

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



#GETVAXXED



## BACK TO SCHOOL CHECKLIST

~~Backpack~~

~~Pencils~~

Vaccinations

Everyone ages 12 and older are eligible for a COVID-19 vaccine. Help keep our children safe by getting vaccinated and having children older than 12 get vaccinated.

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# Local News

## Alexandera Houchin continues to amaze

By Zachary N. Dunaiski

Over the past several years Alexandera Houchin continues to impress on the bike trails. Houchin finished this year's Colorado Trail Race as the first woman. But as Bikepacking.com wrote, the way she became the first was the truly impressive part.

In true Alexandera-fashion, she did so with just one gear, Bikepacking.com wrote about Houchin who continues to push just how good of a bike racer she can be.

Seeing her cross the finish line was great news because for a while, many didn't even know where she was as Bikepacking.com explained.

For all of you who were dot-watching, you're probably wondering what became of Alexandera over the

last couple of days. As we recently found out, she lost her tracker on the trail just before summiting Georgia Pass on Friday, effectively pausing her dot at mile 397 for the better part of 24 hours. We later got in touch in order to approximate what time she'd finish. Alexandera rolled into Waterton Canyon just over an hour ago, completing her ~525 mile ride in 6 days, 9 hours, and 5 minutes (6d:9h:5m), making her the women's winner of the 2021 Colorado Trail Race.

Back in 2018 Houchin won the Tour Divide and the following year set the record for the women's race at 18 days 20 hours and 26 minutes, which at the time was her goal.

"That was my goal all winter, to go into the race this year and break the women's single speed record

which I did end up doing by more than a day. But also I cut 5 days off of my own time," Alexandera said back in 2019 of her success in the race.

Bikepacking.com has been following Houchin over the years and has also noticed the success she's had in just a few short years.

We first connected with Alex back in 2018 when she attempted a yo-yo of the Colorado Trail and later became the first woman to finish the Smoke 'n Fire race in Idaho. In 2019, she set a women's singlespeed record on the Tour Divide and then went on to post her best time in the Colorado Trail Race, taking first place in the women's category and setting a new women's singlespeed course record: 6 days, 1 hour, and 34 minutes (6d:1h:34m). In 2020

Alexandera completed an ITT of the Colorado Trail with a time of 6 days, 15 hours, 20 minutes (6d:15h:20m). And more recently, she set the women's singlespeed record on the Arizona Trail 300.

Houchin has since moved back to the area, stating back in 2018 that she wanted to work in her community. She now does work for the Fond du Lac Reservation and has even contributed a few stories for this newspaper.

She has also been working with the community to get people more engaged in bike riding, getting outdoors, and as she wrote earlier this year in this paper, having a connection to our Indigenous roots.

The Band has acquired a small fleet of fat bikes (1-small, 2-medium, 1-large, 1-x-large) for commu-

nity use. I have been maintaining them, storing them, sanitizing them, and delivering them to areas for people to ride with me.

People have been having a blast riding them. A few of us meet up several times a week, in a socially distant manner and explore new places, new terrain and tackle ideas of what it means to be Indigenous outdoors. The response and turn out so far has been awesome.

Houchin has a great sense of pride for the work she does and the community she represents.

Source: <https://bikepacking.com/news/alexandera-houchin-2021-colorado-trail-race/?fbclid=IwAR0K6LIKvaf1K-j705tEINZ8ciwmVDSCBr4E7g97nwd-dl8HjVkecy0Okqg>

## Nahgahchiwanong Dibahjimowinnan

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

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

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

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

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

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

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

Corporate Member of the  
Native American Journalists  
Association

# Local News

## The mysterious drop in Delta cases in the U.K. could lead to hope here in the U.S.

By Zachary N. Dunaiski

The Delta variant has led to the recent surge in many countries, and while the United States is in the middle of our Delta surge, it becomes very interesting to look at the fall of cases in countries that have already experienced theirs.

The United Kingdom, Netherlands, and India all saw massive surges that mysteriously plummeted just a few weeks later. As the New York Magazine wrote, if the U.S. follows those trends, we might be out of the woods far sooner than many might think.

*The most hopeful and encouraging facts about the Delta surge were even harder to find in the coverage. The first is that, thanks to widespread vaccination of the elderly, however fast this disease spreads it will ultimately inflict a much, much smaller death toll than earlier waves, because vaccination has probably eliminated 90 percent or more of the country's total COVID-19 mortality risk. The second is that, in those countries with roughly comparable vaccination rates to the U.S., the surge has already peaked and begun a rapid decline, suggesting that such a turn here is possible — or even quite likely — within a few weeks. In the U.K., the Delta surge began in mid-May and peaked in mid-July; in the Netherlands, it began at the beginning of July and has already peaked. If the U.S. followed the British trajectory, our Delta surge, which began about a month ago, would peak by September 1; if it followed the Dutch course, even sooner, perhaps even imminently. And while there*

*still may be some rise in deaths in both the U.K. and the Netherlands, given the lag between infection and ultimate outcomes, in neither country have deaths reached even one-fifteenth of the level of the local winter surge. In the U.K., they had almost as many new daily cases as they'd had in January; in the Netherlands, even more.*

This current wave of the pandemic brought about by the Delta variant has been hard to track, even by the experts.

*A few weeks ago, when the country's new daily-case total was around 60,000, the prominent British epidemiologist and government adviser Neil Ferguson declared that a rise to 100,000 a day was inevitable, and that 200,000 a day was possible. The country is now at 27,000 and falling.*

That doesn't mean that we shouldn't let our guard down, the Delta variant is a quick spreader, even among those who are fully vaccinated as the Center for disease Control and Prevention (CDC) warned last week. That does mean, however, that vaccinated people can spread the virus although are much less likely according to New York Magazine.

*There are two sides to transmission: getting infected and infecting others. And it is very clear, as even the CDC slides emphasize, that the vaccinated are much, much less likely to get infected than the unvaccinated — about eight times less. That's very good protection, even if those who do get an infection turn out to transmit the virus at rates roughly comparable to the unvaccinated (a proposition supported by suggestive rather than definitive evidence, at this point).*

While this article does paint a bleak picture of how things are progressing in this country, it did point to this potentially encouraging theory.

*The most encouraging hypothesis I heard was that the country had reached some version of herd immunity, with perhaps 80 percent of the population having attained protection against the disease through exposure or vaccination — a level that, holding factors like social behavior and weather constant, might be sufficient to permanently suppress the disease spread. Other estimates have suggested that as many as 92 percent of the U.K. has antibodies. Unfortunately, American estimates of infections are much more hodgepodge — a sign of how poorly the disease is being tracked by the country's public-health infrastructure, which, believe it or not, recently stopped counting*

*breakthrough cases, just before the Delta surge — but probably about one-third of the country has already gotten the disease here in the U.S. Just under half of the total population has been fully vaccinated, compared to 57 percent in the U.K., though of course there is significant overlap between the groups.*

It's difficult to imagine that this current surge brings about the end of the pandemic, but it is nice to assume. The top experts however think that it might not end as quickly while also admitting that this virus has baffled even the brightest minds across the world.

*"Herd immunity" has been described in some strange ways during the pandemic. It is not a light switch that goes on at a certain point, completely stopping the disease, but a growing level of protection in the population at large that, as it accumulates,*

*slows spread. But that is one reason the recent British trajectory is so striking — a rapid ascent is followed, not by a plateau or a gradual downslope, but by a just-as-rapid descent. It is almost like a light switch was flipped, all the more conspicuous for happening just two days after the country's pandemic restrictions were, amidst much consternation, lifted.*

The hope is that medical and government leaders have learned how quickly and abruptly ending mandates last time quickly turned for the worse. It's difficult to say that on the other side of this wave whether or not herd immunity will be achieved, but perhaps the safest and smartest thing to do is to continue to be cautious until the numbers are almost zero.

