinant factors on who is eligible for Enrollment. How comfortable are you in your personal understandings of our history and its implications on us now? Anybody wonder what is to become of "per cap"? Treaty rights? Clans? Make the time to attend a meeting soon as this is all on the table and vitally important now.

We have the chance to correct hundred-year-old wrongs today. We will work to represent our NATION in the best way to the rest of the world. Join us now to empower our entire community into the next 7 generations. Delegate positions remain open as well as committee volunteer opportunities.

Chi miigwech, Your Fond du Lac Delegates to the MCT Constitution reform.

## Shimek visits FDL OS

**T**his December, 10th grade students at the FDL OS requested to have Bob Shimek come teach the students about Gooni- Ginebig/ Shooshoome (snow snakes).

Every 10th grader made or helped make a snow snake. FDL OS is hoping to have a snow snake competition in March. The students enjoyed the story and were extremely busy for a week working on their snow snakes.

Miigwech to Bob Shimek for making the trip to the Fond du Lac Ojibwe School. The students, teachers, and staff all enjoyed his company and watching the students engage in cultural activities.



## Nagaajiwanaang Dibaajimowinan

*Translation: Stories from where the water stops*

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1720 Big Lake Rd.,  
Cloquet, Minn. 55720.

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

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

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

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

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

*Corporate Member of the  
Native American Journalists  
Association*



# Local News

## BIE chooses first ever logo

The Bureau of Indian Education (BIE) had not had a logo since becoming a bureau August 29, 2006, but on Jan. 6, 2022, the BIE announced that they had selected Kayla Jackson's design for the logo.

Jackson, a member of Pyramid Lake Paiute Tribe, has family who are Fond du Lac Band members and is a graduate of the Bureau's Haskell Indian Nations University in Lawrence, Kansas.

"This design captures culture, knowledge, and leadership," Kayla Jackson said via the BIE's new release about the new logo. "The open

book represents lifelong learning. The Indigenous student is wearing a fancy shawl regalia including moccasins, ribbon skirt, shawl, yoke, beaded headband, and eagle feather with hair long and braids. The student embodies the spirit of their ancestors by dancing with honor and carrying out prayers with every step. The eagles that are emblazoned on the shawl represent acknowledgment, strength, and determination. Finally, in the background there is the sun which gives us growth, abundance and hope."

The BIE held the competition to receive designs for the new logo,

inviting students to make a design for its use as their first logo. The bureau which supports 183 bureau funded elementary schools across 64 Reservations across 23 states serving approximately 46,000 students. As the BIE press release states, the logo will be used on all of their official work moving forward.

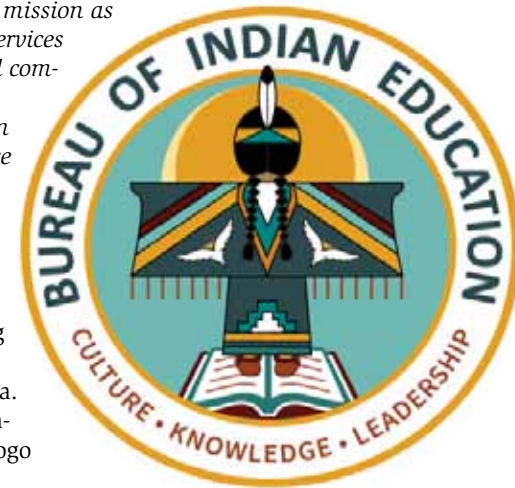
*The center of the logo is an Indigenous student placed on an open book indicating the power of knowledge and lifelong learning. The four lines on the book represent the four directions, the four seasons, the four stages of life and four sacred plants. The logo represents the ongoing com-*

*mitment of the BIE to its mission as it provides educational services to its students and Tribal communities.*

*The logo will be used on all official correspondence as well as publications, website, social media, and communication materials.*

Congratulations to Kayla Jackson for having her logo design chosen!

Source <https://www.bia.gov/news/bureau-indian-education-unveils-new-logo>



## FDL mask mandates for enterprises returns

The Fond du Lac Reservation Business Committee approved a mask mandate for the next 30 days at Black Bear Casino Resort, Fond-du-Luth Casino, and Fond du Lac Gas & Grocery.

The reinstated mask mandate goes into effect Friday, January 21 8 a.m. (7 a.m. for the FDLGG).

Please continue to do the following to help decrease the spread of COVID:

- Get vaccinated and boosted
  - Wear a mask
  - Stay home when sick
  - Get tested for COVID as needed
- Chi-miigwech for your cooperation.

## Omicron, all variants, can be severe for unvaccinated

We've all repeatedly heard how Omicron has led to many "mild" cases of COVID-19, but that has been the case mostly among those who are vaccinated, and even more so for those who have received booster shots.

For the unvaccinated, the data continues to show the same story, severe cases with many instances leading to hospitalizations. That continues to be the case for those who are immunocompromised too, as Yahoo Finance reports.

*"We have to remember: We're a country that has over 35% of individuals who are not vaccinated," Dr. Stella Safo, an NYC-based HIV primary care physician, said on Yahoo Finance Live. "And any variant of COVID, unfortunately, in the unvaccinated is severe."*

Many will continue to point the claims that the Omicron variant is mild as reasons to return to normal life and not to worry about COVID-19 anymore, but if it were truly mild than we wouldn't be seeing the hospital systems in our country at breaking points once again. That's, of course, because of unvaccinated being more likely to need those hospital beds as Yahoo Finance Reports:

*Those who are unvaccinated are 20 times more likely to die and 17 times more likely to be hospitalized as a result of COVID-19, which is likely contributing to the massive surge in hospitalizations across the U.S.*

Many will also claim natural im-

munity is strong enough to keep them safe, but this entire pandemic has been a reminder that mother nature is not something that we should mess around with. Every time we think we've our bodies have naturally gotten stronger against it, the virus mutates in a way that evades our immunities, but more so with just natural immunity.

*Boosters continue to be a great way to protect ourselves and our community as Yahoo Finance reports.*

*Furthermore, given the amount of mutations with Omicron, natural immunity provided by previous infection is less protective than before.*

*"We shouldn't underestimate COVID," Safo said. "Every single time we've thought that we're getting ahead in some way, COVID kind of forces us to respect it all over again. And one of the things that I think the COVID strategy requires of us is to be multifaceted."*

*Boosters are also a factor: New data from Alberta, Canada, found that the "hospitalization rate among 3x-vaccinated 80+ year olds is lower than the hospitalization rate among unvaccinated 12-29-year-olds."*

If older boosted populations are hospitalized at a lower rate than younger, healthier people, it's more

proof that vaccines work. Continue to get vaccinated and wear masks when you go out.

Source: <https://finance.yahoo.com/news/omicron-unvaccinated-severe-doctor-140231601.html>

## Army developing "pan-coronavirus" vaccine to beat COVID

The Army just finished Phase 1 of testing its COVID-19 "pan-coronavirus" vaccine with the theory that it will be capable of defeating COVID-19, its variants, and all future variants.

The vaccine is currently being tested against current variants which includes Omicron, according to CNet.

*In December, the US Army announced that its pan-coronavirus vaccine, the spike ferritin nanoparticle COVID-19 vaccine (aka SpFN) had completed Phase 1 of human trials with positive results. Dr. Kayvon Modjarrad, director of infectious diseases at Walter Reed Army Institute of Research (WRAIR) and co-inventor of SpFN, told Defense One, "We're testing our vaccine*

*against all the different variants, including omicron," the strain causing breakthrough infections even in people who have received booster shots.*

SpFN has only completed Phase 1, meaning we will all have to wait for Phase 2 and 3, but the results of Phase 1 appear to be promising. But how does the vaccine work? As CNet reports it's designed to be adaptable to make the vaccine work against any variant.

*The Army's SpFN vaccine is shaped like a soccer ball with 24 faces. Scientists can attach the spikes of multiple coronavirus strains to each of the different faces, allowing them to customize the vaccine for any new COVID variants that arise.*

The hope is that this vaccine works and is adaptable against future variants because that would mean we could start to find a way out of this pandemic and just deal with COVID as an endemic, where it is a part of life, but not as dangerous.

Source: <https://www.cnet.com/health/how-a-pan-coronavirus-army-vaccine-could-beat-covid-and-all-new-variants/>

# RBC Thoughts

## Secretary/ Treasurer News

Boozhoo,

I am not sure how many of you still subscribe to making New Year's resolutions any more but I still do. Over the last 65 years I have made quite a few of them. More often than not by the middle of January I have broken most of them. I resolve to exercise more, and I have found many excuses to not. It is cold outside and the gym is closed so I can't do that. I resolve to lose weight but I enjoy cooking and eating too much. I resolved to keep doing my physical therapy to help my knee replacement strengthen for a full recovery. I am still doing that the times a week. So far, I guess one out three is not too bad. Good luck with your resolutions. I hope that you and your loved ones have a happy and healthy New Year.

