

Nagaajiwanaang Dibaajimowinan

Stories from where the water stops

The new Brookston Elder complex located just up the hill from the Stoney Brook river had it's grand opening on May 4.



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Local News

Brookston Elder complex grand opening

By Zachary N. Dunaiski

The long-awaited grand opening of the Brookston Elder complex took place May 4 and new residents and members of the community enjoyed a meal together.

It has been widely known for a long time that Brookston has needed an Elder complex, and now that has finally come in the form of a gorgeous new building, overlooking the peaceful Stoney Brook River. Now that it is finally complete everyone is very thankful and appreciative of all the work that took place.

“I can't thank the current RBC enough, and some of the former members for the support that they gave not only me, but the Elders of Brookston and the Brookston community to make this a reality,” Roger Smith Sr., Brookston Representative and

Vice Chairman, said of the hard work that went into making this project come to life.

Part of why it took so long to complete were the challenges in getting this building exactly right, something that Chairman Kevin Dupuis Sr. said at the grand opening event.



“If you want to look at the logo up top, that's the old logo from the old housing,” Roger Smith Sr.

“I remember the open meetings that we used to have at the old casino in the bingo hall. Everybody was asking ‘what are we going to do for the Elder in Brookston?’ And it wasn't that it was never planned for, I will tell you being in as the secretary treasurer in early 2000s, it was about the spot. Finding the right spot,” Chairman Dupuis Sr. said

about the struggles to get this facility absolutely perfect for the Elders who live in Brookston. “When we all came up here, when everything was demolished,



Brookston Elder complex has been decades in the making but it is finally a reality for Elders to live comfortably.

looking at this spot, it was one look out here and it was ‘go for it,’ it was the perfect spot we have right in front of us.”

Smith Sr., knowing he wanted to do right by the Elders of his district, also absolutely loves the location of this new facility.

“This is where it should be. And it's finally here,” Smith Sr. said about the years waiting to finally get this building a reality. “Like I said, it's been, as far as I know, decades of talking about it, so we should have one in Brookston and we finally do.”

The location played such a ma-

major factor in getting this building just right, but it was also designed to be a perfect place to reside for the Elders also.

“When we looked at what we wanted inside the building, and thinking of COVID, how do we not interrupt the Elders in their everyday lives,” Smith Sr. said of the questions they had during the planning process. “So we looked at the maintenance. Maintenance, water heaters, and the furnace. We don't even have to go into the apartments. We can do the all that maintenance on the outside and they won't even know

the maintenance staff is there to do that.”

The Elders will definitely appreciate that all of the utilities that feed each unit are in a separate section outside of the apartments themselves so that they won't have to worry about maintenance staff coming in to work on their units.

Fond du Lac has done so much over the years to help Elders live a comfortable life, and now the Elders in the Brookston community have a wonderful place to live.

Nagaajiwanaang Dibaajimowinan

Translation: Stories from where the water stops

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

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

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

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

Corporate Member of the
Native American Journalists Association

Local News



Walk to school

By Zachary N. Dunaiski

Another year of celebrating it finally being warm on the Fond du Lac Reservation as the school plans a day in which the students and staff are brought down the road and get to walk back and enjoy the nice weather.

This year, the students were able to walk down the walking path that goes along Big Lake Road, much different than past years where students and staff walked along University Road or Brevator Road with a police escort. This year the police were on hand but just for the crossing between Resource Management building and FDL Head Start. Two police officers and two school staff were stationed at the crossing to help students get across the road safely.

Other than the weather being a bit cold and the on and off drizzling that occurred, it was a perfect day enjoyed by everyone.



RBC Thoughts

FDLOS graduation May 26

Cloquet News

Hello All

Well we are still working on retrieving the Cloquet Forestry Center (CFC) land back to FDL. We had another meeting with the CFC staff to discuss the logistics of how we would be phasing the exchange. We are hoping that this can be accomplished in a somewhat expedited fashion. I think we are making good progress. However, it remains to be seen as to when this will happen. I am encouraged by how the CFC staff have been open to these discussions.



Wally Dupuis

On another note, a grand opening ceremony was held at/for the new Brookston Elder building and folks had the ability to see inside and outside the building. It is a beautiful building and will do our Elders well.

The childcare building is still coming along nicely and with the spring weather and snow melt they can finely get to the landscaping around the building.

