

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



*Dancers entering during grand march at the Gichi Manidoo Giizis Powwow at the Black Bear Casino Resort Jan. 13.*

**Local News** . . . . .2-3

**RBC Thoughts** . . . . .4-5

**More Local** . . . . . 6-11

**Etc.** . . . . . 12-15

**Election** . . . . . 16

**13 Moons.** . . . . 17

**Health News** . . . . . 18-21

**Community News** . . . . . 22-23

**Calendar** . . . . . 24

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# Local News

## Washington Elementary receives prestigious award for Outstanding Native American Student Achievement

By Zachary N. Dunaiski

(Photos Courtesy of Washington Elementary)

The Native American students' hard work at Washington Elementary School in Cloquet has gotten national recognition by way of an award from the National Association of ESEA State Program Administrators (NAESPA).

NAESPA implements this program to showcase schools that effectively use their Elementary and Secondary Education Act (ESEA) title funds to enhance education for all students. Washington Elementary School was recognized as a Category 3 school nationally, emphasizing their dedication to school improvement and their success in serving American Indian students.

Robbi Mondati, Washington Elementary Principal, and Kyra Patrick, American Indian Education Teacher at Washington Elementary, are so very proud of all of their students. Washington School staff didn't even know this award existed, and admitted that their goal was to help all of their students learn by incorporating culturally significant activities for all of the students.

"I've done a lot of work these

past few years in reconfiguring our American Indian Education programs so that it's not just academic focused, it's also culturally focused not just for our Native American students, but for all students and also helping support staff too in their learning about what our kids need and how we can support academic cultural learning with them too," Patrick said of the works she's done in her role with the students. "I provide cultural lessons. I do lunch groups with all of our native students. I started smudging daily in the school with all of our native students. We do book clubs, we do enrichment book clubs that are all Native American themes."

Staff at the school also recognize that the success of these students doesn't just hinge on traditional classroom work and traditional classroom teaching.

"Our students as a whole have kind of an amazing option. Lots of amazing options to develop the skills that they need to be successful academically, socially, emotionally," Principal Mondati said of the improvement they've seen across the entire school. "All the things that have helped our American Indian students have academic success, those are accessible to all of our students.

We feel like this award shows the really tremendous growth our American Indian students have made specifically, which is the area that we are recognized for is just as related to the culture and the programming and the all the work that Kyra and our AIE team and our staff as a whole are doing to help our students feel connected and seen and honored. I think to celebrate our culture, not just with our American Indian kids, but to have that be an important part of our school community for all of our kids."

Over 23 percent of the student body at Washington Elementary are Native American students, and their test scores far outpace the Minnesota growth for the Minnesota Comprehensive Assessment (MCA) in both reading and math. Nearly 87% of showed reading progress and 82.6% showed math progress

on the 2023 MCA. Additionally, 59.18% of the American Indian students at Washington Elementary are proficient in mathematics, compared to the statewide average of 42.78% and the statewide average for this student group of 23.6%. In reading, 46.93% of American Indian students at Washington Elementary are proficient in reading. The statewide average proficiency in reading is 47.61% and the statewide average proficiency for this student group is 31.9%.

The school will be honored

with this award at a ceremony in Portland, Ore. Feb. 7-10 and a few staff from the school will be in attendance to receive this prestigious award.

Staff at the school are so proud of all their students and understand the importance of a welcoming and inclusive environment. The focus at Washington Elementary continues to be on the students while also remaining innovative in ensure growth of each and every student so that they have the tools and opportunities to succeed in life.



Photo courtesy of Washington Elementary School

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Translation: Stories from where the water stops

### TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts .....	4-5
More Local .....	6-11
Etc.....	12-15
Election.....	16
13 Moons .....	17
Health News.....	18-21
Community News .....	22-23
Calendar .....	24

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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

## Fond du Lac honored by Robert Woods Johnson Foundation

By Zachary N. Dunaiski

Fond du Lac has made a concerted effort to dismantle systemic racism through collaborative efforts in food sovereignty and language revitalization. Dec. 7, 2010 was when the Fond du Lac Band passed Resolution #1421/10, making the Ojibwe Language the official language of the Fond du Lac Band. Now, Fond du Lac is being recognized by the Robert Woods Johnson Foundation (RWJF) for our efforts.

The Robert Woods Johnson Foundation awarded Fond du Lac \$250,000 for the 2023 RWJF Culture of Health prize winner for our efforts to reclaim our cultural identity.

“Their goal was to fund 10 nationwide organizations from 10 applicants, and again it’s a prize, because what we were identified as and awarded for what we’ve already done here in our community,” Naawakwe (William Howes), Ojibwemowin Project Manager – Gegaanzikiged, said of this money the FDL can spend in any way we want since it isn’t a grant. “This is, ‘hey, this is what we’ve been doing. This is how we’ve been doing it. This is our approach to building a culture of health and maintaining one and growing one.’ So, we were awarded this prize to say, ‘what you all have been doing is impressive. What you have been doing is what we want to support and for what you’ve done.’”

The whole process to apply for this award began a year ago when Naawakwe and Cami Fischer, AmeriCorps Vista Intern, began writing up the application.

“I had started writing it when I’d only been here for like three weeks or so,” Fischer said of her

involvement in this award and how it really helped her hit the ground running with her then new job with FDL. “So that was a lot of research, which was very helpful actually with my position, because I have to do research and understand how each Fond du Lac division works together and how we work with the college. So, I do think writing this really helped me figure out my own position.”

This award was not allowed to be shared with the public until last November when five members of Fond du Lac went to Albuquerque, N.M. to receive the award. Chairman Kevin Dupuis Sr., Naawakwe, Fischer, Jamie Adams (Economic Development Planner), and Nenaaw (Charlie Smith (Anishinabemowin Coordinator)), were the five who were invited to go down to receive the award.

The Robert Woods Johnson Foundation choose the winners based on communities where people and organizations are collaborating to build positive solutions to barriers that have created unequal opportunities for health and well-being.

With Fischer having just started with Fond du Lac, and on a project so large, many people were involved in just getting the recognition of all the work that so many more with Fond du Lac have been doing for years as Adams points out.

“They had a week to do it,” Adams said of Cami and Mandi Rosebrock, Community Development Planner, work to get FDL’s projects noticed. “Essentially it (the foundation’s award process) was talking about looking for projects that were dismantling systemic racism through collaboration, and so we talked about

it and ‘well, we’re kind of doing that with like our food systems and with our language program.’ So, they wrote about the things that the language program was doing, specifically looking at the language table events. Also, things that are happening out at the cannery with gitigaan classes, the producer training program, and some of our food sovereignty efforts. So, they wrote about those things in the application.”

Both Naawakwe and Jamie spoke about the foundation’s award and how it is not a grant. Unlike traditional grants, the award didn’t require Fond du Lac to outline future plans for the funds. Instead, the emphasis is on celebrating the achievements and impact of the work FDL has already accomplished. This is a crucial difference as it will allow Fond du Lac to focus on our ongoing efforts rather than speculative future projects, which would also have to be outlined with a dedicated timeline. This money can be spent whenever and however FDL would like.

Naawakwe, Jamie, and Cami all spoke about how they would like to see the money earned for these efforts, continue to help grow food sovereignty initiatives and other efforts that helped Fond du Lac earn this money in the first place.

FDL has been awarded this prize for our efforts to make sure that our culture and way of life are not forgotten, and that we can do so in a healthy way. These principles will not change, in fact this prize will only help FDL continue to move our people in a meaningful way to a healthy and culturally significant lifestyle.



Naawakwe (right) and Nancy Schuldt examine Zhaagaashiins-odabwining (Deadfish Lake) with Arianna Northbird. (c) 2023 Josh Kohanek. Photo courtesy of the Robert Wood Johnson Foundation.



Jamie Adams in the FDL garden. (c) 2023 Josh Kohanek. Photo courtesy of the Robert Wood Johnson Foundation.



Cami Fischer and Mace Fontini with the food grown to cook meals for the students. (c) 2023 Josh Kohanek. Photo courtesy of the Robert Wood Johnson Foundation.

# RBC Thoughts

## Cloquet News

Hello all

The holiday season has passed, I hope you all had a great Christmas and I wish you all a happy new year. I foresee some very important things happening for Fond du Lac this year. Just to name a couple, FDL and all other Bands have secured annual funding from the state of MN DOJ for establishing and maintaining probation departments on each Reservation. We are in the process of creating a steering committee to create policies, procedures, and any other needed regulations in an effort to getting this set up. I am encouraged and excited to see this happen.

Another important issue is the return of the land from the University of MN (the forestry center), we are on a very encouraging track to make this happen.

I would like to commend one of our local schools that serve our Native children. Washington Elementary school received a designation as an ESEA (Elementary and Secondary Education Act). This is a national program recognizing schools for three categories: exceptional student performance, closing the achievement gap between student groups, and excellence in serving special populations. Washington school was nominated for success in serving Native American students. The local newspaper, Pine Knot News, reports nearly 87 percent of the American Indian students showed reading progress and 82 percent showed math progress. Congratulations to the Washington School staff and students for your hard work in earning this designation.

Our Cloquet Community Center is nearly complete with the remodel and addition of the teen room. This room will allow the separation of teens from the younger youth and with the ability to provide age specific activities. The staff has done a great job of making this happen with the limited space we have here at the Community Center. Also, the Community Center is scheduling activities for Sundays again, as they were able to hire staff. They will continue with this schedule as long as they have staff to keep things going. Thank you for your hard work community center staff.

I would like to congratulate the three new Fond du Lac Police Officers, Marcus Childs, Boyd Billman, Joe Janchar, that were sworn in with the Fond du Lac Police Department.

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



Wally Dupuis



Three new officers at their swearing in ceremony Jan. 9. (Left to Right) Marcus Childs, Boyd Billman, Joe Janchar. Photo Courtesy of Warren Mountain.

## FDLPD swears in three new officers

By Zachary N. Dunaiski

The Fond du Lac police department would like to welcome their three new officers to the community. Officers Marcus Childs, Boyd Billman, and Joe Janchar took their oath Jan. 9 marking the beginning of their service to our community.

Officer Janchar is already a familiar face in the community as he received a promotion to the investigative unit. Officer Janchar had worked with FDLPD for a handful of years, took a short break, and has now returned to the FDLPD.

Officer Billman and Officer Childs are new to the force, and Mel Barney, FDL's Chief of Police, had great things to say about his two new officers.