The constitutional reform effort is still moving forward. The plan is to have a question on this year's ballot in regards to the changes proposed for the constitution. The proposed changes as I understand are going to be in regards to enrollment and blood quantum and how it will be recognized. It makes sense for all of us to follow these proposed changes as they will affect our band and tribe in the future. You



Ferdinand Martineau

can get meeting information from our FDL website about the content and meeting time and place.

I have a hard time when talking about the passing of a friend or family member. Then I think about what my grandmother said, "We will all suffer the experience of losing a loved one." This past month I have suffered the loss of two important people in my life. I lost my dad. He is responsible

for all the that I am today. My dad gave me his work ethic to do what I say and complete any task assigned. He taught me that my word was the most important thing about me. He taught me to respect others for what they are and not judge them for what I think they should be. I also lost a good friend, John Smith, a long-time employee who served the reservation of 47 years. We grew up, played and worked together most of our lives. He taught me be patient, that good things were worth waiting for. He also taught me that commitment is something that we all need to have. We spent many hours talking about life and its ups and downs. I will miss both of them.

*If you have any questions or comments please feel free to contact me. My office number is (218)878-8158 or you can e-mail at [ferdinandmartineau@fdlrez.com](mailto:ferdinandmartineau@fdlrez.com)*

*Gii ga waa ba min.*

## Cloquet News

Hello all

I hope you all had great holidays. Unfortunately, we start this year just as we did last year, in a pandemic. I hope we can relieve ourselves of this thing this year.

Our clinic will continue to offer COVID testing at the lower level parking lot at Min-No-Aya-Win clinic, this will be a drive up testing starting at 2:30 and going till 4:30. This was for January 10, 11, 12, and 13. Please check our website for on-going dates.

Our natural resource staff is currently preparing for the upcoming spring spearing and netting season and they will be using the

same permit distribution method as they have in the past. If you are interested in being included on the permitting please call (218) 878-7155. Also please check out the FDL website under community notices for more details as the season nears.



Wally Dupuis

Fond du Lac is again providing power and fuel assistance to our members. A flyer has gone out to members, however, if you did not receive one or are in need of the application please call (218) 878-7365. This is a

second round so even if you have received this already please apply again to be included.

I would like everyone to know that the speed limit has finely been changed on Big Lake Road from 55 to 35mph. This is the section between the Tribal center

and the C-store. I am sure it will take a while for folks to get used to this but I hope by spring it will be well noted by all drivers.

Also, The state of Minn. has 75 state parks, Tribal members now have free access to the parks. This is to insure open access to Tribal members to ancestral lands. To receive a permit you must show your Tribal ID card.

The MN DNR is going to offer up 200 internship opportunities throughout the summer and will be paying \$15 per hour. For these positions. Please go to the MN DNR website to get an application if you are interested.

*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

## Fond du Lac honors late chief conservation officer

As FDL turned the page on 2021 and welcomed 2022, the Band lost cherished member and longtime advocate John A. Smith.

Smith served his community in many prominent capacities, including interim police chief for FDL and District III Reservation Business committee (RBC) representative. However, being a conservation officer was his calling. Working for FDL for 47 years, he was the chief conservation officer protecting resources both on and off the Reservation.

“John did what he had to do without expecting anything in return, he was one of the first conservation officers for the Band and was an integral part of Resource Management,” says Ferdinand Martineau Jr., Secretary Treasurer. “He helped write most of the policies and code that still protect our natural resources today. There is not another person who loved their job more than he did.”



Jan. 12 2022, the FDL RBC executed two actions to celebrate Smith's life and memorialize his passing. One resolution retired Smith's badge designation of K810 and the other renamed the Fond du Lac Resource Management & Tribal Court building to the John A. Smith Memorial Building.

“He was not only a pillar of his family, but a pillar of our community,” says Roger Smith Sr., District III Representative. “He was a colleague, mentor, but most of all a great friend.”

## MPCA Public Notice on Draft NPDES/SDS

The Minnesota Pollution Control Agency (MPCA) is proposing to reissue a National Pollutant Discharge Elimination System (NPDES)/State Disposal System (SDS) permit for a peat mining facility located east of Cromwell, Minn. The NPDES/SDS permit authorizes the discharge of treated peat mine drainage from the harvesting of approximately 1,050 acres of peat.

Aitkin Agri-Peat, Inc. operates a peat mining facility located five miles from the city of Cromwell, Minn. and approximately one mile west of the Fond du Lac Reservation. The facility consists of a currently active northern mining area and a southern mining area that was previously active and is proposed for future re-mining at some undetermined date. To facilitate mining of the peat, the company ditches and drains

the peat land and then mechanically excavates the dried peat. The drainage from the northern area is routed to sedimentation basins for treatment and discharged via an unnamed ditch which flows approximately one mile to the Kettle River. Once mining of the southern area resumes, the drainage from this area will be treated by newly constructed sedimentation basins then discharged to an unnamed ditch which flows for approximately two miles to Kettle Lake.

A draft permit and supporting documentation is available for review on the MPCA Public Notice webpage at <http://www.pca.state.mn.us/publicnotices>. The public period will run from February 1, 2022 through March 3, 2022. Comments, petitions, and other requests must be received in writing or via email on or before the public comment period end date.

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# Etc

## 2022 election announcement and calendar

The Minnesota Chippewa Tribe (MCT) hereby announces that a Regular Election will be held on June 14, 2022, on the FOND DU LAC RESERVATION.

This REGULAR ELECTION provides for an April 5, 2022 PRIMARY ELECTION in the event there are more than two (2) eligible candidates for each open position.

Elected positions to be filled are as follows:

A) Secretary/Treasurer Fond du Lac Reservation Business Committee – Four (4) year term

B) Committeeperson District II (Sawyer) – Fond du Lac Reservation Business Committee – Four (4) year term

Candidates shall file with the Secretary/Treasurer or his designee during regular business hours beginning on January 14, 2022. Filing closed on January 24, 2022 at 4:30 p.m.

### Election Calendar

February 3: Selection of Election Court of Appeals Judge (For certi-

fication of candidate)

February 10: Deadline for Notice of Certifications to TEC.

February 14: Challenge certification or non-certification to MCT by 4:30 p.m. on the second business day following receipt of certification.

February 15: Deadline for appointment of Election Boards.

February 15: Deadline for appointment of Election Contest Judge and alternate Election Contest Judge.

February 16: Complete record of all documents related to challenge submit to Minnesota Chippewa Tribe by 4:30 p.m.

February 18: Answer to challenge from the person whose certification is being challenged to the MCT by 4:30 p.m.

February 22: Deadline for Decision of certification or non-certification by Tribal Court of Appeals.

February 24: Notice of Primary Election and Posting.

February 28: TEC provides ballots for Primary Election.

March 31: Notify MCT on choice of appellate forum.

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

April 6: General Reservation

Election Board certifies Primary Results. (Prior to 8:00 p.m.)

April 7: General Reservation Election Board publishes Primary Results.

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

April 8: Deadline to Post Regular Election Notice without Primary

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

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

April 22: Deadline for Decision on Contest

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

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

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

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

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

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

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

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

June 16: General Reservation Election Board publishes Election results.

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

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

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

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

## 2022 Virtual Classes

Tuesdays 5:30-6:30 p.m.

Registration Required at [tinyurl.com/2022gitigaanclasses](http://tinyurl.com/2022gitigaanclasses)

March 1 Sharing Our Food Stories

March 8 Indigenous Ways of Growing

March 15 Seed Stewardship

March 22 Soil Health

March 29 Tending your Perennial/Medicine Garden

April 5 Native Bees

April 12 Composting

April 19 Native Pollinator Plants

April 26 Pest and Disease Management

May 3 Weeding for Foods & Medicines

May 10 Seed Starting & Garden Planning (In Person)

May 17 Beginner Spring Foraging

May 24 Maximizing Your Harvest: Food Processing

May 31 Fermentation: Preserve Your Harvest

Contact Kaitlyn Walsh at 218-348-5281 or [KaitlynWalsh@fdlrez.com](mailto:KaitlynWalsh@fdlrez.com) for more info.



Seeds available in April

Sign-up for tilling by May 13  
Contact 218-878-2642.  
[JeanneSmith@fdlrez.com](mailto:JeanneSmith@fdlrez.com)

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# Etc

July 5th (or within 3 days of decision on Contest): 4:30 p.m.  
 - Deadline for appeal to Court of Election Appeals. (Filed with Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering Decision).  
 July 8th (at least two (2) days prior to the hearing date): Record of contest forwarded to Court of Election Appeals.  
 July 12th (hearing within 7 days of notice of appeal). Last Day for Hearing on Appeal.  
 July 12th: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.  
 July 22 (or Ten days from Hearing on Appeal): Deadline for decision of the Court of Elections Appeal.  
 Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

## Now accepting Maada'ookiing grant applications

Maada'ookiing ("the distribution" in Ojibwe) is a Northland Foundation effort to strengthen relationships with Indigenous community, build partnerships with Native nations, and offer

support for community members to expand capacity in northeastern Minnesota. A grant opportunity will be offered three times per year, awarding up to \$2,500 per grant for Tribal citizens, descendants, or those have kinship ties or affiliation to Indigenous communities within the foundation's geographic service area.

