

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



## COPS VS. KIDS BASKETBALL

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# Local News

## FDL Scholarship Program

By **Rachelle West**,  
*Scholarship Director*

**B**oozhoo. It's been awhile since I've checked in with you. Time sure has a way of getting away from us. As a student in college, I ask you to think about your "reality" each day; how am I making a difference in my inner circle? How can I support my fellowman by being the "best version" of myself? Prioritize, with positive energy. This is a good time to take inventory of what do you need to do to prepare for your next quarter/semester/term in college. As a Fond du Lac Scholarship Program (FDL SP) applicant, **it is YOUR responsibility** to read and know the program's policies. Here are some highlights - **Fond du Lac Scholarship Program Policies, procedures, guidelines and instructions**

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**Your responsibilities:**  
Eligible students are responsible for the completion of all required applications

at the school you have been officially admitted to and for our program.

*The deadline for applying to the Fond du Lac Scholarship Program (FDL SP) is July 1 of each year if you intend to start fall quarter/semester/term.*

You should apply to our program at least six weeks before your official start date.

### Section 1. Eligibility requirements:

1. Must be Enrolled member of the Fond du Lac Band of Lake Superior Chippewa. Enrollment will be verified.
2. Must have High School Diploma or GED.

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### Section 2. Documents required:

5. A completed FDL Scholarship application. No FDL SP funds will be awarded or disbursed until all required forms have been received by the FDL SP. See checklist in scholarship packet.
- Application to be completed annually, due July 1.
  - Budget sheet. The FDL SP Director will scan to your

Financial Aid (FA) Office. If your college prefers the student to turn in the budget sheet themselves, do so. After your FA Office completes the budget sheet, you'll need to pick up the form from your FA Office and return to the FDL SP Director in a timely manner.

- Release of Information Form
- Repayment Agreement/Per Capita Form
- Policies & Procedures acknowledgment Form
- FAFSA – [www.fafsa.gov](http://www.fafsa.gov). After completing the FAFSA, you'll receive an e-mail of confirmation stating, "successfully processed." Turn that confirmation e-mail in to the FDL SP Office.
- Minnesota Indian Scholarship Program Application – [www.ohs.state.mn.us](http://www.ohs.state.mn.us).
- Copy of all/any transcripts. Turn in a current class schedule EACH quarter/semester/term.
- Education Plan
- Copy of high school diploma or GED.
- W-9 must be done for payment purposes.
- Admissions Letter
- Academic Glossary (for your

information).

### Section 3. Financial aid requirements:

2. Verification Process: may occur and this is a process in which a student's SAR (Student Aid Report) is randomly selected for review which means the Financial Aid Office will be requesting more information from you. **DO NOT IGNORE THIS.**

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2. Reward system for academic excellence:

Time frame to submit grade reports and check processing: Second paragraph -

It will take a minimum of two weeks to get your "reward check" ordered and processed from the time we receive grades. Keep in mind that our staff must also meet certain guidelines and deadlines within FDL Administration.

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### Section 5. Academic requirements:

1. All scholarship recipients must submit copies of class registration forms for each

academic term. **YOU MUST ALSO TURN IN FINAL GRADES AT THE END OF EACH QUARTER/SEMESTER/TERM.** If you do not turn in class schedules and final grades, your financial aid could be delayed.

2. All scholarship recipients are required to maintain a 2.0 quarter/semester/term & cumulative grade point averages.

3. Full-time students must enroll in a minimum of 12 credits.

5. **INCOMPLETES** must be made up and a passing grade submitted by the end of the next academic quarter/semester/term.

6. **WITHDRAWS** – be cautious, be aware of your school's policies, especially noting deadlines that may affect your financial aid awards (including your FDL SP award). Withdrawing from all classes after the school's deadline, not notifying the FDL SP, and withdrawing after our check has been processed by your school may result in a one year suspension.

## Nahgahchiwanong Dibahjimowinnan

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

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Fond du Lac News, Tribal Center,  
1720 Big Lake Rd.,  
Cloquet, Minn. 55720.  
*Editor: Zachary N. Dunaiski*

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

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

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

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

*Corporate Member of the  
Native American Journalists  
Association*



# Local News



## Cops vs. Kids Basketball

By Zachary N. Dunaiski

Very few things are better than a good basketball game, one of the exceptions to that is a basketball game for a good cause. Apr. 18, the Fond du Lac Police Department played against the Fond du Lac basketball teams, boys and girls, in an effort to raise money for the school's athletic program.

Both teams have always taken this game, referred to as Cops vs Kids, seriously, or at least treated as seriously as a fund raising event ever can be. Trash talking before, during, and

after the game has always been a staple of the event, but it's always done in good fun.

At halftime, the Cops held a narrow halftime lead 38-37. That's when the first of the audience portion came into play as five kids were selected from the audience to take part in a free throw contest. The audience continued to cheer as the contestants sank free throws.

The game remained close, with many lead changes in the first 12 minutes of the second half. At the 8 minute mark, Officer Mike Diver stopped the game to have the winning ticket of the 50/50 raffle drawn.

Patti Jo Fineday's ticket was drawn, but instead of taking the \$146 she'd won, she had her husband, newly appointed Chief of Police Herb Fineday, announce that they were going to be donating the money back to the FDLOJS athletic fund. The fun and beneficial event helped raise \$292 for the athletic program.

The final 8 minutes of the game didn't disappoint as it came down to the final seconds of the game with the Cops winning again this year 76-75. Thank you to all who participated and/or donated to the athletic fund.

### Section 6. Time frame for completion:

1. Applicants may earn or attempt one (1) Associate of Arts degree (2 year) with FDL SP funds for up to (3) years, or six (6) semesters or nine (9) quarters. In other words, we allow 3 years to complete a 2 year degree.

2. Applicants may earn or attempt one (1) Bachelors level degree (4 years) with FDL SP funds for up to five (5) years, or ten (10) semesters or fifteen (15) quarters. This includes length of time already used for completion of one (1) Associate of Arts degree. In other words, we allow 5 years to complete a 4 year degree.

3. Applicants may earn one (1) Master level degree with FDL SP funds for up to three (3) years, or six (6) semesters or nine (9) quarters.

4. Applicants may earn one (1) Doctoral level degree with FDL SP funds to be determined following submission of a degree plan, confirmation from Doctoral Advisor and consultation with the FDL SP staff.

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### Section 9. We will not fund or pay for the following:

1. Students in DEFAULT status on current or previous student loans.

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### Section 10. Appeals process:

1. All scholarship applicants and recipients have the right to "Appeal" any award determination, penalty, or decision made by the Scholarship Director.

2. Student is required to write a letter of appeal to the FDL SP

Director. Attach any documents that might strengthen your appeal such as a doctor's statement, support from your academic instructor or other credible sources.

3. Scholarship staff and Advisory Committee will meet to review the appeal. We may contact any or all of the support persons listed in your appeal.

The Reservation Business Committee (RBC) reserves the right to interpret and apply all policies, procedures, guidelines, and instructions for their use in the administration of the FDL SP.

And lastly, keep an eye on the Fond du Lac website for updates to the FDL Scholarship Program. Available scholarships are posted to our home page. You can access this information by going to [www.fdlrez.com](http://www.fdlrez.com). Click Programs & Services and then click Scholarships. All of the scholarship forms are to the right, Scholarship Forms.

The University of MN – Duluth has added a new Masters in Tribal Natural Resources Program. Professor Tadd Johnson is the American Indian Studies Director of Graduate Studies. Applicants are now being accepted for up to 20 students for fall of 2018 (through UMD). More information can be found at [www.umdmtres.org](http://www.umdmtres.org) (<http://www.umdmtres.org>).

For more information contact Rachele A. West, FDL SP Director, (218) 878-2633 or Veronica Smith, FDL Scholarship Clerk, (218) 878-2681.

## Fond du Lac Historical society

The FDLREZ Historical Society meets the second Friday of each month at the FDL Resource Management building 10 a.m. to 2 p.m. They will have a booth at the 2018 Enrollee Days as they have for the last several years, please check it out at the tables in front of the museum.





Artwork by Aaron Kloss • www.aaronkloss.com

# RBC Thoughts

## Sawyer News

I would like to congratulate Ferdinand Martineau for his success in the 2018 Fond du Lac Primary Election for Secretary/Treasurer. I would also like to thank the people of Sawyer for allowing me to represent our beautiful community. I will continue to work hard at helping our community move forward. I know it seemed like a long winter this year but the sun will shine soon. In the past we have had open water by now. Climate changes are upon us and again stay aware of severe weather warnings this spring. We are also looking at opening the Kiwenz campground soon, please be mindful of driving around the campgrounds. The trees are very old and can't handle cars and trucks driving over their roots. Slow down in congested areas and neighborhoods, many children have eagerly started riding their bikes and are playing outside.



Bruce Savage

This month a team of people have been working on a local foods strategic plan. We are working on a community gathering place that demonstrates how to introduce sustainable food systems. This means using, mini-hoop houses, learning about crops that grow in our region, bringing in demonstrations

such as an apple cider press with potential for much more. There will be more to come regarding this vision for food sovereignty in the community. This month we had our open meeting in Sawyer and it went very well.

Community members are really voicing more about cultural activities, sports, and increasing focus on our youth. Miigwetch for your input, please, know my door is always open.

*Bruce M. Savage, Fond du Lac Band of Lake Superior Chippewa, Sawyer District II Tribal Representative, 1720 Big Lake Road Sawyer, Minnesota 55720 BruceSavage@fdlrez.com, cell ph: (218) 393-6902 www.fdlrez.com*

## Boozhoo,

I woke up to six inches of blowing snow today, April 15. I think spring has played a joke on us. All of our spearing and netting opportunities are on hold because of the ice on the lakes. The way it looks our season will be very short this year so if you are interested in spearing or netting keep an eye on the resource management webpage.

There are plenty of things going on but one that may have some of your interest is the signage that is being proposed by the state to identify our ceded territories in Minnesota. There are several areas throughout the state that will be identified but the 1837 and 1854 will have my attention when they are located. I will keep you up-to-date as this project progresses.

I am not sure if you have heard yet but the primary election has come and gone for our Reservation. I was humbled by the results again. I was re-elected for the third time in a row with over 50% of the votes cast. As in the past, I take this to be a mandate from the voters of Fond du Lac

to me that they trust me, support my decisions, and want me to continue in the direction I have been going. With your support I will face the challenges of the next four years with the energy and drive that you have become accustomed to.

I would also like to congratulate my colleague District II Representative Bruce Savage in his re-election with over 50% of the votes cast in his primary also. In my conversations with him he feels the same way I do about the decision of the people and is very excited about the potential of the next four years as well.

I am planning a celebration to thank the voters for their confidence in me and you are all invited to come and celebrate at the Cloquet ENP on Sunday, May 6 from 1-3 p.m.

*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 Gigawaabamin.*



Ferdinand Martineau



# IVLP visits FDL to talk about sex trafficking

By Zachary N. Dunaiski

The Fond du Lac Reservation received a special visit from the International Visitor Leadership Program (IVLP) Apr. 3 at the FDL Museum.

The 14 visitors, which included three interpreters, were from 10 different Latin American countries. This group of IVLP members included two from Argentina, and one from Bolivia, Dominican Republic, Ecuador, Guatemala, Honduras, Nicaragua, Paraguay, Peru, and Venezuela.

While here, they met with FDL Investigator Kelly Haffield and Tribal Attorney Rebecca St. George to discuss what FDL has done to combat sex trafficking.

Kelly, who has been working directly on this for over a year, has gained very valuable knowledge on the topic. She spoke to them about many different things from the signs or signals to look for to reasons why it is

difficult to get help for some of the victims of sex trafficking. But one of the most important things she told them was getting help from everyone.