"Officer Billman, he's new to our agency. He has a lot of experience with firefighting out of the Air Force Base in Duluth, he was employed there with them as a first responder," Chief of Police Barney said about the wealth of knowledge his staff brings that come from outside of what they learn to become officers. "Officer Childs, he's new to our agency also. He had prior experience with Cook County Sheriff's Office and then with the local corrections. He has a bit of experience there. So these officers were very good picks for hire with the experience they came into the agency with. Officer Billman, we're already utilizing him in our first

aid trainings for our officers and security staff."

The FDLPD emphasizes the importance of hiring officers who not only possess valuable skills but also understand the unique dynamics of a Tribal community. As part of their training the officers go through four phases, with each phase lasting a month. The first three phases teach incoming officers several aspects of their jobs, where the fourth phase is incorporating all of the job's duties together.

FDLPD is budgeted for 25 licensed peace officers which include patrol officers and the investigative unit. These three officers bring the department up to 21, and the department is in the works to add three more.

The Fond du Lac Police Department has been actively engaged with community policing, proactive enforcement, and constant presence around each of our communities. That effort to engage with the community comes from the years of experience and knowing what works to make our Reservation feel safe. FDLPD currently has six officers who have over 15 years of experience.

With a team of dedicated officers working tirelessly to keep our home safe, the residents of the Fond du Lac Reservation can rest assured that our community can continue to thrive.

# RBC Thoughts

## Mayor Reinert visits FDL to meet RBC

By Zachary N. Dunaiski

After barely a week in office, new Duluth Mayor Roger Reinert came to the Fond du Lac Reservation to meet with the Reservation Business Committee (RBC) and other top officials with the FDL Band Jan. 12.

The meeting was aimed at ways FDL and Duluth can continue to work together and improve on an already growing relationship between the Band and the city.

Kevin Dupuis Sr., Fond du Lac Chairman, began by thanking the Mayor for coming to our Reservation to meet with us, a sentiment reciprocated by the other council members before turning it over to other leaders within Fond du Lac. The big topic of discussion was the area around Fond-du-Luth Casino and in particular the parking ramp. Mayor Reinert, Michelle Stark, Assistant Casino Manager at Fond-du-Luth, and Robert Abramowski, Secretary/Treasurer, discussed how a joint effort is needed to address the issues affecting both the Band and the city in and around the parking ramp.

"In our situation, we're fortunate because we have security in our building, that's probably not the case for the small businesses," Stark told the Mayor about how helping the problems around the ramp will also help keep businesses safe in the area. "I think that the state of downtown Duluth has just really deteriorated and I don't know how to fix it, it's obviously not my area of expertise. I'm sure that every downtown business has told you the same story and I'd just hate to see somebody's business leave downtown. Because it is becoming a very artsy, very craft beery, and a lot of different experiences in just a few

block area."

Fond du Lac leaders continued to reiterate to the Mayor that by partnering with the Band, both sides would benefit from security and more businesses coming to the area.

"When I visit down there, it's just not a very good controlled area. I don't know if because the city owns the ramp and that it's public property, so the public knows they are allowed to be in there," Abramowski said of the parking ramp that has held many problems for that part of downtown Duluth.

Mayor Reinert seemed very receptive to the suggestions FDL leadership made and was very receptive to partnering with FDL in a way that would benefit both sides greatly because of how many visitors Fond-du-Luth brings to the area.

"I'll take back the conversation about downtown, about the Hart ramp, and about how a potential partnership would go," Mayor Reinert said of the day's discussions.

The conversations that day didn't just center around the ramp, many different topics were discussed including economic development, marketing, and addressing the challenges of the homeless population in downtown Duluth.

With that also came a few issues with the area around CAIR's new facility, like clearing the road to the staff parking lot so that our HSD employees can safely get to work, but also other safety concerns stemming from the area in front of the building.

"One of the biggest issues that we ran into last year was the new programming that was operating out of the Damiano Center. There



Secretary Treasurer Rob Abramowski (left) being thanked by Mayor Reinert for meeting with him.

was a lot of open drug use, a lot of urination, and vandalism to the CAIR property, and needle disposals all around," Nate Sandman, Associate Director of Fond du Lac Human Services, explained to the mayor about challenges FDL's Duluth clinic faces. "We had a lot of video footage to try and open dialogue with policing programs just to try to work something out in regards to providing safety for our clients. We were starting to hear back that people were going to cancel their medical appointments to see their provider, just because it was not a safe environment."

The conversation also touched on law enforcement collaboration, with a focus on improving case management and communication between FDLPD with Duluth PD

and St. Louis County.

"With our law enforcement communities, especially ours with the Duluth PD and the St. Louis County Sheriff's office, we always maintain a positive relationship," Mel Barney, FDL's Chief of Police, said to the mayor. "But there is always room to grow those relationships. What we've been finding is, especially with our narcotic cases, are ending in the Duluth area. And in those cases, we want to improve on our law enforcement agencies for tracking, case developments, and eventually prosecution as well."

Mayor Reinert seemed very receptive to all of the various topics discussed which included things like marketing the Duluth area to include Fond-du-Luth, Housing, and other areas where working

with FDL would help Duluth flourish. He was also very direct in agreeing with FDL leadership that this type of open communication will benefit both sides.

"Mr. Chair, I would just love to continue doing this. Maybe at the next visit, I bring some key folks from the leadership team that are relevant to these issues so we can go from just talking about them, to working on them," Reinert said to finish the meeting.

The Fond du Lac Reservation Business Committee welcomed the Mayor to return and continue to work with the Band at any time to help create a more inclusive, safe, and prosperous downtown Duluth that everyone can enjoy.

# More Local News

## American Indian exhibit opens at Minnesota Historical Society/MN History Center

By Zachary N. Dunaiski

The Minnesota Historical Society/Minnesota History Center has a new exhibit open titled “Reframing our stories,” featuring stories that span decades of Native Americans and our lives from the 50s through the 90s. One featured member of this exhibit is Fond du Lac’s own, Bonnie Wallace. “About a year ago, I received a call from a gentleman named Manny White Eagle and he identified himself as working for the Minnesota Historical Society,” Bonnie Wallace recalls of how she got involved in the exhibit. “He and

his colleagues had found a box of old newspaper clippings, and the box was just marked, “Indians” which I found pretty funny. And so they were going through all of these newspaper clippings and they came across an article in which I was interviewed.”

The article was from 1979 edition of the Minneapolis Star Tribune article on “Urban Indians”. In the article, Wallace was photographed in her office at Augsburg University and another in her home with her two daughters, Melissa and Becky. Wallace’s story is in itself quite remarkable, and one of resilience, determination, and the power of

education.

“It was really a privilege to have been chosen and it was also emotional for me, and of course at times we need to depend on good ole Indian humor, to look back at those years and to really stop and think,” Wallace recalled of the experience. “Throughout many years of family, financial, educational, and other struggles I truly could not have had any success without the help of these new friends. But, I think success in Indian Country is very different from success in the non-Indian world. Most of us are not in it for the “zhoonia”, for me and many others it was trying to learn or find a better way to help our community address issues of poverty without having to forego our cultural beliefs. Not an easy task. Like many Native people, I was reluctant to reach out, I didn’t want anyone to see my shortcomings, etc. Fortunately, many of these new friends could sense this in me so they reached out and I was very surprised that their stories were much like mine. Lifelong bonds were formed and I’m still in touch with many of them.”

While Wallace is eternally grateful for any contributions she has made to Indian Country, her work is not done, she continues to serve on the FdLTCC Board of Directors and in 2017 she was awarded an Honorary Doctorate Degree from the MN State University System.

“You have to be somewhat of a survivor to be successful and I think that applies to so many of our Tribal people,” Wallace said of the great successes she has seen around our Reservation in the years

she’s lived and worked here. “It was emotional, and also a lot of humor, to look back at those years and then to really stop and think of how far I came. I was the first one in my family to graduate from college, and then I had three other sisters go on behind me and get their degrees.”

Wallace, who was the Scholarship Director at Fond du Lac for 20 years, really encourages the youth in our community to work hard to accomplish their dreams.

“I want tell all Band members that have an interest in furthering their education, at least go for it. Try it. It may not be for you, but it might light your fire, like it did for me,” Wallace said of hoping to encourage anyone wanting to further their education. “Federal, State, Private, and Tribal Scholarships are pretty generous these days but the trick is “APPLY EARLY.”

“One of our Seven Teachings is being humble. I try very hard to practice this yet, I can only hope to inspire our people to seek their chosen road. We have so many opportunities now. My story is many people’s story and I empathize with your journey but don’t be afraid to reach out, ask for help, it’s there, probably right in front of you,” Wallace said.

When asked if she is an inspiration to others, “Well,” she said reluctantly, “maybe I am for some people, especially Native women. When I moved “home” almost 25 years ago I was shocked and saddened to witness so many of our people involved with drugs. And I’m really not sure how much improvement has taken place but FdL certainly has strong programs, especially for our youth who try so

hard to be “gang bangers.”

“I had a sign up in my office that read, You’re a Tribal Member, NOT a Gang Member. I would tell these young boys to take off their hats and pull up their jeans before coming in my office. They often complied.”

Wallace didn’t do the things she did, including being part of this exhibit for the recognition. She did it as a way to show Native Americans, particularly Native American Women, that if they set their mind to it, they can achieve their goals.

The exhibit is not just a retrospective look at Bonnie’s journey but also a chance to further explore broader themes within the Native American community. Bonnie’s story helps encourage visitors to reflect on their own story and the collective history of our Native American ancestors. Visitors who walk through the Minnesota History Center to see the “Reframing our Stories” exhibit will be able to witness the complexities, the humor, the challenges, and the victories that make up Native American experiences during the end of the last millennium.

“Reframing Our Stories” is open to the public for two years (closing Oct. 31, 2025), providing ample opportunity for visitors to immerse themselves in the rich narratives of Native American lives. Anyone wanting to go can get FREE tickets online (<https://www.mnhs.org/historycenter/activities/museum/our-home/reframing-our-stories>) or by visiting the Minnesota Historical Society at the Minnesota History Center.



Photo courtesy of Bonnie Wallace

# More Local News

## Constitution reform update

In June of 2022 the Minnesota Chippewa Tribe called for a referendum vote. This referendum was initiated by a vote by the Tribal Executive Committee (TEC). There were two questions for this referendum vote regarding changes to the Article II of the constitution of the Minnesota Chippewa Tribe. On Wednesday, July 20, 2022, MCT staff and Constitution Reform delegates met at the MCT Headquarters to count the number of ballots received for the referendum on enrollment criteria. The total number of votes cast was 7,470.