Source: <https://nymag.com/intelligencer/2021/08/the-u-k-s-delta-surge-is-collapsing-will-ours.html>



# RBC Thoughts

## Secretary/Treasurer News

### Boozhoo,

As of now, we are still waiting for the second payment of American Rescue Plan Act (ARPA) funds. Currently we are setting up a website for Band members to use for applications for stimulus payments. We expect the site to be ready to accept applications shortly. Once we receive our second allocation from ARPA we will finalize our budgets and make payments. You should be able to follow the progress through the Reservation website or Facebook page.

This time of the year brings back memories of my grandfather and his preparations for ricing. He would gather dead balsam trees from his "spot" and clean the limbs. Then he would gather some nice maple or willow crutches for his poles. He would usually make around 10 poles as someone was going to need one. He would then check out his kettle to make sure there were no cracks and it would give him another season of finished rice. The tarps were checked and repaired if needed and firewood was piled for the parching process. The last thing he would do to get ready was to set up his dance barrel. Although it was a lot of work it was also exciting and fun. The kids were recruited to dance on the parched rice and it became



Ferdinand Martineau

a competition as to who did the best job of removing the hulls. Our parents did the fanning as we lost more rice than we finished. The best part of it was the meal we would have of fried bread, deer meat, and fresh wild rice. So, get out there and make some memories for you and your family.

All eyes have been on the COVID-19 Delta variant for a while now as it is making a resurgence around the United States. There is one consistent message given and that is to get vaccinated to stop the spread of this virus. This new variant is supposed to

be more aggressive with the younger generations than the last variant and that is the age group with the lowest vaccination rates. With most schools and colleges opening to in person classes there is concern that this virus may spread rapidly. It looks like we are going to bring back our mask mandate unless things improve with the spread. Our re-opening plans are being held up as we consider what is being recommended from our Emergency Operations Center (EOC) at this time. Let's all do our part and get vaccinated. It not only protects you but also your loved ones.

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

*Gii ga waa ba min.*

## Cloquet News

### Hello all

I hope your summer is going well. We were able to hold a Elders' picnic this month. It was an outdoor event, with food and music. There was a very good turn out, I think folks are just ready to get back to socialization. It was good to visit with many that attended.

The Big Lake Road overlay project is near completion, they are now painting lines and crosswalks as well as finishing some touch up items. This is a great improvement to our road systems. Also, in speaking with our public utilities director, bids will be going out soon for the repairs to Reservation Road. They will be fix-



Wally Dupuis

ing the road from Jarvi Road north to Brevator Road. The anticipated completion date is November 2021.

On a different note, Charlie Smith, our Cultural Center director, recently brought in the Cloquet Fire District and local volunteer fire fighters to train them on cultural sensitivity. I have spoken with some of the firefighters that attended and they report that it was some of the most meaningful training they have attended. Great job and thank you Charlie and staff.

Update on COVID: our Emergency Operation Center (EOC) has implemented the mask mandate again for all who enter FDL facilities. This is in response to the climbing numbers on the new variant. I am encouraging anybody that has not done it yet to please

get the vaccine. I was able to visit the construction of the new Tagwii building, it sure is an impressive building. I am looking forward to it opening up and getting it occupied providing a very needed service to our community.

I would like to remind folks to please participate on our website refresher survey. Rita Karppinen, our Communications Director, is looking for community feedback on our website. Rita is in the process of making a new FDL website and she is looking for user input. Please see our current website for details or give Rita a call at (218) 878-7596.

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

## Sawyer News

### Boozhoo,

Wild rice making moon is upon us, Maanoominike Giizis. We had a hot month with little to no rain, which made it difficult for growing berries and impacted the bears foraging for food trying to put on weight for winter hibernation. Community members have been seeing them more than usual so we all have to take care of our food and garbage waste that attracts them to our yards. The whole northern part of the state is in a drought. It is difficult to see rivers so low. I have been surprised at how low the water is on the Saint Louis River. We continue to be at high fire danger, so please be thoughtful when having an outdoor fire such as when parching wild rice. I am taking safety fire precautions around my yard where I parch. I set up tanks of water and plan on wetting the ground. Fire extinguishers are always a good idea. Be safe this harvest season.

Lastly, the Emergency Operations Center (EOC) is developing an Everbridge fire warning alert, contact the EOC for more information. The Sawyer food bank is still going so please follow the community postings

on the dates. Also contact Resource Management for wild rice lake openings and times and pick up your deer tags soon. This is a busy time of year and there is always a lot to do around Sawyer.

The State of Minnesota is having an early Teal (duck) hunt starting Labor Day weekend so please be aware of duck hunters when in wild rice beds. I personally oppose the State of Minnesota's decision to open up early, so if you have concerns please contact [Comissioner.dnr@state.mn.us](mailto:Comissioner.dnr@state.mn.us). We received the second payment of our ARPA funds we will be working toward the budgets – keep an eye out for announcements. Wear your masks and watch for school buses as they make stops in the neighborhood.



Bruce Savage

*Miigwech,  
Bruce M. Savage  
Fond du Lac Band of Lake Superior  
Chippewa  
Sawyer District II Tribal Representative*

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# RBC Thoughts

## Vaccines and breakthrough cases

By Zachary N. Dunaiski

No vaccine is 100% effective. But that doesn't mean a very efficient vaccine isn't still cause for great hope. The Polio vaccine for instance is about 90% effective when given in two doses, yet Polio has almost been completely eradicated.

The three approved COVID-19 vaccines in America – Pfizer, Moderna, and Johnson & Johnson – are all around the same effectiveness as the Polio vaccine, so with time and great participation, we could do the same to COVID that we have done to Polio.

In the meantime, stories of breakthrough cases will still exist, but it's important to notice the details. Breakthrough cases will happen, but the frequency at which they happen is what's important to the overall outcome of this pandemic. *Live Science* reported on breakthrough cases and the data is astounding.

*Because no vaccine is 100% effective, breakthrough infections have been expected from the start of the vaccine rollout. In the context of clinical trials, about 0.04% of people given the Pfizer vaccine got infected with SARS-CoV-2, versus about 0.07% with Moderna and 0.59% with Johnson & Johnson.*

So we've known from the beginning that breakthrough cases weren't only possible, but likely. Now some areas are collecting real world data, and the numbers are just as impressive.

*However, Oklahoma and Washington, D.C., do make this information public. These data could provide "early signals" regarding how well the vaccines are working, particularly as new variants emerge, the DC Health website states. That said, there are many limitations: The data sets are small, each vaccine was given to different numbers of people and the timing of the doses makes it hard to interpret the*

*data.*

*Still, as of Aug. 1, more than 299,000 D.C. residents had been fully vaccinated, according to data from DC Health. Of these people, nearly 151,000 received the two-dose Pfizer vaccine, about 124,700 got the two-dose Moderna vaccine and about 24,000 received the one-dose Johnson & Johnson vaccine.*

*In this population, the highest rate of breakthroughs was seen in those who got the Johnson & Johnson shot: 77 people, or 0.32% of the roughly 24,000 recipients. The second highest rate was seen among Pfizer recipients, of whom 308 people, or 0.2%, tested positive for the virus. Finally, 161, or 0.13%, of the Moderna recipients caught a breakthrough infection.*

Naturally there are an immeasurable number of cases where the infected individual doesn't have any symptoms or are mild enough that they don't get tested. That in itself is kind of the point.

*As of Aug. 2, more than 1.5 million Oklahomans had been fully vaccinated, according to a report from the Oklahoma State Department of Health. About 817,000 had received Pfizer shots, 674,000 received Moderna and 102,000 got Johnson & Johnson. Again, the Johnson & Johnson recipients showed the highest rate of breakthrough cases, with 215, or 0.21%, testing positive for the virus; 1,468 Pfizer recipients, or 0.17% of the total, caught a breakthrough infection; and 831 Moderna recipients, or 0.12%, tested positive for the virus.*

The fact is, the numbers show that less than 1% are occurring in individuals with any of the three vaccines. Please get vaccinated to protect yourself, if not to protect your family, friends, and community.