“The chances of me personally finding a sex trafficker are probably slim to none because I am reliant on all these people that I’ve talked about. I’m reliant on that person at the grocery store, at the gas station, on the hotel worker, on that school teacher, coming to our police department or going to social services and saying ‘you know what, something’s just not quite right.’ And asking that we check into it,” Kelly told the members of the IVLP during their conversation at the Museum.

“It’s really the help of the community,” Kelly added as to what will help keep our communities safe and more effective to combat sex trafficking.

Kelly went on to say that one of the biggest signs is when a

young girl will run away from home multiple times.

“They’re either running from something or to something and if you can eliminate what they’re running from,” telling the IVLP what the first signs she looks for are. “If their home life in all likelihood looks pretty decent but they continue, then there is something pulling them. In all likelihood it’s probably someone involved with sex trafficking or drugs or both, because they usually go hand in hand.”

The group that met with Kelly and Rebecca, the IVLP, is the U.S. Department of State’s premier professional exchange program. The mission of the IVLP is to advance U.S. foreign policy goals by providing first-hand knowledge of the society, culture, political system, and economy of the United States while cultivating professional relationships and networks.

Current and emerging foreign



leaders form business, professional, and academic collaborations with their counterparts in U.S. communities, gaining exposure to America’s best practices and values. Virtually the entire IVLP budget is re-invested in the United States, boosting local economies and creating jobs.

The 11 members of the leader-

ship program were interested and engaged, with a few members even asking questions after the session had technically ended.

We should all be proud of the work all of our officers are doing, and in this particular case, all the hard work Kelly has put forth to keep our youth and community safe.

# HTM conference and expo

Heating the Midwest (HTM), a regional biomass thermal energy advocacy group, has announced the program and registration for its fifth annual conference and expo to be held May 1-3, 2018, at the Black Bear Convention Center in Carlton, Minn. This year’s conference will include topics such as:

- Message and Messenger: Rethinking How Biomass Thermal Takes Itself to Market
- Biomass Thermal Continues to Escape the Attention of Clean Energy Champions in the Upper Midwest
- Ensuring that Everyone who Benefits from a Strong Biomass Thermal Energy Industry is on the Team
- The Perfect Fit: Examining

Biomass Thermal Projects that Work in Spite of Challenging Market Conditions

- Feast or Famine: Assessing the Current Inventory of Available Biomass Inventories in the Upper Midwest
- The Effort to Push Biomass Heat into New Applications Underway in the Upper Midwest.

After April 20, registration will be \$270. Students can register and attend the conference for \$75. Registration is available online at <https://www.eventsquid.com/event.cfm?id=3099&notRegistered&mbm=0>. Accommodations are available for a rate of \$55/night (double/queen or king) until May 24, 2018.

There will be exhibition areas

where biomass-related vendors, businesses, and organizations will demonstrate the latest in biomass technologies, information, and support.

Heating the Midwest would like to thank the following sponsoring organizations who have confirmed their support of the conference to date:

- **Gold Level Sponsors:** Wood-Master/Northwest Manufacturing, Inc.; Wisconsin Statewide Wood Energy Team (SWET); and the Minnesota SWET/Minnesota Department of Natural Resources.
- **Silver Level Sponsors:** Messersmith Manufacturing, Inc., J & J Contracting, Central Boiler, LHB, Inc.
- **Lunch Sponsor:** Benson Electric Company

- **Tour Sponsor:** J & J Contracting
- **Exhibitors and Co-Hosts:** Agricultural Utilization Research Institute, Natural Resources Research Institute, Noresco, Verita Energy, LLC, USDA Forest Service, BBI International, Pellet Fuels Institute, Biomass Thermal Energy Council, Area Partnership for Economic Expansion, Clean Energy Economy Minnesota, Grand Rapids Area Chamber of Commerce, Alliance for Green Heat, RDO-Vermeer LLC, Rotochopper Inc,
- **Partnering Sponsors:** Biomass Thermal Energy Council, Biomass Magazine, Pellet Fuels Institute

Those interested in sponsoring or exhibiting at the conference

should contact Bruno Zagar at [brunozagar@fdlrez.com](mailto:brunozagar@fdlrez.com) or (218) 409-3534. Those interested in partnering should contact Ann Sarnecki at [asarnecki@fs.fed.us](mailto:asarnecki@fs.fed.us) or (608) 231-9506.

Heating the Midwest welcomes involvement and participation from individuals and groups who are interested in growing awareness of the use of biomass thermal fuel in the Midwest. Sign up for email updates and learn more about HTM at [www.heatingthmidwest.org](http://www.heatingthmidwest.org) or contact any Steering Committee member listed on the site.

## Etc.

## New Masters in Tribal Natural Resources

The American Indian Studies Department is introducing a new Master of Tribal Resource and Environmental Stewardship program at the University of Minnesota Duluth. It was approved by the University of Minnesota Board of Regents at its February 2018 meeting.

The Master of Tribal Resource and Environmental Stewardship (MTRES) program will be offered primarily online at the beginning of the 2018-19 school year.

“Indian people have a unique, vested interest in the stewardship of natural resources,” explains Profesor Tadd Johnson, the American Indian Studies director of Graduate Studies. “In this new program, students will get an overview of the environment from an indigenous perspective so that they can sustain tribal lands and water for future generations.”

The MTRES curriculum is rooted in the interrelationship between biological, physical and cultural systems as well as environmental policy. “Graduates will be able to provide vigilant oversight of land, air and water, while advocating for indigenous rights,” says Johnson. Courses include principles of tribal sovereignty, integrated ecosystems stewardship and tribal natural resource economics.

The program is the culmination of collaboration between UMD’s College of Liberal Arts, Swenson College of Science and Engineering, and the College of Education and Human Service Professions, and three years of consultations with regional tribes. “We vetted the ideas with tribal natural resource managers to see what they need to run their departments,” says Johnson. “MTRES is a program designed by Indian tribes for Indian tribes.”

Johnson says the new program is now

accepting up to twenty students for the fall of 2018. More information can be found at [www.umdmtres.org](http://www.umdmtres.org).

## FDLTCC publishes Thunderbird Review anthology

Fond du Lac Tribal and Community College has published the sixth edition of its literary and arts anthology, *The Thunderbird Review*. The journal features writing and art submitted by students from Fond du Lac Tribal and Community College and residents of northeastern Minnesota and northwestern Wisconsin communities.

The journal received over 120 submissions this year to consider for inclusion, and the editorial staff spent a significant amount of time reading and discussing the submissions to decide which pieces to include. This year, student editors Aimee Reece, Suzanne VanHoever, Jade Sellon, Matthew Follmer, Clairra Krikava, and Tekla Solberg worked with Fond du Lac Tribal and Community College English instructor Darci Schummer to produce the publication.

*The Thunderbird Review* anthology provides an opportunity for students to gain hands-on experience in writing, editing, and publishing at Fond du Lac Tribal and Community College.

“Working on the local literary journal was like a glance into a small publishing company, and I got to be a part of it,” said student editor Suzanne VanHoever. “It was an amazing way to hear the voices and see the talent of the community. I loved to see that I wasn’t alone in my love for writing, reading, and art. It was really interesting to see how much work goes into making a book and how difficult it is to choose the submissions to be published.”

Student editor Tekla Stolberg shared a similar sentiment. “Working on the journal gives me a chance not only to be heard but to hear the voices of

the people in the community around me,” said Stolberg. “Each person has a unique creative center that we love to bring to life.”

April 12 Fond du Lac Tribal and Community College hosted a book release party that brought together the anthology’s featured artists and writers for a public reading and refreshments in the campus commons. The event was part of the college’s annual Fine Arts Week, which celebrated local creativity and talent found on campus and throughout the region. The event was free and open to the public, and copies of the journal were available for purchase at the event.

For more information or to purchase a copy of *The Thunderbird Review*, contact Darci Schummer at (218) 879-0845 or via email at [dschummer@fdltcc.edu](mailto:dschummer@fdltcc.edu).

People interested in purchasing copies of the anthology can find them at the Fond du Lac Tribal and Community College Bookstore for \$5 each. Funds from book sales go toward producing the current publication as well as the next edition.

## Thunder’s Saivon Parker named to All-Conference Team

Fond du Lac Tribal and Community College Thunder Men’s Basketball student athlete Saivon Parker was named to the Minnesota College Athletic Conference All-Northern Division Team for his outstanding performance during the 2017-2018 season. The postseason award recognizes the top 14 players among the eight colleges in the Northern Division of the conference.

Parker, a 6’2” guard, is currently a freshman at Fond du Lac Tribal and Community College in Cloquet, Minn. He is a graduate of St. Paul Johnson High School in St. Paul, Minn. Parker is the fourth Thunder Basketball student

athlete in program history to earn MCAC All-Conference Team honors.

“Saivon was one of the most consistent point scorers in our league this season,” said Thunder Basketball Head Coach Brian Burtnyk. “He was a leader for our team and led us in both scoring and free throws in many games. I look forward to having him back next season and building a team around his skills.”

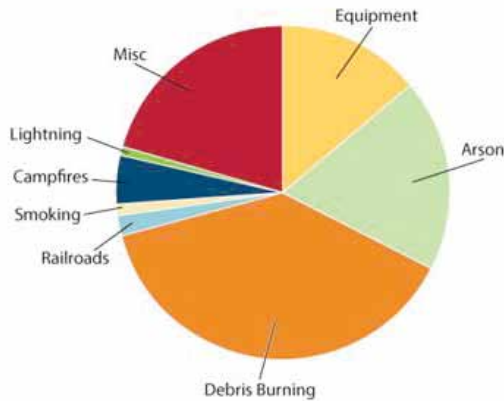
At the conclusion of the 2017-2018 season, Parker was third among the Minnesota College Athletic Conference Northern Division statistical leaders in scoring with 21.3 points per game average, and was a solid rebounder with 6.2 rebounds per game average. Parker made 42.7% of his field goals attempts, mostly from mid-range distance, and he averaged 33.1 minutes per game of playing time. He challenged the Thunder single-season scoring record despite playing in only 15 games this past season.

The Minnesota College Athletic Conference is the organizational body for NJCAA-affiliated two-year technical and community college athletic programs in the Minnesota State system. The men’s basketball conference includes 16 teams which are divided geographically into Northern and Southern Divisions. The mission of the Minnesota College Athletic Conference is to advance intercollegiate athletics by providing an engaging and supportive environment for success of student athletes and competition among member institutions. The MCAC is committed to the guiding principles of encouraging the development and success of student athletes, promoting the integrity, honesty and loyalty to member schools as well as upholding the sustainability of conference athletic programs. More information about the conference is available from the league’s website located at [www.mcacsports.org](http://www.mcacsports.org).



Etc.

Causes of Wildfires in Minnesota



### Fire permits

With the recent snow melt forestry will now require permits for all non-recreational fires, or fires bigger than 3'x3'. These permits are available for free to Band members and can be obtained from the Conservation Officer's office during normal business hours. This news will be on the FDLREZ.com community events page and on the Resource Management Facebook page, too.

Permits are typically issued and then good for 1-3 days, depending on the weather forecasts, and current and recent past weather. Gen-

erally permits require that fires are not lit until after 6 p.m. and have to be fully extinguished by early morning. This restriction in timing is done because typically in the evening the temperature drops, the relative humidity goes up, and the winds die down, decreasing the chance of a fire escaping.