Grant applications are accepted anytime on the online grant portal. The next application deadline is February 15, 2022. More information on how to apply can be found at: <https://northlandfdn.org/special-initiatives/maada-ookiing-grant-details-application.php>  
 Congratulations & Miigwech to the September 2021 Grantees!

**Collette Pederson** (\$2,500): To capture Elders' stories of their lives and knowledge to share the history of Grand Portage community.

**Rebecca Gawboy** (\$2,500): To host a weekend gathering of Native women to make their own hand drums, ribbon skirts, bond, pray, and be in ceremony.

**Muriel Deegan** (\$2,500): To offer weekly evening sessions for community members to bead, hear traditional winter stories, and learn cultural teachings at Vermilion Social Center.

**Briand Morrison** (\$2,500): To

create and perform original music, Anishinaabe Blues, with three live performances in Grand Portage at the Elders Powwow, on a live radio show, and at Wabaan, a healing circle.

**Billy Blackwell** (\$2,500): To capture and retain the stories of the history and culture of the Grand Portage Anishinaabe before the stories are lost. This project will record stories on video and digitally so they can be made available to all people who want to learn.

**Janis Fairbanks** (\$2,500): To create a book that highlights traditional Ojibwe beadwork design and techniques featuring the life work of Ralph Fairbanks, a traditional Ojibwe Elder (1948 - 2020), with pictures of his work and commentary on the artistic, spiritual, and cultural importance of his legacy to pass this knowledge to future generations.

**Alexander Kmett** (\$2,500): To create an informational video that highlights the importance of both food sovereignty and language revitalization, and how they are both relevant in developing our way of relating to the natural world as Indigenous peoples.

**Linda Newman** (\$2,500): To educate, support, and empower young women (ages 12+) of the

Grand Portage Band of Lake Superior Chippewa through opportunities to work with traditional sled dogs, paddle into the BWCA, learn to make beeswax candles, and immerse themselves in off-grid activities.

**Brian Stillday** (\$2,500): To teach children in the Duluth area traditional singing basics, back-up singing, and the responsibility of handling a drum.

**Maija Stillday** (\$2,500): To teach ribbon skirt and regalia making to youth in Duluth and host a fashion show in a round dance style to display the youths' work.

**Tashia Hart** (\$2,500): To make narratives of healthy, healing portrayals of love, body, and relationships easily accessible to uplift Native communities of Minnesota and beyond. Free copies of the novel Native Love Jams will be distributed to tribal libraries, women's shelters, and other locations.

**Patra Wise** (\$2,500): To host a workshop to teach Native youth the art of preserving culturally significant herbs, in partnership with the Fond du Lac Band of Lake Superior Chippewa Community Center and American Indian Community Housing Organization (AICHO).

**Jordan Gawboy** (\$2,500): To of-

fer drumming and regalia making classes for youth ages 8-18 years old at Bois Forte Tribal Nation communities of Lake Vermilion and Nett Lake in a community center setting.

**Ryan Bajan** (\$2,500): To hold drum circle once a week in after-school programming on the Bois Forte Tribal Nation with youth 6-18 years old.

**Airlea DeFoe** (\$2,500): To host an event to raise awareness, funds, and resources for Indigenous peoples who are unhoused, in emergency shelter, and spotlight issues that cause Native homelessness.

**Ashley Ammesmaki** (\$2,500): To create a MMIW (missing murdered indigenous women)-MMIS (missing murdered indigenous survivors) Beaded Mural to educate on these movements to help MMIW and MMIS families and survivors, raise awareness, and generate more resources.

**October Allen** (\$2,500): To add cultural components to a successful recovery/wellness group within a housing support program and bring awareness to the needs of Indigenous women and the importance of cultural activities.

**Danielle Pieratos** (\$2,500): To create a Farmers Market Manager



**Text MN to 741741**

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 TRIBAL-COUNTY PARTNERSHIP**

# Etc

for the Ode-imini Giizhis (Strawberry Moon) Farmers Market on Bois Forte Tribal Nation to increase healthy, local, fresh food access.

## Sign-up for Spring Spearing/Netting

Fond du Lac Resource Management Division (RMD) will be using the same plan for distributing permits in 2022 as we have the last several years.

First thing in the morning, RMD staff will be sending out a mass email/text to all individuals that register for spearing ahead of time (register using the link on the FDL

website). This daily notification will identify the lakes and number of permits available for that night. Band members that want to be included in the daily drawing can either respond to the email or call in to the RMD office (218) 878-7155 or on weekends at (218) 721-8317 by no later than 11:00 a.m.

Band members that do not have email may still phone in on a daily basis to find out which lakes are open, and if interested, may request to be in the daily drawings. RMD staff will have a daily drawing to distribute available permits to all of those that can participate. RMD staff will notify

the winners daily by 1:00 p.m. If you don't hear from staff by 1:00 p.m., you were not drawn for that night.

RMD will not be keeping a waiting list for the next evening's activities. Winners can pick up their permit at the boat landing. Conservation Officers will have a list of all Band members that have been issued permits for the evening.

## FDLTCC announces 2021 fall semester Dean's List

Fond du Lac Tribal and Community College (FDLTCC) in Cloquet, Minnesota, is excited to announce more than 100 students attending the college during fall semester 2021 achieved high academic standing and earned Dean's List honors for the semester grading period.

Requirements for earning Dean's List honors at Fond du Lac Tribal and Community College include maintaining a GPA of 3.0 or higher while completing 12 or more course credits during the semester. Students may take daytime classes, evening classes, weekend classes, online classes, or a combination of the above classes. A total of 1,527 full-time, part-time, PSEO, and College in the Schools students were enrolled at FDLTCC during the semester.

The following students earned Dean's List honors for fall semester 2021:

**Little Rock, AR**  
Demetrius Torrence

**Barnum, MN**  
Elise Lehto  
Brittney Nelson

**Brookston, MN**  
Madeline Irvine

**Carlton, MN**  
Alisha Broneak  
Abbie Burley  
Dane Hedquist  
Spencer Nynas  
Elijah Spears  
Jairid Ward

**Cloquet, MN**  
Jennifer Anderson  
Jesse Bahen  
Shantell Berglund  
Keeanna Berglund  
Joseph Bruce  
Tamara Crotteau  
Kierra DeFoe Tormanen  
Mary Jane Eagle  
Maya Fairbanks  
Taya Flaim  
Breanne Godden  
Taylor Janisch  
Anita Johnson  
Megan King  
Summer Martinson  
Kylie McKeon  
Noah Niemi  
Jessica OLeary  
Jordan Paulson  
Lilian Peterson  
Brady Petite  
Cameron Pilcher  
Brianna J. Reynolds  
Brianna M. Reynolds  
Lynn Reynolds  
Gabriel Sanchez-Eno  
Manuela Sandoval  
Alyza Savage  
Trinity Semo  
Brandon Soulier  
Jasmine Tezak  
Grace Zezulka

**Culver, MN**  
Savannah Johnston

**Duluth, MN**  
Bradley Felmlee  
Ceaira Gibson  
Matthew Hatfield  
Bradley Hoder  
Micah Hughes  
Matthew Jessup  
Zoe Jones

Kennedy Kibet  
Amanda Miller  
Kateri Ojibway  
Jessica Penn  
Macie VanBuskirk  
Daniel Walker  
Sueann Whaley

**Esko, MN**  
Owen Carlson  
Evan Paulson

**Grand Marais, MN**  
Doran Acero  
Kevin Viren

**Hermantown, MN**  
Kaylen Forsberg  
Rebecca Towner

**Hinckley, MN**  
Shana Peacock

**Iron, MN**  
Abby Mayry

**Kerrick, MN**  
Olivia Lourey

**Kettler River, MN**  
Janice Sherman

**Mahnomen, MN**  
Carissa Coleman

**Mahtowa, MN**  
Carter Class

**McGregor, MN**  
Luke Gould

**Meadowlands, MN**  
Hailey Bergin

**Minneapolis, MN**  
Louisa Cox  
Simone Rendon

**Moose Lake, MN**  
Edward Couture  
Kortney Johnson  
Amanda Johnston  
Krysta Moore

## HELP WITH YOUR POWER AND FUEL BILLS WITH COVID-19 ASSISTANCE/ARPA

For FDL households who qualify- you can receive \$900 toward your heating bill and \$900 toward your electric bill.

Applicants must be:

- FDL Enrolled
- Over the age of 18
- Must have either a heat and/or electric burden or both.

Funds will not cover:

- Rent
- Bills for other family members who do not live in your house hold and are not enrolled.
- Down payments or rental deposits
- Payments on phone bills
- Payments for damages caused by the household circumventing their electric meter and who receive a fine from the power company for theft of power.
- Water/sewer payments.
- Bills that are in collection.

