

# Nagaajiwanaang DibaaJimowinan

Stories from where the water stops



Members of the Cloquet boys' and girls' soccer teams who represented our Indigenous community with pride at the Minnesota State Soccer Tournament. Back row L-R: Max Sundquist, Brody Dushkin, Mason Sundquist, Adeline Randall, Elise Boyd Front row L-R: Sander Tibbetts, Rizal Agaton-Howes, Addison Sandman, Tenique Moose, Natalia Hernandez

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# Local News

## CHS boys' and girls' soccer teams well represented

By Zachary N. Dunaiski

Last month the Cloquet boys' and girls' soccer teams won their section tournaments and played their hearts out in the state tournament. In an article just before the state tournament began, we featured Natalia Hernandez, a member of the Fond du Lac family, but failed to mention the other amazing Native student athletes who were also a part of Cloquet's success this season.

It doesn't matter what Tribe someone is from, every one of our Anishinaabe should be recognized for doing great work and the Cloquet girls' and boys' soccer teams feature so many Anishinaabe athletes that we should all be very proud to know are part of our community and family.

Seniors Mason Sundquist and Sander Tibbetts, as well as juniors, Rizal Agaton-Howes, Brody Dushkin, and Max Sundquist represented the Cloquet boys' team this season while juniors Elise Boyd and Addison Sandman, sophomore Adeline Randall, and freshman Tenique Moose joined Natalia Hernandez to represent the Cloquet girls' team this season.

In a remarkable display of skill, determination, and teamwork, the

Cloquet boys' and girls' soccer teams have made history for their school by qualifying for the state tournament for a fifth consecutive time for the girls and the third consecutive time for the boys. With both teams making it to the state tournament and showcasing their exceptional talent, the athletes have not only brought pride to their school but the Fond du Lac community.

Both teams went to the state tournament with high hopes but unfortunately lost in the first round of their respective tournaments in highly competitive contests. The boys lost in a penalty kick shootout after unfortunately conceding a game-tying goal with only a few minutes left to St. Cloud Tech. The girls team lost 4-2 to Winona.

Despite the disappointments of how their seasons concluded, the players from both teams emphasized the value of the time spent with their teammates and the lessons learned from the challenges they faced and overcame all season long.

"I would probably say the team spirit and the camaraderie," Agaton-Howes, Forward, said of what he'll always remember from this amazing season. "I think that togetherness was something that

I'll never forget and it was kind of the culmination of all of our youth years that made it feel that way. And I wouldn't substitute that for maybe even a state title."

"For sure the team chemistry that we had," Dushkin, center mid, said about his memories for this season. "I play three sports and there's not a single team that can match this team's chemistry. We all know each other and there's not just different groups of people, we all together in everything."

"I was thinking the same thing," Tibbetts, center mid, said about the team's season. "We're all like brothers. I mean we played pretty much year-round with each other for most of our lives."

"Huddy's (Hudson Snedrud) goal against east and then Noah's (Hansen) goal in Rapids in overtime," Max Sundquist said about why he enjoyed being a part of this team. "And then I'm never going to forget how we were always a team. Even after Joe (Bailey) and Elijah (Aultman) missed those penalties, everyone that was standing up on the line ready to shoot, we didn't really care, we were there, picking them up."

"The section final game," Moose recalled of their season and how much winning meant to them as a

group and not just any individual. "Just the spirit we had going into it."

The girls team finished the regular season with ten wins, four ties, and only two losses before steamrolling through the section playoffs with 1-0, 1-0, and 3-0 victories. The boys team had 14 wins and only two loses, ending the regular season on a 13-game win streak.

One aspect that stands out in the success of both teams is the strong bond among the players, forged through years of playing together. The familiarity and understanding developed over the years, whether through summer leagues or school teams, contributed significantly to the seamless coordination on the field.

"When we knew that we were losing our last game, I could see it in everybody's faces that we all knew we were going to lose and we just started having fun," Sandman, center mid, said, noting that it was their close-knit connection that made playing together fun and effective. "We just connect well together and we're not afraid to be ourselves with each other."

"I'll never forget the chemistry that we have with the seniors and everyone," Boyd, who plays right back, said of her bond with

her teammates. "Maddie would always pick up our back line. And Ally Jones's goal, she's a defender, against Esko. She won that game for us and it's so rare for defenders to score so she kind of made it a goal for me to score next year."

Despite falling short of winning a state title, these student athletes recognize the importance of teamwork and the experiences they shared during the season. The heartbreaking moments, such as missed penalties and unexpected goals, as well as the many positive moments they had throughout the year show the ups and downs of sports that provide valuable teaching points for them.

"The section final on the turf," Mason Sundquist said about what he will remember best about his time this season. "First and last game on the turf."

"I wouldn't change anything, it just adds character to our tradition to our team for the upcoming years" Dushkin said of the team's growth through their defeat. "And it happened the way it did and we can build off of it and know how that feels and make sure we don't end up in that situation again."

"I had a lot of fun playing with other girls, especially the seniors' final moments," Boyd said about

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*Translation: Stories from where the water stops*

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

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

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

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

*Corporate Member of the  
Native American Journalists  
Association*

# Local News

the connections they made that will last a lifetime. “We had a rough start to our season. We lost a few games, but we always found a way to pick each other up and I think we lived up to that expectation.”

For the eight returning players, they know that it will be a hard road ahead for them to make it back to state again, but seniors Tibbetts and Sundquist believe in their teammates.

“I think so,” Tibbetts said of the boys’ team’s chances of returning to state for a fourth time.

“We have some pretty talented juniors.”

“Yeah they can, it’s going to be very tough though,” Mason Sundquist said. “Very tough, because there were ten total seniors.”

“Yeah, we can,” Moose said about the possibility of the girls’ team returning to state for a sixth consecutive time. “I think it just all comes down to the practices and games leading up to it. Just trying to get better with each practice.”

Nevertheless these players made strong and lasting bonds that they will never forget.

“I’m never going to forget how dominant Cloquet soccer was in general, boys and girls,” Max Sundquist said. “In the past five years we’ve had eight section titles and

two appearances at U.S. Bank stadium.”

The impact of these last few seasons which all of these players have been a part of some of them, extends beyond just the eight of them. Both the boys’ and girls’ teams have become a powerhouse in soccer for the area, as neither team lost a game to a team from the section or conference. Their success has elevated the status of Cloquet soccer, creating a legacy for future generations to uphold.

The returning players, with their depth, talent, and determination, believe they will continue this tradition of playing in the state tournament. The close-knit teams know each other so well, and that leads to on-field success, and we can’t wait to see what they do next year.

The disappointment they felt this year will only lead to increased focus for both Cloquet boys’ and girls’ soccer teams. Their resilience, unity, and athletic excellence will lead them in life far beyond the soccer field. Their achievements on the field will be remembered not only for the wins and losses but for the character and spirit they brought to the game.

## Boyd honored by coaches

By Zachary N. Dunaiski

Elise Boyd was also recipient of this year’s Coaches Choice Award.

The Coaches Choice Award is given out to one player at the end of every season during the season-ending banquet to the player the coaches vote as the best overall player. This means the coaches chose her because of her hard work, dedication, attitude, and so many other factors. All three coaches unanimously chose her to win the award this year.



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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP  
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# RBC Thoughts

## Cloquet News

Hello all

Well it has again been a busy month. The Elder fall banquet was held at the Black Bear Casino Resort Event Center. A large number of Elders attended and were treated to a great meal and conversation. Thank you to all staff that again made this a great success.

The wage study/ review was recently completed and implemented for the employees at both Black Bear and Fond du Luth Casinos. All other programs are also now complete and will be implemented by the time this paper comes out. At the onset, we did inform all employees that some may get increases, some may not, and some will get less of an increase then others. This review brings us current and in-line with local and regional job markets. I would like to say thank you to each and every employee of Fond du Lac. Thank you for your patience while this study was being conducted. Thank you for all your hard work and dedication and for what you all do to make Fond du Lac successful.