Our cultural and language department has a number of Learning Our Language opportunities happening at their facility. Please see the Fond du Lac Reservation website for participating in these sessions. The lessons are online and accessible to any one that would like to learn our language.

Also, just a reminder that the Fond du Lac Economic Development Committee meetings are held every other Tuesday from 3-4 p.m. and are on Zoom and open to all Band members. Again, please see the Fond du Lac Reservation website for details on how to participate. I am sure that your thoughts and input would be appreciated.

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

Secretary Treasurer update

The council continues to be busy with many projects and events taking place on and around the Reservation as well as at times being needed in the State and/or U.S. Capitol. Rob Abramowski attended many of the events and took on several different projects this month and was unable to put an article in this month's paper. He did, however, want to let the membership know that he will have an article in next month's issue.

RBC weekly updates

The Fond du Lac Reservation Business Committee is committed to increasing transparency for the citizens of the Band. Administration provides a weekly recap RBC Member activities. The week of May 8-12, 2023 the Band elected officials completed the following:

Monday

- Met with Duluth Public School's leaders to hear about ISD 709's strategic plan. Graduation rates, disciplinary data, utilization of School Resource Officers (SROs), and the implementation of Check and Connect programming was discussed.

Tuesday

- Closed for Fond du Lac Memorial Day

Wednesday

- Weekly RBC meeting; agenda available upon request
- American Indian Day on the Hill – Superintendent Murray was a featured speaker.

Thursday

- Weekly RBC meeting continued; agenda available upon request
- Attended the WIPFLI quarter 1 exit meeting
- Met with MN Tribal Leaders reference to tribal gaming
- Met with Carlton County Director of Public Health and Human Services
- Weekly call with Tribal leaders Gov-

ernor's Office

Friday

- Went on a tour with Minnesota Power and visited the Thomson Hydro Station and Arrowhead Substation. Also learned about Minnesota Power's long-term energy plan, renewable energy efforts, as well as the company's efforts to improve Tribal relations. There was also discussion about workforce development, internship opportunities, and career exposure for youth.

The week of May 15-19, the Band elected officials completed the following:

Monday

- Met with Enbridge Leadership about current project status and learned more about the Indigenous Reconciliation Action Plan.
- Had a meeting with the U.S. Army Corp of Engineers about various matters.

Tuesday

- Attended the Indigenous Student Luncheon for the Graduating Seniors for ISD#2142 (St. Louis County) at Bois Forte
- Met with Native American Cultural Liaison for ISD#2142

Wednesday

- Weekly RBC meeting, agenda available upon request.
- Attended the Minnesota Indian Af-

fairs Council (MIAC) Executive Board Meeting

Thursday

- Attended the MIAC Quarterly Public Board Meeting
- Attended the American Indian Senior Banquet at Cloquet High School. Congratulations to all this year's graduates!

Friday

- Attended the MIAC Public Presentation
- Went to the Annual Garden Blessing and Ziigwan Feast. Good luck to all the gardeners this growing season!

Elected officials also met with community members, checked e-mails, and answered phone calls throughout the week.

Gizhewizin naa ge Ayaangwaamizin (stay healthy and be safe).



More Local News

Ziigwan feast at Na'enimonigamig

The Fond du Lac Agricultural Division held its annual Garden Blessing and Ziigwan Feast May 19 at Na'enimonigamig, the 964 Cary Road garden, greenhouse, and community kitchen site.

Celebrating spring on the Fond du Lac Reservation comes later than it can be celebrated in most other places, but those who attended were glad to finally be able to be outside enjoying a fresh meal with members of their community.

There was a gathering for a meal which included squash pasta with nettle pesto, bison meatballs, and wild rice salad.



The meal followed a ceremony lead by Roxanne Delille.



Students tour FDL facilities

By Zachary N. Dunaiski

Around 20 students from Humphrey School of Public Affairs, University of Minnesota visited the Fond du Lac Reservation to tour FDL's many renewable energy projects on May 16.

The students, along with their professor, traveled to other Reservations around the area learning about other Bands' renewable energy projects as well, even stopping at Bad River Reservation in Ashland, Wisc. just that morning.

While on the Fond du Lac Reservation the students toured the Resource Management building (the first LEEDS certified building in the county); the Gitigaanin Farm, solar array, greenhouse, and community kitchen; the Sawyer biomass building; Black Bear Casino Resort's (BBCR) 1 Megawatt solar array, the Tesla charging station, and even stayed for dinner at the BBCR Buffet.