Source: <https://www.livescience.com/breakthrough-infections-different-covid-19-vaccines.html>

## STATE OPIOID RESPONSE PROGRAM

# SOR



A program that supports and responds to Homelessness due to an opioid use disorder (past or present)

### Eligibility:

- Past or present opioid/methamphetamine addiction
- Homeless or in danger of being homeless/threat of eviction
- Newly housed/formerly homeless in need of assistance of supplies/necessities for unit.
- A willingness to participate in case management and steps toward obtaining/maintaining housing

### Call for an appointment:

- Valerie Whitebird 218-655-3630
- Josyiah Budreau 218-878-3880
- Chelsea Rackliffe 218-279-4152



### Types of allowable assistance:

- Damage deposit/first month rent
- Temporary hardship rental assistance (1-2 months)
- Utility assistance (electric, gas, propane)
- Car repairs (if vehicle is used for employment, employment search, school, treatment, other for purpose of obtaining/remaining housed)
- Limited furnishings - beds, kitchen items, futon (necessities)
- Fines, re-instatement fees to get back driving privileges (limited)
- Moving expenses (moving truck rental cost)
- Treatment expenses
- CLIENTS ARE REQUIRED TO MEET WITH THEIR CASE MANAGER at least monthly.

### Not Allowed:

- Hotel stays
- Vehicle purchases
- Long term rental assistance
- This program is temporary, funded by the State Opioid Response grant.

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

# Etc

## Tribal Court notice of name change

In the Matter of PHYLLIS ANN BRIGGS, petitioner. Case No.: NC-0006-2021 NOTICE OF NAME CHANGE.

Notice is hereby given that on July 22, 2021 an Order was issued changing the name of Phyllis Ann Briggs to COOKIE PHYLLIS ANN BRIGGS.

## Tribal Court notice of name change

In the Matter of VERONICA JANE WILSON, Minor Child. Case No.: NC-0001-2021 NOTICE OF NAME CHANGE.

Notice is hereby given that on August 9, 2021 an Order was issued changing the name of Veronica Jane Wilson to Veronica Jane Bobrowski.

## Tribal Court notice of name change

In the Matter of JOSHUA HERMAN WILSON, JR., Minor Child. Case No.: NC-0002-2021 NOTICE OF NAME CHANGE.

Notice is hereby given that on August 9, 2021 an Order was issued changing the name of Joshua Herman Wilson, Jr. to Joshua James Bobrowski.

## 2021 On Reservation Wild Rice Harvest

Please remember to harvest respectfully and bring a life preserver for each person in the canoe.

General eligibility to harvest Fond du Lac Reservation wild rice lakes:

- Fond du Lac Band members
- Spouses of Fond du Lac Band members (must have a State of MN wild rice license)
- "Other Indians" as defined in the Fond du Lac Conservation Code (member of a federally recognized

Tribe and resident of Fond du Lac Reservation for at least one year).

\*The second week of harvest Fond du Lac Band members may bring a non-Band member guest ricing. The non-Band member partner must have a State issued wild rice license or be a member of a Tribal Nation from Minnesota. Members of Tribal Nations from Minnesota will not be required to possess a State issued wild rice license and can instead simply present their Tribal Membership Identification card to Conservation Officers. Individuals under the age of 18 are not required to possess a license if they are harvesting with a licensed adult.

- Harvest of manoomin allowed every other day the first week
- Subsistence harvest only (no purchase of manoomin by the Band) for the first two open days of harvest
- Harvest hours of 9am to 3pm the first week of harvest
- Harvest of manoomin allowed every day the second week of harvest
- Harvest hours of 9am to sunset

the second week of harvest and for the remainder of the harvest season. Daily purchase of manoomin will end at 5pm as it has in years past. Harvest after 5PM would be for subsistence and educational purposes.

- Waterfowl hunting will be prohibited on Perch, Jaskari, Rice Portage, Deadfish, and Mud Lakes until interest in wild rice harvest declines
- No boat limits or Elder-only lake designation will be made for 2021

## Real Solutions Weight Management Support Group

Because of the new restrictions, these will be offered via Zoom.

12-1 p.m. at MNAW on Fridays Oct. 1 – Dec. 17

12-1 p.m. at CAIR on Thursdays Sept. 30 – Dec. 29

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

## Living Well with Diabetes

Do you live with diabetes or prediabetes? Would you like to take charge of your health and improve your sense of well-being? This six-week workshop is for you.

Participants share experiences, help each other solve problems, make a weekly action plan and find the support you need to make real change.

Topics include menu planning, stress management, blood sugar management, preventing complications, dealing with difficult emotions, and communicating with healthcare providers and family.

This workshop will meet virtually using Zoom starting Oct. 4 for 6 Mondays from 5-7 p.m.

Call (218) 878-2141 for additional information and to register.

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

**HENRY'S FOODS, INC.**

**SUNNY FRESH EGGS ASAP! 99¢**  
2 PACK HARD-COOKED

**PILLSBURY MINI COOKIES 2/\$1.69**  
3 OZ PEG BAG

**NABISCO BIG BAG SNACKS 2/\$2.79**  
3 OZ

**JACK LINK'S EXTRA TENDER BEEF JERKY \$5.99**  
3.25 OZ

**M&M/MARS SHARE SIZE TWIX 2/\$3.33**

**KOOL-AID JUICE BURSTS 2/\$1**  
6.5 OZ

Etc

## LEGAL NOTICE – SEPTEMBER 2021

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

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

BLACKWELL, Mary Therese  
CICHY, Gerard  
CICHY, Leslie  
DEFOE, Jackie Ann  
DURFEE, Thomas  
FIOLEK, Bernice  
FRIEDMAN, Ann Lorraine  
LAPRAIRIE, Robert  
LEE, Patricia J.  
MARRONE, Elizabeth Ann  
MARTIN, Travonti Josh  
MARZINSKE, Larry  
OLSON, Emmanuel Samuel  
RUSSEAU, Cordell George  
SAVAGE, Mark  
SHABAIASH, Kevin L. Jr.  
SIMON, Stella  
SOULIER, Gary  
TIESEN, Melissa Lee  
WESAW, Joze R.  
WILEY, Roxanne Marie

**Text MN to 741741**

**CRISIS TEXT LINE |**

**Northern Minnesota Suicide Prevention  
TRIBAL-COUNTY PARTNERSHIP**

# POSITIVE INDIAN PARENTING

*Honoring Our Children by Honoring Our Traditions*

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



**CLASS 2PM - 4PM**

via  **zoom**

- Wednesday, September 15
- Wednesday, September 22
- Wednesday, September 29
- Wednesday, October 6
- Wednesday, October 13
- Wednesday, October 20
- Wednesday, October 27
- Wednesday, November 3

***Register today!***

Call 218-878-2145 to reserve your spot.

Class is limited.



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

# Health News

## September is Ovarian Cancer Month

All women are at a risk for ovarian cancer. 90% of women are more likely to get the disease if they are over 40 years old. Ovarian cancer has the greatest number that occurs in women aged 60 or older. Approximately 21,000 women in the U.S. get ovarian cancer and this is the eighth most common cancer in the U.S. and fifth leading cause of cancer death. Women with a family history of breast, colorectal, or ovarian cancer are at increased risk, as well as those with an inherited predisposition to ovarian cancer.

**Unfortunately, there are currently NO screening tests for ovarian cancer.**

### Signs and symptoms of ovarian cancer:

Ovarian cancer may cause several signs and symptoms. Women are more likely to have symptoms if the disease has spread beyond the ovaries, but even early-stage ovarian cancer can cause these symptoms:

### The most common symptoms include:

- Bloating
- Pelvic or abdominal pain
- Changes in appetite (feeling full too quickly or difficulty eating)
- Urinary symptoms such as urgency (always feeling like you have to go) or frequency (having to go often)
- Changes in bowel habits, such as constipation.