The United States Treasury has implemented and has provided



Wally Dupuis

funding for a program called HAF (homeowner assistance fund). This program helps Tribal members with mortgage payments, utilities, internet payments, and more. If you are in need of assistance please call (218) 878-2663 or go to the Fond du Lac Reservation website to receive more information on the program and to receive an application.

The childcare building is now complete and a director has been hired. Congratulation Aliza Kettelhut. Aliza is currently in the process of developing policies and procedures for the facility and is preparing for opening and taking in clients. We are looking forward to utilizing this facility and providing daycare for our employees.

Our Cloquet Community Center continues to provide programming. However, they are still struggling to find employees. This causes staff to have to shut down programs or close early at times. Please understand that they are doing their best to keep things open. I am grateful for what they do given their lack of staff. Thank you to all Cloquet Community Center staff for your hard work and community members for your cooperation and understanding.

*As always, please feel free to contact me any time by phone (218) 878-8078 or email, wallydupuis@fdlrez.com*

## NOTICE

The Fond du Lac Ojibwe School is seeking a Cloquet, Brookston & Sawyer School Board Representative

Interested candidates need to submit a letter of interest identifying strengths and interest in becoming a school board representative to:

Julia Lintgen  
Fond du Lac Ojibwe School  
49 University Road  
Cloquet, MN 55720  
218-878-7241 (Office)  
218-878-7263 (Fax)  
julialintgen@fdlrez.com

## FDL hosts trick or treat event in the CCC gym



# Wanted Veteran Photos for the FDLREZHS/Veteran Collection

By Christine Carlson

There was a wonderful turn out for the Veterans' Dinner on Nov. 8 at the Fond du Lac Event Center. Thanks to the Veterans & families, Fond du Lac Band, Reservation Business Committee, Veterans' Service Officer Andrew DePoe, Honor Guard, Drum Group, Ricky Defoe, Speakers, Fond du Lac Rez Historical Society and the many employees and volunteers involved for the success of this popular community event.

The Fond du Lac Rez Historical Society has been looking for photos of veterans to add to our collection. There was a nice display of veterans' photos put on by this dedicated group. The group is looking for more to showcase at future elder dinners.

Toward the end of the event, Bob Danielson talked with me. His focus was to obtain more photos for the Fond du Lac veteran collection. Thanks, Bob for taking the initiative for helping others in this important, historical matter. This page will give readers some examples of what we are looking for and some questions to be answered.

Here is a variety of photo examples and documentation included.

## Questions to ask:

#1. Where to send, email or bring photos? #2. Will there be in the future a secure, accessible, central depository for these photos, research materials, veteran, historical, cultural or family collections?

Mike "Peanuts" Peacock USMC, Viet Nam standing next to his bazooka. Photo courtesy of Walter A. Stafford, Jr. Collection, USMC, Viet Nam.

The below photo of Joseph O. Roy is from the Pine Knot Newspaper of 9-27-1918 and was found by researcher Christine Carlson at the Cloquet Public Library.



**JOSEPH O. ROY**  
A Cloquet boy with Battery F, 17th Field Artillery, who is helping to make life miserable for the Hun in France.

*This news clipping is not the best quality, but it still is important especially if other military photos have been lost or damaged by fire or flood or sharing with others and not returned. This is why photo copies are important rather than bringing or sending official or original photos. Both Walgreens and Walmart have kiosk machines to make copies of originals.*



John Albert Champagne 1887 – 1963  
WWI PFC 35th Service Company, Signal Corp. Photo courtesy of Arnold and Carolyn Bassett Collection.

**John Champagne left Tuesday for Philadelphia to enter the aviation for Uncle Sam. He has the hearty good wishes of all his friends and we hope he will land a bomb on the Kaiser and all his war mongers. Good luck to you John.**

Courtesy Askov American 4-11-1918

## Veteran Dinner Photos by Christine Carlson



Father & Son Zander & Warren Lees, USMC, Desert Storm from Fond du Lac.



Ed Beargrease from Brookston, US Navy, Viet Nam and his childhood babysitter Mary Barney.

# More Local

## FDL Veterans' Dinner fills BBCR's Fond du Lac Creek Hall

By Zachary N. Dunaiski

This year's Fond du Lac Veterans' Dinner took place on Wednesday Nov. 8, but was still to honor Veteran's for all that they gave for our freedoms. Black Bear Casino Resort's (BBCR) Fond du Lac Creek Hall was packed as more tables had to be brought in for all of the Veterans and their families.

The ceremony started with a prayer from Gwiizwens (Ricky DeFoe) and Cedar Creek as the drum group.

Chairman Kevin Dupuis, Sr. spoke at the event, thanking all of the Veterans, but also to the casino staff who make appreciation nights possible.

"I just want to say miigwech to everyone and thank you for everything you've done, what you do today, and what you're going to do," Chairman Dupuis, a U.S. Marine Veteran, told the other Veterans in attendance. "This isn't about me, it isn't about the government of Fond du Lac, this is about all of you, the one's who served the country."

As the presentations continued, the focus shifted from individual achievements to the collective sacrifices made by those who have served the nation. Chairman Dupuis addressed the audience and asked all present

Veterans were urged to stand and be recognized for their service. The room had many representing Veterans from the various branches.

During the tribute to our men and women who have served and sacrificed for our country, was a special tribute to spouses of military personnel, recognizing their contributions and sacrifices which too often go unnoticed. Depoe asked them to stand and be acknowledged which was met with resounding

applause, underscoring the importance of the support system behind those in uniform.

"I would like to have all the spouses please stand and be recognized for your sacrifice while our Veterans served our country," Andrew Depoe, Veterans Services Officer (VSO), said to a

large approval of those in attendance. While Veterans sacrifice so much for our country, their families also sacrifice a great deal, and without their efforts, our servicemembers couldn't do what they do for our country.

Chief Petty Officer Alexis Kettelhut, U.S. Navy, who spoke about her own personal journey highlighting the challenges she faced, the sacrifices she made, and the lessons she learned.

"During my first tour, I lost myself in culture shock," Kettelhut

said. "Overseas and thousands of miles away from everyone and everything I knew. Missing family, friends, and feeling disconnected. My heart felt heavy because I struggled to find my purpose. One thing that always kept me grounded was family and culture."

Throughout Kettelhut's speech she emphasized the importance of family, culture, and the shared bond that unites individuals from diverse backgrounds in the military. Kettelhut also showed an appreciation for diverse backgrounds, showcasing the unique experiences that shape each servicemember.

"The amazing thing about the military is you meet people from all walks of life, so to share your beliefs can prove to be challenging. Yet it doesn't matter if your brown, black, white, short, tall, spiritual, religious, or even atheist. In service everyone is bonded through shared experiences, no matter their background," Kettelhut said of the comradery felt among servicemembers. "You share a common goal. You defend freedom for our homeland and for those not fortunate to be ruled by democracy."

When VSO Depoe spoke again, he took the time to honor the former FDL VSOs, Clarence "Chuck" Smith, Mary Northrup, and Thomas Whitebird by giving gifts to them and their families.

The dinner, which wouldn't be possible without the hard work of many, was the perfect way to recognize Veterans and their families while also giving Veterans a place to connect, share stories, and reflect on their service to this great country.



Chief Petty Officer Alexis Kettelhut, U.S. Navy

# More Local

## FDL Elders embark on cultural trip

The Fond du Lac Elder Concern Group organized and embarked on a trip to southern Minn. for a culturally enriching journey to explore historical sites connecting us to our ancestral roots.

The trip, organized by Catherine Follet, Shirley Godfrey, and Mary Barrett was an incredible spiritual journey. One of the stops on their trip was Indian Mounds Park, sparking conversations about the significance of these burial sites.

“Each point of interest, petroglyphs, ancient stories written in stone; Dakota Winter Warrior Memorial; Veteran Memorial Place and St. Paul Dakota Burial Mounds, are places where Grandmother earth speaks of the past, present and future,” one Elder wrote of her experience.