More information can be found here:

<http://www.fdlrez.com/RM/urn-permits.htm>

In Minnesota over 1 in 4 wildfires is caused by people burning yard waste:

## Upcoming events

Enrollee Days June 22-24

Language Camp June 13-17



# Nagaajiwanaang genawendangig Anishinaabemowin

"THE ONES WHO TAKE CARE OF  
ANISHINAABEMOWIN @ FOND DU LAC"

**WHERE:**  
Kiwenz Camp  
Ground  
3212 Magney  
Drive  
Cloquet MN

KIWENZ OJIBWE IMMERSION LANGUAGE CAMP  
JUNE 13-17, 2018



Back by popular Demand!!

GIWANAADIZI-  
NAYAANAAGADAGAGWEGIKENJIGEN  
Mad Scientist—Dr. Arne Vainio



**ANISHINAABEMODAA!** Immersion speakers active in all areas of camp!!!

**TALENT SHOW HOST:** Keith Secola (Anishinaabe musician) will work with youth and perform at camp.

**16 CRAFT STATIONS:** bead working, birch bark crafting, pucker toe moccasins, feather decorating, pipe-stone carving, drum stick making, rush mat making, painting for children, and finger weaving. Demonstrated and discussed in Anishinaabemowin.

Ojibwe Cribbage Station and Ongoing Language table for all language levels. **Canoe Races and lacrosse game Saturday.** Horseshoe Tournaments and **Children's Activities Station every day.**

**New this year!** Register and participate for prizes **Thursday and Friday mornings only.** **"Nindinawemaaganag ezhi-minwendaagoziwag bimosewin/bimibatoowin" (Family Fun Walk/Run)** Race is organized by FDL Community Health and sponsored by Northland Foundation Age to Age.

FUNDED BY THE MINNESOTA INDIAN AFFAIRS COUNCIL THROUGH THE LEGACY AMENDMENT FUND, FDL Development, FDL Behavioral Health and 13 nooks

**CAMPERS INFORMATION:**  
Overnight campers arrive Wednesday to set up. Oversize campers will be referred to Mashkawizen to set up.  
No parking within campgrounds. Shuttle service to & from designated parking areas.  
Showers are available: bring your own towels and toiletries.  
CONTACT: [janisfairbanks@fdlrez.com](mailto:janisfairbanks@fdlrez.com)








# Etc.

## Fifth Grade Happenings

By Ms. Dawn

It has been a busy time for our fifth grade classroom! In March, we had the opportunity to visit STARBASE; Students that attended STARBASE learned scientific and engineering design concepts that were integrated with math and technology through the entire 5 days. While we were there, the students focused on using science, technology, engineering, and math to create an environment conducive to living on Mars. They extracted information from various sources to help them "survive the environment" of Mars, while mapping out colonies, and building robotics much like the actual Mars Rover.

Each day, students were challenged to conduct experiments next to actual scientists

and engineers from the MN Air National Guard and volunteers within STEM industries. As they worked, they were encouraged to learn more about the STEM fields of opportunity. They advanced their skills in coordinate mapping, plotting, geometry, statistical measures and other data analysis. The students became scientists as they investigated things such as vacuum pumps, temperature probes, solar panels, generators, 3D printers, and other technologies.



A huge miigwech to everyone involved for making this happen for our students!

With April, comes spring and the fifth graders have been busy setting up a classroom hatchery. Each student is taking care of and monitoring two chicken eggs. Students will be

monitoring changes such as weight, temperature, and humidity throughout the incubation period. They will be monitoring growth rate throughout the incubation process by learning how to candle eggs and see how their chick is developing during the 21 day process. Once the chicks have hatched, the students will be designing race courses and mazes to conduct experiments with their chicks.

With the hatchery in full swing, the 5th graders will also be teaming up with their kindergarten buddies to share and teach them all they have learned about their chick's life cycle. They will also be helping kindergarteners learn how to do some beginning coding. Fifth graders have become "experts" at learning this new skill and are looking forward to sharing their knowledge!

As the school year comes to an end, please begin to look for field trip permission slips coming your way. Ms. Ashley and I are looking forward to taking your children on some exciting learning adventures this spring and will be sending more information and forms home soon! Miigwech, Ms. Dawn



## Public notification for Fond du Lac Band of Lake Superior Chipewewa Income Survey

The Fond du Lac Band is entertaining the idea of upgrading various Band-owned and operated facilities, such as possible water system(s), sanitary collection system(s), and others to better serve our Band members now, and into the future.

To qualify for federal low-interest loans and/or grants for these improvements, we are surveying all users within the Reservation boundary to determine Median Household Income (MHI). This data will be evaluated only to determine if the project(s) qualifies for federal financial assistance and does not mean the Band will further pursue capital infrastructure project(s) if not reasonably feasible or necessary to sustain ourselves as a community.

Please be aware that an income survey will be mailed mid-to-late May 2018. Please complete and mail back promptly to the address provided within the income survey documents.

If you have questions, please contact: Jason Holliday, Planning Director, (218) 878-2625 or Jordan Vandal, Water/Wastewater

Manager, (218) 878-7595.

## No need for General Election

The Fond du Lac Primary Election on Apr. 3 was won by both incumbents by over 50% meaning there will be no need for a general election this June.

Ferdinand Martineau, Secretary Treasurer, was elected to a third consecutive term with 431 votes (57.62%). The other candidates received the following vote totals: don wiesen 120 votes (16.04%), Mary Diver 109 votes (14.57%), and Juanita "Nucka" Anderson 88 votes (11.76%).

Bruce Savage, Sawyer Representative, will be fulfilling his first full length term after winning a special election in Feb. 9, 2016. The other candidates received the following vote totals: Jeremy "Sam" Ojibway 51 votes (33.33%), Les "Sonny" Northrup, Jr. 5 votes (3.27%), and Tina Olson 7 votes (4.58%).

The Nahgahchiwanong Dibahjimowinnan would like to thank all of the candidates for their time and effort as well as the voters of the Fond du Lac Reservation as 752 voters participated.



Etc.

**Nagaajiwan-  
aang Genawen-  
dangig Anishi-  
naabemowin  
2018 Language  
Program News  
Submitted by Janis Fair-  
banks, Anishinaabemowin  
Coordinator**

May 2018

Last month, I updated you on Kiwenz Ojibwe Immersion Language Camp which will be held at Kiwenz Campgrounds in Sawyer June 13 – 17. Those plans are purring along, as we move forward with other projects in the works.

Coming up at the end of the month in June is Fond du Lac Enrollee's Days, and the FDL Language Program is busy creating a PowerPoint Presentation on Plants and Medicines that will be shown the evening of June 29, 2018 starting at 7 p.m. near the Tribal administration building. Four knowledgeable experts are mapping out their presentations and will be on hand to meet with you and answer any questions you may have on their work. The four individuals are Fond du Lac elder Abajiins (Ralph Fairbanks) who will provide assistance to the other three presenters with Ojibwe language descriptions, Tashia Hart, who will supply images, descriptions, and maybe

even recipes using plants and medicines, Fond du Lac Elder Vernon J. Northrup, well-known photographic artist who has presented his work in art galleries, and Noela T. Martell Segura, botanist, who will assist in plant identification and description, as well as contributing additional images for the show.

Language program administration and staff will also attend the special showing of the Plants and Medicines PowerPoint. Gwiiwizens (Ricky W. DeFoe) and Bizhiki (Andrew J. Gokee) will welcome Fond du Lac Enrollee's to the big tent set up at the far end of the football field next to the Tribal administration building. Join us for an evening of information and an ice cream snack. We look forward to seeing you there!

See the flyer for a sneak peek at the PowerPoint presenters.

Questions or comments, please contact me at [janisfairbanks@fdlrez.com](mailto:janisfairbanks@fdlrez.com)

**BBCR hosts  
National Tribal  
Air Forum**

The Fond du Lac Band of Lake Superior Chippewa will be hosting the National Tribal Air Forum at Black Bear Casino and Resort on May 14-17. Organizers of the Forum are the Institute for Tribal Environmental Profes-

sionals and the National Tribal Air Association. The Forum is held annually, with Tribal air quality and environmental staff from around the nation attending. Representatives from state and federal agencies are also invited to attend, bringing total attendance up to around 200. Some of the federal agencies represented are: the Environmental Protection Agency, Housing and Urban Development, and the Department of Energy.

The Forum starts with a training day and is followed by three days of sessions that address many different aspects of air quality. These include outdoor air quality policy issues, air monitoring, indoor air quality concerns such as radon and mold, clean energy, climate change adaptation, and many other things.

This year's Forum also includes keynote speaker Karen Diver, who will open the Forum with her remarks. Another annual event is the Virgil Masayesva Awards Dinner. Virgil was a Hopi Tribal member and co-founder and director of the Institute for Tribal Environmental Professionals. Virgil, who passed away in 2005, was considered the Grandfather of Tribal air quality and worked tirelessly to fund and coordinate training and support opportunities for Tribal air quality staff.

**NAI classes for Regalia**

**By Patra Wise**

The Native Arts Initiative Grant, funded through First Nations institute, has been hosting classes for youth every Thursday from 5-6:30 p.m. at the Sawyer Community Center.

We have now moved into the Regalia making portion of our classes and are so excited to have the expertise of Roberta Marie and Candace Fineday to guide the students in creating Grass Dance and Fancy Shawl Regalia from start to finish. Each participant was able to create their own design and will spend the next few weeks working to make their sketches come to life! It has been wonderful to witness the community support and interaction each week between the students, the instructors, community members and volunteers.

These students are learning new skills that they will carry with them into the future. To begin their lessons in sewing Roberta Marie was able to bring in the Reclaiming Sacred Tobacco team, including

Samantha Martin and Rita Aspinwall, to provide a meal and educate the students on the history, cultural significance and use of Sacred Tobacco. They were able to follow up their education with hands on harvesting exercises as well as lessons in creating beautiful Sacred Tobacco Pouches which allowed the students to practice their sewing skills and familiarize themselves with the use of a sewing machine.

We look forward to the finished projects these students will create! We sincerely appreciate the hard work and dedication of our NAI Instructors, Roberta Marie and Candace Fineday. We also want to say thank you for the continued support of the Sawyer Center Manager and Staff: Brenda Shabiash and Ryan Barney as well as volunteers that help facilitate each class: Rita Ojibway, Naomi Conley, Mel Blacketter, Colleen Bernu, and all other community volunteers! This would not be possible without community involvement and support!



# Etc.

The Forum always includes youth involvement. We are hoping to attract youth from the area to attend and present science related projects. If you would like to attend the Forum, you can register (a \$75 fee applies) at [http://www7.nau.edu/itep/main/Conferences/confr\\_ntf](http://www7.nau.edu/itep/main/Conferences/confr_ntf) or contact Joy Wiecks (FDL Air Coordinator) at (218) 878-7108 or [joywiecks@fdlrez.com](mailto:joywiecks@fdlrez.com).

## Discover and map invasive and native species

There are more than 200 known invasive species currently documented on the Fond du Lac Reservation including buckthorn, wild parsnip, tansy, spotted knapweed, honeysuckle, and Siberian pea shrub. Join others in an invasive species discovery hike. Bring outdoor clothing, smartphone, tablet, or a camera. The event will be taking place outside so dress appropriately for the weather. Weather permitting, materials and activities to document aquatic species in the nearby river and pond systems will be available. Friday, April 27 anytime between 10 a.m. and 4 p.m. Meet at the parking entrance and/or along the trails of Cartwright Road. Saturday, April 28. Anytime between 10 a.m. and 4 p.m. Meet the parking area and/or along the trails at the Pine Valley Ski Area.