### Others symptoms may include:

- Fatigue
- Upset stomach
- Back pain
- Pain during intercourse
- Constipation
- Menstrual changes
- Abdominal swelling with weight loss.

Sources: American Cancer Society [www.cancer.org](http://www.cancer.org), Center for Disease Control (CDC) [www.cdc.gov](http://www.cdc.gov), and Mayo Clinic [www.mayoclinic.org](http://www.mayoclinic.org)

Resource for information: Minnesota Ovarian Cancer Alliance [www.mnovarian.org](http://www.mnovarian.org)

Treatment is most effective when ovarian cancer is found in its early stages.

Always remember to consult your healthcare Provider with any questions or concerns.

*A message from your Fond du Lac Cancer Control Project*

## Purchased Referred Care (PRC) (Formerly known as Contract Health Services)

A referral may be generated for specialty care or an emergency room visit may have occurred.

Eligibility for funding is determined utilizing the Indian Health Services and RBC approved policy and procedure.

The approval/denial is communicated on the referral or through written communications.

Patient responsibilities include: submit

statement's to Human Services to be paid, respond to insurance inquiries and inform PRC staff of all ER and follow-up visits from referrals.

Please contact PRC with any questions you may have (218) 878-3733.

## Meatless Meals

By Kara Stoneburner, RDN LD,  
Community Health Services Dietitian

With fall right around the corner, why not usher it in with a new goal? It sounds like a perfect time to think outside of the box for meal planning. Instead of making a

meal focused around meat, turn the focus to vegetables, beans, lentils, nuts, seeds, eggs, and whole grains. The advantages of eliminating meat or reducing meat intake include: having a more budget friendly shopping bill and health benefits such as lower heart disease and heart attack risks, lower risk of diabetes and cancer, better weight control and lower cholesterol levels.

It is not necessary to become a vegetarian unless you want to, but it is entirely possible to have a few meals a week that do not include meat. By eating a variety of vegetables, beans, lentils, nuts, seeds, eggs, and whole grains you will get all the essential amino acids (the building blocks of protein) you need plus other important nutrients.

A few tips from the Mayo Clinic to get you started:

- Sub all or part of the meat with vegetables or beans when making lasagna, pasta and stews
- Order mushroom and cheese or a veggie pizza (my favorite is a mushroom, black olive and tomato pizza)
- Stir fry with tofu
- Make vegetable kabobs
- Choose bean burritos or tacos
- Grill Portobello mushrooms instead of hamburgers. Add a tomato slice, some lettuce and avocado just like you would on a hamburger.

Google meatless meals for more ideas and recipes or take your favorite recipe and adapt it!

Here are two meatless recipes from A collection of family fun recipes from MDH and MN Department of Human Services


### Enchilada Bake

Serves 8

Ingredients:

- 1 Tbsp. vegetable oil
  - ½ medium onion, chopped
  - 1 can (15-16oz) kidney beans, drained or 1½ cups cooked beans
  - 1 can (15-16oz) stewed or diced tomatoes
  - 1 tsp chili powder
  - ½ tsp garlic powder
  - 8 tortillas
  - 1 cup Monterey Jack cheese, shredded
  - Non-stick cooking spray
- For variation, add: ½ cup mushrooms, sliced and ½ cup green pepper, chopped

## Women's Support Group



**Every Wednesday** [*except the last Wednesday of the month*]  
**5:30 pm - 7:00 pm**

Min No Aya Win Human Services Center | *Dottie Tibbetts Room*

*talking circle | emotional support | discussion of women's issues | opportunities for spiritual growth, healing and cultural teachings*

For more information or any questions, contact

Renee Rote, Domestic Abuse at 218-878-3783    Micheala Leecy, Sexual Assault at 218-878-3867  
 Jasmine Budreau, General Crime at 218-878-3773    Caroline Blacketter, Lead advocate at 218-878-3709

Refreshments provided. | Childcare is not provided.

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



# Health News

## Cooking:

1. Heat oven to 350°F.
2. Heat oil in frying pan on medium heat. Add onion, mushrooms and green pepper. Cook 2-4 minutes or until tender.
3. Add beans, tomatoes, chili powder and garlic powder. Stir to combine.
4. Tear tortillas into bite-size pieces.
5. Layer ½ tortillas, ½ sauce and ½ cheese in 8-inch baking pan that has been coated with non-stick cooking spray. Repeat layers, ending with cheese.
6. Bake uncovered for 20 minutes.

## Southwestern Tortilla Roll-ups

Serves 6

### Ingredients:

- 1 package (12-16oz) regular tofu or firm tofu, drained
- 1 package taco seasoning mix
- 1 cup frozen corn or 1 can (8oz) whole kernel corn
- 1 can (15-16oz) black beans, rinsed and drained or 1½ cups cooked black beans
- 1 cup cheese, shredded
- 6 tortillas

### Cooking:

1. Blend or mix tofu and taco seasoning until smooth.

2. Spread 1/3 cup tofu mixture, 2 Tbsp. corn, ¼ cup black beans and 2 Tbsp. shredded cheese on each tortilla to within ½ inch of edge.
3. Tightly roll tortillas and wrap each in a paper towel.
4. Microwave wrapped tortillas on high for 1-2 minutes each.

\*Sources include Mayo Clinic, Eatrigh.org and the American Heart Association

## FDL reinstates mask mandates for employees and visitors

The Delta variant has led to a spike in cases and all FDL employees are being asked to once again wear masks per the Emergency Operations Center (EOC) starting Aug. 3.

Prior to this reinstated mandate, only the clinics and transportation were required to wear masks while other employees could choose not to wear a mask. While many of us are weary of these mandates, they are measures taken to make all of us safer as they released a statement on the new mandate.

Please make sure to put on your mask prior to entering the building. We want to reiterate that our priority is to keep everyone safe so masks are required for all employees.

Also, we would like to remind employees the importance of the following safety precautions:

### Social Distancing

Yes! It is still important to practice social distancing and keep a safe space between yourself and other people. Social distancing, wearing a mask, and frequently washing your hands are critical in reducing the spread of COVID-19. Please remember that we all have a responsibility to protect ourselves, our families, our coworkers, and our community. Please follow these guidelines:

- Wear a mask
- Stay home when you are sick and get tested
- Keep your work areas clean and wiped down frequently.
- Work communication should be done via email, phone, or video conferencing unless your position requires in-person services to our patients.

The notice to all employees also

states that masks are available, just leave a message with the EOC at (218) 878-7175. These masks are also available to Band members.

Remember even if you are not an employee these safety measures will keep you, your family, and your friends safe during this recent wave of COVID. Also, if you are experiencing symptoms of COVID-19 please do not go into your place of work, stores, or anywhere with a crowd.

Fond du Lac still has vaccines available, call (218) 878-3791 today to schedule your COVID-19 vaccine appointment. You have the power to end the pandemic.

Update: This notice has since been updated to include all visitors to Fond du Lac buildings. Also, all meetings that can be done virtually are being requested to do so at this time.

## U.S. health experts recommend a third dose of COVID-19 vaccines

With hundreds of millions of Americans fully vaccinated, but

the Delta variant running rampant in the country (in particular in the southern states) the Biden administration recommends Americans get a third dose of either Pfizer or Moderna's COVID-19 vaccines.

These booster shots, which are expected to be recommended after eight months, will begin to be administered once the Food and Drug Administration (FDA) and Center for Disease Control and Prevention (CDC) give the vaccines full approval. Full approval was given by the FDA on Aug. 23 and booster shots should be started as early as September.

Currently these booster shots are being recommended for mRNA vaccines created by Pfizer/BioNTech and Moderna, those who received the single shot of the Johnson & Johnson vaccine are being told to wait.

The Delta variant is the driving force in this push for booster shots, although it has been something that the experts have seen as a possibility for a while. National Public Radio (NPR) reports that it remains the best way to have the highest level of immunity.

They learn from watching you...

# Eat More Fruit & Veggies



and your kids will too!