Another stop was at the Ardent Mills silos in downtown Mankato to see the silo art. Here is where international artist Guido van Helten was commissioned to complete a mural on the side of the silos.

“This artwork specifically addresses the existing diversity as a source of pride for the Mankato community. The concept was derived from a summary of experiences and discoveries in co-

lour and culture as part of the Mahkato Powwow and Education Days in 2018 and 2019,” the Cityart Mankato’s website states.

The Elder Concern Group is currently without a consistent space to meet as their usual meeting spot, the ENP, has been in use as makeshift office space for the FDL Human Resources, FDL motor vehicle, and is currently makeshift office space of the FDL Police Department while the Tribal Center and Police departments have been renovated. Despite a lack of meeting space, the Elder Concern Group remains determined to continue to plan culturally significant trips and any fund raising they will need to take these trips.

Despite missing out on some locations due to time constraints, the Elders expressed their appreciation for the trip and discussed the possibility of future visits in the spring.

“We left behind some spots, but we kind of talked about it on our way home. Everybody really enjoyed that trip,” Follet said of the trip. “So we were thinking maybe in the spring, we’d be able to go back and this time have the addresses for everything, so we know where we want to go.”



# Etc

## Free National Park passes for Veterans

The National Park Service, in partnership with Operation Live Well, is providing free National Park passes to Military Personnel and their families.

The free Military Pass is a way to thank current US military members and their dependents, Gold Star Families, and US military Veterans for their support of our country and to encourage them to explore recreational opportunities on their public lands and waters.

A free lifetime Military Pass is available for Gold Star Families and US military veterans. A free annual Military Pass is available for current US military members and their dependents. The passes

provide free access to more than 2,000 federal recreation areas, including national parks, wildlife refuges, and forests.

These free National Park passes for Veterans should be booked ahead of time. Before visiting a National park visit <https://www.nps.gov/planyourvisit/veterans-and-gold-star-families-free-access.htm> to download a park voucher.

## Climate Change: How does it impact the air we breathe?

What do you think about when you hear the phrase “climate change”?

Climate change, or the “long-term shifts in temperatures and weather patterns” occurring

on our planet is nothing new (United Nations, “What is climate change?”). In the past, Minnesota experienced periods where large glaciers covered the state. The climate of those times would’ve been a lot different than the climate we have today! But, for over 150 years, humankind has been releasing large amounts of greenhouse gases, such as methane and carbon dioxide, into the atmosphere. Greenhouse gases (GHG) get their name from their ability to prevent solar energy radiating from the Earth’s surface from exiting to the atmosphere, instead reflecting some heat back to the Earth’s surface kind of like the glass windows of a greenhouse. Thus, a higher concentration of GHG means

more solar radiation is being reflected, which in turn implies a warming climate. In Minnesota, our climate is changing relatively rapidly. Between 1895 and 2020, Minnesota has warmed by 3.0°F and annual precipitation has increased by over 3 inches (MNDNR, “Climate trends”). Our state is quickly becoming warmer, and is predicted to become wetter, with more extreme precipitation events.

Inanaawowin (air quality) shouldn’t be overlooked when we consider how climate change will impact our state. Indeed, climate change can negatively impact inanaawowin in a number of ways. With more ebaatemagak (heat), there is the potential for more ground-level ozone to be

produced, a pollutant which can make breathing painful and aggravate pre-existing respiratory health conditions. A longer warm season could also extend the allergy season, as some gitigaanan (plants) will be able to produce pollen later into the year. And higher levels of particulate matter produced by wildfire bayaashkineyaabateg (smoke), like we’ve experienced this summer, may become more frequent, if increases in regional ebaatemagek and drought worsen the impacts of wildfires. As for the health of indoor air, houses without effective temperature and humidity controls may be more susceptible to poor inanaawowin from mold, which spreads easier under warm and wet conditions.

Seeking Fond du Lac Enrolled Band Members to Join the Constitution Reform Delegate Committee a Citizen’s Movement to MCT Constitution Reform



Please submit your letter of interest to [delegate@fdlconstitution.org](mailto:delegate@fdlconstitution.org)

This is a group of citizens working with all the bands of the Minnesota Chippewa Tribe to revise our Constitution.

We need more people to help with this project and we value your time and skills to help complete our work. We are very interested in hearing from our youthful members who can share their social media skills with this (currently) group of elders.

It takes a village! Miigwech!

## FDL Rez Historical society

The Fond du Lac Rez Historical society is looking for stories, photos, or anything else you might have and want to contribute to their work in preserving Fond du Lac’s history.

They are holding meetings at the Carlton County Historical Society, their next meeting is the first Wednesday in December (Dec. 6) 10:30 a.m.

Carlton Co. Historical Society (218) 879-1938 is located at 406 Cloquet Ave, Cloquet right next to the post office.





# Etc

While climate change does and will impact our inanaawowin, we have the power to reduce the impact! There are a number of actions we can take to lessen the amount of greenhouse gases and air pollutants we produce:

- Be energy efficient. Consider ways to use less energy in your home. Swap in LED light-bulbs, look for Energy-Star certified appliances when replacing old appliances, or improve your home's insulation.
- Switch to renewable energy. Consider installing a roof-top or ground-mounted solar array! Financial incentives from the government, such as a tax credit, may lessen the upfront costs of your renewable investments.
- Transport green: Walk or bike when you can. Consider purchasing a hybrid or fully

electric vehicle (EV) the next time you purchase a car. Carpool with a buddy occasionally!

- Get creative! There is no one-size-fit-all approach to addressing climate change. Think about how you'd like to address this challenge!

For more information about inanaamowin, keep an eye on the Fond du Lac Resource Management Facebook Page, check out our website at <http://www.fdlrez.com/RM/airmain.htm>, or reach out to FDL Air Program Coordinator, Paige Huhta, at [paigehuhta@fdlrez.com](mailto:paigehuhta@fdlrez.com), FDL Air Program Technician, Anthony Mazzini, at [anthonymazzini@fdlrez.com](mailto:anthonymazzini@fdlrez.com), or FDL GreenCorps Member, Carson Becicka, at [carsonbecicka@fdlrez.com](mailto:carsonbecicka@fdlrez.com).

## When the geese fly south

When you see geese heading south for the winter, flying along in a V formation, you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates an uplift for the bird immediately following it. By flying in a V formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. People who share a common direction and sense of community can get where they are going more quickly and easily, because they are traveling on the thrusts of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone. It quickly gets back into formation to take advantage of the

lifting power of the bird in front of it. If we have as much sense as a goose we will stay in formation with those who are headed the same way we are.

When the lead goose gets tired, it rotates back in the wing and another goose flies point.

It pays to take turns doing hard jobs. Geese honk from behind to encourage those up front to keep up their speed. An encouraging word goes a long way.

Finally, when a goose gets sick, or is wounded by gunshots and falls out, two other geese fall out with that goose and follow it down to help and protect it. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own or with another formation to catch up with their

group. If we have the sense of a goose, we will stand by each other like that.

## Attention Band members house lottery

1229 Northrup Road, Cloquet, MN.

The Fond du Lac Development Corporation will be holding a lottery for a home located at 1229 Northrup Road, Cloquet, MN. 55720. Applications from qualified Band Members will be accepted until 2:00 p.m. Wednesday, Dec. 27, 2023, (applications received after 2:00 p.m. on 12/27/2023 will be rejected).

Property Details

This home is a completely renovated 4 bedroom, 1 ½ bath,



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- A Native elder caring for an adult with disabilities

Please call 218-878-2125 for more information.

◆ ◆ ◆

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**Did you know?**

Here's why it is important for all tribal members of the Minnesota Chippewa Tribe to be involved in Constitution Reform. It is the reason the FDL/MCT delegates ask questions and hold biweekly community meetings.

Our challenge: We need 30 percent of those entitled to vote! It doesn't matter if you vote to affirm or deny. Use your voice, please vote.

Please vote for change. We can fix many of our community problems using this opportunity. We can put tradition back into our government. Use your ideas and imagination to help us design a document that spells out how we want to live and govern ourselves.