For question number one: Should the blood quantum requirement be removed from the membership requirements of the Minnesota Chippewa Tribe? Yes: 4,778 No: 2,629

For question number two: Should the six-member Reservations (Bands) of the Minnesota Chippewa Tribe be authorized to determine their own membership requirements by Band Ordinance? Yes: 4,236 No: 2,989

Recently, the question arose of whether an ordinance can give the Bands the authority to determine membership at the Band level. The answer lies in the Articles of the Revised Minnesota Chippewa Tribe (MCT) Constitution and Bylaws.

Article II-Membership, which provides the criteria for who is eligible for enrollment, does not mention the process for changing this section. However, Article XII-Amendment identifies the following four requirements to change any language of the Constitution:

- First, at the request of two-thirds of the Tribal Executive

Committee (TEC), the Secretary of the Interior (Secretary) shall call for a Secretarial Election.

- Second, at least a 30% quorum of those entitled to vote shall vote.
- Third, if the first two requirements are met, a majority vote is also required
- Fourth, the Secretary must approve the amendment before it becomes effective.

**What is an Ordinance?** Is a written document that details procedures or conduct specific to a topic, for example, an Election or Enrollment.

**What is a resolution?** It is generally the formal official expression of the opinion or will of an official body, in accordance with its organic documents, the Constitution. A Resolution is used to express a position on an issue and is considered policy, not Tribal Law, per se.

[www.lawinsider.com/dictionary](http://www.lawinsider.com/dictionary), <https://www.law.cornell.edu/cfr/text/24/1003.4>

Examples of Tribal laws include Acts, Statutes, Codes, Regulations, and Ordinances, generally at the local government level.

Because MCT is under an IRA Constitution that does not have provisions of Separation of Powers (Legislative, Executive, and Judiciary), TEC has the role of all three branches, executive, legislative, and quasi-judicial, as they define it. They write and enact these documents. Ordinances and Resolutions must be consistent with the language in the Constitution. Neither can amend the language in the Constitution.

**How do Resolutions and Ordinances**

**become effective?** The answer is in the language of Article XV of the MCT Constitution.

- Any Resolutions or Ordinances enacted by TEC or RBC, by the terms of the Constitution and Bylaws, are subject to review by the Secretary or his authorized representative
- TEC must present the document to the Superintendent or Officer in charge of the Reservation, and that person has ten (10) days to Approve or Refuse to Approve the document
- If the Superintendent approves the document, it is effective. Still, with an endorsement, he must present it to the Secretary, who has ninety days (90) to approve it or Rescind it for “any cause”
- If the Superintendent Refuses to Approve the document, The TEC may, by majority vote, refer the document to the Secretary, who has ninety days (90) to Approve or Reject it. If approved, it becomes effective.

It is common knowledge that the Secretary has done little to address our needs in this area. In the December 18, 2018, TEC meeting, a member asked whether the Secretary of the Interior had ever intervened in Article XV reviews. This raises one more question: What is the

legal status of TEC Resolutions and Ordinances if the Secretary has not reviewed them?

**So what about Referendums?**

A referendum is a vote on a question to help gauge what the people will approve of or reject. Article XIV provides two ways for a referendum to go to the membership for a vote:

- First, by a petition signed by 20% of the resident voters who live on the Reservation or
- Second, eight (8) members of the TEC shall submit any enacted or proposed resolution or ordinance to a referendum of eligible voters of the Minnesota Chippewa Tribe, which includes both voters living on and those living off the Reservation
- There is no requirement to meet a percentage of the voters to obtain a quorum. A majority vote is all that is required.

**What is the status of the 2022 Referendum?** There has been some confusion in conversations about whether this Referendum was a non-binding Referendum. However, because the people’s vote resulted in a majority vote, Article XIV clarifies that this ‘Referendum shall be conclusive and binding on the Tribal Executive Committee.’

Article XIV directs the TEC

to “call such Referendum and prescribe the manner of conducting the vote.” Because the questions in the Referendum would amend the language in Article II- Membership, the vote must go to a Secretarial Election. The way to do this is through a motion of the TEC to place the questions on a ballot at a Secretarial Election.

In effect, the people have spoken regarding what is expected for a Secretarial Election, which is the removal of blood quantum as criteria for membership/citizenship. By forwarding the Resolution 32-15 at this time without the Referendum questions, the Tribal Executive Committee would circumvent the will of the people. As delegates working on constitution reform and having heard the wishes of the people, we believe in bringing forward what was agreed to by the Referendum vote in the next Secretarial Election for the Minnesota Chippewa Tribe. The Secretarial Election needs to address what the people have chosen in the referendum questions.

The Fond du Lac Delegates are Cheryl Edwards, Wayne Dupuis, Carol Janick, Debra Topping, Tara Dupuis, Julia Lintgen



# More Local News

## FDLTCC celebrates fall nursing graduates with pinning ceremony

Fond du Lac Tribal and Community College celebrated the Associate Degree Nursing Program Graduating Class of Fall 2023 during a Pinning Ceremony on Wednesday, December 20, 2023. The intimate ceremony featured speeches from FDLTCC Nursing student, James Friedman, and Karen Lilyquist, a member of the FDLTCC Nursing Faculty. Tami Matuszak, Interim Dean

of Nursing and Health Sciences provided the opening address; FDLTCC President, Anita Hanson, offered a President's Welcome. The graduates were pinned by family and friends during the ceremony. This was the first fall pinning ceremony at FDLTCC since the Nursing program started rolling admission during spring 2022.

The mission of Fond du Lac Tribal and Community College

Nursing Program is to provide the education necessary for entry into nursing. This program prepares the graduate to provide culturally competent care. The program aims to educate nurses to be culturally sensitive, focusing on the health needs of the American Indian population and the rural community. Upon completion of this program the graduate will be eligible to sit for the licensure exam.



The Associate Degree Nursing program at FDLTCC is approved by the Minnesota Board of Nursing and holds accreditation with the Accreditation Commission for Education in

Nursing.

The Associate Degree Nursing Program Graduating Class of Fall 2023 includes:

### **Barnum, MN**

Abigail Nadine Mickle\*, Carlton High School

### **Cloquet, MN**

James William Friedman, Fond du Lac Ojibwe School

David Houle\*\*, Prior Lake High School

Micheala Beth Schwartz, Cloquet Senior High School

### **Duluth, MN**

Liam Joseph Bohlmann, East High School

Gina Lurine Campaigne  
Casandra Jean Darnall\*, ROCORI High School

Adam Dean Young\*\*, Walker-Hackensack-Akeley High School

### **Mahtowa, MN**

Jana Rose Hergert\*\*, Barnum High School

\*\* High Honors

\* Honors

For more information on the Pinning Ceremony or the Nursing program at FDLTCC, please contact Cassandra Nicholson at [cnicholson@fdltcc.edu](mailto:cnicholson@fdltcc.edu).





# More Local News

## Governor Walz announces \$300 million in public safety funding going to local governments

Governor Tim Walz announced that the Department of Revenue will send \$300 million in public safety aid to local governments. At the Lino Lakes Fire Station in early January, Governor Walz and public safety leaders highlighted how cities are planning to use the funding.

“This funding will allow public safety officials to invest in the things that matter most to their communities, whether that’s officer recruitment and retention, a new ambulance, or fire and rescue equipment,” said Governor Walz. “I want to give a special

thank you to Minnesota’s law enforcement and public safety officials this holiday season, who never take a day off from keeping their residents safe.”

Public safety departments can use the aid for public safety initiatives such as recruitment and retention, equipment costs, mental health crisis responses, victim services, and first responder wellness and training programs.

Also going out in mid-January are the second half payments of more than \$1.2 billion in other state aid, including County Program Aid (CPA), Local

Government Aid (LGA), and Town Aid. County and local governments can use these funds to pay for basic needs such as local roads and public safety. They also can help relieve the burden of local property taxes. During the historic 2023 legislative session, lawmakers invested an additional \$80 million annually in LGA and CPA to be paid starting in July 2024.

“These aid programs are important investments that impact all Minnesotans,” said Minnesota Department of Revenue Commissioner Paul Marquart. “These programs take

into consideration multiple factors to ensure that these aid amounts are dispersed in an equitable manner that tries to reflect the diversity and uniqueness we see in communities in every corner of the state.”

**The total certified aid amounts for 2023 include:**

- \$564,398,012 in Local Government Aid
- \$300,000,000 in One-time Public Safety Aid
- \$264,374,444 in County Program Aid
- \$20,250,000 in Statewide Affordable Housing Aid
- \$20 million in Local Homeless

Prevention Aid

- \$15 million in Soil and Water Conservation District Aid
- \$10 million in Aquatic Invasive Species Prevention Aid
- \$9,611,507 in Town Aid
- \$8 million in Riparian Protection Aid
- \$3,646,777 in Out-of-Home Placement Reimbursement Aid
- \$526,926 in Local Performance Reimbursement Aid
- \$16,209 in Utility Valuation Transition Aid

## Statement on new drinking water guidance for per- and polyfluoroalkyl substances

After revising their health-based water values for per- and polyfluoroalkyl substances (PFAS) to include new scientific research, the Minnesota Department of Health has issued this statement:

Minnesota state agencies are committed to working together to protect drinking water supplies from contaminants. The Minnesota Department of Health (MDH) uses the latest scientific research to provide health-based guidance to public drinking water systems, local governments and private well owners. New research, which included new human data, prompted MDH to lower its health-based values (HBVs) for two per- and polyfluoroalkyl substances (PFAS) in drinking water, perfluorooctanoate (PFOA) and perfluorooctane sulfonate (PFOS). An HBV reflects the level of a contaminant that can be present in water and protect the most vulnerable populations for up to a lifetime of exposure.

People can be exposed to PFAS in many ways including contaminated drinking water and certain consumer products. Minnesota

has long been a leader in recognizing the impacts of PFAS and acting to protect Minnesotans. The State Legislature passed a new law in 2023 banning nonessential use of PFAS in Minnesota, called Amara’s Law. This legislation as well as MDH’s new HBVs for these two PFAS in drinking water further the state’s efforts to help Minnesotans avoid harmful exposures to these persistent chemicals and their effects on human health.

People can learn more about actions they can take to reduce their exposure to PFAS at Reducing Exposures: <https://www.health.state.mn.us/communities/environment/hazardous/docs/pfas/pfasreducingexp.pdf>

More information about PFAS and drinking water can be found on the MDH website at <https://www.health.state.mn.us/communities/environment/hazardous/topics/pfcs.html>. The MDH website also includes an interactive dashboard (<https://www.health.state.mn.us/communities/environment/water/pfasmapp.html>) for that shows the status and results of PFAS testing in Minnesota drinking water systems.