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



# Health News

## September is Prostate Cancer Month

Prostate cancer also known as Prostatic Carcinoma is one of the most common types of cancer in men. There are NO warning signs of early prostate cancer. Many prostate cancers grow slowly and are confined to the prostate gland, where they may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly. Prostate cancers can occur in men without a family history of it, however having a dad or a brother with prostate cancer more than doubles a man's risk. One in seven men will be diagnosed with prostate cancer during his lifetime.

Unchangeable Risk factors: age, race/ethnicity, geographical area, and family history.

### Things you can do that might lower your risk, such as:

- Stay away from tobacco
- Eat a healthy diet with a wide variety of vegetables, fruits, and whole grains each day.
- Be active and exercise
- Stay at a healthy weight
- Talk to your provider about getting screened
- There are tobacco cessation programs available to assist with quitting.

### Symptoms of Prostate Cancer include:

- A frequent need to urinate especially at night
- Interrupted, difficulty starting, or stopping a stream of urine
- Leaking of urine when laughing or coughing
- Inability to urinate standing up
- A painful or burning sensation during urination or ejaculation
- Blood in urine or semen
- Bone Pain
- Losing weight without trying.

### Treatments for Prostate Cancer may include:

- Biopsy
- Close monitoring and follow-up visits
- Radiation
- Surgery to remove the prostate.

Talk to your doctor about screening as this may find cancer that could likely spread to other places in the body. This may lower the chance of death from prostate cancers in some men.

Sources: Mayo Clinic [www.mayoclinic.org](http://www.mayoclinic.org), American Cancer Society [www.cancer.org](http://www.cancer.org), and [www.webmd.com/prostate-cancer](http://www.webmd.com/prostate-cancer)

Don't be afraid to ask questions and consult with your health-care provider with any concerns if you feel you have any of the above symptoms. Some men may not experience any symptoms at all and these symptoms may be caused by conditions other than prostate cancer.

Prostate cancer often can be treated successfully, especially when it's caught early and has not spread to other parts of your body. Early detection has the best chance for successful treatment.

A message from your Fond du Lac Cancer Control Project.

*The boosters would be intended to protect against the highly contagious delta variant, which has caused caseloads in the U.S. to surge. A third shot for those who received the Pfizer or Moderna vaccines would also help with any waning effectiveness of the current shots.*

The Johnson and Johnson, which had great results from its trials despite the fact that it was running its trials during the Alpha variant spread. Still, experts expect the Johnson & Johnson vaccine to get a booster dose as well.

*The New York Times reports officials expect those who received the one dose Johnson & Johnson vaccine will need a booster shot as well. The government is waiting on recommending a second dose of Johnson & Johnson until it receives results from the company's two-dose clinical trial.*

This news comes on the heels of experts recommending that immunocompromised individuals get

a third dose.

Source: <https://www.npr.org/2021/08/16/1028345074/covid-booster-shots-eight-months-biden>

## Latest Delta surge impacts children with more than 120,000 cases

The Delta surge across the United States is particularly scary as more kids have been infected with COVID-19 than at any point in the pandemic. As National Public Radio (NPR) reports, the numbers have been dangerously high.

More than 120,000 COVID-19 cases were reported among children between Aug. 5 and 12 — about 18% of the total weekly case count, according to the American Academy of Pediatrics.

These numbers are concerning, especially as millions of kids have started school and millions more

will be starting in the next month. Children under 12 account for 50 million Americans across the country and while children don't tend to get too sick with COVID-19, they still do and are also capable of spreading the virus without even getting sick.

Studies have thus far shown that children ages 5-11 can receive the optimal amount at one third the amount adults receive. The term optimal meaning that children will have similar immune response to adults, with the minimal amount of side effects possible.

The best way to protect our children and ourselves until vaccines are possible for everyone is to wear masks when around others. Please continue to do so and stay safe FDL.

Source: <https://www.npr.org/sections/health-shots/2021/08/18/1027035486/covid-vaccine-children-under-12-your-questions-answered>



# American/Astor Fur Post at Old Fond du Lac – Part 2

Research by Christine Carlson

## Expedition to Northwest Indians – 1832

There was formerly a trading house near the entrance, but it has been abandoned and destroyed and the present house for all the Fond du Lac country is twenty miles above.

We arrived at the trading house at 4 o'clock P.M. The river is penetrating a chain of mountains and more regular in its course and has its channel more confined. The trading house is situated at the base of the mountain on a narrow piece of bottom, three or four hundred yards broad, which is rich, and excepting the gardens where the trader raises abundance of potatoes, is covered with a very tall, green luxuriant grass principally *poa compressa*. We met here Mr. Aitkin, the chief of the department of the country beyond Fond du Lac and all his clerks to the number of fifteen or twenty and their engages, all just ready to start for Mackinac on their regular summer trip.

This is called the Fond du Lac Post, and was formerly the head quarters of an extensive district called the "Fond du Lac Department." The department is still the same, but Mr. Aitkin of the American Fur Company, the principal of it, has removed his head quarters to the Mississippi at Sandy Lake, which is more central in respect to his several subordinate posts.

Fond du Lac is still, however, a place of rendezvous for all his clerks, preparatory to their embarking in boats, with their annual stock of furs, for Mackinac. Here too, on their return in the fall, a partial distribution of the goods is made; the boats are left and the navigation in

all directions begins in bark canoes. The buildings here consist of a dwelling, three or four stores, a large house for the accommodation of the clerks and some other buildings for the engages or Frenchmen. There are handsomely situated on the bank of the river and directly in front is an island of about two miles circuit of very rich soil and a forest of large elm and on which the Indians now assembled have their lodges.

Mr. Aitkin very politely gave me the following information in relation to his trade, the Indians, etc.

His department embraces an extent of country from Fond du Lac, north to the boundary line, west to Red river and south to near the falls of St. Anthony, on the Mississippi and contains nine permanent posts, from which returns are made every year: These posts are Fond du Lac, Lake Superior on the north side at Grand Portage, Rainy lake, Vermillion lake, at the head of the Fond du Lac river, Red lake, Pembina settlement on Red river, Red Cedar lake, Leech lake and Sandy lake, Mr. Aitkin's residence.

The population of the Fond du Lac band is 193 of whom about 45 are warriors. There are about 150 Indians encamped on the island here at present; some of them belong to Sandy lake and some came with us from Bois Brule river. Among the latter is an Indian of some distinction, Yellow Head from Red Cedar lake, who was on his way to visit the agent at Fort Brady but is now returning with us.

June 25, 1832 – The Indians assembled early in the morning and regaled us with their usual dance, after which Mr. Schoolcraft held a council and talk with them and distributed a

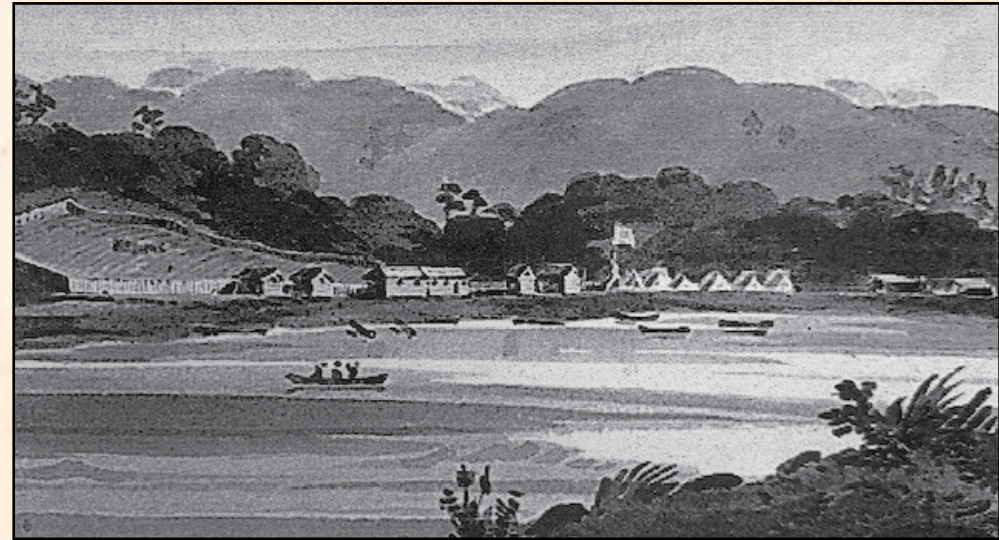
few presents. Mr. Aitkin embarked all his furs in seven large Mackinac boats, all well manned and each under the command of a clerk and started them down the lake. Many of his Frenchmen have Indian wives and families who are left here till they return.