From the Minnesota Chippewa Tribe's IRA amended constitution:

ARTICLE XII – AMENDMENT Section 1. This constitution may be revoked by Act of Congress or amended or revoked by a majority vote of the qualified voters of the Tribe voting at an election called for that purpose by the Secretary of the Interior if at least 30 percent of those entitled to vote shall vote. No amendment shall be effective until approved by the Secretary of the Interior. It shall be the duty of the Secretary to call an election when requested by two-thirds of the Tribal Executive Committee.

We want to get it right! We need everyone's support, ideas, opinions, and voices to do that.

Contact us here:  
[delegate@fdlconstitution.org](mailto:delegate@fdlconstitution.org)  
218-878-7579 – Voicemail  
Website: [www.fdlconstitution.org](http://www.fdlconstitution.org)



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MCT Constitution Reform  
[delegate@fdlconstitution.org](mailto:delegate@fdlconstitution.org)  
[www.fdlconstitution.org](http://www.fdlconstitution.org)

# Etc

split level style home with two detached garages and will be sold "as is" for the amount of \$175,000.00.

The home has forced air propane heat and a private well and septic. Minnesota Power provides the electric service.

To qualify you must be an enrolled member of the Fond du Lac Band, 18 plus age, be eligible as determined by a background check per FDL Ordinance #02-09, and provide verification of continuous income for the past 12 months that would support the house payment by means of check stubs or an income report. The monthly house payment will be \$659.16 which includes 300 monthly payments plus 13% for insurance costs. The house payment cannot exceed 20% of your gross monthly income. Therefore, minimum gross

monthly income for the past 12 months must be \$3295.80 or greater in order to qualify.

Income and enrollment verifications must accompany completed applications or the application will be rejected.

Applications, and a virtual walk-through will be available on the Fond du Lac website at [fdlrez.com](http://fdlrez.com). Applications must be turned in to the Operations Division and can be emailed or mailed.

Open House is scheduled for Tuesday, Dec. 12, from 12:00 p.m. to 6:00 p.m.

Drawing for qualified applicants will be held in the RBC Chambers at the Fond du Lac Tribal Center on Thursday, December 27, 2023, at 3:00 p.m. Drawing will be open to the public and will be held live on the FDL Facebook site.

Contact Raelea Skow at (218) 878-2610, [raeleaskow@fdlrez.com](mailto:raeleaskow@fdlrez.com)

or Jack Bassett at (218) 878-8043, [jackbassett@fdlrez.com](mailto:jackbassett@fdlrez.com) for more information about the home and application instructions.

## Remember the 3.2 watering hole? Rif Raf tavern, Brookston

Regional utilities warn customers not to fall for payment scams. A message from Allete company (MN Power and SWL&P)

Today is Utilities United Against Scams Day, and Minnesota Power and Superior Water, Light and Power (SWL&P) are sharing tips and information to prevent customers from falling victim to scammers.

The most common scams are phone calls or emails telling a customer that service is going to be shut off due to unpaid bills

unless the customer immediately purchases a pre-paid debit card, arranges for a transfer from bank accounts, or provides credit/debit card numbers to pay a bill. These scams often become more numerous as the heating season ramps up in November and energy bills rise.

In some instances, phone scammers manipulate caller ID to display a fake number, which may display as a Minnesota Power or SWL&P number. Emails may have a return address similar to [mnpower.com](http://mnpower.com) or [swlp.com](http://swlp.com). These calls and emails are not from either company and should not be acted upon.

Customers who think they are dealing with a suspicious call or email are advised to hang up immediately, not reply to or open the email, and call Minnesota Power at 800-228-4966 or SWL&P

at 800-227-7957 to verify account status and to report this illegal activity. Minnesota Power and SWL&P don't want you to fall victim to a scam.

As a reminder, these are the normal procedures Minnesota Power and SWL&P follow for accounts with overdue bills:

1. Both companies contact customers behind on their bills with automated voicemails and written notices for payment before service is disconnected. After the written notices, Minnesota Power also will send a company representative with an identification badge to visit the customer to request payment or complete the disconnection. Customers who have not received a disconnection notice either electronically or in the mail should not engage with anyone on the phone or by email offering

**Conversations about GROWING THE GOOD**

Bring your friends and family!

**Tuesday, December 12th**  
4:00-5:30 PM  
Cloquet Library



**Details**

- Bring your Friends & family
- **FREE** Pasta Dinner
- Walk to the Library after school
- What is PCN?
- How can we spread the message of positivity?

Brought to you by:



For More Information: [mkilroy@isd94.org](mailto:mkilroy@isd94.org)


**Healthy Holiday Tips**

- 1. Stay Hydrated**  
Drink at least half your body weight (lb.) in ounces of water each day.
- 2. Start Every Day with Breakfast**  
Eating breakfast within 1 hour of waking up is ideal. This jump starts your metabolism, gives your brain the energy it needs to focus, and gets your day off to a healthy start.
- 3. Eat Your Veggies**  
Veggies provide vital nutrients & help you feel full longer.
- 4. Don't Deprive Yourself**  
The holidays are a time to celebrate! Trying to restrain from eating anything unhealthy is going to cause stress, guilt, and may lead to binge eating if you restrict too long.
- 5. Fill Up on Healthful Treats**  
Eating well-balanced meals and snacks will help you feel full and energized and you will be less likely to indulge in the unhealthy holiday treats.
- 6. Exercise!**  
If possible, get a workout in in the morning. Getting it done early will start your day off right so you are ready to endure the holiday chaos.

**RunEatSnap**  
Running, Food, Photography  
[www.runeatsnap.com](http://www.runeatsnap.com)

**MAKE HEALTHY HOLIDAY PLATES**

ChooseMyPlate.gov



**Healthy Plate Tips For Holiday Survival**

- \* Fill appetizer plates with vegetables.
- \* Keep healthy snacks with you when you are on the go.
- \* Fill dessert plates with fruits.
- \* Make a healthy plate for lunch and dinner.
- \* Eat a healthy snack plate with fruits and vegetables before going to parties.

<b>Vegetables</b> Fill half your plate with fruits and veggies in holiday colors.	<b>Fruits</b> Fruits add color, spirit and flavor to desserts.	<b>Grains</b> Make stuffings with whole grain bread and brown rice.	<b>Protein</b> Turkey breast is always the leanest holiday choice. Keep the gravy low in fat.	<b>Dairy</b> Yogurt makes a great party dip. Blend skim milk with bananas to make a healthy, smoothie-like banana nog.
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# Etc

to take payment. Instead, customers should hang up and contact Minnesota Power at 800-228-4966 or SWL&P at 800-227-7957 to verify account status and report the attempted scam.

2. Both companies place courtesy calls for various business reasons. Minnesota Power leaves its 800-228-4966 number for a return call; SWL&P leaves its 800-227-7957 number for a return call. These are usually recorded calls and never demand immediate payment of an overdue bill.

3. Customers can pay their Minnesota Power or SWL&P bill by credit card or debit card by phone, on our website as a guest or through our

MyAccount portals. To learn more about these and other options for paying bills, go to <https://www.mnpower.com/CustomerService/PayOnline> or <https://www.swlp.com/CustomerService/PayOnline>.

4. Never give your personal information to strangers. If a call sounds suspicious, call Minnesota Power at 800-228-4966 SWL&P at 800-227-7957 to report your concerns to one of our customer representatives.

5. To further protect yourself, use only authorized methods listed at <https://www.mnpower.com/CustomerService/PayOnline>

or <https://www.swlp.com/CustomerService/PayOnline> to pay your bill.

Anyone who feels they may have been a target of a payment scam should also contact their local police department. These types of scams are a nationwide problem and Minnesota Power and SWL&P have joined forces with other utility companies through Utilities United Against Scams to help warn customers not to fall for them. To learn more, go to <https://www.mnpower.com/Alerts> or <https://www.swlp.com/Alerts>.