### Native Women & Heart Disease

**In Indigenous communities, our matriarchs often carry our families and Nations. This comes with unique challenges - especially for heart health, since our hearts are crucial organs that help our lifeforce flow.**

**Diabetes and being overweight are significant risk factors for all genders, but are higher among Indigenous women.**

**For Native women, heart disease and cancer are the top causes of death.**

**Our Native Nations depend on our matriarchs. AICAF invites you to ask ourselves: as relatives, how can we be more supportive to our matriarchs and their (heart) health?**

American Indian Cancer Foundation

# More Local News



## Gichi Manidoo Giizis Powwow packs the Otter Creek Event Center

The pandemic brought many events to an end, and has drastically reduced others, but one event that seems stronger than ever is the Gichi Manidoo Giizis Powwow held in the Black Bear Casino Resort (BBCR) Otter Creek Event Center.

Vibrant colors and rhythmic drumming filled the air of the Otter Creek Event Center as hundreds of people packed in to dance and enjoy the cultural celebration. Winters in Minnesota can be difficult so the spacious venue is a perfect place to host a large winter gathering when excited dancers can't perform outside.

There were many vendors selling a myriad of different items to powwow dancers and other attendees who were interested, filling the halls outside the event

center all the way down to the main casino floor. From Regalia, to jewelry, to other Native American crafts, many items were on display for anyone passing by.

Dancers, adorned in intricate regalia, showcased their skills and proud cultural heritage with each move they made. Dancers came from all over to proudly dance at our great winter powwow which has brought people in for many years.

The Gichi Manidoo Giizis Powwow was a great time for all who attended or danced, as the celebration brought people together to dance and celebrate with friends and family.



# More Local News



# Etc

## Internship opportunity

We are now accepting applications for the 2024 Research Experience for Undergraduates on Sustainable Land and Water Resources.

**Program Description:** This REU introduces undergraduate students to the key elements of research on land and water resources that are essential to improving management practices. Research teams are hosted on two Native American Reservations and at the University of Minnesota and projects are developed in collaboration with the Tribes' resource management divisions. The REU incorporates an interdisciplinary team-oriented approach that emphasizes quantitative and predictive methods, Indigenous

and community-based research methods, and traditional ecological knowledge.

Projects take place on the main campus of the University of Minnesota, Minneapolis; on the Fond du Lac Reservation in Northern Minnesota; and at Salish Kootenai College on the Flathead Reservation in Montana. Students in Civil Engineering, Earth Sciences, Hydrology, Chemistry, Biology, Ecology, Sustainability, Mathematics, Natural Resources, Wildlife and Fisheries, Social Sciences and related disciplines are invited to apply.

The REU on Sustainable Land and Water Resources introduces undergraduate students to the key elements of research on land and water resources that are essential to improving management practices, with

a focus on Community-Based Participatory Research (CBPR) and diverse interdisciplinary research teams. Students work on one of three teams on interdisciplinary projects. Research teams are hosted on two Native American Reservations and at the Univ. MN and projects are developed in collaboration with the tribes' resource management divisions. The REU incorporates an interdisciplinary team-oriented approach that emphasizes quantitative and predictive methods, CBPR, Indigenous research methods, and traditional ecological knowledge.

The REU encourages participation by underrepresented students and students who are unsure about how they fit into the world of science to pursue STEM careers. The REU develops

unique rigorous scientific research projects that are place-based, meaningful, and that are the product of an intensive collaboration with Native American communities. This REU supports students in ways that go far beyond a typical REU, and takes place at three different and geographically dispersed sites (Salish Kootenai College, Pablo, Montana; the University of Minnesota, Twin Cities Campus; and the Reservation of the Fond du Lac Band of Lake Superior Chippewa, with students living and working at the University of Minnesota, Duluth).

The REU encourages all students to apply, including Native Americans, students from other groups underrepresented in the sciences, men and women, nontraditional students, parents,

Veterans, and students with disabilities. The students, faculty, graduate and post-doctoral mentors, Tribal professionals, and other community members will be intimately engaged in community-based participatory research (CBPR). The protocols and methods for effective CBPR (and in particular with Tribal entities) will be modeled and supported by literature and practice. Projects developed through CBPR for this REU will inherently support Tribal resource management goals. Results will be disseminated to Tribal authorities and community members as well as the broader scientific community.

### Structure

The program runs in person for 9 weeks in the summer from mid-June to mid-August with an additional 40 hours of self-



**GLIFWC's 2024 Summer Internship Program**  
is now accepting applications!

**Internship Opportunities:**  
Administrative  
Biological Services  
Division of Intergovernmental Affairs  
Enforcement  
Public Information Office

**10 Week Internships**  
**\$15 per hour**  
**400 Hours total**  
\*Housing may be available

**Position descriptions and how to apply can be found on GLIFWC's website**

Visit the GLIFWC website for more information  
[www.glifwc.org](http://www.glifwc.org)  
"News & Upcoming Events" Section, Employment Tab

# PREVENT DIABETES

JOIN FORCES WITH A TRAINED LIFESTYLE COACH AND A SUPPORTIVE GROUP OF PEOPLE WHO CAN HELP YOU TO PREVENT DIABETES.

We are often told to make healthy lifestyle changes, yet given little direction. The Diabetes Prevention Program can help you learn **WHAT** changes to make and **HOW** to make those changes a regular part of **YOUR** life.

**WHEN:** Class date/time is determined by when the group can meet. Let us know what works for you!

**WHERE:** MNAW and CAIR In-Person-limited to 10 per location.

**CONTACT:** Chris Foss to sign up! 218.878.3721

- EAT HEALTHY & LOSE WEIGHT
- SELF-MONITOR
- MANAGE STRESS
- STAY MOTIVATED
- BE ACTIVE
- PROBLEM SOLVE
- CHANGE YOUR LIFESTYLE
- BE POSITIVE

For more information about the Diabetes Prevention Program, call 218-878-3721.

**PREVENT2**  
A HOPE PROGRAM TO PREVENT TYPE 2 DIABETES

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

# Cultural Ceremonies

## FEBRUARY 2024

Anishinaabewigamig Language & Cultural Learning Center  
1713 Aannimikii Rd | Cloquet, MN

<b>Tuesday, Feb. 6, 2024   5:30pm</b> Community Drum Group <i>(with Ricky DeFoe &amp; Mike Murrell)</i>	<b>Wednesday, Feb. 21, 2024   5:30pm</b> Men's Sweat Lodge <i>(with Ricky DeFoe)</i>
<b>Thursday, Feb. 8, 2024   5:30pm</b> Women's Group	<b>Thursday, Feb. 22, 2024   5:30pm</b> Women's Group
<b>Friday, Feb. 9, 2024   6:00pm</b> Women's Sweat Lodge <i>(with Roxanne DeLisle)</i>	<b>Saturday, Feb. 24, 2024   6:00pm</b> Full Moon Ceremony <i>(with Jennifer Matineau)</i>
<b>Tuesday, Feb. 13, 2024   5:30pm</b> Men's Group <i>(with Ricky DeFoe &amp; Mike Murrell)</i>	<b>Tuesday, Feb. 27, 2024   5:30pm</b> Men's Group <i>(with Ricky DeFoe &amp; Mike Murrell)</i>
<b>Tuesday, Feb. 20, 2024   5:30pm</b> Community Drum Group <i>(with Ricky DeFoe &amp; Mike Murrell)</i>	<b>Wednesday, Feb. 28, 2024   5:30pm</b> Co-ed Sweat Lodge <i>(with Ricky DeFoe)</i>

**\*\*Sweat Lodge holds 18 people\*\***

All ceremonies are held in the field behind the Culture Center. Groups would be inside the Culture Center.

Updated 01.19.2024

Please call 218-878-8160 for additional information.

Fond du Lac Reservation | Fond du Lac Human Services Division | Behavioral Health Services

# Etc

directed activities and 1-2 one hour meetings required before the program starts. Participants live and work on three teams in three locations but form one research community. Participants gather at the beginning of the program for an Orientation in Glacier National Park in Montana. Housing, food, and transportation are arranged and paid for. After intensive team-building activities, and orientation to our core program elements of Community-Based Research and Ethical Research on Tribal Lands, participants head for their research locations (at Salish Kootenai College in Pablo, MT for Team SPA; in Minneapolis, MN for Team Stream; and in Duluth, MN for Team Zaaga'igan). Weekly videoconferences keep our community closely knit, and participants share their research progress. Participants are mentored to write an ESRI story map and create a poster. An All-Team Gathering at the St. Anthony Falls Laboratory in Minneapolis, MN at the end of the summer allows everyone to come back together and share their research. Finally, students have the opportunity during the following year to share their research at a national conference.

## Student Support (stipends)

Participants receive of stipend of \$7000 for the summer (9 weeks in summer + 40 hours before program begins).

## Housing

Participants' housing is in dormitories at Salish Kootenai College, University of Minnesota, Twin Cities, or University of Minnesota, Duluth. Dormitories either have a student food plan or cooking facilities.

## Transportation

Participants' round-trip travel to their research site, travel to the orientation and All-Team

Gathering is paid for. Tickets are purchased by the REU. Cars are not provided. However, transportation is arranged to provide for participants' needs and varies by team. Some participants choose to drive their own car to their research location. In such cases, we can pay for mileage up to the cost of airline tickets. However, parking in Minneapolis can be expensive and we do not pay for parking on campus.

## Research Expenses

All research expenses are covered by the REU.

## Conference

All students are encouraged to share their research at a professional conference. The REU pays up to \$1000/participant to support this activity.

**Application deadline:** February 4, 2024

In-person program dates: June 10 to August 9, 2024

We will start our journey in Glacier National Park in Montana on June 10 and then begin work at our research sites on June 16. We will gather in Minneapolis in August during the last week of the program for final activities and an All-Team Poster Symposium. All transportation is provided.

## Application and Eligibility

The program is open to undergraduate students majoring in Civil Engineering, Earth Sciences, Hydrology, Chemistry, Biology, Ecology, Sustainability, Mathematics, Natural Resources, Wildlife and Fisheries, Social Sciences and related disciplines. We encourage applications from students who are Native American, Tribal college students, community college students, non-traditional students, veterans, students who have been historically under-represented in their discipline, and students

who are first-generation college students. The program provides transportation, housing, and food or full kitchens depending on location, plus a \$700/week stipend to all participants.

Visit <http://reuslawr.org> for more information and application.

## Fond du Lac community announcement

In response to the tragedy that occurred, January 8, 2024 in Cloquet, the Fond du Lac Behavioral Health Department Mobile Crisis Team and our Therapists are standing by available to anyone in the community that would like to reach out for someone to talk with.