One grant will be awarded per household no matter how many qualifying adults live in the house.

Payments will be made directly to the heating and or electric vendor. No checks will be made to individuals.

Bills must be in the name of a household member listed on the application. **Applicants must supply a copy of their heating and power bill. Applications without copies of bills will be returned.**

**Individuals who have heat or electric included in their rent will have only that uncovered bill paid. They will not receive additional funds.**

For an application please call or email:

218-878-7365

ARAPEAP@fdlrez.com



## Etc

**Onamia, MN**  
Mary Greene

**Plymouth, MN**  
Haley Christensen

**Saginaw, MN**  
Winnie Benjamin-Hall  
Katie Latourelle

**St. Cloud, MN**  
Moises Rivera

**Sandstone, MN**  
Alayna Matrious  
Grace Petersen

**Tamarack, MN**  
Naomi Nance

**Two Harbors, MN**  
Cade Fletcher  
Denise Huckabee  
Shelby Reitan  
Marisa Sandretsky  
Kelli Scoggin

**Wahkon, MN**  
Thomasina Powell

**Wrenshall, MN**  
Joseph Bergman  
Danielle Iatic  
Corey Kauma

**Wright, MN**  
Nahin Gatica-Cruz  
Elisabeth Kachinske

**Hattiesburg, MS**  
Mario Green

**Farmington, NM**  
LeMonica Lopez

**Lac Du Flambeau, WI**  
Gabrielle Armstrong Allen

**Springbrook, WI**  
Xavier Walt

**Superior, WI**  
Charlotte Caldwell  
Ashla Ojibway  
Brittany Willie

## LEGAL NOTICE – FEBRUARY 2022

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


### BAND MEMBERS WITH UN-CLAIMED PER CAPITA ACCOUNTS:

\*ATWOOD, Clyde Joseph  
\*BANKEY, Eric  
\*BLACKETTER, Brandon Allen  
\*BLACKETTER, James Roy IV  
\*BOURDON, Robert Bernard  
\*BULLOCK, Sharon Mae  
\*CICHY, Gerard  
\*CICHY, Leslie  
\*DEFOE, Dale Edward  
\*DEFOE, Kenneth Larry Jr.  
\*DEFOE, Steven Joseph  
\*DOUGLAS, Mime A.  
\*DURHEIM, Mindy  
\*ENGLER, Virginia  
\*ERICKSON, Judith Lenore  
\*GORDON, Kenneth Jay  
\*HOFFMAN, Cotee Lee  
\*HVEZDA, Grace Lynn  
\*JACK-MUNNELL, Ramona  
\*JOHNSTON, Gerald Francis  
\*KNIGHT, Lynette  
\*LAPRAIRIE, Robert  
\*LE BRECHE, Gerald Thomas  
\*LEE, Patricia J.  
\*LIND, Kevin Lee  
\*MARTIN, James Ernest Sr.  
\*MARTIN, Tina Marie  
\*MATHISON, Michael  
\*MARTINEAU, Steve B.  
\*MARZINSKE, Larry  
\*NIKOLAI, Gayle J.  
\*NORTHBIRD, Lance J.

\*OWENS, Louise K.  
\*OTIS, Doris  
\*PARKS, Margaret Jean  
\*PYRLIK, Judith  
\*ROY, Lee David  
\*SAVAGE, Gerald Jr.  
\*SAVAGE, Mark  
\*SAVAGE, Torrence J.  
\*SENNETT, Billie Jo  
SIMON, Stella  
\*SMITH, Karrie Anne  
\*SMITH, Richard Joseph  
\*SOULIER, Carlyss Ann  
\*SOULIER, Gary  
\*ST. GEORGE, Richard J.  
\*THOMPSON, Dennis K. Jr.  
\*TIESSEN, Paul  
\*TOPPING, Debra J.  
\*WHITE, Sara Ann  
\*WILLET, Steven George  
\*WRIGHT, Carol Jean

## FDLTCC hosting virtual Ojibwe language symposium




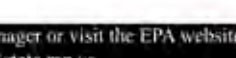
Fond du Lac Tribal and Community College (FDLTCC) is excited to host the 2022 Ojibwe Language Symposium, which this year will be virtual, and held throughout the month of February. The Virtual Ojibwe Language Symposium is a family oriented, collaborative, community event where language holders and learners can come together. The event will take place on Saturdays and Wednesdays throughout February, starting Saturday, Feb. 5. The 2022 Virtual Ojibwe Language Symposium is free and open to everyone. The event will offer two strands of language learning this year: a nurturing level for beginning and emerging speakers, and an immersive level for practitioners, and fluent speakers. On Wednesdays, the event will feature storytellers from the community, on Saturdays the event will focus on language and feature a variety of presentations from community members. To register for this exciting event, please visit: <https://mnscu>.



**PUBLIC NOTICE**  
**MUNGER LANDING PUBLIC MEETING**

You are invited to a virtual public meeting about the Munger Landing sediment cleanup at the Clyde Ave. boat launch in Duluth, Minnesota. The project involves the dredging of 100,000 cubic yards of contaminated sediment and disposal offsite at a certified landfill. The U.S. Environmental Protection Agency, in partnership with the Minnesota Pollution Control Agency, Wisconsin Department of Natural Resources, and industry, is holding the meeting to provide the public with the opportunity to learn more about the cleanup and to ask questions about the project.

**DATE:** Tuesday, February 1, 2022  
**TIME:** 6:00 PM CT  
**LOCATION:** Online  
**REGISTRATION LINK:**  
<https://bit.ly/3zx2bSd>

For more information, contact an MPCA project manager or visit the EPA website:  
Brad Leick, MPCA, [Brad.Leick@state.mn.us](mailto:Brad.Leick@state.mn.us)  
<https://www.epa.gov/great-lakes-aocs/st-louis-river-aoc>

## POSITIVE INDIAN PARENTING

*Honoring Our Children by Honoring Our Traditions*

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

**CLASS 10AM - 12PM**

via 

- Wednesday, February 2
- Wednesday, February 9
- Wednesday, February 16
- Wednesday, February 23
- Wednesday, March 2
- Wednesday, March 9
- Wednesday, March 16
- Wednesday, March 23

**Register today!**

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



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

# Etc

## More fruits and veggies please!

Minnesota Women, Infants, and Children Program (**WIC**) participants will receive more benefits to purchase fruits and vegetables now through March.

The federal government increased WIC cash value benefits to provide **\$24-\$47** each month for women and children participants.

Participating in WIC? Learn more about your benefit increase at [health.state.mn.us/wic](https://health.state.mn.us/wic).

**Interested in WIC? Apply by contacting  
Fond du Lac Human Services WIC Program 218-878-2115.**



[rschooltoday.com/public/costoption/class\\_id/207543/public/1/sp//](https://rschooltoday.com/public/costoption/class_id/207543/public/1/sp//).

Some of the presenters for the Saturday sessions of the 2022 Ojibwe Language Symposium include:

Nenaaw Giizhig (Charlie Smith) Gimiwan aka Dustin Burnette, Executive Director of MIIN (Midwest Indigenous Immersion Network) Dr. Mary Hermmes, Migizi aka Dr. Micheal Sullivan, Professor of Ojibwemowin Maajiigoneyaash aka Dr. Gordon Jourdain, Elder First Language Speaker Joseph Montano.

For a full list of presenters and presentation topics, please visit: <https://fdltcc.edu/campus-life/ojibwe-language-symposium/>.

The storytellers for the Wednesday Ojibwe Language Symposium events include:

Feb. 9: Bwaananaabekwe aka Mary Moose, Elder First Language Speaker

Feb. 16: Migizi Dr. Michael Sullivan, Premiere 2nd Language Speaker

Feb. 26: Maajiigoneyaash aka Dr. Gordon Jourdain, Elder First Language Speaker

For more information on the event, please visit <https://fdltcc.edu/campus-life/ojibwe-language-symposium/> or contact Roxanne DeLille, Dean of Indigenous Affairs at Fond du Lac Tribal and Community College via email at [roxanned@fdltcc.edu](mailto:roxanned@fdltcc.edu). To register for the 2022 Virtual Ojibwe Language Symposium, please visit: [https://mnsu.rschooltoday.com/public/costoption/class\\_id/207543/public/1/sp//](https://mnsu.rschooltoday.com/public/costoption/class_id/207543/public/1/sp//).

Gidinwewininaan – Mii iw epitendaagwak (Our language is most highly valued).

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



**SWEET CHAOS  
Drizzled  
Popcorn  
\$1.29  
1.5 OZ**



**GENERAL MILLS  
Fruit  
Snacks  
2/\$3  
2.5 OZ - 5 OZ**



**PRINGLES  
Potato  
Chips  
2/\$2.59  
2.5 OZ | GRAB & GO!**



**DOVE  
Chocolate  
Promises  
2/\$3.59  
2.75 OZ | SHAREABLE!**





## FDL's isolation guidelines

As stated in yesterday's update, every company and entity's COVID protocols are different. The article sourced from Harvard Medical states that sick individuals should isolate for five days, but Fond du Lac is asking that Band members and employees isolate longer.