## Public Notice

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

Cloquet Representative (1 Vacancy)

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

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

All submission must be turned in by Friday, June 1, 2018. Please include your contact information and a brief statement of interest. Submissions can be turned into:

Fond du Lac Human Services  
Attention: Jennifer DuPuis  
927 Trettel Lane  
Cloquet, MN 55720  
[jenniferdupuis@fdlrez.com](mailto:jenniferdupuis@fdlrez.com)

## AICHO public events

This year, AICHO is an official venue for the Duluth Home-grown Musical Festival. Join us on the first Friday and Saturday for music from the following acts:

Friday, May 4 at the Dr. Robert Powless Cultural Center for Sing! A Women's Choir at 6:30 p.m., #theindianheadband at 7:30 p.m., and A Band Called Truman at 8:30 p.m.

On Saturday, May 5 at the Dr. Robert Powless Cultural Center for Ladyslipper at 6:30 p.m., The Formal Age at 7:30 p.m., and Red Mountain at 8:30 p.m.

Another event 11 a.m.-2 p.m. May 12 in the Dr. Robert Powless Cultural Center is Contemporary Woodland Appliqué Techniques. Following the presentation is a how-to art workshop demonstrating contemporary applique design and construction. The applique art demonstration is sold out. However, community members are still available to attend the presentation that precedes the applique workshop at \$10 which includes lunch! Contact Ivy Vainio at [ivy.aicho@gmail.com](mailto:ivy.aicho@gmail.com).

## Tribal Court notice of name change

In the Matter of the Name Change of: KIMBERLY ANN JOSEPHSON, Petitioner. Case No.: NC-001-18 Notice of name change.

Notice is hereby given that on March 26, 2018 an Order was issued changing the name of Kimberly Ann Josephson to Kimberly Ann Murray.

## 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 caretakers 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.

## Fond du Lac Ojibwe School Board Regular Meeting

Tuesday March 6, 2018 Fond du Lac Ojibwe School Board Room 3 p.m.

Called to order: 3:05 p.m.

Roll Call: Debra Johnson Fuller, Joyce LaPorte, Betty Anderson, Robert Peacock, Michael Diver entered at 3:16 p.m.

Absent: Jeffrey Tibbetts, Carol Wuollet

Others present: Jennifer Johnson, Superintendent; Tara Dupuis, Principal; Vicki Oberstar, Counselor

Betty Anderson read the mission statement.

Motion to approve the agenda with the addition of American Indian Advisory Committee Overview Resolution for MDE to New Business and one item for executive session: Robert Peacock, seconded by Betty Anderson.

Motion to approve the February 6, 2018 regular meeting minutes: Betty Anderson, seconded by Joyce LaPorte, all in favor, 0 opposed, motion carried.

Review the ledger: no discussion

### Old business:

I. Culture Coordinator Job Description - Motion to move this item to March 20, 2018 noon special meeting: Betty Anderson, seconded by Robert Peacock, all in favor, 0 opposed, motion carried.



# Etc.

II. SY 2018-2019 Calendar - Tabled - Move to April 2018 regular meeting.

III. SY 2018-2019 Budget - Discussion: Current needs budget discussion. The budget is still a work in progress. Sports, Special Education, and Transportation are editing their budgets for the new school year.

IV. Subcommittee Updates - Budget committee, Betty Anderson and Airplane update. There were questions regarding the airplane. The plane will belong to Fond du Lac. It will be an estimated \$15,000 to complete the project. There was further discussion regarding insurance, 40 hours flight time to certify the plane, and painting the plane. FDL RBC is the owner of the plane.

Computer inventory is ongoing.

Student kitchen help discussion.

There was continued discussion regarding the plane. There is an interested buyer in the airplane "as is".

Future STEM projects discussion - Topics included drones, robotics, and student driven projects.

Add Robert Peacock to the budget committee.

Community Involvement Sub-Committee - Joyce LaPorte discussed a FDL Health Fair prize donation. Betty Anderson discussed the committee meeting notes. Future project includes Ziigwan Celebration.

Behavior Committee - The committee met March 1, 2018. Betty discussed the behaviors in relation to policies, reporting behaviors by staff, Behavior Mental Health staff in the building availability to students. Parent/Guardian set

up the service for their student.

Betty also referenced an article from the Duluth News Tribune regarding behavior and Native American students. There was discussion regarding behaviors and the current legal issue with MDE.

V. Cloquet Financial Agreement Language Changes - new Superintendent for Cloquet Mike Curry will intern later this spring. The Cloquet Agreement is Compensatory Aid based on the number of students enrolled. There was discussion regarding qualifying factors for money. Discussion regarding Title money, certificate program at the college, 16 clock hours (if necessary), book selection, all students undergo the benchmark of learning standards.

We have to make edits to the language. There will be a meeting with the Cloquet School Board in May.

VI. PAG Bylaws Update - RBC Consent agenda to dissolve the PAG Bylaws approved March 6, 2018.

### New business:

American Indian Parent Advisory Committee Overview - Jennifer Johnson discussed the resolution stating the School Board and Parent Committee agree to work together. Because we are a BIE school the state recognizes the school board as a parent committee. Motion to approve the FDL Ojibwe School is in concurrence with MDE - Joyce LaPorte, seconded by Mike Diver, all in favor, 0 opposed, motion carried.

Betty discussed - Samantha at community health will make a banner - add to Community Involvement committee. Betty

will contact Sawyer Center. Supervisor reports:

Maria Defoe - 21st CCLC is requesting volunteers for Homework Club and Tutoring volunteers. Contact Maria.

### Other:

No discussion.

Motion to adjourn to executive session: Betty Anderson, seconded by Mike Diver, all in favor, 0 opposed, motion carried.

Adjourn 4:10 p.m.

Recorded by Jennifer Trotter-chaude

## Sillies on the Sidewalk

The annual Sillies on the Sidewalk, hosted by WKLK's Kerry Rodd and Jake Kachinske to raise money for the food shelf, was once again a huge success.

Kerry and Jake raise over \$3,000 in pledges and received over 300 lbs of food. Thank you two for your hard work, and thank you to everyone who donated.

## MCT home loan program

The Minnesota Chippewa Tribe Finance Corporation will be at the Fond du Lac Government Center Legal Conference Room Tuesday - May 22, 2018 9 a.m. - 12 p.m. to take mortgage applications for their home loan program.

If you are interested in applying for a mortgage loan or have questions regarding our Home Loan Program, contact Cyndi Cwikla at (218) 335-8582, extension 150 to schedule an appointment.



## Learning computer languages

Students in STEM (Science/Technology/Engineering/Math) have emerged in the world of programming. There are several programming languages used to write software such as C + +, C#, Java, GML, Python, and the list goes on. Many students either start early learning languages so they can develop their own programs, like the one you might be using for your e-mail, documents, or internet, but mainly they go in the direction of video games.

Jumping into one of these languages can take years to master, but one way students are learning to better understand concepts behind the languages is "programming logic." This is a great starting point. So the Fond du Lac Ojibwe School has implemented programs and apps to help accommodate the need. For instance, our 3rd graders have been working their way through a program called SWIFT PLAY-GROUNDS.

This is a screen capture of the SWIFT Program. Students enter in commands exactly to program the character to travel from point A to point B in order to capture a gem. Students learn computers only do what they are exactly told to do. They also learn it is easy to make mistakes, but by evaluating the steps they can correct the procedure and may avoid it in the future.

Second and fourth, as well as other grades, will be doing this or similar programs such as Jr. Code or Scratch. The goal is to get them to think and develop so they can transfer their knowledge to other programs (Unity, Construct 2, Game Maker and so forth). A few eighth graders have dipped their feet in Construct 2 and already created a nifty platform style game. With this come other art and music software programs to learn in order to enhance their creations. The possibilities are endless.

Etc.



NAGAAJIWANAANG GENAWENDANGIG  
ANISHINAABEMOWIN

## 2018 LANGUAGE PROGRAM

under the tent at the end of the football field.

# Fond du Lac Enrollee Days

## FRIDAY JUNE 22, 2018

### 7:00pm - 8:00 pm only

## PLANTS & MEDICINES

## POWERPOINT SHOW



4 plants & medicines specialists will be on hand to answer questions.

Ralph Fairbanks (Language Advisory Board Member—FDL Elder)

Tashia Hart (Plants as food and medicine)

Vernon J. Northrup (Photographic Artist—FDL Elder)

Noela T. Martell Segura (Botanist & Photographer)

FDL Language Program Reps will also be there to welcome you.

Ozhaawashkogiizhigokwe — (Janis A. Fairbanks, Ph.D.)

Bizhikii (Andrew J. Gokee)

Winterberry Photo Credit: Ralph Fairbanks



## Become a Licensed Child Care Provider

**LICENSED CHILD CARE PROVIDERS NEEDED**

- Would you like to work from home?
- Do you enjoy working with children?
- Have you or are you willing to take classes regarding child development?

Fond du Lac Reservation Child Care Services is accepting applications for Native American child care providers residing on FDL Reservation.

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

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

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"**



# FDL Law Enforcement news

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

- Mar. 1 Report of a gas drive-off from the FDLGG, Incident Case Report (ICR) number given.
- Mar. 2 Traffic stop on Big Lake Rd/Brookston Rd, vehicle was driving with half the vehicle over the fog line and drifting way over the centerline with tires being all the way over the center line; no signs of impairment and driver would not admit to being distracted; strong reprimand was given
- Mar. 3 Two intoxicated guests were evicted from the Black Bear Casino and Resort (BBCR) for causing a disturbance; a cab was called and both parties left the property
- Mar. 4 Traffic stop on Cartwright Rd/University Rd driver was advised of no working taillights
- Mar. 5 Vehicle in the ditch on Moorhead Rd/University Rd, the vehicle is not a hazard and they will get a licensed driver, vehicle will be moved shortly
- Mar. 6 Traffic stop on Reservation Rd/Lockling Rd driver warned for headlight out
- Mar. 7 Report of gunshots in the Big Lake area, checked surrounding areas, nothing suspicious
- Mar. 8 Assisted with a turned over four wheeler on the road, driver denied medical attention
- Mar. 9 Traffic stop on Highway 210/Cary Rd, driver was warned for speeding
- Mar. 10 Traffic stop on Cary Rd/Highway 210 for crossing the fog line twice, driver was looking at Google map on her phone; driver was advised not to do that
- Mar. 11 Traffic stop on Airport Rd, driver warned for failing to use turn signal
- Mar. 12 Traffic stop on Cary Rd/Maple Dr, driver was tagged for speeding and no proof of insurance
- Mar. 13 Assisted a driver with changing a tire
- Mar. 14 Report of an unwanted male at BBCR, male was advised and decided to wait off property
- Mar. 15 Completed a walk through at the Cloquet Elderly, no issues
- Mar. 16 Arrested two individuals at BBCR for warrants
- Mar. 17 Traffic stop on Magney Dr/Cary Rd, driver warned for speeding
- Mar. 18 Traffic stop on Brevator Rd/Jarvi Rd, driver warned for failing to stop at the stop sign
- Mar. 19 Traffic stop on Hohensee Rd driver was cited for driving after revocation and no insurance
- Mar. 20 Extra patrol at the FDL Ojibway School, spoke with staff, students, and School Resource Officer (SRO), no issues
- Mar. 21 Report of a possible burglary at a residence, officers arrived and cleared the residence
- Mar. 22 Officers were requested to keep the peace while an individual moved out of the home
- Mar. 23 Traffic stop on Big Lake Rd/Johnson Rd, driver was warned for speeding
- Mar. 24 A 911 hang up call; officers arrived and found it to be a child playing with the phone
- Mar. 25 Suspicious activity reported at the Cloquet Elderly, reporting party heard loud banging noises, checked the area, and didn't find anything
- Mar. 26 Report of a person on the Banishment list at the Cloquet Elderly, individual was located and issued a citation for trespass and sent on their way
- Mar. 27 Report of a vehicle in the ditch on Brevator Rd, the driver was ok and was in contact with AAA/insurance for the tow
- Mar. 28 School patrol conducted at the FDL Ojibway School, greeted kids as they arrived
- Mar. 29 Traffic stop on Hwy 210/Davis Rd, driver was warned for failing to signal
- Mar. 30 Traffic stop on Hwy 210/Hohensee Rd, driver advised of license plate light being out
- Mar. 31 Report of a gas drive-off at the FDLGG, driver returned and paid for the gas.