Call: (218) 655-3669 or (218) 878-3756 for immediate assistance.

Also, Rebekah, is a Psychiatric Nurse Practitioner at the Min No Aya Win medical clinic is on standby and can be reached at:

Call: (218) 878-2190 or (218) 878-2120

First call for Help line 988 is available 24/7

## Caring for Indoor Air this Biboon: Addressing and Preventing Mold

Namebini-Giizis (February) is National Care About Your Indoor Air Month, and the Fond du Lac Air Program encourages you to take a moment to check in on the air quality of your indoor spaces! Though many of us enjoy getting outside during biboon, it is an important season to think about indoor air, as blizzards and cold snaps can lead us to spend more time inside than we do

during other seasons. Importantly, improving our indoor air can reduce certain health risks, and make our living conditions more comfortable. But what types of indoor air concerns should we be on the lookout for?

Mold is one common concern for indoor air quality. While mold helps build nutrient-rich soil outdoors, it can be problematic when it starts growing inside buildings. Mold spores can trigger irritating symptoms such as coughing, runny nose, wheezing, and sore throat. They also can worsen symptoms for people with allergies and asthma (Mold and Moisture, MN Dept. of Health). If you're looking to identify mold in your home, pay attention for musty or earthy odors, or discolorations and stains on walls, ceilings, furnishings, or other surfaces. It's also important to note that the color of mold can

vary. Black, brown, gray, green, and white molds are common.

What should you do if you find mold in your home? If you identify a mold patch that takes up less than 10 square feet (or roughly a 3ft by 3ft area), you can, in most cases, clean it up yourself. If you see mold growth or water damage bigger than 10ft<sup>2</sup>, you will likely need to hire a contractor to do the cleanup (Mold, US EPA). In the case where you can clean the mold yourself, the methods for cleaning depend on the type of surface you're working with. Porous surfaces like carpet, drywall, insulation, and paper should be bagged and disposed of, whereas non-porous materials such as hard plastic, solid wood, concrete, metal, or glass can be cleaned directly. There are several direct cleaning options to choose from. One such option includes using a stiff

1111 Cloquet Ave  
Suite 2  
Cloquet, MN 55720

Date: Jan 10, 17, 24, 31  
Feb 7, 14, 21, 28  
Time: 5:30-7:30



Sign up now!!

# Auntie's Table

Beadwork and moccasin making.

# Etc

brush to scrub surfaces with hot water and household detergent, collecting the cleaning solution using a sponge or mop, rinsing the area with clean water, and drying the area completely when finished (Mold and Moisture, MN Dept. of Health).

As for preventing future mold growth, moisture control is key. Make sure to repair leaks, clean and dry any wet building materials and furnishings within 24-48 hours, and keep indoor humidity at 30%-60% if possible. Reducing humidity can be done through ventilating moist environments (like bathrooms and washers), using air conditioners and de-humidifiers, and turning on exhaust fans when bathing, cooking, dishwashing, and cleaning. If you're looking for more information and in-depth instructions on dealing with mold, visit the EPA, MN Department of Health, and CDC websites.

Mold is just one type of allergen that impacts indoor air quality. A description of other allergens, and how to address them, can be found in the April 2023 edition of the FDL paper, accessible online through the FDL website. This biboon, the FDL air program encourages you to think about ways to improve your indoor air, and to be on the lookout for mold. For more information about air quality subjects, 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). Miigwech!

## Happy World Wetlands Day!

On February 2, 1971, the Convention on Wetlands was adopted as an International Treaty. Today, the convention has a global membership of 172 countries, referred to officially as Contracting Parties. The Secretariat of the Convention organizes the World Wetlands Day awareness campaign, with Contracting Parties celebrating World Wetlands Day on Feb. 2 since its establishment in 1997.

This year's theme is "Wetlands and Human Wellbeing," shedding light on the profound interconnection between wetlands and human life. People derive sustenance, inspiration, and resilience from these productive ecosystems. Importantly, the theme for 2024 emphasizes how all aspects of human wellbeing are intricately tied to the health of the world's wetlands. It calls on each of us to value and steward our wetlands—every wetland matters, and every effort counts.

Wetlands are essential for human life. From filtering water, to providing food, to supporting biodiversity, to mitigating climate change, to offering livelihoods, to inspiring unique cultures, these ecosystems provide vital services that sustain our wellbeing. Despite their essential services, wetlands are the Earth's most threatened ecosystem, disappearing three times faster than forests. Scientific estimates indicate that 64% of the world's wetlands have vanished since 1900, primarily due to human disturbances such as increased agriculture, infrastructure development, and pollution. World Wetlands Day aims to increase global understanding of the invaluable contributions wetlands make to humanity and

emphasizes the need to care, nurture, and support them for a sustainable future.

World Wetlands Day provides an opportunity for all nations and people to unite in raising awareness, fostering appreciation, and taking action for wetlands. The deep historical connection between people and wetlands highlights the importance of these essential ecosystems for everyone. The initiative is open to everyone, emphasizing the collective responsibility we share in preserving these vital habitats.

As we commemorate World Wetlands Day and reflect on the vital role wetlands play in sustaining our wellbeing, let us remember that our actions today shape the future of these essential ecosystems. Each individual effort contributes to the conservation and preservation of wetlands, ensuring that they continue to provide invaluable services for generations to come.

Let this day serve as a reminder of our interconnectedness with nature and the responsibility we bear as stewards of the Earth. By valuing and protecting our wetlands, we invest in a healthier planet and a more resilient future.

Together, let's pledge to cherish and safeguard our wetlands. Every small step we take today resonates in the echoes of a sustainable tomorrow. Happy World Wetlands Day!

For more information about wetlands, "like" the Fond du Lac Resource Management Facebook page, check out our website at [www.fdlrez.com/RM/wetlands](http://www.fdlrez.com/RM/wetlands), or reach out to FDL Wetland Specialist, Nicole Walker, at [nicolewalker@fdlrez.com](mailto:nicolewalker@fdlrez.com). Miigwech!

## Feb 2024 Cultural Ceremonies

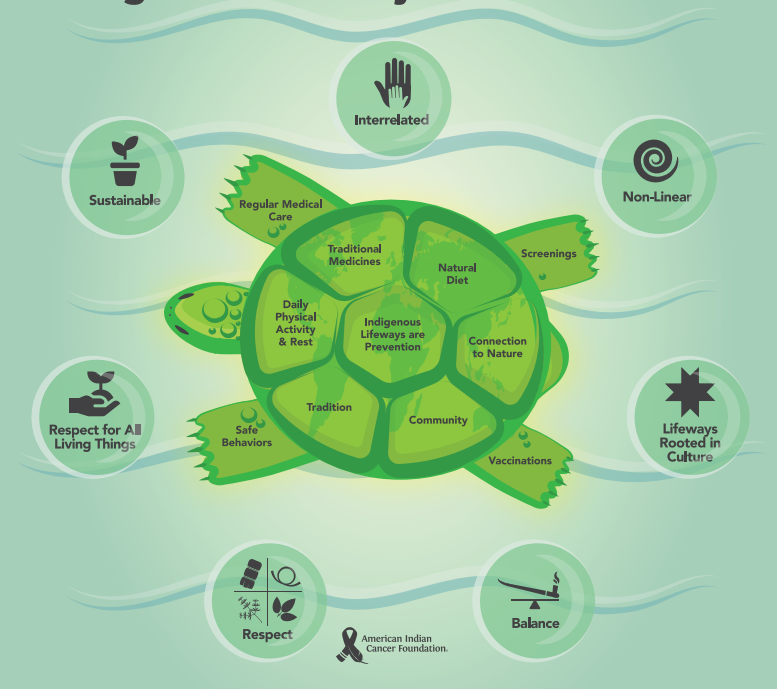
- Feb. 6, 5:30 p.m. Community Drum Group (Ricky DeFoe/Mike Munnell)
  - Feb. 8, 5:30 p.m. Women's Group
  - Feb. 9, 6 p.m. Women's Sweat Lodge (Roxanne Delille)
  - Feb. 13, 5:30 p.m. Men's Group (Ricky DeFoe/Mike Munnell)
  - Feb. 20, 5:30 p.m. Community Drum Group (Ricky DeFoe/Mike Munnell)
  - Feb. 21, 5:30 p.m. Men's Sweat Lodge (Ricky DeFoe)
  - Feb. 22, 5:30 p.m. Women's Group
  - Feb. 24, 6 p.m. Full Moon Ceremony (Jennifer Martineau)
  - Feb. 27, 5:30 p.m. Men's Group (Ricky DeFoe/Mike Munnell)
  - Feb. 28, 5:30 p.m. Co-ed Sweat Lodge (Ricky DeFoe)
- All ceremonies will be held at the Anishinaabewigamig Cultural Center (1713 Aanimikii Rd, Cloquet, Minn. (218) 878-8160).

## Restorative Practices at FDL OS

The Fond du Lac Ojibwe School is continuing to move forward with Restorative Practices. The aim of the restorative approach is to enhance community building, strengthen our relationships, and manage challenges by repairing harm due to conflict. We are working towards embedding restorative practices into our school culture to support the core values of Mino-bimaadiziwin and the Seven Grandfather Teachings.

We continue to use talking circles with all students. We use Check In, Check Up, and Check Out Circles on Mondays, Wednesdays, and Fridays. The purpose is exactly what the title suggests, a check-in with students. This allows all of us to build relationships with each

## Indigenous Lifeways Are Prevention



# Etc

other. The questions we use for these circles can stem from a variety of topics, such as a favorite menu item in the cafeteria or a trait you admire about your friend.

We are beginning to implement Circles of Harm. Circles of Harm create safe spaces to discuss the impact of harm done and to give the opportunity for accountability. Accountability can take place in many forms, such as an apology, an act of kindness, and even doing something for the school. Yes, it can also include in-school suspension, and even out-of-school suspension.

Restorative Chats are also a strategy we use with students. This allows students to reflect on behavior and move to problem solving. The intent is to restore the classroom setting back to a good learning environment. The conversation takes the form of six questions:

1. What happened?
2. What were you thinking at the time?
3. What were you feeling at the time? What are you feeling now?
4. Who has been impacted by this situation?
5. What needs to happen to make things right?
6. What support do you need? How can I assist?

These questions are also helpful in a family situation and can be used to help with the communication process

with siblings, parents, children, and so on. I know I have used these questions with my own adult children and have achieved positive results.

For questions about Restorative Practices, please contact Valerie Tanner at (218) 878-7242.

## PAG meeting Feb. 1

Boozhoo Fond du Lac Ojibwe School Families and Community!