Minnesota Power provides electric service within a 26,000-square-mile area in northeastern Minnesota,

supporting comfort, security and quality of life for 150,000 customers, 14 municipalities and some of the largest industrial customers in the United States. More information can be found at [www.mnpower.com](http://www.mnpower.com).

Superior Water, Light and Power provides electricity, water and natural gas in the city of Superior and adjacent areas in northwestern Wisconsin. The company has served the area since 1889 and provides service to approximately 15,000 electric customers, 13,000 natural gas customers and 10,000 water customers. More information can be found at [www.swlp.com](http://www.swlp.com).

HOLIDAY POP UPS!  
**FIRST PEOPLE'S FRIDAY**  
 FRIDAY NOVEMBER 24TH, 2023  
 FROM 10AM-6PM  
 SPECIAL GUESTS:  
 WENDY ROY  
 ANGEL FORMEL  
 LOCATED AT  
 1111 CLOQUET AVE  
 CLOQUET, MN 55720  
 Heart Berry

*Ojibwemotaadidaa Omaa Gidakiiminaang*

Now accepting 3-5 year olds  
 \*Limited spots available\*

**Gookonaanig Endaawaad**

Ojibwe Immersion Drop-off Program  
 Monday - Thursday, 9am - 2pm  
 Fond du Lac Reservation, Cloquet, MN

Nature-Based Learning  
 Time with Elders & First Speakers  
 Language & Culture focused

Applications open until filled  
 Applications found at:  
[www.ojibwemotaadidaa.weebly.com](http://www.ojibwemotaadidaa.weebly.com)

Submit applications or questions to: [ojibwemotaadidaa@gmail.com](mailto:ojibwemotaadidaa@gmail.com)

**BECOME A FOSTER PARENT**  
*Open your home. Change a child's life forever.*

Foster parenting is not a lifetime commitment to a child, but a commitment to be meaningful during the child's lifetime.

When you open your home, you:

- Restore trust and hope to children in need
- Help keep brothers and sisters together
- Help children maintain cultural and religious values
- Allow time for families to heal

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) 878-2145

*You can be the one to make a difference.*

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

**CHRISTMAS MINDFULNESS**

TRACE THE RIBBONS ON THE TREE.  
 TRACE UP & BREATHE IN.  
 TRACE DOWN & BREATHE OUT.

**If you are finding this time of year stressful, reach out to your FDL EAP for help at 878-7514. It is free to all employees and their immediate family members.**

# Etc

## LEGAL NOTICE – DECEMBER 2023

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:

CICHY, Gerard  
 CICHY, Leslie  
 DEFOE, Curtis  
 DUFAULT, Lavonne  
 FARRELL, Margo J.  
 KIER, Tresa  
 LABELLE, Gregory  
 LADUE, Michelle  
 LAPRAIRIE, Robert  
 LEGARDE, Ava  
 LEGORE, Terri  
 MARTIN, William  
 MARZINSKE, Larry  
 MOELLER, Jeffery  
 NEWAGO, Dennis  
 OWENS, Louise K.  
 PETITE, Benjamin F.  
 PETITE, Leonard Jr.  
 SAVAGE, Mark  
 SCURLOCK, Patricia  
 SEPANSKI, Barbara  
 SOULIER, Gary  
 ST. GEORGE, Richard J.  
 STRONG, Marilyn  
 THOMPSON, Dennis Jr.  
 TROTTERCHAUDE, Nicholas  
 WAKANABO, Thea



**Stuff THE FDL SQUAD**

PLEASE BRING A BRAND-NEW UNWRAPPED TOY

Monday, Nov. 27, 2023 | 12pm – 7pm  
 Fond du Lac Gas & Grocery

Monday, Dec. 4, 2023 | 12pm – 7pm  
 Cloquet Community Center

Thank you for your donations!

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



Watch for the circle in blue when it's time to renew

Please call FDL Patient Advocates at 218-878-2165 for more information.

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

## Native owned businesses launch First People's Friday market in downtown Cloquet this holiday season!

You may have noticed a beautiful new door on Cloquet Avenue this year. Heart Berry, a local Ojibwe lifestyle brand, launches a market in the downtown Cloquet area. Rooted in Ojibwe art and stories, Heart Berry creates signature Native designed blankets, home goods, gifts, and apparel specializing in Ojibwe art for all. Heart Berry's, now in its ninth year, has work sold in stores as far as the Pike Place market, REI, as well as local shops.

"We are thrilled to bring together the art and gifts this community loves downtown. We have hosted artists every year at our annual market and this year you can expect to see over ten different artists and food vendors at our market! Everything from bodycare to beadwork with gifts for everyone.

We are proud to be one of the first Native owned businesses to liven up downtown. We look forward to bringing our art to the local community"

Special Guests: Auntie and Uncle's Snack Shack, Nookomis Mini Donuts, Wendy Roy Beadwork, And more!

Dates: Nov. 24 (Black Friday), Dec 1, 8, 15, and 22

Special food truck event: Saturday Nov. 25 (Small Business Saturday)

Time: 10 a.m. - 6 p.m. 1111 Cloquet Avenue, Cloquet, Minn.

To learn more follow @heartberryc on Instagram, Heart Berry on Facebook, email info@heartberry.com, or call (218) 481-0640.



# Health News

## Health tips for a more enjoyable holiday season

Holidays can be a great time for family, friends and celebrations, however shorter days in the winter, colder weather, more social/family gatherings and traditions for eating an abundance of high-calorie foods can all contribute to stress.

Find tips below to help the holidays be healthier, happier, and more enjoyable for all:

**Stress less.** Focus on your holiday traditions. Make time for friends, family, good cheer, and relaxation as much as possible. Sleep is important and try to stick to a routine when possible even during travel and celebrations. Avoiding or limiting caffeine, alcohol, and larger meals before bed will help with a good night's rest.

**Dress warm.** Have headwear that covers your ears, mittens instead of gloves, well insulated socks and dress in layers of loose, warm clothing. Check weather forecasts and wind chill before going out. If your clothes become wet, change them as soon as possible. Cold weather hazards may be prevented when taking measures to protect yourself against the cold, such as packing an emergency supply kit and warm clothing while traveling.

**Drink water.** Winter may be a good time for hot cocoa and cider in moderation. When attending gatherings, ask if there will be water and other low or no calorie beverage options or bring your own. Keep balanced with at least 8 cups of water per day. Water can keep you hydrated, healthy, and may help fight germs and sicknesses.

**Exercise.** Regular activity can keep us healthy, both mentally and physically. Choosing an exercise that is right for the elements may be a challenge. If exercising outside, wear layers that can be removed easily for the weather. When the tempera-

ture is well below 0 degrees and or the windchill is extreme, choose indoor exercises such as exercise DVDs to help keep you motivated to move in the warmth of your home or a fitness or weight management program. The structure and group support can help get through the holidays and to keep on track through the year.

**Eating before an event.** Having a meal before leaving will help you to feel fuller if you can't miss the event and you'll most likely eat smaller portions when you arrive. Bring a healthy dish for everyone such as a vegetable tray or a fruit salad. You can also purchase pre-made ones at a grocery store.

**Keep the germs away.** Washing our hands is one of the best ways to avoid getting sick and spreading common winter illnesses such as the cold and flu. Washing hands only takes 20 seconds, scrubbing all surfaces and rinsing well.

**Get immunized.** Immunizations such as the COVID 19 primary series or boosters and flu vaccines can help prevent getting seriously ill from viruses.

Following these tips can help you to have a safe and healthy holiday season. There are a variety of support groups available. Check with your doctor, friends, coworkers and family. Know yourself and when you may need to ask for help. Always remember to consult your Health-care provider with any questions or concerns.

A message from your Fond du Lac Cancer Control Project  
Sources: American Cancer Society is available 24/7 for support online, local bereavement groups, and other resources. 1-800-227-2345 [www.cancer.org](http://www.cancer.org) and Mayo Clinic [www.mayoclinic.org](http://www.mayoclinic.org)

## Keep your health insurance

Do you have Medical Assistance or MinnesotaCare?