## Settlements Flourished – Duluth News Tribune of December 28, 1930

The couriers de bois came on a commercial errand, however in spite of the fact the adventurous life of their vocation became so absorbing that most of them followed it until they died in want. They came for the lucrative trade in furs, the economic basis of the French dominion. Up the mighty lake came the French traders with blankets, muskets, powder and lead, shirts, stockings and brandy to exchange for the pelts of beaver, mink, muskrat, marten, otter and weasel. From the first days of history, the head of the lakes was a commercial center.

## A Few Familiar Names from the Fur Trade in Minnesota by Bruce White. Some people who were on the roster for the Fond du Lac Department

Charles Chaurette, Thomas Connor, Louis DuFault-interpretor, Louis DuFault Jr., Alexis Dupuis – boatman, Amable Durocher – clerk, Jacob



American/Astor Fur Post painted by James Otto Louis in 1826.

This painting is viewed from the island.

Fahlstrom - boatman, G. Martel, Jeremie Martel, Louis Moron – boatman, Alan Morrison – boatman, William Morrison – clerk, \_\_\_ St. Germain, John Saunders – boatman, James Sayer – boatman, John Sayer – in charge of operating posts, \_\_\_ Smith, John Tanner – interpreter, Pierre Turcotte – boatman

## A few Familiar Names from the 1848 Trader's Manual Journal from the Roussain or Landrie Trading Post – Fond du Lac, Minnesota

August 28, 1848 – **Misquades** – 1 shawl, 12 Barley corn beads, 1 paper vermilion, 2 spoons iron, 1 bar soap, 1 knife, 1 kettle to sell for rice

October 17, 1848 – **Rabigwone** – (The Grasshopper) – 4 yards sabinette, 4 yards red flannel, 1 pt. blanket, 1 shirt, 1 pr. Leggings for boy, 1 N.W. gun  
October 17, 1848 – **Augenose** – 2 yds. G. S. cloth, 1 coat – fine, 2 yds fine cloth, 3 deer skins  
October 29, 1848 – **Nahganebo** – 1 tin kettle

October 29, 1848 – **Stephen Bonga** -1 blanket, 1 fathom cloth, 6 yards cotton, 1 pr. Leggings, 6 yds. Linsey Woolsey, 2 balls gilling twine, 4 cups powder, 1 cup shot, 2 bars soap, 4 beaver traps, 1 rat trap, 1 kettle, 1 cod line, 1 Am axe, 5 skeins sturgeon twine  
November 18, 1848 – **BT. Roy** - 3 pr. Socks, 2 pr. Moccasins, 1 cap.

November 18, 1848 – **Auganose** – 2 breech cloths, C. W. beads, 1 bushel corn, 1 looking glass, 10# flour 12# pork, 25# powder, 37# shot, 60 balls  
November 18, 1848 – **Misquades** – 1 foot scarlet, 2 cups powder, ½ cup shot, 1 sack rice

November 18, 1848 – **Grasshopper** -2 bunch maters, 40 caps, 2# powder, 5 shot, 20 balls, buy 1 red fox  
1849 – **Nahganebo** – 1- 2 ½ pt. blanket, 1 keg powder, 8 balls, 8 lead, 2 caps, 4 small traps, 1 large trap

# Ashi-niswi giizisoog (Thirteen Moons)

## Anishinaabemowin Lessons

### Waatebagaa giizis:

*Leaves Changing Color Moon. Other names for new September moon are Mandaamini giizis (Corn Moon) and Moozo giizis (Moose Moon).*

#### 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

#### Weather It is...

A cool wind- Dakaasin

A nice day- Mino Giizhigad

Clear- Mizhakwad

Cloudy- Ningwaanakwad

Cold- Gisinaa

Foggy- Awan

Hot- Gizhaate

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

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

MAADAANIMAD/wind picks up

MAAJIIZH/take away

MANASHKIKI/gather medicine

MAKIZINATAAGEWIN/mocosin game

MANDAAMINAAK/ear of corn

MANIWIIGWAASE/gather Birch Bark

MANOOMINAGANZH/wildrice stalks

MANOOMINIKE/harvest wild rice

MANOOMINIKESHIINH/Rice Bird

MASHKAWIZI/Be strong

MASHKIIGWAATIG/tamarack

MAWINZO/pick berries

MIGISKAN/fish hook

# Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Sept. 15, 2021 for the October 2021 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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

## Happy Birthday

I want to wish my hubby, **Hank Seppala** (Sept. 1) a very happy 80th birthday. It's been a trip the last 59 years of marriage (LOL)! Love you, Nancy

Happy 13th birthday my **Rosie** (Sept. 8)!

Meemah loves you!



Happy 17th birthday to my boy **Shaydon** (Sept. 15)!

Meemah loves you Shaydon!

Happy birthday to our Mom, **Carla Houle** (Sept. 24). We love you Mom, Gramz, Great Grandma. If it wasn't for you we wouldn't be here. You taught us to be strong and keep fighting. Its GR's birthday, thank you for always being you and loving us all.

Happy birthday to **Rita Jaakola** and **Dustin Whitebird** (Sept. 27)  
From, Mom/Gramz

## Obituaries

### Charles R.

**Wick**, 85, passed away peacefully July 4th, 2021, surrounded by his family. He was born to Raymond & Elenore (Aiken) Wick on March 3rd, 1936. He married Sonja Swanson October 1st, 1960. He was a member of Fond du Lac Band of Lake Superior Chippewa. Charles was a Korean War Veteran who served his country with honor. He was a lifetime member of VFW Post 3979 and American Legion Post 262 and participated in the Honor Guard for over 50 years. Charles worked as super-



visor at Diamond Match for 34 years then at Black Bear Casino & Hotel as supervisor of House-keeping for 11 years. He owned Rainbow Wagon Concessions since the late 1980's selling pizza and ice cream, which was his true passion.

Charles was preceded in death by his parents, brothers Otis Wick, David Wick, daughter Penny Wait, grandson Dylan Friedman, great-granddaughters Destiny Dylkowski & Kira Friedman. He was survived by his wife of 60 years, Sonja, son Perry (Teresa) Wick, daughters Patty (Jason) Branham, Paula (William Biddle) Gotzh; grandchildren, Shawn Adrian, Nicole Wick, Amber (Patrick Lussier) Wait, William (Ben) Lewis, Michael Friedman, Skye (Nick) Russo, Paige Johnson, Emma Branham, Miranda (Kyle Kallstrom) Vandiver, Liam Branham, Brooklyn (Jake) Barney, Megan (Scott Abramowski) Wait; brothers: Ole (Elenore) Nystrom, Marlin Wick; sisters: Ardy Kleinenberg, Gwen Klosner, Corrine Wick, Milda Tode, Betty (Len) Anderson, Carol Mirtica.; great Grandchildren: LaFonzo, Cole, Patrick, Riley, Mariah, Ty, D'Angelo, Paeton, Journey, Paisley, Patience, Saige, Ivy, Cayden, Camden, Miles, Promise, Brice, Kawhi, Elijah, Katerina; and numerous nieces and nephews.

The family would like to thank all nurses on 2-West at St Luke's for the wonderful care provided and the doctors from Min-no-ayawin Clinic. A special thanks to St Luke's Hospice for the homecare.

**Randall Lee Barney, Sr.**, age 60, of Cloquet, Minnesota, entered the spirit world on Monday, July 5,



2021, with his family by his side.