On behalf of the Fond du Lac Ojibwe School Parent Advisory Group (PAG) we would like to invite you to attend our monthly PAG meetings. Our meetings will be held the last Thursday of every month unless otherwise scheduled. **Our next meeting is February 1, 2024.** A \$25 gift card to Fond du Lac Gas and Grocery is given to cover gas costs. You can call Ashley Jaakola at (218) 878-7239; she would be happy to answer any questions, to the best of her abilities, you may have about PAG. Hope to see you at our next PAG meeting!

Sincerely, FDLOS PAG

## LEGAL NOTICE – FEBRUARY 2024

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:

\*BEAULIEU, Kenneth C.  
\*BELCOURT, Ernest Jr.  
\*BELLANGER-FOHRENKAM, Stacey  
\*BENTON, Elwin  
\*BISHOP, Guy  
\*BRADFORD, Evelyn  
\*BRITTAN, Jeffrey  
\*CADOTTE, Michael D.  
CICHY, Gerard  
\*CICHY, Gerard  
CICHY, Leslie  
\*CICHY, Leslie  
\*COFFEY, Kenneth  
\*DANIELSON, Harvey  
DEFOE, Curtis  
\*DEFOE, Sienna K.  
\*DIVER, Chaya M.  
\*DIVER, Grandon J. II  
\*DIXON, Kaden M.  
DUFALUT, Lavonne  
\*DURFEE, Arthur  
\*DURFEE, Thomas M.  
\*FAGERNESS, Dennis  
FARRELL, Margo J.  
\*FARRELL, Margo J.  
\*FOX, Michael  
\*HOULE, Clinton Sr.  
\*HOULE, Laura  
\*HOWES, Riley M.  
\*HUTTON, Sharon  
KIER, Tresa  
LABELLE, Gregory  
LADUE, Michelle

LAPRAIRIE, Robert  
\*LAPRAIRIE, Robert  
LEGARDE, Ava  
\*LEGARDE, Ava A.  
LEGORE, Terri  
MARTIN, William  
\*MARTINEAU, Katrina  
MARZINSKE, Larry  
\*MARZINSKE, Larry  
MOELLER, Jeffery  
\*NELSON, Betty  
NEWAGO, Dennis  
\*OLP, Madison S.  
\*OLSON, Eugene Jr.  
OWENS, Louise K.  
\* OWENS, Louise K.  
\*PAGE, Timothy  
\*PEACOCK, John  
PETITE, Benjamin F.  
\*PETITE, Benjamin F.  
\*PETITE, Dale R.  
PETITE, Leonard Jr.  
\*REYNOLDS, Frederick Sr.  
\*REYNOLDS, Nicholas  
\*SAICE, Wallace Jr.  
SAVAGE, Mark  
SCURLOCK, Patricia  
SEPANSKI, Barbara  
SOULIER, Gary  
\* SOULIER, Gary  
ST. GEORGE, Richard J.  
\*ST. GEORGE, Richard J.  
STRONG, Marilyn  
\*TALBOTT, Jack  
\*THOMPSON, Alexis N.  
\*THOMPSON, Catherine Joann  
THOMPSON, Dennis Jr.  
\*TOPPING, Debra J.  
TROTTERCHAUDE, Nicholas  
\*VILLIARD, Archie  
\*WAKANABO, Henry III  
WAKANABO, Thea  
\*WHITE, Samuel  
\*WICK, Marlin

## MCT constitution Reform Convention meeting open to the public

Feb. 16 BBCR

# SPREAD KINDNESS NOT GERMS



# PLEASE WASH YOUR HANDS

# Election News

## 2024 election announcement and calendar

The Minnesota Chippewa Tribe hereby announces that a Regular Election will be held on June 11, 2024, on the FOND DU LAC RESERVATION.

This REGULAR ELECTION provides for an April 2, 2024, PRIMARY ELECTION in the event there are more than two (2) eligible candidates for each open position.

Elected positions to be filled are as follows:

- A. Chairperson - Fond du Lac Reservation Business Committee - Four (4) year term
- B. Committeeperson District I - Fond du Lac Reservation Business Committee - Four (4) year term
- C. Committeeperson District III - Fond du Lac Reservation Business Committee -Four (4) year term

Candidates shall file with the Secretary/Treasurer or his designee during regular business hours beginning on January 12, 2024. Filing closed on January 22, 2024, at 4:30 P.M.

## Election calendar

February 12: Deadline for notice of Certifications of candidates to TEC.

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

February 15: Deadline for appointment of Election Boards.

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

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

February 20: Answer to challenge from the person whose certification is being challenged to the MCT by 4:30 p.m.

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

February 23: Notice of Primary Election and Posting.

February 28: TEC provides ballots for Primary Election.

March 29: Notify MCT on choice of appellate forum.

## April 2: Primary

(Polling places open from 8:00 a.m. until 8:00 p.m.)

April 3: General Reservation Election Board certifies Primary Results.

(Prior to 8:00 p.m.)

April 4: General Reservation Election Board publishes Primary Results.

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

April 5: Deadline to Post Regular Election Notice with Primary

April 9: 4:30 p.m. – Deadline for Contest

of Primary Election. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe).

April 10: (Results, if allowed or April 8 or 9 if earlier request)

Deadline for Decision on Request for Recount and Results of Recount, if allowed.

April 19: Deadline for Decision on Contest

April 22: (or within 3 day of decision on Contest) 4:30 p.m. – Deadline for appeal to Court of Election Appeals.

(Filed with the Executive Director of the Minnesota Chippewa Tribe and with Reservation Tribunal rendering Decision).

April 24 (at least two (2) days prior to the hearing date): Record of contest forwarded to Court of Election Appeals.

April 29 (hearing within 7 days of notice of appeal). Last Day for Hearing on Appeal

May 9 (10 days from hearing on appeal). Last Day for Decision on Appeal

May 10: Notice of General Election (or earlier if no appeal).

May 10: TEC provides ballots for General Election (or earlier if no appeal).

## June 11: General Election

(Polling Places open from 8:00 a.m. until 8:00 p.m.)

June 12: General Reservation Election board certifies results of Election. Prior to 8:00 p.m.

June 13: General Reservation Election Board publishes Election results.

June 14: Deadline for Request for Recount. (Filed with General Election Board

prior to 5:00 p.m.)

June 18: 4:30 p.m. – Deadline for Notice of Contest. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)

June 19: (or 18, if request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.

June 28: Deadline for Decision on Contest for General Election.

July 1 (or within 3 days of decision on Contest): 4:30 p.m. – Deadline for appeal to court of Election Appeals. (Filed with Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering Decision).

July 5 (at least two (2) days prior to the hearing date): Record of contest forwarded to Court of Election Appeals

July 8 (hearing within 7 days of notice of appeal). Last Day for Hearing on Appeal

July 8: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.

July 18 (or Ten days from Hearing on Appeal): Deadline for decision of the Court of Elections Appeal. Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

## The following is an excerpt from Election Ordinance which states voting requirements.

### Section 1.6. Voter Eligibility.

#### 1.6(A). Judging Qualifications.

Each Band governing body will be the sole judge of the constitutional qualifications of its voters and may, by official action, delegate this responsibility to its General Reservation Election Board.

#### 1.6(B). Eligibility to Vote: Generally.

Eligible voters are enrolled members of the Tribe, 18 years

of age or over. All eligible voters shall vote by secret ballot. To be eligible to cast a ballot a voter must meet all constitutional requirements. In addition, to be eligible to cast a vote for Committeeperson, a voter must have resided within that district for at least thirty (30) days immediately preceding the election, unless the voter casts an absentee ballot as permitted by this Ordinance.

#### 1.6(C). Eligibility to Vote: Absentee.

Whenever, due to absence from the Reservation, illness or physical disability, an eligible voter is not able to vote at the polls and notifies the General Election Board consistent with this Ordinance, he/she will be entitled to vote by absentee ballot in the manner and under the procedures as provided by Section 2.2(B). To cast an absentee ballot for Committeeperson, an eligible voter must have resided within that district for a period of at least thirty (30) days as his/her last Reservation residence. In the event an eligible voter has never resided on the Reservation of his/her enrollment, he/she may declare in his/her request which district has been selected in which to cast the ballot for Committeeperson. If an eligible voter does not and has not previously designated a district, that eligible voter may cast an absentee ballot that includes only the at-large positions up for election. Once a voter has resided in or declared a district, the voter may not thereafter change his/her district for absentee voting purposes without actually residing within a different district on his/her Reservation of enrollment for at least thirty (30) consecutive days immediately preceding the election.



# #FDLSTRONG



# Ashi-niswi giizisoog (Thirteen Moons)

## Language Page: Ashi-niswi giizisoog Ojibwemowin Page

### Anishinaabemowin Lessons • Basic Ojibwe words and phrases:

#### Days of the Week

Monday(day after prayer day)-  
Ishwaa-anami'e giizhigad  
Tuesday(second day)- Niizho-giizhigad  
Wednesday(half way)- Aabitoose  
Thursday(fourth day)- Niiyo giizhigad  
Friday(fifth day)- Naano giizhigad

Saturday(floor washing day)- Giziibiigiis-  
aginige-giizhigad  
Sunday(last work day or prayer day)-  
Ishwaa-anokiigiizhigad or  
Anami'e-giizhigad

#### 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"- so

Source: [www.ojibwe.org/home/pdf/ojibwe\\_beginner\\_dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf) funds like the "ay" in stay

### Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

AADIZOOKAAN ..... legend  
AAKOZIWIN ..... illness  
ANOKIWIN ..... job  
BABIINZIKAWAAGAN ..... jacket  
BIISIGNAISAAN ..... kindling wood  
DEBWETAU ..... obey  
ESHKAN ..... ice chisel  
JIIBAAKWAANAKIK .... cooking kettle  
MINJIKAAWAN ..... mitten  
OJIINDIWAG ..... kiss  
WAABIZHESHI ..... marten  
ZAAGAIGAN ..... lake  
ZHIGAAGAWANZH ..... onion

# Health News

## Obesity and Cancer

**D**id you know that being overweight or obese increases your risks for getting cancer? Ninety percent of new obesity-related cancers occur in men and women who are 50 years old or older. More than 650,000 obesity-associated cancers occur in the U.S each year, including more than 200,000 among men and 450,000 for women.

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

American Indians and Alaskan Natives have much higher rates of getting lung, colorectal, liver, stomach, kidney and many other types of cancer compared to the non-Hispanic white people in the United States.