You can now get text messages when you need to take action to keep your insurance.

Update your contact information to get texts.



Please call FDL Patient Advocates at  
218-878-2165 for more information.



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

# Health News

## Recipe of the Month Cranberry pecan rice pilaf

### Dietitian's tip:

Once you get the hang of this formula to bulk up rice, change the nuts and dried fruit to suit your taste. Almonds and walnuts are great substitutions. Serves 6

### Ingredients

- 2 cups cooked brown basmati rice, room temperature
- \*or substitute with wild rice
- 1 1/2 teaspoons olive oil
- 1 cup chopped onion
- 3/4 cup chopped celery
- 1/2 cup chopped pecans
- 1/2 cup dried cranberries
- 1 tablespoon fresh thyme leaves
- 1/2 teaspoon kosher salt

### Directions

Warm a large nonstick sauté pan to medium heat. Add the olive oil, and sauté the onion and celery. Once the vegetables become soft and tender, add the cooked rice, pecans, cranberries, thyme and salt. Mix until combined and warmed through.

Nutritional analysis per Serving size: 1/2 cup Calories 189, Total fat 8 g, Saturated fat 1 g, Trans fat 0 g, Monounsaturated fat 5 g, Cholesterol 0 mg, Sodium 179 mg, Total carbohydrate 27 g, Dietary fiber 3 g, Total sugars 9 g, Protein 3 g

Recipe adapted from: <https://www.mayoclinic.org/healthy-lifestyle/recipes/cranberry-pecan-rice-pilaf/rcp-20197701>

## Healthy holiday tips

By Kara Stoneburner, RDN LD, *Community Health Services Dietitian*

The holidays often make it difficult to maintain healthy behaviors. Check out these tips from the Mayo Clinic to keep your holidays in check.

### 10 Healthy Holiday Nutrition Tips

(Tips are directly from <https://newsnetwork.mayoclinic.org>)

1. Don't skip meals. Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger. Having a fill-

ing snack, such as fruit, string cheese, yogurt or a small handful of nuts, can help to curb your appetite and prevent overeating.

2. Contribute a healthy dish. Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.

3. Choose your splurges. Scan the buffet or dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year.

4. Think Color. Make a plate look festive by including fruits and veggies. Aim to cover half the plate.

5. Choose drinks wisely. Stick to calorie-free drinks, such as

water, tea or seltzer, instead of high-calorie festive drinks. Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food. If you do choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.

6. Visit the people, not the food. Move socializing away from the buffet or appetizer table to prevent mindless eating.

7. Say no to food pushers (politely).

8. Savor seasonal treats. Having treats once a year will not make or break your weight. Make sure you take time to really taste and enjoy that special treat when

you have it.

9. Eat until you are satisfied, not stuffed. No one likes that icky, stuffed feeling after a meal. Eat slowly, and check your fullness levels while you're eating. Remember — there are always leftovers!

Such great suggestions! Another tip to have a healthier holiday is to consider making slight changes in recipes or in the way a dish is prepared. The recipe to the left could be a healthy alternative to the traditional mashed potatoes and gravy. Try adding some cubed sweet potatoes to the mix for more flavor, nutrition and some color.

## Open Enrollment Period

Open enrollment is the annual opportunity to enroll in a **private health insurance plan** or renew or make changes to a current plan.

### 2024 Open Enrollment Dates and Deadlines

Open enrollment for 2024 runs **November 1, 2023, through January 15, 2024.**

- Enroll by **December 15** to have coverage start January 1, 2024.
- Enroll **December 16 through January 15** to have coverage start February 1, 2024.

Need to enroll in or make changes to 2023 coverage? See if you qualify for a special enrollment period.

Please call **FDL Patient Advocates** at **218-878-2165** for more information.



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

## FOND DU LAC Mitten & Hat Tree Drive NOVEMBER 6 - DECEMBER 21

Donate  
**NEW**  
hats and  
mittens



- All items will be donated to students ages 5-17 years old in need of winter gear.
- You can place it on the Mitten/Hat tree or in the bin at Social Services.
- Door W1 on the lower level at Min No Aya Win Clinic, please call Social Services at 878-2145 if you have any questions.



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

# Health News

## Community Sobriety Feast Wednesday, Dec. 13 5-8 p.m. at CCC

They learn from watching you...

# Eat More Fruits and Veggies

and your kids will too!



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



### Crispy Oven Roasted Potatoes

Recipe from [www.thecleaneatingcouple.com](http://www.thecleaneatingcouple.com).  
Serves 5 people

#### Ingredients:

- 4 cups russet potatoes, cubed in ½ inch pieces
- 2 Tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

#### Instruction:

1. Preheat oven to 450°F and line a cookie sheet with parchment paper
2. In a bowl, toss together chopped potatoes, olive oil and spices. Make sure all pieces are evenly coated
3. Spread out potatoes on lined baking sheet
4. Bake for 20 minutes and stir potatoes to make sure sides are getting evenly coated. Bake for an additional 20 minutes until potatoes are browned

### Recall of Applesauce Pouches

Health officials are informing consumers to DO NOT eat, sell, or serve multiple brands of recalled apple cinnamon fruit pouches, as the products may contain elevated levels of lead.

These pouches were available through multiple retailers, including Sam's Club, Amazon, and Dollar Tree.

According to Minnesota Department of Health, "there is no safe level of lead and children are most at risk for negative health effects from exposure to lead...". Health officials recommend contacting the child's healthcare provider about getting a blood lead test if they suspect the child may have consumed one of the recalled products.

The investigation is ongoing. More information, including the product recall announcement, can be found at Investigation of Elevated Lead Levels: Cinnamon Applesauce Pouches (<https://www.fda.gov/food/outbreaks-food-borne-illness/investigation-elevated-lead-levels-cinnamon-applesauce-pouches-november-2023>) (November 2023) FDA

Look up when your  
Medical Assistance  
or MinnesotaCare  
renewal takes place

**m** DEPARTMENT OF  
HUMAN SERVICES



Please call FDL Patient Advocates at  
218-878-2165 for more information.



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

# SPREAD KINDNESS NOT GERMS



# PLEASE WASH YOUR HANDS

CustomSigns.com

# Ashi-niswi giizisoog (Thirteen Moons)

## Crowe says goodbye

This article comes with mixed feelings as we announce the resignation of one of our employees whom also is an enrolled member of FDL. Nikki Crowe has been with FDL Resource Management for the last 13 years and she has decided that the time has come to move on. Nikki Crowe has been an integral part of Resource Management as the 13 Moons Program Coordinator and Tribal Conservation Collaboration Coordinator (Agriculture projects and issues), her contributions will always be valued and remembered.



Nikki's hard work, commitment, and dedication are worthy of admiration. Some of Nikki's highlights are hosting numerous workshops for the youth and FDL community which included Wild Rice Camps, Maple Syrup Camps, and Fish Harvest Netting Workshops. Drum and Dance activities were held weekly primarily

for youth whom were taught dance moves, drumming, singing, and trying out the microphone as an emcee for boys and girls during the winter months.

Another event that Nikki coordinated was the 13 Moons Powwow which is held at Otter Creek Convention Center. This powwow is unique in that it brings in federal agencies, state agencies, and Tribal programs that set up as informational tables. This powwow was the first to bring in a female emcee in the area and everything spoken in English is interpreted to the Ojibwe language once the powwow begins.

The Bimaajii'idiwin Demonstration Garden started with an idea for Tribal College Extension to support food sovereignty. This idea was to

teach new producers how to grow food for the community. With funding, the first Tribal College Extension garden to FDL was created to feed not only the FDLOS but community members. In the last 2 years Nikki has brought in over 1 million dollars' worth of funding to feed the community and bring together stakeholders to learn from one another about food sovereignty. Nikki was involved in the early stages of the Cary Road Farm development and producer training program.

Nikki provided mini-grants to harvesters and producers for harvesting tools such as nets, buoys, canoes, wild rice harvest sticks, and push poles. Nikki has been a part of the team with the Robert Wood Johnson Foundation research on the FDL community for native youth and the opioid epidemic where she was involved with working on incorporating the Seven Grandfather

Teachings and Lacrosse thru camps and workshops.