## Legal notice

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

### **BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:**

AITKIN, James  
 ANKERSTROM, Arthur  
 BARNEY, Bradley Sr  
 BARTEN, Charles  
 BLANKENSHIP, Lisa-beth  
 CICHY, Gerard  
 CICHY, Leslie  
 DEFOE, Richard  
 DRIFT, Betty  
 ERNST, Julia  
 FARRELL, Margo  
 HANSON, Jeffrey  
 KITSON, Patricia  
 KUCHERA (DAHLBERG), Lucinda  
 LAFAVE, Harry  
 LAFAVE, Kenneth  
 LAPRAIRIE, Robert  
 MARZINSKE, Larry  
 PEACOCK, Thomas B.  
 SAVAGE, Mark  
 SAVAGE, Torrence  
 SHABAIASH, Rodney  
 SOULIER, Gary  
 TEAL, Tammie

# Health News

## CHRs are here to help you

The Community Health Representatives (CHR) program has been a valuable resource for the Fond du Lac Community for over 30 years and has expanded to include transportation within the Fond du Lac service area for medical, dental, WIC, optical, diabetic classes, foot clinic, monthly homebound outings, and Elder exercise. In addition, the CHR's offer prescription delivery to community members with no other way to receive their medication.

Clients must meet eligibility criteria through FDL Human Services Division to receive transportation and prescription delivery services after all other options have been explored. CHRs try to meet all the client's needs; however, CHRs are unable to provide transportation for your "plus one" unless there is a need of physical or emotional assistance during your appointment. Per policy, clients under the age of 18 must be accompanied by a parent or legal guardian. For the safety of the client and CHRs, clients cannot be transported if they are under the influence of alcohol or drugs. CHRs are also unable to transport biohazards such as bodily fluids or sharps.

To serve the community and to continue offering a wide range of services, CHRs need to be given a 48 hour notice when requesting services. Appointments should be confirmed with the CHRs to assure that clients arrive on time to their appointments. If your appointment is cancelled or changed, please notify the CHRs as soon as possible by calling the number listed at the end of this article.

The CHRs have a wide variety of trainings to assist them in their everyday duties such as: first aid, child passenger safety, and HIPAA to name a few. The CHRs are a valuable resource for those seeking information on cancer screenings, prenatal care, Elder activities, and other community health needs.

As much as things have changed throughout the years, many things have remained the same. The Community Health Representatives are community members who are invested in the health and wellbeing of the Fond du Lac Community. The compassionate and reliable CHRs will often be found helping with various community functions. With an eye to the future, the CHRs are dedicated and flexible to the changing needs and challenges of our clients and community.

To schedule a CHR for an appointment, or if you need further information, please call (218) 878-2128 Monday-Friday 8 a.m. to 4:30 p.m. Please remember that the CHRs are always in the community, so if you reach the voicemail, please leave a detailed message and your call will be returned.

## Helping your child eat right and be active

**Katie Hughes,**  
*Health Educator and  
Personal Fitness Trainer*

When children eat healthy food and get regular exercise, they feel better and think more clearly. Parents who help their children learn to eat right and be active are giving them a gift that will last a lifetime.

### Encourage physical activity:

- Children need an hour or more of physical activity per day
- Plan active play dates
- Encourage your child to choose a sport to play (basketball, baseball, or soccer) or join a class (dance, gymnastics, or martial arts)
- Make family times active times; take a brisk walk after dinner, ride bicycles, or hike
- Limit screen time; experts suggest no more than 2 hours per day

### Be a role model:

- Watch how and what you eat too
- Try to get regular exercise each day
- Be supportive and do not criticize

### Eat healthy:

- Help your child start each day with a balanced breakfast
- Offer a variety of healthy

foods; a balanced diet for children and teens includes: whole grain bread, cereal and pasta, fruits, vegetables, dairy such as milk, cheese, and yogurt, protein foods like eggs, chicken, and beans

- Avoid sugary and high fat foods; only occasionally serve chips, sodas or cookies
- Limit fast food meals.

The following is how Nichole and Keith Diver help their children eat right and be active:

As parents we try to instill in our children many different values; respect, honesty, and one of the most importance... self-love.

We do this by example. Being kind to ourselves by treating our body and spirits in a way they deserve; eating good foods and staying active and healthy as a family.

Teaching our children the importance of these things

is something we try to do in everyday activities. We keep it a part of our normal, everyday routine. We often cook meals and snacks together and choose our foods together.

Our family enjoys days off from school and work by doing things together such as hiking on the Superior Hiking Trail, riding bikes, and running. These activities are fun for all of us but also teach our children of the things that they are capable of and in turn truly learning to love and respect their bodies.

These things help to nurture our spirits and help us to stay in balance.

As parents we find pride in the fact that our children assume that this is what families do together. This is our normal; and I know that by creating this normalcy we are also creating healthier generations to come.



Pictured: Nichole Diver, Keith Diver Jr., Keith Diver III, Kason Diver, and Porter Diver



# Health News

## May is Melanoma and Skin Cancer Month

Skin cancer is the most common form of cancer in the U.S., and “melanoma” is the most deadly type of skin cancer. When cancer starts in the skin, it is called skin cancer. More than 90% of melanoma skin cancers are due to skin cell damage from ultraviolet (UV) radiation exposure. The two most common types of skin cancer—basal cell and squamous cell carcinomas—are highly curable, but can be disfiguring and costly. According to CDC American Indian/Alaskan Native have the second highest rate of getting melanoma of the skin. The hours between 10 a.m. and 4 p.m. Daylight Saving Time (9 a.m. to 3 p.m. standard time) are the most hazardous. A change in your skin is the most common sign of skin cancer. The use of sunscreen with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection is very important.

A simple way to remember the signs of melanoma is to remember the A-B-C-D-Es of melanoma—

- “A” stands for asymmetrical: Does the mole or spot have an irregular shape with two parts that look very different?
- “B” stands for border: Is the border irregular or jagged?
- “C” is for color: Is the color uneven?
- “D” is for diameter: Is the mole or spot larger than the size of a pea?
- “E” is for evolving: Has the mole or spot changed during the past few weeks or months?

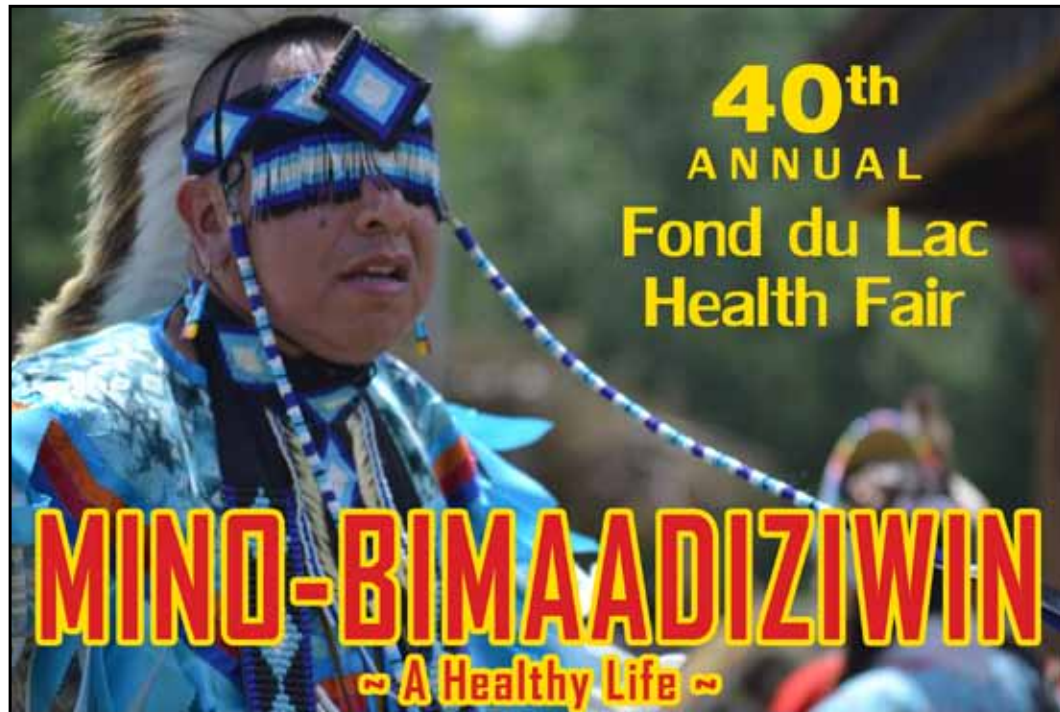
Risk factors include: A lighter natural skin color, family history of skin cancer, a personal history of skin cancer, exposure to the sun through work and play, a history of sunburns-especially early in life, a history of indoor tanning, skin that burns, freckles, reddens easily or becomes painful in the sun, weakened immune system, blue or green eyes, blond or red hair and certain types of, or a large number of moles.

Always remember to see and consult your healthcare provider.

Sources: Center for Disease Control (CDC) [www.cdc.gov](http://www.cdc.gov)

## FDLHS gets a visit from Dental Clinic

FDL Head Start Programs received a visit from the MNAW Dental Clinic last month. Children participated in many hands-on activities and learned about caring for their teeth. Thank you Dental team!



**40<sup>th</sup>**  
ANNUAL  
Fond du Lac  
Health Fair

**MIND-BIMAADIZIWIN**  
~ A Healthy Life ~



**Thursday, June 7, 2018**

**10 am - 2 pm**

**Ojibwe School Gym | 49 University Rd**

*Lunch 11 am for Elders*

*Lunch open to everyone else at 12 pm until gone*

**Featuring**

65+ Exhibitors | Interactive Booths

**Activity Area**

Pow Wow Sweat | Blender Bike | Inflatable Lung  
Blood Mobile | Outreach Activities

**Parking is encouraged at Food Distribution parking lot & designated community parking area.**

*Need a ride to the Health Fair?*

*Call FDL Transportation @ 218.878.7500*

**Bring a non-perishable food item for the local Food Shelf for an extra door prize drawing ticket!**

Brought to you by the Fond du Lac Human Services Division

# Health News

## I see you are interested in taking care of your eyes

Submitted by **Barb Heikkila**,  
Registered Dietitian at Fond du Lac  
Human Services

Taking good care of your eyes is important, especially if you have diabetes. Diabetic eye disease is a leading cause of blindness in adults ages 20-74. Most vision loss from diabetes can be prevented.

### Facts:

- High blood glucose levels can damage the blood vessels in the retina; the retina is a membrane surrounding the inside of the eyeball that lets you see light
- Diabetic retinopathy and diabetic macular edema are the main types of diabetic eye disease which lead to vision loss if not detected and treated
- Receiving a dilated eye exam each year will help to catch any problems early and get treatment started before vision loss. There are other actions you can take to help lower your risk of diabetic eye disease.
- Keep your A1C and blood glucose in target range (A1C goal is usually less than 7%)
- Keep your blood pressure in target range (at or below 130/80 is the diabetes goal)
- Keep your LDL (bad) cholesterol in your target range (usually less than 100)
- Maintain or work towards a healthy weight

- Try increasing your daily activity
- If you smoke, ask your provider for a referral to the smoking cessation program
- Eat a healthy diet that includes fruits, vegetables, and whole grains.