Randy was born on September 7, 1960, in Cloquet, Minnesota, to Warren and Cecelia (Martineau) Barney. He loved his two sons, granddaughter, and great-grandson more than anything in this world. He enjoyed the outdoors, fishing, hunting, and going to the river. His occupation was a carpenter, but he was a great mechanic too! He loved having fast cars. He also enjoyed spending time with friends.

Randy is preceded in death by his parents Warren and Cecelia Barney; two brothers Woods and Tim; and his eldest son Randy Jr. He is survived by his wife Stacy; son Anthony; granddaughter Raeann (Ty); great-grandson Adonis Lund; siblings Jay, Dixon, Becky, Josa and Dawn Barney, all of Cloquet.

He will be sadly missed by all who knew him, and he will never be forgotten.

### Carlyss "Carly" Ann Soulier,

67, Greenfield, passed away Monday, July 12, 2021 at her residence. Carly was born on September 9, 1953 in Richmond, IN, to Carlisle and Edith (Livelsburger) Soulier. She is a 1972 graduate of Richmond High School. Following graduation, Carly entered and served in the U.S. Army, primarily serving overseas in Japan. Carly worked as a letter carrier for the Nora/Castleton area for 35 years, prior to retiring in 2011.

Throughout high school, Carly could be seen playing many sports as she was an all-around athlete. She was even compared to and nick-named "Pistol Pete". She also rooted on and watched the Detroit Tigers and Detroit Lions as



well as Indiana University. Carly loved word searches, game shows, reading the Bible, and being the envy of the neighborhood when it came to perfectly mowing the yard. Carly attended Little Flower Catholic Church for 25+ years as well as St. Michael Catholic Church. She loved her 'adopted' family and partook in many of their activities.

Carly is survived by her best friend of 30 years, Penny Loman; Penny's children Stephanie Thorsen and Stacy (Mike) Zoller; Stephanie's children: Jacob Thorsen and Ryder Thorsen; siblings: Roylene (Dave) Rosso, Anna Lawson, and Stanley Soulier; niece, Ashley Reece; nephew, Donald Lawson; great-niece, Kayla Hersey; and great-nephew, Ian Hersey. Carly considered herself very fortunate to call herself an honorary aunt as well as grandmother and her family will miss her dearly.

Carly was preceded in death by her parents; siblings: Jamie Figuera and Gordon Soulier; and nephew, Jason Gray.

**Jodi Lynn (Diver) King Waas-egiizhigookwe "Lighted Sky Woman"**, 45, started her journey to the spirit world on July 7, 2021. She was born on September 15, 1975, to Darlene (Reynolds) Diver and John Diver, Sr. in Cloquet, MN. Jodi loved her kids, grandbabies, hanging out with her friends, painting her nails, drawing, and painting. She enjoyed cooking and casino hopping in her spare time.

Jodi's father, John Diver, Sr., will welcome her into the spirit world, along with many cousins and family members. She is survived by her mother, Darlene Diver; her children, Jalisa (Lindahl) Ojibway, Jordan Diver and Taleah King; her grandchildren, Lorenzo DeSimone, Marquez Evans, Jr., Prince

# Community News

King-Abney, Ayva Marie Ojibway, Halo Fair; her sisters, Melody Diver and Melissa Diver; her brothers, Shawn Mullen, Damion LaPrairie and John Diver, Jr.; her husband, Robert King; numerous aunts, uncles, nieces, nephews, and cousins. Pallbearers will be Xavier Petonquot, Sr., David Diver, Jr., Richard Diver, Sr., Robert Blacketter, Brian "Muck" Shabaiaash, Donald Shabaiaash, Gerald Reynolds, Jr., and Eric Rilling.

**Eric Ethan Bankey**, age 48, of Cloquet, Minnesota, passed away on Thursday, July 22, 2021. Eric was born on



July 28, 1972, in Cloquet, to Russell and Sandra (Johnson) Bankey. Eric was an enrolled member of the Fond du Lac Band of Lake Superior Chippewa. He grew up in Cloquet, earned his high school GED and later an AA degree. Eric is fondly remembered as a strong-willed person with an adventurous nature. He was proud of his only son Eric and of his Native heritage. He was a loving and caring man who tried to help others when needed. Eric valued family and had a grateful spirit.

Eric will be greatly missed by his son Eric Bankey; Angel Skipin-the-day (daughter of the heart); mother Sandra (Gary) Curry; Father Russell (Anna) Bankey; brothers Michael Bankey, Gabriel (Cinnamon) Bankey, and Mathew (Samantha) Bankey; sisters (Amantha) Bankey; sisters Anna Matakis and Jessica (Tim) Krueger-Veurink; a special mother Dianna Krueger; special aunt Marge Clark; special nieces Aleeri, Aikley and Graylin; and numerous aunts, uncles, cousins, nieces and nephews. He was preceded in death by his grandparents and

special aunt Melly.

Pallbearers were Christopher Johnson-Fuller, Dominic Johnson-Fuller, Elki Johnson, Charlie Badmoccasin, and Tim Veurink. Honorary pallbearers were Daniel Fuller, Jeff Johnson, Elon Johnson, Darrell Alvarado, Tim Fuller, Terry Merchensen.

**Jean Seymour** was the most caring and loving mother, wife, best friend, daughter, sister, aunt, niece and grandmother. She was a lifelong resident of Minneapolis - she started her journey to the spirit world on July 30th, 2021, at the young age of 50, from North Memorial Hospital in Robbinsdale, MN.



Jean, AKA 'Mama Jean', was born October 27th, 1970, to Patricia (DeFoe) and Richard Knight in Minneapolis, MN. She graduated with Honors from 'The City', she had many jobs and duties, but her main job was being the very best mother us boys could have ever asked for. She was most definitely the anchor and glue that made and held us men down and together. Jean was loved by many and seen as a mother to many others. On May 21st, 1999, she married her Middle School sweetheart. The most important things to her were her five grandchildren. She was always thinking of everyone else and always such a kind, genuine and generous person, surprising her loved ones with gifts. Jean was the easiest person to talk to and had a way of making you feel comfortable with no judgments. Our beloved was truly a beautiful person inside and out she will be greatly missed by everyone who knew her. We will forever love her beautiful heart and soul. Rest in Paradise.

Mama Jean is survived by her parents; Pat and Richard Knight, husband; William Seymour, her children; Danny Allen Story, Zachery James and Nicholas Sonny Seymour, her grandchildren; the twins, Madison and Nevaeh, Danny Story, Jr., Aryn Jo and Kyla Rayne Seymour, her sisters; Lisa, Lynn and Terri, her in-laws; William and Jackie Seymour and many aunts, uncles, nieces and nephews, and cousins.

Family that welcomes Jean to the spirit world are her grandparents, a brother in-law and numerous aunts, uncles, nieces, nephews and other family members.

Pallbearers for Jean were Danny Story, Zachery Seymour, Nicholas Seymour, Bob IronNecklace, Tony Bester and Mario Aspinwall. Her honorary pallbearers were Scott Aspinwall, Josephine DeFoe, Dale DeFoe, Lee DeFoe, and Ted DeFoe.

**Tammy Ann Morrisette**, 61, of Coon Rapids passed away June 29, 2021.



Tammy was born in Cloquet. She was preceded in death by her parents, Edward and Jacqueline Morrisette.

She is survived by siblings Michelle Parks of Andover, Minnesota, Jon (Mary) Morrisette of Coon Rapids, Mary (Charlie) Fox of Coon Rapids, and Todd Morrisette of Anoka.

Tammy is also survived by many nieces, nephews and friends.

A special thank-you to Clifton (Kiffie) Rabideaux for all of his invaluable help.

**Grace Lynn Hvezda**, age 40, of Bena, Minnesota, passed away at Sanford Medical Center on Tuesday, August 17, 2021.



Grace was born on March 11, 1981, in Deer River, MN, to Harlan and Margaret (Nason) Hvezda. She grew up in Ball Club, Minnesota, and attended school in Deer River where she obtained her GED. She lived in various locations in Minnesota but spent most of her time in the Ball Club area where she cared for her mother. The last couple of years, Grace lived in Bena with special friend Gerald Christopherson.