As director of Resource Management (Reggie DeFoe) said, "Nikki was my go to person when there were any agricultural issues and challenges in Indian country regarding funding and establishing a Tribal voice in the USDA circles including the FDL community agricultural issues."

"And finally, as Nikki Crowe's last work day and exit party was on November 9th and on behalf of FDL Resource Management I want to wish her the best in her new career with the University of MN Extension Service and miigwech Nikki for all that you have done for FDL Resource Management and the FDL community."

## 13 Moons FDLTCC Extension Program

# Wreath Making Workshop



Saturday, December 2<sup>nd</sup>  
2023 12pm-3pm

Where: FDLTCC 2101  
14<sup>th</sup> St. Cloquet  
MN 55720

Register by Email:  
[phillipsavage@fdlrez.com](mailto:phillipsavage@fdlrez.com)

13 Moons will be hosting a wreath making workshop with Lurinda Defoe, professional wreath maker!! Participants will learn how to create beautiful wreaths by following along. The first 25 community members to sign up for this free, family event will be registered for the class. Bring extra ornaments' to personalize your wreath if you would like! Follow 13 Moons on Facebook!!





# Ashi-niswi giizisoog (Thirteen Moons)

## Manidoo-giizisoons

*The new Manidoo-giizisoons begins December 26. This is the Little Spirit Moon. Another name for this moon is Gichi-bibooni-giizis, the Big Winter Moon.*

## Anishinaabemowin Lessons

### Double Vowel Chart

This is how to pronounce Ojibwe words.

All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

### Biiwan blizzard

Ningwaanakwad cloudy

Awan ..... foggy (be)

Zasakwaa ..... frost (heavy)

Mashkawadin .....frozen (be)

Dakaanimad .....wind (cold)

Waabani-noodin wind (east)

Giiwedini..... wind

(north)

Zhaawani-noodin wind (south)

Goon..... snow

Maajipon..... snow (start to)

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

BAAPINAKAMIGAD/Festivities  
 BAKWEZHIGANAABOO/Gravy  
 EMIKWAAN/Laddle  
 GOJIPIJIGE/Taste  
 GWAASHKWEZI/Energetic  
 JIISHAAKWAIGAN/Hide Scrapper  
 MANIDOOGIIZISOONS/December  
 MIKWAMIWADAMON/Icy Road  
 NITAAWIGI/Grow  
 OKANAKOSIMAAN/Squash  
 WAAWAASHKESHI/Deer  
 WANAGEKOGAMIG/Bark Lodge  
 ZHAABOONIN/Goose Berry  
 ZHINGOBAANDAG/Fir Bough  
 ZOONGINIKE/Strong Arm

# Community News

## Happy Birthday

Happy birthday big girl, **Nevaeh Fox** (Nov. 14)  
*Mommy loves you*



Happy birthday to my son **Zach Dunański** (Dec. 11) (the editor of this paper who didn't want his birthday mentioned, but knows better than to say "no" to an FDL Elder).  
*Love, mom and dad*

Happy birthday to **Johnathan Heifner** (Dec. 25)  
*We love you, mom and dad and Bryce, grandma and grandpa*



## Merry Christmas

Wishing our beautiful angel **Judith M. Northrup** a Merry Christmas in heaven.  
*Love from, your family*

## Obituary

**Betty Lou Nelson**, age 76, of Duluth, Minnesota, passed away on Monday, November 13, 2023 at St Luke's Hospital in Duluth, Minnesota. She was born in Sawyer, Minnesota on August 24, 1947, the daughter of John and Dorothy (Tiessen) Martin. She was a member of the Fond du Lac Reservation. She loved playing bingo, go-



ing to outings and loved to do all the activities at Sunnyside. Special thank you to all the nurses and providers at Sunnyside Nursing Home in Cloquet, Minnesota.

Betty is survived by sister Cheryl Martin; brothers Steve and Darwin Martin; and many other family members and friends.

She was preceded in death by her parents; her husband Remson Ward; daughter Mary Lou; brothers Michael Martin, John Martin Jr, Frederick Martin and William Martin; sisters Patricia McLaughlin, Darlene Martin, Phyllis Martin and Bonnie Martin.

## FDL Employment Opportunities

Fond du Lac offers many great employment opportunities. The following are all the jobs currently open with closing dates in August, permanent postings, or open until filled positions. Please visit the FDL website for any new postings or more information.

[Fdlrez.com/HR/employment.htm](http://fdlrez.com/HR/employment.htm)

Maintenance/Security, BCC, FT/PT, Permanent

Custodial/Security, BCC, FT/PT, Permanent

Substitute Teacher, FDL Education, On Call/Sub, Permanent  
Cook Helper, FDL Education, On Call/Sub, Permanent

Secretary/Receptionist, FDL Education, On Call/Sub, Permanent  
Reading Buddies, FDL Education, On Call/Sub, Permanent

Instructional Assistant, FDL Education, On Call/Sub, Permanent  
Custodian, FDL Education, On Call/Sub, Permanent

Convenience Store Clerk, FDLGG, PT/On Call/Temp, Permanent  
Deli Clerk, FDLGG, PT, Permanent  
Store Clerk, FDLGG, PT, Permanent