### What is a healthy diet for your eyes?

Carrots are not the only food that can improve eye health. Researchers have found that foods high in certain nutrients with antioxidant properties are very beneficial. Below is a list of those foods.

Vegetables: broccoli, sweet potato, spinach, peas, pumpkin, carrots, peppers, kale, collard greens, and Swiss chard.

Fruits: blueberries, peaches, oranges, tangerines, tomato, apricot, cantaloupe, honeydew, avocado, grapefruit, papaya, and mango.

Sources of zinc: fish, beans, lean beef, lean pork, dark meat of poultry, lamb, fortified breakfast cereals, pumpkin seeds, and whole wheat or buckwheat flours.

Omega 3-rich foods: walnuts, sardines, tuna, salmon, herring, trout, mackerel, ground flaxseed and flax oil, canola oil and roasted soybeans.

There are many things you can do to keep your eyes in good health. Call and schedule your eye exam today at (218) 878-2170.

You are invited to attend the  
*Dedication Ceremony for*  
*Mino Bimaadizi Waakaa'igan*

**Friday, May 18, 2018**  
12 p.m. to 3:00 p.m.

2020 Bloomington Ave | Minneapolis, MN 55404

Light lunch will be provided.



Fond du Lac Reservation | Fond du Lac Human Services Division



**NEW MEDICARE CARDS!**

The new Medicare cards will be arriving soon.  
Please bring your new card to the registration desk.

**Fond du Lac Human Services Division**  
**(218) 878-1227**

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



# Health News

## Calcium Counts

By Kara Stoneburner,  
RDLD, Public Health Dietitian

Calcium is a mineral that is found naturally in some foods. It can also be added to certain foods, taken as a supplement or found in some medications (antacids). It is an important part of our bones and teeth. It is necessary for muscle function and nerve transmission.

Calcium recommendations for adults are 1000-1200mg a day. Children 4-18 years of age should consume between 1000-1300mg a day. An inadequate calcium intake, for many years, can result in osteopenia (decrease in bone density), osteomalacia (softening of the bones), osteoporosis, increased bone fractures and rickets.

Not only is an adequate calcium intake important for growth and to prevent osteoporosis, early studies are saying it may help lower the risk for certain cancers and possibly aid in protecting against heart disease.

Where can you find calcium? It is found in dairy products such as milk, yogurt, and cheese. It is also found in dark green, leafy vegetables such as kale and broccoli, sardines, canned salmon, and calcium fortified orange juice, soy beverage, and tofu.

A small percentage of the population has a difficult time tolerating the lactose in milk products. Lactose is

the naturally occurring sugar found in milk. For some, consuming too much lactose leads to bloating, gas, and diarrhea. Lactose intolerant individuals can try lower lactose cheeses such as cheddar or Swiss, yogurt, lactose-reduced or lactose-free milk or other non-dairy sources mentioned previously. Some people with lactose intolerance can actually tolerate some dairy if consumed in smaller amounts or taken with other foods.

Pay attention to how much calcium you are consuming a day. Is it enough? Be sure to consult your local dietitian or healthcare provider with any questions about your calcium intake.

Try out this healthy families: food, fun & facts smoothie recipe from the Minnesota Department of Health

### Fruity Smoothies

1 cup yogurt OR milk OR soy beverage

1 ½ cups frozen fruit

½ - 1 cup ice cubes

1 cup 100% juice

For variation, add:

2 Tbsp ground flax seeds

1. Place yogurt, fruit and ice cubes in a blender or food processor

2. Blend until smooth. For a thinner smoothie, add more liquid

Sources include NIH, Mayo Clinic, Academy of Nutrition and Dietetics

## Advance Directives

Who could speak for you if you are unable to speak for yourself?



Would you like to know more about how an Advanced Directive can help protect you with health related decisions?

Please contact a Medical Social Worker to find out more information.

For more information on completing your advance directive, please contact:

Kathy Lichterman or Jim Barney  
at 218-879-1227.



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

# Peter Marksman - Gah-go-dah-ah-quah Anishinabe Interpreter and Missionary

Research by Christine Carlson

## Names from the book - Aborigines of Minnesota

Ah-zhah-we-gwun, Chief, Fond du Lac, 1815. Father of Peter Marksman.

Gah-go-dah-ah-quah, Well known missionary, known as Peter Marksman; born near Fond du Lac, 1815, died at L'Anse, 1892. Father of Mrs. Antoine Couture, Odanah, Wis. Ma-dwa-gwun-a-yaush, Rising Feather, Peter Marksman.

Native Missionary 1815-1892. Compare Kah-goo-dah-ah-qua.

Nah-wah-qua-ke-zhig, Eldest brother of Peter Marksman, Fond du Lac. A swift runner.

Wa-me-te-goo-zhe-qua, Half-blood mother of Peter Marksman.

## Lights and Shades of Missionary Life by Rev. John A. Pitzel at Kewenaw Bay Mission in the years of 1842 - 1845

Mrs. Markman had been educated at the mission of the American Board at LaPointe, and was, in every respect, an intelligent Christian lady, and a very neat housekeeper. The union proved to be a happy one. During the winter they occupied a part of the mission building. Brother Marksman was my interpreter, and generally took charge of the school.

## Rev. E. H. Day and his Interpreter Peter Marksman and their families at the old Village of Fond du Lac in the years of 1845 - 1848

Rev. Day and his family arrived at the old village of

Fond du Lac in the fall of 1845. This was his first missionary appointment and was sent from Sault St. Marie, Michigan. Rev. Day had the same "white arrogance" that most of the missionaries possess but in time, it appeared he had more compassion than Rev. Ely.

## Sketches from the Northwest by Rev. E. H. Day - The Day and Marksman Family

*Our family consisted of myself, wife and two children and my interpreter, his wife and one child; seven in all. About 4 o'clock in the afternoon of that day, while my little boy was playing with the Indian boy, running around the stove, how, I don't know, his frock caught the teakettle, and threw him down, and the teakettle, full of boiling water, on top of him. I heard the fall and the shrieks at the same time and sprang through the door and caught him and instantly tore his clothes from him. But the skin from his shoulders to his hips on one side came off with his clothes. We applied such remedies to him as we could, but for a time he suffered terrible pain. Then he sank into a stupor. I, with my wife, sat by his bedside all night, and until about 9 o'clock the next morning when he roused up and became conscious. I asked him if he could not eat something. He said if he had a leg of "wa-boos" (rabbit) he thought he could eat it. I had none in the house, so I started, and went to every place in the village to see if I could get a rabbit. I could not find one, and so with a sad heart I floundered*

*through the drifts, often waist deep, home again thoroughly disheartened. I entered the house but said not a word to anyone, entered the room where my boy lay, sat down by the side of his bed and, and yes, I will say it, I indulged in a fit of blues. I noticed as I came in that my wife looked cheerful. I buried my face in the clothes that covered the bed on which my boy lay. My thoughts were something like this: "You have no business here, and it was wrong to bring your family into such a place. What good have you done in coming here? Now your boy will die just for want of a physician. You can't get him even a piece of rabbit in his extremity. Better get out of this just as quick as you can."*

*While these thoughts were passing through my mind I was aroused by a light touch upon my shoulder. Looking up I saw my interpreter (Peter Marksman) standing by my side. He eyes were shining, and as I looked up he pointed through into the dining room under the table. "See," said he, "God has given us one rabbit," and sure enough there lay a rabbit, frozen stiff, but there. I can never make you understand the effect those words had on me.....*

*As for the rabbit that came so unexpectedly to us, that was no miracle at all. As I said before, we had taken an inventory of our provisions and found something must be done, and so the day before the storm my interpreter had gone with me to the swamp near our house, and we had set fourteen "dead-falls" for rabbits. The storm commenced about midnight.*

*When my boy asked for a piece of rabbit my interpreter heard him, and when I started out he put on his snowshoes and started for the traps. Digging down through the snow, he found in one a rabbit that had been caught before the snow fell. Taking it up he got back to the house before I did. He did not think I would find any, and when he got back he said to my wife, "When Na-cos-see comes we will surprise him." And he did. Nor was I disappointed in obtaining the food we needed. We caught all the rabbits we needed and more than we could use, so that we had some to spare for the old women in the village who were starving. Before the snow was gone the ducks came in countless numbers, and as the ice went out the river was teaming with fish.*

## Killing a Monster Moose Which has Roamed the Country for Over Twenty Years

*In the year 1847 there was a famous heard of moose living in the woods around the head of L'Anse Bay, which even then were noted for their great size beauty, and exceeding fleetness of feet. This latter fact was well known and attested by many ambitious hunters who sought to add a moose to the list of their trophies. How many days and nights, and how many scores of miles were tramped through the woods, all in vain it is useless to recount. But finally the day of triumph and slaughter came; the unfortunate herd were entrapped, and all killed except one old leader tag, who broke away, and by dint of*

*great strength and endurance eluded his pursuers.....This winter some Indians appeared determined to catch him, and finding his track gave him several chases but until a week ago he always escaped. Then a half-breed Peter Marksman, got after him, and there being a thick crust on the snow, men could move about easily, while the sharp hoofs of the veteran moose broke through at every leap. Peter finally overtook him several miles northwest of the Calmet mine, and quickly closed his career with a rifle ball. He skinned him, cut up the flesh, brought it to town and found a ready sale for most of it at fifty cents a pound, realizing over \$300. Beside his head those of an ox or horse look small and insignificant. It measured thirty-three inches from the tip of the nostrils to the crown of the head between the antlers. The nose is decided "Roman" style and measured twenty-eight inches around. The nostrils, distended, each measured four inches in diameter. The front of the upper jaw has eight large cutting teeth, which bite against a tough, semi-horny pad in the lower jaw which has no cutting teeth. At the time he was killed, he was busy stripping bark from a small, soft sapling. It is a great pity the entire animal could not have been preserved. Unfortunately it was killed at that season of the year when the head is shorn of its greatest beauty—the enormous branching antlers; the new ones just rising out of the head, still encased in the skin, only making protuberances of four or five inches.*



# Ashi-niswi giizisoog (Thirteen Moons)

## Waabigoni-giizis

*The new Waabigoni-giizis, the Flowering Moon begins May 15. Other names for this moon are Zaagibagaagime-giizis, Budding moon; and Waswugone-giizis, Flowering Moon.*

## May is American Wetlands Month

By Shannon Kesner,  
FDL Resource Management  
Wetlands Specialist

American Wetlands Month was created to celebrate the vital importance of wetlands to the Nation's ecological, economic, and social health and to educate people about the value of wetlands as a natural resource. The annual celebration of American Wetlands Month in May inspires people to work throughout the year to protect, preserve, and expand wetlands.

The Fond du Lac Band recognizes that wetlands are a fragile natural resources with significant development constraints due to flooding, erosion, and soil limitations. In their natural state, wetlands provide important Tribal and public benefits and ecological functions. They provide habitat areas for fish, wildlife, and vegetation, water quality maintenance and pollution control, flood control, shoreline erosion control, natural resource education, scientific study, open space, recreation opportunities, environmental niches, and most importantly the traditional, cultural, and spiritual aspects of our heritage. Previous construction, land development, and other direct and indirect impacts have displaced, polluted, or

degraded many wetlands. Piecemeal or cumulative losses are a continuing threat to the remaining wetlands.