"Reservation wide, and here at the clinic, we are still following the 10-day isolation from a COVID diagnosis given how high risk our population is and we don't want to expose the community with shortened isolation periods," Dr. Charity Reynolds wrote in an email to the newspaper office.

Fond du Lac has seen COVID numbers climb recently, and therefore we all need to work diligently to limit the spread of COVID-19. Isolate for ten days if you are positive, stay home if you are sick awaiting test results, and wear a mask when you do go out, even if you aren't currently COVID positive or sick.

"COVID cases have sky rocketed in the past couple weeks and continue to climb, it is very important to stay home when sick and away from others that are sick, even with mild cold like symptoms," Dr. Reynolds wrote.

Medical experts here on the Reservation, and many across the country, still follow and recommend 10 days of isolation as the best way to limit the spread of COVID among known positive cases. If you have a positive test, isolate for 10 days to keep yourself, family, and community safe.

## Omicron symptoms are mild, but U.S. still hits hospitalization record

Experts have said all along that Omicron symptoms are mild, but that doesn't mean that every single case is mild.

The U.S. hit a new record yesterday, 132,646, according to Reuters, surpassing the previous single day record record set last January of 132,051. Many will still tell, even medical experts, that the cases are mostly mild, but not everyone handles COVID the same way.

Those numbers came on quickly as the Delta wave started to subside according to Reuters.

*Hospitalizations have increased steadily since late December, doubling in the last three weeks, as Omicron quickly overtook Delta as the dominant version of the virus in the United States.*

*Delaware, Illinois, Maine, Maryland, Missouri, Ohio, Pennsylvania, Puerto Rico, the U.S. Virgin Islands, Vermont, Virginia, Washington D.C., and Wisconsin have reported record levels of hospitalized COVID-19 patients recently, according to the Reuters analysis.*

This variant is definitely less dangerous overall, but that doesn't mean that it has stopped hospitalizing people and people are also still dying from it, so to say we shouldn't worry about it because cases are mild is missing the whole picture. Also as cases rise it gives the virus more opportunities to mutate, and according to Reuters, we've risen to extremely high case levels.

*While potentially less severe, health officials have warned that the sheer number of infections caused by the Omicron variant could strain the hospital systems, some of which have already suspended elective procedures as they struggle to handle the surge of patients amid staff shortages.*

*The seven-day average for new cases has doubled in the last 10 days to 704,000. The United States has aver-*

*aged over a half a million cases for the last six consecutive days, according to a Reuters tally.*

In January of 2021, when cases hit then highs because vaccines were just rolling out, we saw case numbers at less than 400,000. This increase is alarming for many reasons. Even if less people are hospitalized, doubling the number of cases is going to lead to an increase in hospitalizations.

According to the New York times, while cases and hospitalizations have increased, the data shows startling information about how cases are being broken down.

The article displays two charts, one showing that the number of infections in Seattle and the other in New York. In New York, over 3,000 cases per 100,000 are among unvaccinated and near 500 per 100,000 cases are among those that are vaccinated. Seattle is similar with well over 300 among unvaccinated and about 100 among vaccinated (per 100,000).

The big problem is that many people are being hospitalized in these states with drastic differences among those who are unvaccinated and vaccinated. Many of the people who are admitted to the hospital don't even know they have contracted COVID according to the New York Times' data.

*In New York State, 43 percent of*

*people hospitalized with Covid were admitted for other reasons.*

*It's true that some of these incidental Covid hospitalizations still cause problems. The virus can harm people whose bodies are weakened by other medical conditions, and all Covid cases put added stress on hospitals, because patients must be isolated. ("Hospitals are in serious trouble," Ed Yong writes in The Atlantic.)*

Meanwhile in our area, hospitals are also under strain. Maybe not as extreme as other areas across the country, but to assume the mildness of Omicron is reason not to still take precautions and do all that we can to prevent its spread is foolish to say the least.

Healthcare workers have been pushed to the limits over the last 22 months. We need to do our part to not add any strain to the healthcare system, our families, and our communities. Please, if you have COVID like symptoms get tested and limit the spread, even within our own households.

*Source: <https://www.reuters.com/world/us/us-breaks-covid-19-hospitalization-record-omicron-surges-2022-01-10/> and <https://www.nytimes.com/2022/01/11/briefing/omicron-deaths-vaccinated-vs-unvaccinated.html?searchResultPosition=1>*



# Health

## Obesity and Cancer

**D**id you know that being overweight or obese increases your risks for getting cancer? 90% of new obesity-related cancers occur in men and women who are 50 years old or older.

More than 650,000 obesity-associated cancers occur in the U.S each year, including more than 200,000 among men and 450,000 for women.

The CDC has found that about 42% of adults and about 19% of children have obesity. Adults with obesity have a higher risk of many serious diseases and health conditions, including cancer, than people with a healthy weight.

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 child or teen can increase the chances of cancers later in life. The higher amounts of body fat are associated to increased risks of a number of different cancers including:

- Adenocarcinoma of the Esophagus- 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.

Along with other cancers related to being overweight and obese are: meningioma (a brain cancer), multiple myeloma, upper stomach, and uterus cancer.

**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).

**Other risk factors** can also contribute to these cancers. Some of these risk factors are hormone levels, changes (called mutations) in genes, and long-lasting infections.

Being overweight or having obesity doesn't mean that someone will definitely get cancer. But it does mean that they are more likely to get cancer than if they kept a healthy weight.

**What can we do to lower these risks?**

- Provide education to understand benefits to the screening services as young as children that are 6 years old up to adult age
- Provide tobacco prevention programs
- Teach and make healthy lifestyle choices- follow a healthy eating plan and taking part in regular physical activity
- Reduce exposure to these risk factors by providing preventative services.

Always remember to talk with your healthcare provider.

A message from your Fond du Lac Cancer Prevention Program.

Sources: Center for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov) and National Cancer Institute (NCI) [www.cancer.gov](http://www.cancer.gov)

They learn from watching you...

# Be Active

and your kids will too!




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

## Real Solutions

### WEIGHT MANAGEMENT SUPPORT

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

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

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

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



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

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

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

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



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



## Cooking to Improve Hypertension

Learn how to cook using spices to lower the sodium intake. Three modules will be presented to assist with lowering blood pressure through diet. Each module includes a dish that will be demonstrated for participants to sample.

Grocery items will be provided to participants to make the dish at home.

After this program, participants will:

- Become familiar with seasoning alternatives
- Understand how to do recipe modification
- Understand how elevated blood pressure affects the heart
- Become familiar with the DASH diet
- Learn to become a label reader
- See the benefits to cooking at home.

### Registration is required.

Class space is limited.

Call Barb at (218) 878-2141 for more information and to register.

### Improving Heart Health

Everyone needs a heart. The heart is the most important muscle in the body. It pumps blood and oxygen to all of the organs. If not taken care of, it can lead to health problems, including heart disease. Luckily, there are simple things we can do to help keep our hearts strong and healthy. As a bonus, many of these same tips will help ward off certain cancers, obesity and diabetes too.

**1. Control your portions.** Be aware of how much you are putting into your body. Learn your calorie limits and stay within them. Portion control can also help with weight loss and management. Tips to help with portion control include:

- a. Using smaller plates

- b. Filling up the plate with mostly vegetables

- c. Never eat out of a bag or carton. Always put your serving into a separate dish

- d. Don't go back for seconds

- e. Eat slowly

- f. When eating out, share the meal or put half in a to-go box right away

### 2. Reduce intake of:

- a. Red meat

- b. Sugary drinks

- c. Unhealthy fats (saturated or trans fats)

- d. Bakery treats

- e. Processed meats

- f. Processed (boxed or canned) meals

### 3. Cut back on salt (sodium).

The American Heart Association recommends healthy adults having no more than 2300 mg of sodium per day (about 1 teaspoon), with a goal of, ideally, having less than 1500 mg/day. Most of the salt comes not from the salt shaker, but from processed/boxed/canned foods or foods from a restaurant.

### 4. Eat a variety of foods that includes:

- a. Vegetables and fruits

- b. Whole grains

- c. Low-fat or non-fat dairy sources

- d. Lower fat protein sources including lean cuts of meat, poultry, fish, eggs, beans, legumes, nuts and seeds

**5. Move more.** Increasing activity, even in small amounts, can benefit overall health.

### 6. Quit smoking and avoid secondhand smoke.

If feeling overwhelmed and unsure where to start, talk to your healthcare provider. Fond du Lac Reservation has many services available to help you incorporate the tips mentioned above.

Try this tasty heart healthy recipe from [eatingwell.com](http://eatingwell.com).