Grace is remembered as a storyteller with a gift of being funny. She was "clumsy in a good way." She loved her family and friends, especially her son and daughter and nieces and nephews. She was a generous person, and she loved to spend time in the casinos, having a player's card from every casino around.

Grace will be lovingly remembered by her son Julian Tiessen, daughter Savanna Bryant, mother Margaret Nason, sister Althea (Tony) Colgrove, brother Matthew Hvezda, and several nieces and nephews. She was preceded in death by her sister Julia Hvezda, father Harlan Hvezda, and grandparents Veronica Hvezda, and Frederick and Julia Nason.

**Steven Joseph DeFoe** of Sawyer MN, passed away unexpectedly on Thursday, July 22, 2021, at 38 years of age. He was born on September 29th, 1982, in Duluth MN, to Steven DeFoe and Shelly Martin.



Steven was an enrolled member of the Fond du Lac Band of Lake Superior Chippewa. His career path took him to the Natural Resources Department where he worked on vehicles and tended the forest. He also served as a Wildland Firefighter for many years, when he would travel abroad to different states, signing up for as many fire details as he possibly could. Deprived of the blessings of children, Steven poured his heart into his brothers James, Dustin, and Ryan, his stepchildren Crystal and Timothy, and especially his nieces Jaykelah, Jadayah, and Jaleah. In life, Steven was a joy to be around, always sharing his wisdom, time, heart, and humor with those closest to him. In death, Steven will be sorely missed by all who knew and loved him.

Steven was preceded in death by his grandparents; his father Steven DeFoe; and younger brother James Blacketter IV. He is survived by his mother Shelly Martin (Kevin Hren); Father figure James Blacketter III; two brothers Dustin Blacketter (Caroline Blacketter), and Ryan Blacketter; and numerous nieces, nephews, and cousins.

**Billie Jo Sennett**, 70, of Verona, Wisconsin passed away at Agrace Hospice in Fitchburg, Wisconsin on June 15, 2021.

Born Billie Jo Damon to the late Henry and Elvira (Houl) Damon on January 19th, 1951 in Cloquet, Minnesota.

Billie Jo spent most of her life working in the retail sector. She was also a member of the 7th Day Adventice Church in Delavan, Wisconsin.

Two children survive Billie Jo: Danielle Sennett of Arizona and Lucan Sennett of Wisconsin. Five siblings survive Billie Jo: Jackie Garcia, Randy (Ron) Humes,

# Community News

Kevin Bauer, Craig (Cheri) Bauer, Sharon (Zarko) Pelicario, and Jerry Bauer. Two grandchildren: Carlyle and Devin Roberts and one sister-in-law: Linda Skiles also survive Billie Jo. Billie Jo was preceded in death by her parents and one brother: Kelly Skiles.

**Gerald Savage, Jr.** was born December 10, 1961, in Mount Holly, New Jersey. He was one of three boys born to the late Ruth Ann Savage and Gerald Savage, Sr. Gerald was educated in the Rancocas Valley school system. Known for his hard work ethic, he worked various blue-collar jobs in his lifetime, including years of employment at the Arrow Safety Device Company located in Mount Holly, New Jersey. He was always a hard worker who often lent a helping hand to those in need, whether by assisting others with mechanical work on their cars, home designing needs and upkeep, and countless other tasks in between. Known for his infectious, boisterous laugh, Gerald's distinct laughter could be heard from miles away. He enjoyed life, shopping the aisles of Columbus Market, and was devoted to his family and friends. At an early age, Gerald assumed the role of father to his two younger siblings, helping to raise them into the productive members of society they are today.

Gerald's legacy encompasses a devotion to his family, a strong work ethic, a bountiful giving

heart, and a commitment to his family and friends that will maintain lasting memories in the hearts of those who knew him. He was particularly proud of his Army son and adored being a doting grandfather to his two grandsons. Gerald was preceded in death by his mother, Ruth Ann Savage; his father, Gerald Savage, Sr.; and his beloved grandmother, Caroline (Carrie) Brown-Curry.

He leaves to cherish his memory three children, daughter Juanita Henry, son Gerald Savage III, and daughter-in-law Anequilla Fouts; two grandsons, Porter Savage and Jaxon Savage; two brothers, Lance Savage and Dwayne Savage; and a host of nieces, nephews, cousins, and lifelong friends.

## FDL job listings

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

## FDL Reservation

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

Call/Sub

- Transportation Driver FDL Transportation FT/PT
- Nursing Assistant FDL Assisted Living FT/PT
- Recreational Aide 1, Sawyer SCC FT/PT
- Recreational Aide 2, Sawyer SCC FT/PT
- Recreational Aide 1, Brookston BCC FT/PT
- Recreational Aide 2, Brookston BCC FT/PT
- Recreational Aide 1, Cloquet CCC FT/PT
- Recreational Aide 2, Cloquet CCC FT/PT
- Clinical Pharmacist MNAW, CAIR & Mpls On Call
- Pharmacy Technician MNAW, CAIR & Mpls On Call/Sub
- Transit Dispatcher FDL Transit FT/PT/On Call
- Head Start Substitutes FDLHS On Call
- Deli Clerk FDLGG PT
- Transit Driver FDL Transit FT/PT/On Call
- School Bus Driver FDL Education FT/PT/On Call
- Health Care Assistant MNAW, Assisted Living, Home Care FT/PT
- Store Clerk FDLGG PT
- Convenience Store Gas Attendant FDLGG PT

## Black Bear Casino Resort

- Golf Youth Cart Attendant PT Seasonal
- Cook I FT
- Cook II FT
- Cook III FT

- Beverage Server FT/PT
- Groundskeeper FT
- Buffet Runner FT
- Table Games Dealer PT
- Vault Cashier FT/PT
- Bus Person FT/PT
- Gift Shop Clerk FT
- Buffet Host/Hostess FT/PT
- Golf Course Groundskeeper FT/PT Seasonal
- Steward FT
- Arcade Attendant PT
- Golf Pro Shop Sales Rep PT
- Golf Ranger/Starter FT/PT Seasonal

- Security Guard/Dispatch FT
- Janitor FT/PT
- Clean up Worker FT/PT
- Beverage Waitperson/Bartender FT/PT
- Cage Cashier FT/PT
- Players Club Representative FT/PT
- Slot Attendant FT/PT
- Slot Technician FT/PT FDL Minneapolis listings
- Clinical Pharmacist On Call
- Pharmacy Technician On Call/Sub



## WIC is still Operating Remotely

Women, Infants & Children (WIC) is a Special Supplemental Nutrition Program. It is a nutrition and breastfeeding program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition, and stay healthy. WIC provides nutrition education and counseling, nutritious foods, and referrals to health and other social services.

Due to the current pandemic, Fond du Lac WIC services will continue to operate remotely through, at least, November 16, 2021. What this means:

- WIC benefits will continue
  - WIC appointments will be conducted via phone calls
  - WIC will continue to accept new clients
- Call with questions or to apply for WIC at FDL: (218) 878-2115.

# FALL Funds

SEPT 4<sup>TH</sup> - 25<sup>TH</sup>

DRAWINGS SATURDAYS 6 - 9 PM

- Start earning entries on August 29, 2021.
- Four (4) each hour, sixteen (16) winners a night.
- Winners can win up to \$5,000 on Saturdays.

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

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

LIVE IN THE OTTER CREEK EVENT CENTER

# ROCK *the* OTTER III!



WITH SPECIAL GUESTS

# WARRANT

STEELHEART



SEPT  
24  
2021

TICKETS \$30 - \$65 AVAILABLE AT  
THE PLAYERS CLUB OR ONLINE AT  
[blackbearcasinoresort.com](http://blackbearcasinoresort.com)