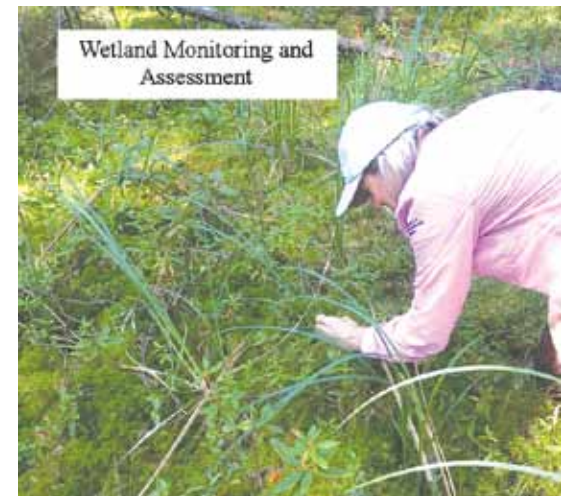
Damaging or destroying wetlands threatens public safety and the general welfare of the Band. Preservation of wetlands in their natural condition is necessary to maintain the hydrologic, economic, recreational, subsistence, cultural, spiritual, and aesthetic assets for current and future residents of the Fond du Lac Reservation. The purpose of the Fond du Lac Wetlands Protection and Management Ordinance (WPMO) is to ensure maximum protection for wetlands by discouraging development activities in wetlands and those activities in adjacent upland sites that may adversely affect wetlands. The WPMO was enacted with the intent of providing a reasonable balance between the rights of individual property owners to the free use of his/her property and the rights of present and future generations.

The Office of Water Protection (OWP), operating under the Resource Management Division is responsible for the application, processing, and review of Wetland Activity Permits and Exemption Certificates under the provisions of the Fond du Lac Wetlands Protection

and Management Ordinance (Ordinance #03/06; adopted by Resolution #1165/06 of the Fond du Lac Reservation Business Committee on June 15, 2006). Exemption Certificates are available by submitting an Exemption Certificate Request Form to the OWP at least 10 days before the commencement of the activity. Please see the WPMO for details on Exemption Certificate eligibility. A link to the form(s) is here: <http://www.fdlrez.com/RM/wetlandordinance.htm>

May is when our department kicks off the field season to assess the condition of our wetlands. We also encourage you to put some water boots on and get out and enjoy them! There are plants and animals that are unique to wetlands and cannot be seen anywhere else. If you like blueberries and cranberries, or maybe you enjoy a cup of mashkiigobag "swamp tea", bogs are a must. If anything, enjoy the view and serenity.

Wetland Staff: Rick Gitar, FDL Resource Management Water Regulatory Specialist, and Shannon Kesner, FDL Resource Management, Wetlands Specialist



# Ashi-niswi giizisoog (Thirteen Moons)

## Ganawenim Gidakiiminaan – Take Care of Our Earth: Tips for Healthy Spring Cleaning

By Shannon Judd,

FDL Resource Management Environmental Educator

Spring is here and it is a time when many people like to give their home a deep cleaning and toss out items they do not use anymore. It is important to remember that many automotive, lawn and garden, and cleaning products contain hazardous ingredients that should not be thrown in the garbage. If improperly disposed of, they can pollute the land and water and affect human health.

How do you know if something is considered “household hazardous waste?” If it has one of the following words on the label, it should not go into the garbage: Caution, Warning, Danger, Flammable, Poison, and Corrosive. When in doubt, please ask!

Protect your families and transfer station workers. Please keep labels on all containers and follow storage instructions. Some items, when mixed, can form chemical reactions, ignite, explode, or produce other hazards. If a label is worn and difficult to read, but you know what it is, please write the name of the product on the container. If something is unknown or you have any information that would help the transfer station Household Hazardous Waste worker, please let them know when you drop it off.

Save money and reduce toxins in your home by making your own cleaners!

### Homemade Scrubbing Bubbles

This is a great way to clean your kitchen and bathroom sinks, bath

tubs, tiles, and toilets with ingredients you already have at home.

### Ingredients:

- Baking Soda
- Dish Soap
- Essential Oils (optional-citrus scents, thyme, rosemary and lavender are great options for cleaners. Essential oils can be purchased at many local natural foods stores, online, and other stores that sell health and beauty products.)

In a bowl or small jar, add ½ cup-1 cup of baking soda, depending on how much you need. Add ¼ cup of dish soap, or enough to get the consistency of cake frosting. Add a couple drops of essential oils if you would like. Scoop out a tablespoon or so and scrub with a damp sponge. You can store the unused portion in a sealed jar.

### Drain Cleaner

Try using a plunger or plumber’s snake first. If that does not work, try warm vinegar and baking soda. Even better, clean two things at once! Run white vinegar through your coffee pot. Sprinkle some baking soda down your drain, and then pour the heated vinegar from your coffee pot down the drain. It will bubble and fizz as it is cleaning out debris.

**Alternative to Mothballs:** Use cedar shavings, peppercorns, rosemary, peppermint, cinnamon sticks, bay leaves, or cloves.

If you have any questions about household hazardous waste, please contact the Fond du Lac Waste Site at (218) 878-8069 or the Fond du Lac Environmental Outreach Coordinator at (218) 878-7123.

## 13 Moons & PCAMN MCCC presents a Community Resilience Gathering



Sunday May 20th, 2018

Time: 9:30am-3:30pm

175 University Road

Cloquet, MN 55720

Contact: Nikki Crowe

218-878-7148

nikkicrowe@fdlrez.com

The Community Resilience Gathering includes sharing and learning how 4 areas of our lives help keep us healthy:

Physical: Running, Walking, and Yoga

Emotional/Mental: Mind Body Medicine

Community: Taking on a new project or skill

Life ways: Ojibwe Harvesting activities

This is a family event: bring the youth and Elders!

This event is free

Please register in advance!

Registration Forms on the FDL Website Events Calendar  
or call/email Nikki Crowe



Fond du Lac Tribal & Community College





# Ashi-niswi giizisoog Ojibwemowin Page

## Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

### Double Vowel Chart

This is how to pronounce Ojibwe words.

All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

Aamoo-wadiswan

.....Beehive or wasp nest

Aamoo .....Bee

Waabigwan ..... a flower

Aamoo-ziinzibaakwad ..... honey

Memengwaa ..... butterfly

Ogimaakwe ..... queen

Anokiiwinini ..... a worker

Makwa ..... bear

Wiishkobaagamin it (liquid) is sweet

Ziigwaan ..... spring

Niibin ..... summer

Miijim ..... food



# Community News

## Happy birthday

To my sister, **Cheryl Hague** (Apr. 17), happy birthday from your little sister

Wishing a happy birthday to you all, **April Petite** (May 2), (29), **Rylan Smith** (May 16), (25) and **Matthew Petite** (May 29), (31) we love you all and wish you a great day  
*Mom, Dez, Sabrina, Roycey, James and Kayla, Davey and Izzy*

Happy 100th **Rose T. LaPraire Shotley** (May 15, 2018)  
*Love always, Inkapunk and Mitzi*



Happy 6th birthday **Lorenzo Michael DeSimone** (May 16). We love you so much and we hope you have a fantastic

birthday!  
*Love, Mom, Dad, and Sissy*

I would like to wish **Vickie Smith** (May 18) the best birthday ever.  
*From, Keith, Lynn, and kids*

Happy birthday to my brother **Joe Martineau** (May 22) out in Oregon, thank you for all you do for everyone on Fond du Lac.  
*From, Lynn*

Happy birthday, Mom, **Linda Dunaiski** (May 29). Wishing you a wonderful day and your best year yet!  
*Love, best Dad,*



*Sam, Maggie, Ted, Emilee, Chris, Johnathan, Zach, Steph, Mason, and all your fur babies*



Happy 7th birthday to our big boy, **Daicin 'sonny' Savage** (May 31)  
*Love, Mom, Dad, Molly, Dannin, Greenlee, and Alaura*

## Anniversary

10th anniversary **Joey and Rachel Barney**  
Happy anniversary and many more to come  
*Love, Rachel*



## Congratulations

Congratulations to **Jasper Loons** on his 1st place finish at the Grand Rapids State Wrestling tournament Apr. 14, 2018. Jasper wrestles for the Cloquet Area Youth Wrestling Association (CAYWA) in the second grade class at 88 lbs.  
*Love, Mom, Dad and Abby*



Wrestling Association (CAYWA) in the second grade class at 88 lbs.

## Obituary

**LaVerne Dennis DeFoe, "Mizhakwad"**, 67 of Cloquet passed away Wednesday, January 24, 2018 in St. Luke's Hospital surrounded by family. He was born January 15, 1951 in Knife Falls to Rupert

"Sparky" and Elizabeth "Betty Ella" DeFoe.

He worked a variety of jobs for FDL before retiring as a groundskeeper at the Black Bear Golf Course in 2016. He returned part time for the 2017 golf season.

LaVerne was a member of the Fond du Lac Band of the Lake Superior Chippewa. He enjoyed fishing, carving walking sticks, carving pipestone and also enjoyed playing Keno.

LaVerne was preceded in death by his sister, Tracie DeFoe and infant sister, Mary Catherine LaFave; brothers, Michael "Joe" DeFoe, Robert LaFave Sr., and Steven DeFoe; and parents Rupert and Elizabeth.

He is survived by his wife, Gladys Martin; children, Kristine (Jason) Rhodes of St. Paul, Dennis (Dawn) DeFoe of Cloquet, Lynnette StandingChief of Dallas, TX, Melissa DeFoe of Cloquet, and Joe Reynolds of Sawyer; brothers, Dean "Tom" DeFoe of Duluth, LeRoy DeFoe of Cloquet; sister, Margo Casey of Janesville, WI; 12 grandchildren and 3 great grandchildren.

**Sandra Joan Elizabeth (Quam) Wheeler "Sandi"**, age 72, of Superior, WI, passed away in Regions Hospital, St. Paul, MN, on Thursday, March 15, 2018, after living courageously with a long illness. Her husband Don, son, Donald Jr. and other family members were at her side. She was surrounded by love, phone calls and messages that were delivered to her bedside by loved ones on the telephones.

Sandi was born July 2, 1945

in Superior, WI, daughter of John Quam Sr. and Estelle (Martineau) Quam.

She was united in marriage to Donald Wheeler Sr. on July 8, 1977. To this union was born a daughter, Dorothea Estelle, and a son, Donald Jr.

Sandi worked many years in area restaurants serving up food and laughter to customers. She was a hardworking, spunky and compassionate gal. She was known for preparing large holiday feasts and inviting her family and others whom otherwise had no place to go for dinner. Sandi truly had a heart of gold!

She enjoyed reading, making cookies and other goodies and visiting with friends and family. Sandi was an enrolled member of the Fond du lac Band of Ojibwe, with a maternal line going back many generations.

Sandi is survived by her husband, Donald E. Wheeler Sr. of Superior; her son, Donald Jr. (Brandi) of Gold Hill, OR; grandchildren, Stormy and Eli of Gold Hill, OR; brothers, Michael Quam of Superior, John Quam Jr. of Iron River; sisters, Virginia Engler of Marshall, MN, Darlene Quam, Duluth, MN, and Stella Simon of Oceola, MO; and many nieces and nephews. She was preceded in death by her daughter, her parents, and brother Dickie.

Disposition of her remains was handled by the Downs-LeSage Funeral Home in Superior.

Special thanks to her visiting caregivers, Pat (Cricket) and Ann, from St. Luke's Home

Heath Care, and the staff of Regions Hospital ICU., Sandi appreciated everyone's kindness and professional help.

Sandi was an irreplaceable gem and will be sorely missed by her family and friends. The angels came for Sandi, she is in heaven now.

A private Celebration of Life was held for family.

**"Pokey" Jaris Michael Paro "Beybiskaaneyash"** 33 of Cloquet, MN, passed away peacefully surrounded by his loved ones on April 9, 2018.