Overweight and obesity for our children is on the rise. Being obese or overweight as a child or teen can increase the chances of cancers later in life. The higher amounts of body fat are associated to increased risks of a number of different cancers including:

- Risk factors include: commercial tobacco use, drinking sweetened beverages, alcohol use, lack of physical activity, diabetes, obesity, exposure to carcinogens (substances that can cause cancer), viral hepatitis infection and helicobacter pylori (H-pylori- a leading risk factor to stomach cancer).
- Other risk factors can also contribute to these cancers. Some of these are hormone levels, changes in genes (called mutations), and long-lasting infections.
- Being overweight or having obesity doesn't mean that someone will definitely get cancer, but it does mean that they are more likely to get cancer than if they were at a healthy weight.

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

- Understand the benefits to screening services starting as young as children 6 years old to adult age
- Seek out commercial tobacco prevention programs
- Make healthier lifestyle choices- follow a healthy eating plan and taking part in regular physical activity

Always remember to talk with your healthcare provider.

A message from your Fond du Lac Cancer Prevention Program

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

## Roasted winter squash with wild rice and cranberries - Mayo Clinic

**D**ietitian's tip: Hubbard, butternut, and acorn squash are all kinds of winter squash. Pick your favorite to use in this recipe.

### Number of servings

Serves 8

- DASH diet
- Low-sodium
- Heart-healthy
- Weight management
- Plant-based
- Meatless
- Healthy-carb
- Diabetes meal plan
- Gluten-free

### Ingredients

- 4 cups peeled and diced (1/2-inch

pieces) winter squash

- 2 teaspoons canola oil, divided
- 1 cup diced onion
- 1 cup fresh cranberries
- 4 cups cooked wild rice
- 1/4 cup walnuts, chopped
- 1 small orange, peeled and segmented
- 1/2 tablespoon chopped Italian parsley
- 1/4 teaspoon thyme
- Black pepper to taste

### Directions

Heat oven to 400 F. Place squash in a roasting pan and toss with 1 teaspoon of oil. Roast for 40 minutes or until brown.

In a hot saute pan, brown onions

with remaining oil. Add cranberries and saute for 1 minute. Add remaining ingredients and saute for 4 to 5 minutes or until heated thoroughly. Serve.

### Nutritional analysis per serving

Serving size: About 1 cup

- Cholesterol 0 mg
- Calories 184
- Sodium 6 mg
- Total fat 4 g
- Total carbohydrate 32 g
- Saturated fat Trace
- Dietary fiber 4 g
- Trans fat Trace
- Added sugars 0 g
- Monounsaturated fat 1 g
- Protein 5 g

Look up when your  
Medical Assistance  
or MinnesotaCare  
renewal takes place

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

LACTATION POLICY SUPPORT AT BLACK BEAR CASINO

Support for breastfeeding parents at Black Bear Casino Resort just got better! With the help of grant dollars and the Community Health Services Department, we've installed a new Mamava Lactation Pod located near the Otter Creek Event Center. The pod will provide a clean, private, and comfortable space to pump or nurse, and is open to both staff and community members. Parents can unlock the pod with the touch of a button by visiting the Black Bear Casino Resort Security Desk.

THE INSTALLATION OF THE POD WILL SUPPORT THE RESERVATION WIDE LACTATION POLICY THAT PASSED IN EARLY 2020.

RESERVATION WIDE LACTATION SPACES

- Min No Aya Win
- Center for American Indian Resources
- Fond du Luth Casino
- Headstart
- Na'Enimonigamig
- Gas & Grocery
- Tribal Center

QUESTIONS

For more information on how to access the pod, or general questions relating to our lactation policy, please email [lactation@fdlsz.com](mailto:lactation@fdlsz.com)

# Health News

## Heart Health Month

By Kara Stoneburner, RDN LD, Community Health Services Dietitian

February is American Heart Month. According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death for men, women and people of most racial and ethnic groups in the United States. A healthy lifestyle can help keep your blood pressure, cholesterol and blood sugars normal and lower your risk for heart disease and heart attack. Most health agencies agree that there are steps to prevent heart disease. The Mayo Clinic suggests these 8 tips:

### Control portion size

- Use a smaller plate
- Fill plate with more vegetables and fruits
- Have smaller amounts of higher calorie foods and higher sodium foods such as refined, processed or fast foods

### Eat more fruits and vegetables

- Fruits and vegetables are a great source of vitamins and minerals
- They are low calorie and fat-free
- They are high in fiber
- By filling up on fruits and vegetables, there will be less room for higher calorie foods
- Tips to increase vegetable consumption include: adding veggies to sandwiches, adding additional veggies to soups and casserole and pre-portioning vegetables in "grab and go" baggies or containers

### Make at least half your grains whole grains

- Whole grains are good sources of fiber and other nutrients
- Look for 100% whole grain bread or 100% whole wheat bread
- Choose breakfast cereals that contain 5 grams or more of fiber
- Serve brown rice, barley or wild rice more often than plain white rice
- Serve whole grain pasta
- Serve oatmeal more often

### Limit unhealthy fats

- Monounsaturated and polyunsaturated fats are healthier fats than saturated fats and trans fat
- American Heart Association offers guidelines for unhealthy fats:
  - Keep saturated fats to < 6% of total calories

- (example: a 2000 calorie diet could include 11-13 grams of saturated fat)
- Avoid trans fats. Trans fats may also be listed as partially hydrogenated oil
- Ways to cut back on fats:
  - Trim fat off meat
  - Choose lean meats
  - Trim fat off meats
  - Use less butter, margarine and shortening when cooking
  - Use low-fat substitutions when able
- Healthier options include olive oil, vegetable or nut oils, canola oil, trans fat free margarines, nuts, seeds, ground flax seed and avocados
- Remember, fat, even the healthier ones, still contain calories

### Choose low-fat protein sources

- Lean meats, poultry, fish, low-fat or fat-free dairy products, eggs, legumes, beans and peas

### Limit or reduce salt intake

- Eating too much can increase blood pressure
- American Heart Association recommends that healthy adults have no more than 2300mg of sodium a day (about 1 teaspoon of salt) and should strive for less than 1500mg of sodium a day
- Ways to decrease sodium intake include not using the salt shaker when eating or preparing meals, decrease canned and processed foods, increase fruit and vegetable intake and don't forget about the condiments. Condiments can be loaded with sodium. Choose low sodium options or use sparingly

### Plan ahead and create daily menus that emphasize the previously mentioned tips

### Allow yourself an occasional treat

Of course, other important tips include: obtaining and maintaining a healthy weight, increasing physical activity, limiting or avoiding alcohol and living tobacco free.

Be sure to ask your healthcare provider about your risk for heart disease.

\*Sources include: [Mayoclinic.org](http://Mayoclinic.org), [health.harvard.edu](http://health.harvard.edu), American Heart Association and CDC



## 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

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**INDIGENOUS LIFEWAYS TO SAFEGUARD HEART HEALTH**

Move daily, connect with nature and get your rest.

Use traditional tobacco in ceremonial ways and stay away from commercial tobacco.

Eat a more natural diet, which means increase the amount of vegetables and fruits, and limit sugar, trans and saturated fats.

Get your health check-ups that monitor blood pressure, diabetes status, and more.

CONNECT WITH THESE ANCESTRAL LIFEWAYS AND YOUR BODY TO KEEP YOUR HEART HEALTHY

American Indian Cancer Foundation.

# PREVENT DIABETES

JOIN FORCES WITH A TRAINED LIFESTYLE COACH AND A SUPPORTIVE GROUP OF PEOPLE WHO CAN HELP YOU TO PREVENT DIABETES.

We are often told to make healthy lifestyle changes, yet given little direction. *The Diabetes Prevention Program can help you learn **WHAT** changes to make and **HOW** to make those changes a regular part of **YOUR** life.*

**WHEN:** Class date/time is determined by when the group can meet. Let us know what works for you!

**WHERE:** MNAW and CAIR In-Person-limited to 10 per location.

**CONTACT:** Chris Foss to sign up! 218.878.3721

- EAT HEALTHY & LOSE WEIGHT
- BE ACTIVE
- SELF-MONITOR
- PROBLEM SOLVE
- MANAGE STRESS
- CHANGE YOUR LIFESTYLE
- STAY MOTIVATED
- BE POSITIVE

For more information about the Diabetes Prevention Program, call 218-878-3721.

PREVENT2  
A PREVENTION PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

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

## Are you a Caregiver?

The caregivers program can assist you in caring for your loved ones by providing:

- Education
- Training
- Support
- Referrals for respite services

**Who is eligible:**

- Someone taking care of a Native elder
- Individuals taking care of a Native person with Alzheimer's disease or related disorder
- Native elder who provides care to a child under the age of 18 who is not their child by birth or adoption
- A Native elder caring for an adult with disabilities

Please call 218-878-2125 for more information.

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

## CANCER SUPPORT GROUP

WE ARE LOOKING FOR CANCER PATIENTS, SURVIVORS, AND CARGIVERS WHO WOULD BE INTERESTED IN A MONTHLY TALKING CIRCLE.

**WANT TO KNOW MORE?**

If you would like to be a part of the conversation, please reach out to Jolene at: [jolenegansen@fdlrez.com](mailto:jolenegansen@fdlrez.com) or call 218-878-2125

**LET'S FIGHT CANCER TOGETHER**

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

# 6 FACTORS THAT IMPACT HEART HEALTH

Certain health conditions or other factors may also increase your risk for developing cardiovascular disease (CVD), including:

- ✓ Diabetes
- ✓ High Blood Pressure
- ✓ High Cholesterol
- ✓ Age
- ✓ Family History



## Common Symptoms of Heart Disease

Chest pain, tightness or pressure

Pain in the jaw, throat, neck, upper abdomen, or back

Shortness of breath

Anxiety



## Common Symptoms of Heart Disease

Chest pain, tightness or pressure

Pain in the jaw, throat, neck, upper abdomen, or back

Shortness of breath

Anxiety



## Heart Disease Among Indigenous Communities

Overall Native people live about 11 years less compared to the national average (65 years old versus 76).

Both heart disease and cancer are in the top causes of death for Native people. Heart disease and cancer share many of the same behavioral risks that can be changed by practicing Indigenous lifeways.

Preventing cancer is preventing heart disease and other chronic illnesses.

We can reclaim Indigenous health outcomes by healing with culture!



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# Community News

## Happy birthday

Happy 100th birthday **Beatrice Houle Niemi** (Jan. 15, 2024)! Beatrice Houle Niemi is a Fond du Lac Band member born



Jan. 15, 2024 to August and Clara Houle in Cloquet, Minn. She married Elmer Niemi (deceased) and has two daughters, Marsha Westlund and Margie Greathouse (deceased). Beatrice currently lives in Washington. Beatrice is also the last surviving sibling of the Houle family, and currently the oldest Fond du Lac living Band member. Her siblings were Michael Houle, Vincent Houle, Julia Houle, Marie Houle, Irene Houle, George Houle, and Dorothy Houle.