### American Goulash

American goulash, also known as old-fashioned goulash, is the perfect economical family meal. The pasta cooks right in the sauce, so this satisfying dish can cook in just one pot. (By Carolyn Casner)

#### Servings: 4

#### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 ½ cups chopped onion
- 1-pound lean ground beef
- 2 large cloves garlic, minced
- 2 teaspoons paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- 1 (14 ounce) can no-salt-added diced tomatoes, undrained
- 1 (8 ounce) can no-salt-added tomato sauce
- 1 cup low-sodium beef or chicken broth
- 1 ¼ cups whole-wheat elbow macaroni
- 2 tablespoons Grated Parmesan cheese

#### Directions

Heat oil in a large saucepan over medium-high heat. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes. Add garlic, paprika, Italian seasoning, salt and pepper; cook, stirring, for 1 minute. Stir in tomatoes and their juices, tomato sauce and broth. Bring to a boil. Reduce heat to medium-low, cover and cook for 5 minutes. Add macaroni and cook, uncovered, stirring occasionally until tender, 6 to 9 minutes. Remove from heat and let stand for 5 minutes before serving. Sprinkle with Parmesan,

if desired.

#### Tips

To make ahead: Refrigerate goulash for up to 2 days. Reheat before serving.

#### Nutrition Facts

#### Serving Size:

1 1/2 cups

#### Per Serving:

418 calories; protein 31.1g; carbohydrates 39.9g; dietary fiber 6.6g; sugars 7.9g; fat 16g; saturated fat 5.2g; cholesterol 73.7mg; vitamin a iu 1224.8IU; vitamin c 16mg; folate 42.6mcg; calcium 73mg; iron 5.1mg;

magnesium 87.4mg; potassium 1022.7mg; sodium 725.9mg; thiamin 0.3mg; added sugar 1g.

© Copyright 2022 EatingWell. All rights reserved. Printed from <https://www.eatingwell.com> 01/13/2022

\*Sources include: CDC, [mayoclinic.org](http://mayoclinic.org), American Heart Association, [eatingwell.com](http://eatingwell.com)

## Cooking to Improve High Blood Pressure

**CAIR - Lake Superior Room | 1pm - 2pm**  
Thursdays: February 10, 24 and March 3

*Learn how to cook using spices to lower the sodium intake. Three modules will be presented to assist with lowering blood pressure through diet. Each module includes a dish that will be demonstrated for participants to sample.*

Grocery items will be provided to participants to make the dish at home.

After this program, participants will:

- Become familiar with seasoning alternatives
- Understand how to do recipe modification
- Understand how elevated blood pressure affects the heart
- Become familiar with the DASH diet
- Learn to become a label reader
- See the benefits to cooking at home.

**Registration is required.**  
Class space is limited.

Call Barb at 218-878-2141 for more information and to register.

**SOCIAL DISTANCING AND MASKS ARE REQUIRED**

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



# The Old Stockade in Superior and the Sioux Uprising of 1862

Research by Christine Carlson

## 1862 - Regarding the Sioux Uprising and the Indians' Complaints about the Government -Duluth News Tribune of March 19, 1911

Many of them were dissatisfied with the treaties by which they had agreed to part with their lands, and dissatisfied traders, whose licenses had been revoked, did all in their power to incite them to commit lawless deeds.

### Words from Chief Buffalo –

Nearly eight years ago, when we were leaving Washington, we were promised by the Great Father, 10 boxes of money, and we were told at the same time that the following spring, at sugar making, we should have a present of goods of the like amount. These promises thus made to us were not kept; we never saw this money or these goods. Here we claim 20 boxes (\$20,000).

Then we were to have four thousand dollars a year to dispose of at pleasure. If a young man wanted a gun or a coat, we could pay for it out of this money, or if you young men wanted horses, here was the money to pay for them. But we have never seen this money; here we claim thirty boxes. Continuing, he spoke of the blacksmith who was sent as promised but he was always out of iron.

They were promised clothing for their women and children, which was never sent – another claim for maybe six boxes. They were promised carpenters whom they never saw. The schools were unsatisfactory, and taken all together he thought they had a claim of sixty boxes (\$60,000) against the Great Father.

Speech by Judge Lenroot at the Annual Old Settlers Associa-

## tion Picnic – July 24, 1929

As a boy I was fascinated by the Indians. My father had spent considerable time with them in the Vermillion country, and spoke the Chippewa language fluently. He was a blacksmith by trade, and in the early days of Superior ran a blacksmith shop. Most of the Indians around Superior were mixed bloods, but often bands of full bloods would come to, or pass through Superior. There were usually from a dozen to twenty in a band, full blanket-ed and they always called upon my father; sometimes to have him repair their guns. I can see them now, lining up before my father, in single file. The Chief or Headman at their head, conversing with father in the Chippewa language. He was always their friend, and they were devoted to him. At the time of the New Ulm massacre by the Sioux, father was in the Vermillion country, and a band of Chippewas sought him out, and escorted him to Superior to secure his safety. That was the time the stockade was built on Second Street in the East End, expecting that the Sioux would invade this territory.

## Undated newspaper found in the Superior Library Files

The unique stockade on East Second Street and its fine view of the Superior harbor, where thousands of tourists from all over the nation stop daily during the summer for pictures of the superb view, marks the site where a stockade was built in 1862 during the threat of a Sioux uprising.

The early stockade was built of tamarack logs, sharpened at the top end. The logs were eight to 12 inches thick and about 12 feet high. The stockade started at the bay on Carlton Avenue extended

across East Second and East Third streets and was one block wide. A trench was dug four feet deep and the logs were placed on end side by side. There were gates on Carlton and on Walbridge Avenues and a little creek ran through the stockade.

There were several small houses, Indian wigwams, a block house in the stockade and log block houses were on each of the upper corners. A gate was made on the bayside for the entrance of boats and canoes. The stockade was built by a company of southern prisoners and every night people assembled within the structure or near it.

Residents were warned by those in charge of military preparations to be ready at all times to enter the stockade if the alarm was sounded and dwellers outside of the village were told to be ready to come to town for protection. Being out after dark was reduced to urgent necessity and darkness always found families within the confines of their homes. The hour of bedtime was usually fraught with uncertainties of the night and the day to come.

## Newspaper article from the files of the Superior Library

Three frame dwellings stood within the enclosure on the bay side of the street, usually occupied by half-breed families and Stephen Bungo of unique celebrity.

### Godfrey Schaar Killed -

With one exception, the memorable event occasioned nothing more serious than the worst scare and liveliest excitement the community ever experienced. The exception was the tragic death of Godfrey Schaar. The youth was shot by Sergeant Farrell of the U.S. troops while on patrol duty. It was after dark and while

carrying a fish pole and bundle Schaar was seen coming up from the bay at the corner of Bay Street and the avenue leading to his home.

Not being recognized and his appearance suspicious, Schaar was commanded to halt. In a spirit of fun, Godfrey disobeyed the command to halt and the fatal shot was fired. When Sergeant Farrell recognized the victim as his intimate friend, Godfrey Schaar, Farrell was so shocked that he subsequently died from the effects.

## Wisconsin Official Marker Erected in 1954 in Superior, Wisconsin reads like this:

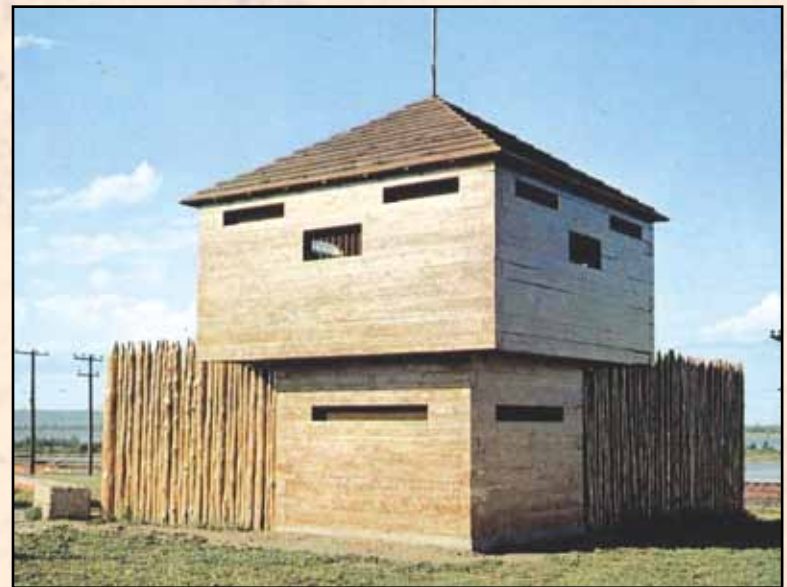
The Sioux uprising in Minnesota during the Summer of 1862, culminating in the New Ulm Massacre, caused great alarm in Superior. A Committee of Safety was chosen, a Home Guard organized, and a stockade built on the bay shore here. An inventory of all firearms in Superior revealed a total of 60 shotguns, rifles and pistols. The state sent

192 muskets and 2 cannons. To assist the Home Guard, the Governor sent a company of Wisconsin soldiers that had been captured by the Confederates at Shiloh and paroled. This Company was called back for Civil War duty in the Summer of 1863 and was replaced by other Wisconsin paroled soldiers. The Chippewas residing in this vicinity remained friendly to the whites. By August, 1863, the Sioux in Minnesota had been overcome and most of the soldiers left Superior. Eventually the stockade was abandoned.