The group had plans to continue to visit other Bands renewable energy projects in the area after leaving FDL.

Humphrey School of Public Affairs, University of Minnesota students admiring the sun tunnels which bring daylight into the Resource Management without using any electricity.



A Spirit Horse returns to FDL

Native Wise, LLC which brought Buffalo back to the area late last fall, now has received their first Ojibwe Spirit Horse back in May.

"We hope to participate in the breeding program to help bring them back from extinction," Dave Wise

said of Shy Boy, the Spirit Horse, late last month via email.

More on this Spirit Horse and Native Wise LLC's plan for them will be available in a future issue of this paper.

More Local News

Ganawendamaw Gidanakiiwininaan (Protect our place on earth)!

At the end of April, more than 60 Fond du Lac staff participated in the Earth Day Staff Cleanup. In and around Fond du Lac more than 30+ bags of garbage were collected by staff. Those who took part in the event said that the most collected items were food wrappers, cans, bottles etc. These items were gathered by staff and properly disposed of by the Public Works department.

The Fond du Lac Band wants to send thanks to those who participated in the staff cleanup and made our streets safer and cleaner for the community.

A special thanks to the departments that provided assistance in the planning and execution of the earth day staff cleanup include:



- **The Public Works department** for providing garbage bags, pickers, gloves, and for picking up the bags
- **The Admin departments** for setting up and coordinating the event, communicating with staff, etc.

- **Human Services Pharmacy department** for providing the SHARPS containers and proper disposal of hazardous materials collected during the staff cleanup

- **Human Services Community Health Services department** for providing sunscreen and education
- **The Fond du Lac leadership** for the support to provide this for our community!

Chi-miigwech and don't forget, ganawendamaw gidanakiiwininaan!



Upcoming Powwows

June 3, 2023

Columbia Heights Public Schools Annual Community Powwow - Traditional
Location: Columbia Heights, Minn. CHHS Football Field, 1400 49th Ave. NE
Info: (763) 528-4729
MC(s): Jerry Dearly
AD(s): Shawnee Hunt
Host Drum(s): Hoka Hey, Invited drum: Mississippi Ojibwe

June 16 - June 18, 2023

Grand Celebration Hinckley - Contest
Location: Hinckley, Minn. Grand Casino Hinckley
Info: Trsha Moose (320) 982-0959
MC(s): Terry Fiddler & Josh

Aytchenum

AD(s): Darrel Goodwill & Percy Benjamin
Additional Info: Grand Entries: Friday 7 PM, Saturday 1 & 7 PM, Sunday 1 PM.

June 16 - June 18, 2023

Waa wiye Gaa Maag (Round Lake) Powwow - Traditional
Location: S. Lake, Minn.

June 23 - June 25, 2023

Lake Vermilion Powwow - Traditional
Location: Tower, Minn. Lake Vermilion Powwow Grounds
Info: Muriel Deegan (218) 750-7772 or Tracey (218) 780-1478
email: mureldeegan@yahoo.com

MC(s): Terry Goodsky

AD(s): Corey Goodbird
Host Drum(s): Lake Vermilion Singers & Night Sky Singers
Additional Info: Friday warm ups. Saturday Grand Entry 1 & 7 PM, Sunday 1 PM.

June 23 - June 25, 2023

Leech Lake Days Powwow - Contest
Location: Cass Lake, Minn. Veterans Memorial Pow Wow Grounds

More Local News



Celebrating Freshwater Heroes

In March, 11 people, organizations, and communities were recognized as part of the annual Freshwater Heroes Celebration and Fond du Lac was one of the communities recognized.

The ceremony, which took place online, honored these individuals and Fond du Lac's Brookston Representative and Vice Chairman Roger "Bouda" Smith Sr. attended the event virtually.

The ceremony kicked-off with a powerful performance by Seth Bernard, honoring these inspiring people from the Great Lakes Region who are committed to protecting our earth's precious freshwater resources.

The others who were recognized were: Jannan Cornstalk, Water is Life; Sterling Water Stewards, NY; Williams County Alliance, OH; Environment North, ON; In Memory of Amanda Jo Robinson; Just Transition Northwest Indiana; Nate Smith, MI; S.O. H2O, WI; In Memory of Ted Frey; and Trent Stark, Freshwater Future Board.