Convenience Store Gas Attendant,

FDLGG, PT, Permanent  
Cook Helper, FDL Head Start, FT, Permanent

Family Service Worker, FDL Head Start, FT, Permanent

Teacher, FDL Head Start, FT, Permanent

Teacher Assistant, FDL Head Start, FT, Permanent

Head Start Substitutes, FDL Head Start, On Call, Permanent

Skilled Laborer 2, FDL Housing, FT, Permanent

Skilled Laborer 1, FDL Housing, FT, Permanent

Maintenance Worker, FDL Housing, FT, Permanent

Custodian/Cleaner, FDL Housing, FT, Permanent

Mental Health Counselor, FDL Human Services, FT, Permanent

Patient Resource Specialist, MNAW, FT, Permanent

Patient Advocate, MNAW & CAIR, FT, Permanent

Prevention Intervention Specialist, Tagwii, FT, Permanent

Brainwave Optimization Trainer, MNAW, FT, Permanent

Mental Health Case Manager, MNAW & CAIR, FT, Permanent

SUD Lead Recovery Case Manager, FDL Human Services, FT, Permanent

SUD Recovery Case Manager, FDL Human Services, FT, Permanent

SUD Secretary, FDL Human Services, FT, Permanent

Alcohol & Drug Counselor IV, FDL Human Services, FT, Permanent

Alcohol & Drug Counselor III, FDL Human Services, FT, Permanent

Alcohol & Drug Counselor II, FDL Human Services, FT, Permanent

Alcohol & Drug Counselor I, FDL Human Services, FT, Permanent

Secretary/Receptionist, MNAW & CAIR, FT, Permanent

Maintenance II, MNAW, Assisted Living, Supportive Housing, Tagwii, FT, Permanent

Maintenance I, MNAW, Assisted Living, Supportive Housing, Tag-

wii, FT, Permanent

SUD Treatment Aide, FDL Human Services, FT, Permanent

Registered Dental Assistant, MNAW, FT, Permanent

ENP Driver/Cook, BCC or SCC, FT, Permanent

SUD Treatment Technician, FDL Human Services, FT, Permanent

Nursing Assistant, FDL Assisted Living, FT/PT Permanent

Clinical Pharmacist, MNAW, CAIR & Mpls, On Call, Permanent

Pharmacy Technician, MNAW, CAIR & Mpls, On Call/Sub, Permanent

Health Care Assistant, MNAW, Assisted Living, Home Care, FT/PT, Permanent

Security Guard 1, FDL Law Enforcement, FT/Temp, Permanent

Security Guard 2, FDL Law Enforcement, FT/On Call/Temp, Permanent

Propane Customer Service Representative, FDL Propane Co., FT, Permanent

LP Delivery Driver, FDL Propane Co., FT/PT, Permanent

Operator/Laborer, FDL Public Works, FT, Permanent

Transfer Station Attendant, FDL Transfer Station, FT, Permanent

General Maintenance Worker I, FDL Public Works, FT, Permanent

General Maintenance Worker II, FDL Public Works, FT, Permanent

Tribal Monitor/Field Crew Supervisor, FDLRM, FT/Temp/Seasonal, Permanent

Tribal Monitor/Field Crew Technician, FDLRM, FT/Temp/Seasonal, Permanent

Fleet Mechanic, Transit Garage, FT, Permanent

Transit Dispatcher, FDL Transit, FT/PT/On Call, Permanent

Transit Driver, FDL Transit, FT/PT/On Call, Permanent

Transportation Driver, FDL Transportation, FT/PT, Permanent

School Bus Driver, FDL Transportation, FT/PT/On Call, Permanent

Maintenance Worker, FDL Tribal Center, FT, Permanent

Custodian, FDL Tribal Center, FT, Permanent

Maintenance II, Mpls, FT, Permanent

Maintenance I, Mpls, FT, Permanent

Alcohol & Drug Counselor III, Mpls, FT, Permanent

Alcohol & Drug Counselor II, Mpls, FT, Permanent

Lead Recovery Case Manager, Mpls, FT, Permanent

SUD Department Secretary, Mpls, FT, Permanent

Clinical Pharmacist, Mpls, On Call/Sub, Permanent

Pharmacy Technician, Mpls, On Call/Sub, Permanent

Table Games Dealer/2nd Screen Pit Boss, BCCR, FT/PT, Open Until Filled

Inventory Control Associate, BCCR, FT, Open Until Filled

Groundskeeper BCCR, FT, Open Until Filled

Table Games Supervisor/2nd Screen Pit Boss, BCCR, FT/PT, Open Until Filled

Sous Chef, BCCR, FT, Open Until Filled

Surveillance Operator II, BCCR, FT, Open Until Filled

Food & Beverage Supervisor, BCCR, FT, Open Until Filled

Slot Floor Person, BCCR, FT, Open Until Filled

Cook I, BCCR, FT, Open Until Filled

Engineer/Maintenance I, BCCR, FT/PT, Permanent

Event Center Set-Up, BCCR, FT/PT, Permanent

Surveillance Operator I, BCCR, FT/PT, Permanent

Motel Room Attendant, BCCR, FT, Permanent

Table Games Dealer, BCCR, PT, Permanent

Hotel Maintenance Worker, BCCR, FT, Permanent

Bartender, BCCR, PT, Permanent

# Community News

Slot Video Technician, BBCR, FT, Permanent  
 Sage Deli Cook, BBCR, FT/PT, Permanent  
 Front Desk Representative/Night Auditor, BBCR, FT, Permanent  
 Vault Cashier, BBCR, FT/PT, Permanent  
 Engineer/Maintenance HVAC, BBCR, FT, Permanent  
 Call Center/PBX Operator, BBCR, FT/PT, Permanent  
 Bingo Vendor/Floor Worker, BBCR, PT, Permanent  
 Custodial Associate, BBCR, FT, Permanent  
 Drop Team Worker, BBCR, FT, Permanent  
 Slot Attendant, BBCR, FT, Permanent  
 Steward, BBCR, FT/PT, Permanent  
 Buffet Wait Staff, BBCR, PT, Permanent  
 Room Attendant / Housekeeper, BBCR, FT, Permanent  
 Gift Shop Clerk, BBCR, FT, Permanent  
 Security Guard/Dispatch, BBCR, FT, Permanent  
 Buffet Runner, BBCR, FT/PT, Permanent  
 Steakhouse Wait Staff, BBCR, FT/PT, Permanent  
 Steakhouse Host/Hostess, BBCR, FT/PT, Permanent  
 Buffet Host/Hostess, BBCR, FT/PT, Permanent  
 Cook II, BBCR, FT, Permanent  
 Players Club Representative,

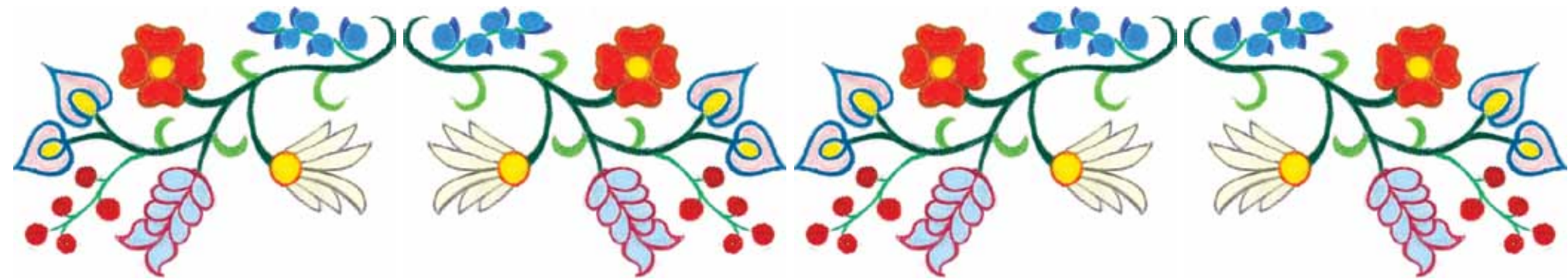
BBCR, FT/PT, Permanent  
 Equipment Operator, BBCR Golf, FT, Permanent  
 Groundskeeper, BBCR Golf, PT, Permanent  
 Triplex Operator, BBCR Golf, FT, Permanent  
 Cart Attendant, BBCR Golf, PT, Permanent  
 Youth Cart Attendant, BBCR Golf, PT, Permanent  
 Concession Sales Representative, BBCR Golf, PT, Permanent  
 Pro Shop Sales Representative, BBCR Golf, FT/PT, Permanent  
 Ranger/Starter, BBCR Golf, FT, Permanent  
 Maintenance Manager, Fond-du-Luth, FT, Aug. 13  
 Security Guard/Dispatch, Fond-du-Luth, FT, Permanent  
 Janitor, Fond-du-Luth, FT/PT, Permanent  
 Clean Up Worker, Fond-du-Luth, FT/PT, Permanent  
 Beverage Waitperson/Bartender, Fond-du-Luth, FT/PT, Permanent  
 Cage Cashier, Fond-du-Luth, FT/PT, Permanent  
 Players Club Representative, Fond-du-Luth, FT/PT, Permanent  
 Slot Technician, Fond-du-Luth, FT/PT, Permanent



## 10 TIPS FOR FAMILY CAREGIVERS

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

**CAREGIVER ACTION NETWORK**  
CAN  
CaregiverAction.org



# Community Events

13 Moons Gichi-Manidoo Giiziz Pow-Wow

Saturday, January 13<sup>th</sup>  
2024



Black Bear Casino Resort  
Otter Creek Event Center

Friday, January 12<sup>th</sup>  
7pm warm ups



Saturday, January 13<sup>th</sup>  
10am Registration  
1pm & 7pm grand Entry  
5pm Traditional Feast

Drum Sign Up- Phil Savage, 218-878-7123  
Vendor Tables- Joseph Bruce, 218-879-0757  
Info table Sign Up- Courtney Kowalczak, 218-879-0862  
E-mail: [phillipsavage@fdlrez.com](mailto:phillipsavage@fdlrez.com) [Joseph.Bruce@fdltcc.edu](mailto:Joseph.Bruce@fdltcc.edu)  
[courtneyk@fdltcc.edu](mailto:courtneyk@fdltcc.edu)



Fond du Lac Tribal & Community College



## FOND DU LAC ELDERS' CHRISTMAS PARTY

Black Bear Casino & Resort  
Otter Creek Event Center

Friday December 8, 2023

Registration: 9am

Dinner & Drawing: 11am-2pm

\*must be present to win

Open to enrolled Elders 52+ and spouses

No children please, this is an elder event only

Questions?

Call Velvet Linden (218)878-8053