## The Rest of the Story

The original fort was built in 1862. In 1954, a smaller version of the fort was recreated for Superior's Centennial.

The fort stood for many years and I remember seeing it as the family drove on Hwy 2 to Solon Springs. It was later cut down and the wood was used for the needs of Superior residents for their cooking and heating stoves.



1954 Replica of the old Stockade in Superior, Wis. Photo courtesy of the Douglas County Historical Society.



# 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

### 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)- Aabitoose

Thursday

(fourth day)- Niiyo giizhigad

Friday

(fifth day)- Naano giizhigad

Saturday

(floor washing day)- Giziibiigi-isaginige-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

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

AADIZOOKAAN/legend

AAKOZIWIN/illness

ANOKIWIN/job

BABIINZIKAWAAGAN/jacket

BIISIGNAISAAN/kindling wood

DEBWETAW/obey

ESHKAN/ice chisel

JIBAANKWAANAKIK/cooking kettle

MINJIKAAWAN/mitten

OJIINDIWAG/kiss

WAABIZHESHI/marten

ZAAGAIGAN/lake

ZHIGAAGAWANZH/onion

# 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. 14, 2022 for the March 2022 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 my daughter **Jaimie** (Feb. 2), Son **Keith Diver Jr.** (Feb. 5), Niece **Kami Diver** (Feb. 3), Niece **Allie Peacock**, (Feb. 28), Niece **Courtney Thompson** (Feb. 20), and last but not least my ol man **Keith Diver Sr.** (Feb. 18)  
*Love you all... Lynn*



Happy birthday **Patience Thompson** (Feb. 6). Wishing you the best year to come.  
*Love, Aunty Rachel, Knox, and Junior*

Happy birthday **Auntie Char Frymier** (Feb. 11). We love you! Hope your day brings you joy as you have brought us joy throughout the years.  
*Love, the Houle family*

Happy birthday to **Maci Martin**, (Feb. 17) 17. Happy birthday to **Madilynn Martin**, (Feb. 19) 15  
*Love, Grandma Tara and Mercedi*



Happy 9th birthday to our son and the best big brother ever, **Travis Brown Jr.** (Feb. 25). We love you to the moon and back a million times!  
*Love, Mom, Dad, Laila, and Kar*

## Obituaries

**Virginia Engler** died Nov. 10, 2021, at Avera McKennan Hospital in Sioux Falls, South Dakota.



Virginia Alice Engler was born Aug. 3, 1944, in Superior, Wisconsin, to parents John and Estella (Martineau) Quam. She grew up and attended school in Superior, Wisconsin.

In 1961, Virginia was united in marriage to Paul King, in Sherman, Texas. Of their union, they had a daughter, Jennifer.

Virginia worked for Swifts Turkey Processing for many years, where she met Leroy Engler. Virginia and Leroy were united in marriage on Oct. 20, 1977. The couple had three children together; Travis, Brian, and Cheri. They went on to make their home in Marshall. She also ran a daycare program for many years, and all of the children she watched over, never wanted to go home or leave her presence at the end of the day.

Virginia was adored by everyone she met. She had a tongue-in-cheek sense of humor and loved to make everyone laugh. She could strike up a conversation with anyone, young and old alike. Her favorite thing to do was embarrass you uptown with her quick-witted sideways sarcasm.

Her enjoyments in life included, cooking, canning, reading, crafting, and spending time with her family. Virginia was also a proud member of the Fond du Lac Band of Lake Superior Chippewa.

She is survived by her husband, Leroy Engler of Marshall; her four children, Jennifer Hubler

of Marshall, Travis Engler of Marshall, Brian (Gloria) Engler of Minneota, and Cheri (Wayne) Seehusen of Marshall. Twelve grandchildren; Danielle Martineau of Pipestone, Amy Hubler of Marshall, James Hubler of Balaton, Brandon Dwire of Marshall, Cheyenne (Josh) Jacobs of Marshall, Jett Engler of Marshall, Juliana Engler of Marshall, Kaleb Engler of Marshall, Brian S, Engler of Minneota, Jasmine Engler of Minneota, Ethan Seehusen of Marshall, Gavin Seehusen of Marshall. Three great grandchildren; Jackson Bailey of Pipestone, Jayden Hubler of Marshall, and Noah Jacobs of Marshall.

Virginia was proceeded in death by her parents, John and Estella Quam, one brother, Richard Quam, two sisters, Sandra Wheeler, Stella Quam, and one granddaughter, Sarah Hubler.

**Lynette Marie Knight (Yuha Minne Wi)**. Lynn is survived by her parents, Richard and Patricia Knight, only daughter, Charissa Rose Oothoudt, beloved grandchildren, Angel Perez, Priscilla Sanchez, Seferino "Bubba" Sanchez, Graciella Sanchez, Sage Narikawa, sisters, Lisa Aspinwall (Scott) and Terri "Buhdee" Knight (Billy), many nieces, nephews, aunts, uncles and cousins.



Lynn loved all her grand kids and they loved their Gramma. Throughout Lynn's life she made and had many friends, especially Colleen Johnson and Melinda Morgan, who helped her so much in her time of need. She was always happy, laughing, and

joking. Her heart was full of love for family and friends. She is at peace and will be welcomed by her sister Jean and Gramma Josephine along with other loved ones.

Peace and love.

With heavy hearts, we announce the death of **Kenneth Jay Gordon** (Milwaukee, Wisconsin), who passed away on November 30, 2021 at the age of 67. Family and friends are welcome to leave their condolences on this memorial page and share them with the family.

**Paul Martin Tiessen (Hannon)**, age 54, passed away on November 26, 2021, in Kentucky.

Paul was born in Ely, Nevada to Gail Hannon and Ray Tiessen on August 22, 1967. He went to high school in Woodbury, MN and was a star hockey player on the traveling team. Paul was an exceptional athlete in general and truly loved sports of all kinds. Paul had a wonderful sense of humor and always enjoyed time with friends and family. He was a beloved husband, father, grandfather, brother, uncle, cousin, and nephew as well as a friend to so many others. Paul struggled with addiction over the years and also suffered a traumatic brain injury in 2011 that greatly affected him. Paul was a fighter and, against all odds, was released from the hospital and lived independently again.



Paul married Kimberly Triemert on February 5, 2021. He was preceded in death by his mother Gail Hannon; his father Ray



# Community News

Tiessen; and his daughter Angel Lopez.

Paul is survived by his wife Kimberly Triemert; his children Delano, Damik, Dallas, Aaron, Dakota, and Mylhani; his father Gary Hannon (Gloria Nordquist); his sister Trish (Scott) West; and brother Brennan Hannon (Scott Stimson).

**Michael Allen Mathison** passed away after a 3-year battle with COPD on November 28, 2021.

He was born in Cloquet, MN on November 8, 1945.

Michael is preceded in death by his parents; son, Shane Mathison; sisters, Joanne Yeazole and Artis St. Germaine.

He is survived by his wife, Sharon; children from his first marriage, Scott, Wendy and Kelly; children from second marriage, Sandy and Ellen; children from his third marriage, Lisa, Christopher, Jeri, and Jessica; and 11 grandchildren.

**Joy Marie Martineau, “Awo-nookwe – Fog Woman”** age 61 of Cloquet, MN passed away Saturday, December 25, 2021, at St. Luke’s Hospital, surrounded by her loved ones. She was born September 23, 1960, in Duluth



to Evelyn Martineau/Olson and Roy Martineau. Joy was a member of Fond du Lac Band of Lake Superior Chippewa. She enjoyed spending time with all her grandchildren. Joy also enjoyed attending Pow-Wows, family events, being at the casino, doing

crafts, but most importantly, she loved being with her family.

Joy was preceded in death by her mother, Evelyn Olson and father, Roy Martineau; beloved daughter, Autumn; grandson, Noah; and brothers, “Butch”, Herb, Dan, Gary, Dean and Bob. She is survived by her children, Danielle, Jessica, Brittany, Richard, Ryan, Katrina, and Taysha; sisters, Gwen, Lynn, and Mary; brothers, Joe and Henry; 27 grandchildren; six great-grandchildren; two anxiously expected great-grandchildren; and several nieces and nephews, whom all loved her dearly.

**John Arthur Smith, 69**, of Brookston, passed away on Saturday, December 25, 2021, in St. Luke’s Hospital in Duluth, with his family by his side. John was born on June 20, 1952, in Duluth to Arthur Smith and LaVonne-Dottie (Couture) Smith. He graduated from Albrook High School in 1972. The day after graduation John entered the United States Army where he served in Germany and was honorably discharged in 1975. John attended and graduated from the Bureau of Indian Affairs Police Academy, Brigham City, Utah in 1978. On October 7, 1978, John married the love of his life, Patricia (Melin). Together they raised their family in Brookston.