For more information about the Freshwater Heroes visit their website <https://freshwaterfuture.org/> A recording of the event honoring these groups and individuals will be available to the public at some point on their website.



FDLPD puts on basketball fundraiser

By Zachary N. Dunaiski

The return of the Fond du Lac Police Department fundraiser event where members of the FDLPD play in a

basketball game against the girls' and boys' basketball teams took place for the first time in years Apr. 28.

The basketball game is always much en-

joyed by the FDLPD, the FDLOS students, and all those who attend the game and all were glad that we have started to see the return of these types of events.



Stephanie Hammitt recognized with Emeritus Status

Upon the recommendation of Chancellor Devinder Malhotra, the Board of Trustees of the Minnesota State Colleges and Universities has posthumously awarded emeritus status to Stephanie Hammitt, who served Fond du Lac Tribal and Community College from 1990 until her passing in 2022.

"Stephanie was a quiet soul but there was no doubt of her deep conviction and passionate commitment for her students, her community, and her culture and heritage," said Malhotra. "She took seriously the responsibility of being a leader in the system and the state regarding enhancing access to post-secondary education for students from Native communities

and incorporating Native issues in our programmatic structures and curricular paradigms. She believed that each and every student that walked the halls of the college deserved the most robust support to achieve their full potential and academic success."

An enrolled member of the Fond du Lac Band of Lake Superior Chippewa, Hammitt served the college initially as director of fiscal operations, and subsequently as vice president of finance and administration. She was named to serve as interim president in 2018, and then named president in 2019.

The award of emeritus status is a special honor for employees who have served with great distinction.



Pictures from the 80's

Here's another photo from a Vista worker, who worked for Fond du Lac from 1980-81. If you can identify someone in this picture, please email zacharydunaiski@fdlrez.com, call me at (218) 878-2682, or stop by.



FDL job openings

Fond du Lac Reservation and its enterprises has many terrific job openings available. If you are looking for a great place to work, visit the FDL website (<http://fdlrez.com/HR/employment.htm>) to find the perfect job for you.

Some People and Events Through the Years

Photography by Christine Carlson



2001- Kristine Shotley and Gram Rose (LaPrairie) Shotley at a museum photo party at the Tribal Center. Congratulations to Kristine aka Ricey Wild for 25 years of writing her column for *The Circle*.



2001- A party with good music by Joe Fairbanks at his house in Sawyer.



2010- Marilyn (Diver) Carpenter attending Enrollee Day's Canoe Workshop at the museum.



2014- Dylan Savage, son of Phillip and Allissa Savage. The birch bark was used for a cultural workshop at the museum for Enrollee Days.



2015- Donna Smith, member of the Fond du Lac Reservation Historical Society at the Natural Resources Conference Room.



2016- Enrollee Days. I asked this cute little boy his name and all he gave me was this great smile. LOL

School News

Superintendent news

Aaniin/Boozhoo Niiji-Anishi-naabedog-Hello my relatives, We have made it through the snowiest winter on record. But, the meteorologist forgot to add it was also the longest winter. It is early May and Spring has barely arrived (inquire about our Biboon and Ziigwan stories next winter). We had a late start for our annual sugaring season, spearing, and netting seasons this year. Hopefully, summer is right around the corner. Miigwech to our dedicated staff, students, families and community members for all your efforts and hard work this past year.

We improved programs and implemented new activities throughout the year. It has been an exciting journey striving for excellence and ongoing continuous school improvement. We have accomplished many good things working together and pooling our resources. Please make sure you read the following news articles and visit our Facebook page for achievements and summer programing, A heartfelt Miigwech to all the students, parents/guardians, staff, and community members who contributed to make this year successful.

To our 2023 graduates, Gigii-chi-anokiim. – You all have worked very hard. I am so proud of all of you for reaching your first educational Milestone. You lived through the COVID-19 pandemic. You navigated over a year learning online then transitioned back into in-person learning. You all have worked hard to receive your high school diploma. These experiences showed you how persistent, capable, resilient and perseverant you are! I hope, your experience at the Ojibwe School has made you Ogichidaag strong.