Pokey was a member of the Fond du Lac Band of Lake Superior. He was born on December 8, 1984 in

Cloquet, MN to Frank Paro and Diana Reynolds (Petite). Pokey was preceded in death by his maternal grandparents Michael Petite and Gladys Petite (Roy), Paternal Grandfather Roger Paro; aunts Karen, Linda, Leatrice; uncles Donald, Dana, and Michael Jr.

Pokey was a proud member of the Cedar Creek Drum Group, proud uncle, brother, best friend, friend, family member and a loving son. He left a lasting impression on everyone he met. Pokey was the kind of man that made you feel like you were important to him. He loved life and when life tested him he faced it head on and gracefully. He was ill for most of his life; the health challenges he encountered throughout his years were enough to have





# Community News

anyone surrender to them. He accepted those challenges and taught people from them, he challenged his medical teams and pushed them to explore far beyond what they may have wanted to. He lived for the Powwow trail, he lived to hear the drums, to sing, to visit and be happy. Pokey was full of life, wise beyond his years. He was a special man and a humble man. Pokey will be forever missed.

Pokey is survived by his parents Frank (Dawn) Paro, Diana (Gerald Sr) Reynolds, Grandmother Shirley Paro, Sister Janelle (Mel) Barney, Twin Brother Jarvis (Maggie) Paro, Brothers Jason Petite, Jaimie Petite, Franco Paro, and Joshua Lussier, Many nieces, nephews, aunts, uncles and relatives. Stepsiblings Nikki, Julie and Jerry. Special friends Cristal, Billie, Alyssa, Marella and Dr. Rock.

The family would like to say a special Thank you to the doctors and nurses at Essentia and Miller Dwan ICU that went above and beyond for Pokey and a special Thank you to the staff at FDL Assisted Living.

## FDL job listings

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

## FDL Reservation

- Language and Curriculum Specialist FT FDL Cultural Center & Museum
- Maintenance II FT Mino-bimaa-

- dizi-waakaa'igan, Mpls.
- Facilities Site Supervisor FT Mino-bimaa'dizi-waakaa'igan, Mpls.
- K-12 School Wide Reading and Math Tutor PT FDLOJS
- Elementary Teacher FT FDLOJS
- Clinical Assistant FT/On Call MNAW & CAIR
- Registered Dental Assistant FT MNAW
- Behavioral Health Outreach Worker FT MNAW & CAIR
- Tribal College Ojibwe Garden Intern FT/Seasonal FDL Resource Management
- Dental Hygienist On Call MNAW
- K-12 School Wide Music Teacher PT FDLOJS
- K-12 School Wide Drama Teacher PT FDLOJS
- Clinic Dietician FT MNAW & CAIR
- Indian Child Welfare Case Aide FT MNAW & CAIR
- Special Education Teacher FT FDLOJS
- Driver/Cook On Call SCC
- SUD Treatment Technician FT FDL Human Services
- Alcohol & Drug Counselor V FT FDL Human Services
- Alcohol & Drug Counselor IV FT FDL Human Services
- Alcohol & Drug Counselor II FT FDL Human Services
- Industrial Arts Teacher FT FDLOJS
- Substance Use Disorder Recovery Case Manager FT MNAW
- Registered Dental Assistant On Call MNAW
- Pharmacy Technician FT CAIR
- Foster Care Licensing and Placement Specialist FT MNAW
- Instructional Assistant PT/On Call FDLOJS
- Mental Health Counselor FT MNAW & CAIR
- Pharmacy Technician FT Mashkiki Waakaagan, Mpls

- Clinic Physician FT/PT/On Call MNAW & CAIR
- Skilled Laborer 1 FT FDL Tribal Center
- GED Teacher PT FDL CCC, BCC, or SCC
- Reading Buddies PT FDLOJS
- Driver's Training Instructor PT FDL Tribal Center
- Driver/Cook On Call BCC
- School Secretary/Receptionist On Call/Sub FDLOJS
- Cook Helper On Call/Sub FDLOJS
- Driver/Cook On Call FDL Tribal Center
- Substitute Teacher On Call/Sub FDLOJS
- Transportation Driver FT/PT FDL Transportation
- Nursing Assistant FT/PT FDL Assisted Living
- Recreational Aide 1 FT/PT SCC
- Recreational Aide 2 FT/PT SCC
- Recreational Aide 1 FT/PT CCC
- Recreational Aide 2 FT/PT CCC
- Clinical Pharmacist On Call MNAW, CAIR, Mashkiki Waakaagan-Mpls.
- Pharmacy Technician On Call/Sub MNAW, CAIR, Mashkiki Waakaagan-Mpls.
- Transit Dispatcher FT/PT/On Call FDL Transit
- Substitute Staff On Call FDL Head Start
- Deli Clerk PT FDLGG
- Transit Driver FT/PT/On Call FDL Transit
- School Bus Driver FT/PT/On Call FDL Education
- Health Care Assistant FT/PT MNAW & FDL Assisted Living
- Store Clerk PT FDLGG
- Convenience Store Gas Attendant PT FDLGG
- Black Bear Casino Resort**
- 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
- Golf Course Groundskeeper FT/PT Seasonal
- Steward FT
- Arcade Attendant PT
- Golf Course Pro Shop Sales Representative PT
- Golf Course Ranger/Starter FT/PT
- Golf Course Concession Sales Representative FT/PT
- Golf Course Cart Attendant FT/PT
- Slot Attendant PT
- Custodial Associate FT
- Gift Shop Clerk PT
- Bell Staff PT
- Sage Deli Cook FT

- Bingo Vendor/Floor Worker PT
- Players Club Representative FT/PT
- Wait Staff FT/PT
- Hotel Laundry Worker/Hauler FT
- Hotel Room Attendant/Housekeeper FT/PT
- Drop Team Worker FT
- Fond-du-Luth**
- Security Guard/Dispatch FT
- Janitor FT/PT
- Clean up Worker FT/PT
- Beverage Waitperson/Bartender FT/PT
- Cage Cashier FT/PT
- Players Club Representative FT/PT
- Slot Attendant FT/PT
- Slot Technician FT/PT



*Like branches on the tree, we all grow in different directions, yet our roots remain as one.*

# COUTURE

## Family Reunion

28 | JULY 2018

**10 AM** | **Brookston Ball Field Pavilion** | **\*\*POTLUCK\*\***  
*Bring your lawnchair*

*Hope to see you there!!*

# Waabigoni-giizis – Flowering Moon – May 2018

ALR: Assisted Living Residence; BCCR: Black Bear Casino Resort; BBGC: Black Bear Golf Course; BCC: Brookston Community Center, (218)878-8033; CAIR: Center for American Indian Resources (218) 879-1227; CCC: Cloquet Community Center, (218)878-7510; CFC: Cloquet Forestry Center; CPT: Cloquet Premier Theatre; CHS: old FDLSS door; DC: Damiano Center; FACE: Family and Child Education Bldg.; FDC: Food Distribution Center; FDLGG: Fond du Lac Gas & Grocery; FDLM: Fond du Lac Museum; FDLSH: FDL Supportive Housing; FDLTCC: Fond du Lac Tribal & Community College; MKW: Mash-Ka-Wisen Powwow Grounds; MKWTC: Mash-ka-wisen Treatment Center; MNAW: Min no aya win (218)879-1227; MTC: MN Chipewa Tribal building; NRG: Natural Resource Garage; OJS: FDL Ojibwe School; OJSHS: Ojibwe School Head Start; PLT: Perch Lake Townhall; RMD: Resource Management Division; SCC: Sawyer Community Center, (218)878-8185; TRC: Tagwii Recovery Center; TCC: Tribal Center Classroom;

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Heating the Midwest May 1-3 BBCR See page 5</p>	<p>Health Fair June 7 10 a.m. FDLOJS</p>	<p>Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Parent advisory group 12 p.m. FDLOJS Gitigaan 4:30 p.m. CCC</p> <p style="text-align: right;">1</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW</p> <p style="text-align: right;">2</p>	<p>Sewing 9 a.m. CCC Get Fit 12 p.m. CCC GED 5 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">3</p>	<p>GED (call) AA Support 6 p.m. BCC</p> <p style="text-align: right;">4</p>	<p>Come &amp; Swim &amp; use the gym</p> <p style="text-align: right;">5</p>
<p>Come &amp; Swim &amp; use the gym</p> <p style="text-align: right;">6</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Language 5 p.m. SCC Cribbage 5 p.m. CCC</p> <p style="text-align: right;">7</p>	<p>Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS <b>School Board meeting 3 p.m. FDLOJS</b> Gitigaan 4:30 p.m. CCC</p> <p style="text-align: right;">8</p>	<p style="text-align: center;"><b>FDL Memorial Day (Closed)</b></p> <p style="text-align: right;">9</p>	<p>Sewing 9 a.m. CCC Get Fit 12 p.m. CCC GED 5 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">10</p>	<p>GED (call) AA Support 6 p.m. BCC <b>Dustin Lynch 7 p.m. BBCR</b></p> <p style="text-align: right;">11</p>	<p>Come &amp; Swim &amp; use the gym</p> <p style="text-align: right;">12</p>
<p>Come &amp; Swim &amp; use the gym <b>Elder movie morning 11 a.m.</b></p> <p style="text-align: center;"><b>Mother's Day</b></p> <p style="text-align: right;">13</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Language 5 p.m. SCC Cribbage 5 p.m. CCC</p> <p style="text-align: right;">14</p>	<p>Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Parenting the second time around 1 p.m. CHS Gitigaan 4:30 p.m. CCC</p> <p style="text-align: right;">15</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW Adult Game day 1 p.m. CCC GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW</p> <p style="text-align: right;">16</p>	<p>Sewing 9 a.m. CCC Get Fit 12 p.m. CCC GED 5 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC <b>Open RBC meeting (Quarterly) 5:30 p.m. BCC</b> AA Support 6 p.m. CCC</p> <p style="text-align: right;">17</p>	<p>GED (call) AA Support 6 p.m. BCC</p> <p style="text-align: right;">18</p>	<p>Come &amp; Swim &amp; use the gym</p> <p style="text-align: right;">19</p>
<p>Come &amp; Swim &amp; use the gym</p> <p style="text-align: right;">20</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Language 5 p.m. SCC Cribbage 5 p.m. CCC</p> <p style="text-align: right;">21</p>	<p><b>MCT home loan program</b> Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC Health and nutrition 12 p.m. CCC Gitigaan 4:30 p.m. CCC</p> <p style="text-align: right;">22</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW</p> <p style="text-align: right;">23</p>	<p>Sewing 9 a.m. CCC Get Fit 12 p.m. CCC GED 5 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">24</p>	<p>GED (call) AA Support 6 p.m. BCC <b>FDLOJS graduation 6 p.m. FDLOJS</b></p> <p style="text-align: right;">25</p>	<p>Come &amp; Swim &amp; use the gym Wisdom steps 10 a.m. CCC</p> <p style="text-align: right;">26</p>
<p>Come &amp; Swim &amp; use the gym <b>Elder movie morning 11 a.m.</b></p> <p style="text-align: right;">27</p>	<p style="text-align: center;"><b>Memorial Day (Closed)</b></p> <p style="text-align: right;">28</p>	<p>Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC Gitigaan 4:30 p.m. CCC</p> <p style="text-align: right;">29</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW <b>Sobriety Feast 6 p.m. CCC</b></p> <p style="text-align: right;">30</p>	<p>Sewing 9 a.m. CCC Get Fit 12 p.m. CCC GED 5 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">31</p>	<p style="text-align: center;"><b>May 17 Open RBC meeting (Quarterly meeting) 5:30 p.m. BCC</b></p>	<p style="text-align: center;"><b>FDLOJS graduation May 25 6 p.m. FDLOJS</b></p>

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