John worked for Fond du Lac Resource Management as an Assistant Director/Chief Conservation Officer protecting resources both on and off the reservation. He also served as interim police chief for the Fond du Lac Police Department. John served as a



District III Representative for the Fond du Lac Reservation Business Committee.

John enjoyed hunting, fishing, and visiting with family and friends along with being a prankster.

John was preceded in death by his parents, Art and Dottie Smith; wife, Patty and nephew, Daniel Hink.

He is survived by his son, Mathew Smith; daughters, Karen (Ben) Smith and Kerri Smith; stepdaughters, Leann (Dale) Reynolds, Tammy (Marc) Erickson and Melissa (Rick) Carlson; brother, Michael (Susan) Smith; sisters, Joan (Joe) Lisson, Rozanne (Bill) Hink, Linda (Steve) Nelson, Lois Smith, and Terri (Tom) Gradine; sisters-in-law, Marsha Lundberg, Beverly (Randy) Willeck and Barbara (Pete) Bober; brothers-in-law, Tom Melin and John Melin.

He is survived by his six grandsons, Derrick Reynolds, Donovan Smith, Cody Erickson, Devin Reynolds, Nick Erickson and Tyler Selin; two granddaughters, Rhiley Smith and Mia McKeon; and four great grandchildren. Special family member Alexis Jung; special great grandson, Elliot Anderson; numerous nephews, nieces, great nephews and nieces, colleagues and friends. John was a pillar of his family and will be dearly missed. He is now reunited with his beloved wife.

**Larry L. LaBarge** passed away Friday, December 17, 2021 at the Fairview Range Medical Center after battling cancer for many years.

He was born in Brookston, MN on October 24, 1940 to Charles and Eliza LaBarge.



He had been an employee for the Sherman Mine until it closed. He owned and operated a scrap iron business with his brother, Bill. His last employment was at Shubart Transportation. After retirement he kept himself busy gardening, chopping wood and working on race cars. He was a permanent fixture at the Hibbing Raceway. He loved going to the races. His family was everything to him. He enjoyed having barbecues and family gatherings at his home.

Larry is survived by his wife, Lois; daughter, Lisa (Kevin) Vonderhaar; son, Skinner LaBarge; son-in-law, Daver Aho; grandchildren: Jesse Makela, Aaron Olson, Derek Olson, Tristan (Jessica) LaBarge, Ryan LaBarge, Michael Perrault, Alyssa (John) Groberg, and Dustin LaBarge; eight great grandchildren; and special niece and nephew, Debbie Johnson and Randy LaBarge.

He was preceded in death by his parents, siblings, and his daughter, Lynda.

**Mindy Louise (Tuttle) White**, age 57, of Deer River, MN, began her spiritual journey on Monday, November 15, 2021, at the Altru Hospital in Grand Forks, ND. She was born on November 8, 1964, in Minneapolis, MN the daughter of James Tuttle, Jr. and Karen (Jones) Tuttle.

Mindy was raised in the cities until 1981 when she and her family moved to Cass Lake. Mindy enjoyed going to the casino, spending time with her family, and going on long rides. Some of her favorite times were shared with her grandchildren. Mindy was always happy go lucky and she enjoyed



showing that to all her family and friends. She spent some of her time traveling around the local area with her granddaughter and watching her favorite soaps. Her kindness and love for her family will be missed by all who’s lives she touched.

Family that Mindy joins again are her parents; James and Karen, brothers; James and Bill Tuttle, aunt; Margaret LaRose, uncles; Charles and Clifford Jones, great-great niece; Zariah Fairbanks and her paternal and maternal grandparents.

Those she leaves behind to cherish her memory are her husband; Patrick White of Deer River, sons; Robert and Frank Tuttle of Cass Lake, daughters; Annie and Stephanie Tuttle of Cass Lake, sister; Mary (Cliff) Cloud of Cass Lake, aunt; Thelma Goodwin of Bemidji, 9 grandchildren, 1 great grandchild and her special cat “Kitty”.

**Elaine C. McFatrige**, age 85 of Cloquet, MN passed away Sunday, December 19, 2021, at St. Luke’s Hospital. She was born July 31, 1936, in Cloquet, the daughter of Joseph and Elizabeth (Colburn) Defoe. Elaine worked for the Fond du Lac Reservation schools and was a member of Lake Superior Band of Chippewa.

She was preceded in death by her parents; her husband John McFatrige; and her son, Thomas McFatrige. She is survived by her two sons, Guy (Jodi) McFatrige and Gary (Charlie Rose) Miskwaa Bineshii; brother, Melvin (Carolyn) Defoe; sisters, Dorothy Cooley and Nancy (Hank) Sepala; grandchildren, Shawn Randall, Katrina (Jeremy) Compton, Samantha-Jo McFatrige, Dana (Derrick) Houle-McFatrige, Gye Houle-McFatrige, Derek (Cherokee) McFatrige, Brandi (James)

# Community News

Fisher, Greg LaCroix, Tiffani LaCroix, Tommi Weiland, Carissa Diver, and Skyler Komanetz; and many great-grandchildren; and numerous nieces and nephews.

## MCT Business Development Specialist

Title: Business Development Specialist

Status: Regular full-time (40 hours per week)

Location: Cass Lake, MN

Pay: \$20.55 per hour; full fringe benefits

Deadline: February 18, 2022

The Business Development Specialist provides management and technical assistance to MCT tribal members, residing in the state of MN, in areas of for-profit business ownership. This includes marketing, business plan development, financial projecting, federal/state certification assistance, feasibility of project, and loan packaging. Coordinate meetings with tribal leadership to form a Tribal Energy Council. The Business Development Specialist will:

- Intake, screen and identify potential business development center clients.
- Provide management and technical assistance to clients requesting assistance in start-ups, expansion, or purchase of an existing business. This includes assistance in feasibility/financial projecting/financial statement preparation and analysis, credit report analysis, business plan development, federal/state certification assistance, including SAM (System for Award Management), and business loan packaging.
- Maintains business development center client files.
- Establish contact and rapport with private and public agencies, including financial institutions

in order to provide effective assistance to clients in the areas of business development and loan assistance.

- Advocate for tribal members business interests, including marketing activities for the business development center. This includes traveling to MCT member reservations to meet with clients/potential clients, attending professional gatherings, workshops, and other business development related events.

- Assist in meeting underwriting guidelines required by the Finance Corporation's business loan program through providing complete loan packages.

- Be responsible for quarterly meetings with the Tribal Energy Council.

- Perform other duties as assigned by Director, Finance Corporation. Qualifications:

- Degree in Business Administration or Accounting preferred but equivalent amount of education or experience will be considered.
- Excellent oral and written communication skills.
- Knowledge and experience with business plan development, including financial statement preparation, feasibility studies, and financial packaging.
- Experience and knowledge in Office Word, and Excel.
- Must have and maintain a current valid driver's license, current auto insurance, and the use of a privately owned vehicle for business purposes.
- Background check required.

### PERSONAL CONTACTS

Contacts are made with all levels of professional and support staff within the Minnesota Chippewa Tribe and its six member reservations. Contact is also made with a wide range of federal, state, local, and tribal officials, business leaders, bankers, and government

agency staff.

Send application and/or resume and list of professional references to:

Joel D. Smith, Director of Administration. The Minnesota Chippewa Tribe  
P.O. Box 217, Cass Lake, MN 56633

EEO-American Indian Preference

## 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



They learn from watching you... **Be Active!** and your kids will too!



This position is an equal opportunity provider.  
This poster was funded by USDA's Supplemental Nutrition Assistance Program (SNAP)  
Fond du Lac Human Services Division | Community Health Services



# Community News

They learn from watching you...

## Eat More Fruit & Veggies

and your kids will too!



**ship** statewide health improvement partnership

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




#FDLSTRONG

WITH WIND AT OUR BACKS  
WE MOVE FORWARD

#GETVAXXED




#FDLSTRONG

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

#GETVAXXED





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

# Sweet Wins!

DRAWINGS SATURDAYS 6-9 PM

- START EARNING ENTRIES ON SUNDAY, JANUARY 30, 2022.
- THREE (3) WINNERS EACH HOUR, TWELVE (12) WINNERS EACH NIGHT.
- WINNERS CAN WIN UP TO \$5,000.



[blackbearcasinoresort.com](http://blackbearcasinoresort.com)

\*Slots, Blackjack & Bingo Players Club Members earn one (1) entry for every five (5) credits earned on game play. See official details & rules on [blackbearcasinoresort.com](http://blackbearcasinoresort.com) or at the Players Club.

# HAPPY Valentine's Day

FEBRUARY 14<sup>TH</sup>



DRAWINGS MONDAY 6 - 8 PM

- Start earning entries on Monday, February 7, 2022.
- Three (3) winners each hour, nine (9) winners total.
- Winners can win up to \$2,000.

LIVE IN THE OTTER CREEK EVENT CENTER



TICKETS ON SALE!



FRIDAY, FEBRUARY 11<sup>TH</sup>