Nigikinoo'amaaganag gigichi-apiite ni minim ji-akina-gashki'ewiziyeg. My

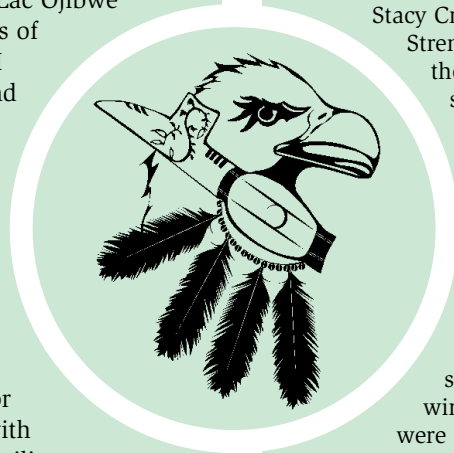
students, I am so proud of you all for all that you've accomplished ... and are about to accomplish.

Bay gish ani mino seyeg ginii gaani-imiwaa.- I wish you the best of luck in the future.

Congratulations to the FDLOS Class of 2023!

I'm grateful and appreciative to everyone that helped make our school year the best it could be! I would like to sincerely thank everyone for the opportunity to serve the children and families of the Fond du Lac Ojibwe School. After many years of service and dedication, I am retiring from the Fond du Lac Ojibwe School Superintendent of Education, effective July 1, 2023. Our students, families, community and staff have a special place in my heart. The Ojibwe School has been my home for over 20 years. It was an honor and privilege working with and for our students, families, community and staff. The love, joy and happiness I have experienced from building lifelong relationships with countless families is priceless. Chi Miigwech for all the memories and experiences. I wish everyone a happy and healthy future.

Mii'gwech bizindawiyeg-thank you for listening to me. Gigawaabamin



Clifton Strengths for Students assessment

Submitted by: Vicki Oberstar, Counselor and Stacy Crawford of Klear Water Coaching & Wellness

As the school year comes to a close, the students and staff at Fond du lac Ojibwe School are feeling stronger! This is the third time our school district has invested in using the CliftonStrengths for Students assessment with staff and students at the school. With the intent to further develop the strengths-based learning that thinking we are collaborating with of Klear Water Coaching & Wellness, owner Stacy Crawford, Gallup Certified Strengths Coach to implement the programming for staff and students grades 5 through 12. Students in grades 5-12 and staff learned about their natural strengths and how these talents can be applied to many areas such as relationships, learning, academics, leadership, service, and careers. Parents sessions were offered during winter conferences and staff were offered hour-long coaching sessions and activities wrapped up with a two- hour professional development session with staff in March during a student early release day.

The Anishinaabe culture is naturally oriented around strengths, as shared by the Principal of the Fond du Lac Ojibwe School, Valerie Tanner. The Clifton-Strengths assessment is an instrument that provides a common language for all. The assessment is founded on more than 40 years of data and is used by numerous colleges, K-12 schools, and universities around the world. Nearly 30 million people have taken it. Only 1 in 33 million will share the same ordering of their "Top 5".

At the Ojibwe School, the Clifton-Strengths Explorer was administered to 5th through 8th grade. Group sessions were held in the classroom for the middle school youth so that they could learn more about themselves and one another.

Students were eager to identify how their Strengths show up both in the classroom and at home to help their families. In the high school classroom, students learned about how to put their own strengths into action and to respect and honor the differences they see in others.

While some students were reluctant at the start, they were surprised at how accurate the results were. One student, who discovered she had the rare talent of "Command" became excited to hear about the theme and agreed that she likes to "take charge, speak up, and make sure others are heard" (Gallup). She remarked "Wow, I am unique" as she shared her results with her friends, with a big smile on her face.

The staff professional development session, held in early March, allowed staff to spend time learning more about their personal Strengths, connecting with the Strengths of their colleagues and sharing best practices for using the assessment in the classroom. Staff were enthusiastic as they shared the successes that they have seen in the classroom by leveraging their Strengths and collaborating with one another. An idea board was created and now hangs in the teacher's hallway near the "Team Map" that shows the Top 5 themes for all staff in the building.

One staff member shared "I was surprised and enlightened by how spot on my 5 strengths were to my personality. The strengths test really does connect you to yourself and encourages you to look deeper within yourself".