*Love, Marsha and all your family*

Want to wish my Grandson **Mitchell** (Feb. 6) happy birthday, also wishing my two daughters **Jenny** (Feb. 9) and **Sheila** (Feb. 15).

*Love you's very much, Fritz*

Happy 70th Birthday & many more to our sister **Karen Ann (Danielson) Bunch** (Feb. 9).

*Love from your siblings: Mary, Ric, Bob, Ken, Kim, Jon, Dena, and Jerry*

## Thank you

I would like to acknowledge all of my staff at FDL G&G, for the warm welcome and the great job they've been doing. Keep up the good job! Much Appreciated!

*From, Chris Dahl Convenience Store Manager*

## Obituary

**Corrine Eleanor Wick**

**Wick**, age 79 passed away on Saturday, December 16th, 2023, while living at Inter-Faith Care Center



in Carlton, Minnesota. She was born on February 13th, 1944, to Raymond and Eleanor (Aiken) Wick. Corrine married Kenneth W. Erickson in March of 1960 and in their 18 years of marriage they raised 6 children.

Corrine came from a family of many siblings. Growing up she understood the value of having brothers and sisters to play with and learn from. There would be no surprise when she created a large family of her own. She was artistic, creative, intelligent and well versed and passionate with drawing, painting, clay art/sculpture, writing and photography.

Corrine created a dark room at her home. That is where she created a space to develop pictures which also served as a space of solitude. A dark room for her creative photos of family and friends which started in the 70s and continued through her active years. Her children became very familiar with her desire to capture memories through the lens of a Minolta camera. Corrine's desire to educate herself led her the College of St. Scholastica where she pursued arts and literature. That is where she expanded her skills in writing and received her associate in arts degree and later continued her education at Fond du Lac Community College. Corrine loved to sing. She loved to dance. She created a world in your mind as a child where anything could be anything. The blades of grass when you took the time to lie down in it became a forest of a

faraway place. The clouds in the sky could transform into a fierce lion. Be imaginative. Be creative. See things beyond the presence... this is why Corrine read every week at Fond du Lac Elementary School. She enjoyed transferring the same creative ideas to a new generation. Corrine loved her time at the Black Bear Casino for her weekly breakfast. Mostly laughing with her best friend/sister-in-law Sonja and visiting with people which became a joy for her. She loved her children, grandchildren, and great grandchildren. She was a face and voice that many became familiar with in Cloquet. To know Corrine was to love Corrine.

She was preceded in death by her parents, Raymond and Eleanor (Aiken) Wick; son, Darrell Erickson; grandson, Kevin Liebeck; siblings, Charles, Otis, Marlin and David. She is survived by siblings, Kenneth (Eleanor) Nystrom, Gwendolyn Klosner, Ardith Kleinenberg, Milda Tode, Betty (Leonard) Anderson, and Carol Mirtica; sisters-in-law, Sonja Wick and Sheri Wick, along with many nieces and nephews.

Corrine will be deeply missed by her children, Randolph Erickson, Russell (Tammy Bishop) Erickson, Angela Hagen, Jennifer Oeffling and Stephanie Hendricks; 11 grandchildren, Mahaila Houle, Ashley Shepherd, Jenny (Ryan) Colt, Taylor (Andrew) Wischnewski, Landen (Kelsey) Straub, Brandt (Megan Waller) Straub, Ari Straub, Turner Oeffling, Dina Oeffling, Talan Oeffling, and Jenna Hendricks; 5 great grandchildren, Shane Lavamaki, Jasmin Lavamaki, Mekaila Colt, Presley Wischnewski and Percy Straub.

The family of Corrine Wick would like to extend their gratitude to Amy "Superman" Antonson at Inter-Faith Care Center for her passion, humor and love while working with our

mother. We extend our gratitude to St. Croix Hospice Care for their unparalleled professionalism, compassion, guidance, support and quality of life in her final days.

**Andrew "Andy" Darin DePoe**, age 56, of Cloquet, passed away Friday, January 12,



2024, at his home. He was born January 12, 1968, in Cloquet and was a member of the Fond du Lac Band of Lake Superior Chippewa. Andy served in the U.S. Coast Guard from 1989 until he retired in 2006. He then worked as the Veterans Service Officer for Fond du Lac Reservation and Home School Liaison for the Cloquet Public Schools. Andy enjoyed golfing, fishing, cooking, grilling, and spending time with his grandkids and family. He loved teaching his grandkids native traditions, attending Pow Wows, and was also a very proud Veteran.

Andy was preceded in death by his mother, Nadine King; step-father, Rodney King; brother, David Michael DePoe; and step-brother, Christopher King. He is survived by his wife, Christine DePoe; children, Derek (Melissa) Brown, Heather DePoe, Drew (Desiree) DePoe, Karissa DePoe, and Katie Olson; siblings, Patty (Fred) Petite, Jamie (Val) DePoe, Melanie (Dale) Sautbine, and Roger (Vickie) Smith, Michelle King, Robert King, and Kathryn King; grandchildren, Ryker, Sayge, Tytan, Amara, Elton, Timonte, Zianna, Damien and Ronan; and numerous cousins, nieces, and nephews.

**Raymond George Diver**, age 84, of Cloquet, Minnesota passed away on Tuesday, January 2, 2024, at Inter-Faith Care Center in

Carlton, Minnesota. He was born on June 10, 1939, to George and Emma (Reed) Diver in Cloquet. Ray was a man of many trades. He worked as a laborer on the ships for many years but was also a roofer and held various other labor positions. He had a passion for animals and enjoyed feeding and watching the deer and other wildlife. He loved to fish. Ray was a football fan and cheered the Vikings on through many games. When he could find the time, he also enjoyed "putting a 20 in" at the casino. He will be remembered as a kind and gentle soul who was always willing to help someone out or offer a ride to those in need.



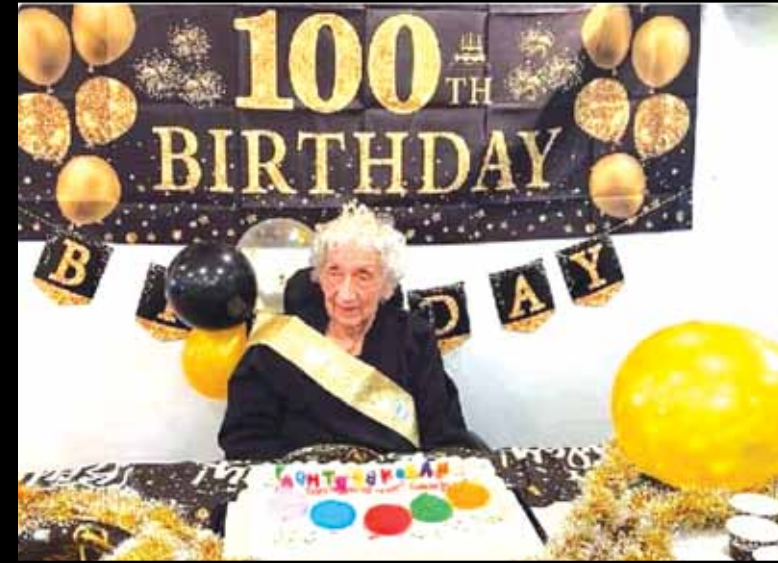
Ray is survived by his sister, Mary Jane Diver; nieces, Lisa (Brian), Jenny (Ryan), Jasmin, Mekaila, Debbie; nephews, Bryant, Shane, Dan, Todd, Clint, and Randy; cousin and good friend, Mike Murray Sr.; and many other relatives and friends. He was preceded in death by his parents; wife, Judy Lynne Diver; siblings, Leonard, Willie, Ron, and Lucille Diver, Ann Friedman, and Dorothy Bailey; nieces, Linda & Patty Moye; and nephew, Kevin Liebeck.

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



# Community News

## Happy 100th birthday Beatrice Houle Niemi (Jan. 15, 2024)!



### Attention Firewood Gatherers!

Fond du Lac Forestry has opened up a new community woodlot. This woodlot contains a mix of aninaatig (sugar maple), wiisagi-mitigomizh (red oak), baapaagimaak (black ash), wiigwaasaatig (birch), azaadi (aspen), wiigob (basswood), and maananoons (ironwood).  
Felling of trees may be required to gather firewood.

If you are interested in gathering firewood from this area, please stop by the Resource Management building to obtain a free permit and map of the location.

**This woodlot is open to Fond du Lac band members only.**



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



**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

# Namebini-giizis –Sucker Fish moon– February 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CCC is open on Sundays again!	State of the Band Feb. 15 5 p.m. BBCR	Chi-aya'aag Dibaaji-mowaad 5 p.m. CCC	Gitigaan starts March 5 5 p.m. ACC or virtual	1	2	Come & swim & use the gym 3
Come & swim & use the gym 4	Ke go naa 5:30 p.m. ACC 06 Community drum group 5:30 p.m. ACC 5	Community drum group 5:30 ACC 6	Auntie's table 5:30 p.m. 7	Women's group 5:30 p.m. ACC 8	Women's sweat lodge 6 p.m. ACC 9	Come & swim & use the gym 10
Come & swim & use the gym 11	Ke go naa 5:30 p.m. ACC 12	Men's group 5:30 p.m. ACC 13	Sobriety Feast 5 p.m. CCC Auntie's table 5:30 p.m. 14	State of the Band 5 p.m. BBCR 15	MCT constitution reform mtg 9 a.m.-4 p.m. BBCR 16	Come & swim & use the gym Ojibwe Winter games UMD Bagley nature area 10 a.m.-3 p.m. 17
Come & swim & use the gym 18	Washington's Birthday (Closed) 19	Community drum group 5:30 ACC 20	Men's sweat lodge 5:30 p.m. ACC Auntie's table 5:30 p.m. 21	Women's group 5:30 p.m. ACC 22	23	Come & swim & use the gym Full Moon Ceremony 6 p.m. ACC 24
Come & swim & use the gym 25	Ke go naa 5:30 p.m. ACC 26	Men's group 5:30 p.m. ACC 27	Chi-aya'aag Dibaaji-mowaad 5 p.m. CCC Co-ed sweat lodge 5:30 p.m. ACC Auntie's table 5:30 p.m. 28	29	The Fab Four Mar. 1 7 p.m. BBCR	Rock the Otter Mar. 29 7 p.m. BBCR

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