One important tip about making the most of Strengths is to keep your Top 5 (or for middle schoolers the Top 3) in a place where you can see them on a daily basis. Participants were provided with "turtle tags" for this reason. Another idea to continue building on what is right about people is to brainstorm with children what they are good at and the words that might be used to describe them such as: caring, organized, or motivated. The more positive words we can name, the easier it becomes to use them to create a story of hope and optimism and accomplish goals.

Etc

Fond du Lac Head Start Community Baby Shower

The Fond du Lac Head Start Program is hosting the annual Community Baby Shower on June 28 4-7 p.m. in the Head Start gymnasium.

This event is held for expectant parents and families with children ages two and under. There will be informational booths showcased from many different area organizations and businesses set up in the gym, along with educational and fun break-out sessions located in the Head Start classrooms. A delicious dinner will be served during the shower and there will be drawings for many great prizes later in the evening. This event is free and open to the public, so please join us in celebrating the babies in your life! We look for-

ward to seeing you and your little ones there!

If you have any questions about our Community Baby Shower please call the main Head Start office at (218)878-8100. Miigwech!

Governor Walz Signs Bill Strengthening Voting Rights

From the governor's office

Governor Tim Walz today signed a bill into law protecting the freedom to vote and increasing voting accessibility. Governor Walz and Lieutenant Governor Flanagan were joined by Secretary of State Steve Simon, legislators, and advocates to celebrate the bill signing.

“Minnesota consistently leads the nation in voter turnout, and we plan to keep it that way,”

said Governor Walz. “We know that the more people vote, the more representative our state government can be. This bill will strengthen our democracy, allow future voters to get engaged early, and keep our campaigns honest and fair.”

“A strong democracy is one where everyone has the opportunity to make their voice heard and vote count,” said Lieutenant Governor Flanagan. “I am proud to be breaking down barriers to voting and campaign transparency with today’s bill. Our democratic process should be a welcoming, accessible space for all, and I look forward to seeing even more Minnesotans at the ballot boxes this year.”

Chapter 34, House File 3 establishes automatic voter registration, preregistration for individuals over 16, permanent absentee voter

status, expanded language options for voting instructions and sample ballots, prohibitions around intimidation and interference of election officials and the voting processes, modernizes the campaign finance system to increase disclosure of secret spending, and expands the definition of express advocacy to ensure the campaign and election process remain fair and accessible to all Minnesotans.

FDLHS hosts Kindergarten Readiness

Fond du Lac Head Start (FDLHS) will be holding a week of Kindergarten Readiness from August 14-18, this is for children that attended the Head Start Program this year. The hours will be 8 a.m. to 1 p.m., breakfast and lunch will be served. Call Head Start to sign up! (218) 878-8100

Notice of name change

In the Matter of the Marriage of: MARSHALL WILLIAM KILLS ENEMY, Applicant 1, TAYSHA MARIE MARTINEAU, Applicant 2. Case No.: MA-0002-2023 NOTICE OF NAME CHANGE

Notice is hereby given that on May 4, 2023, Marshall William Kills Enemy and Taysha Marie Martineau were united in Marriage in accordance with the laws of the Fond du Lac Band of Lake Superior Chippewa, and on May 5, 2023 a Certificate of Marriage was issued changing the name of TAYSHA MARIE MARTINEAU to TAYSHA MARIE KILLS ENEMY.

LEGAL NOTICE – June 2023

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

- CICHY, Gerard
- CICHY, Leslie
- DEFOE, Curtis
- DUFAULT, Lavinne
- DUPUIS, Donovan
- ENGLER, Virginia
- FARRELL, Margo J.
- KIER, Tresa
- LADUE, Michelle
- LAPRAIRIE, Robert
- LABELLE, Gregory
- LEGARDE, Ava

- LEGORE, Terri
- MARTIN, Lee A.
- MARTIN, William
- MARTINEAU, Ferdinand Sr.
- MARZINSKE, Larry
- MOELLER, Jeffery
- NEWAGO, Dennis
- OWENS, Louise K.
- PECK, Joan
- PETITE, Benjamin F.
- PETITE, Leonard Jr.
- SAVAGE, Kyle A.
- SAVAGE, Mark
- SEPANSKI, Barbara

- SHIELDS, Paige
- SOULIER, Gary
- ST. GEORGE, Richard J.
- STRONG, Marilyn
- THOMPSON, Dennis Jr.
- THOMPSON, Kathy
- TROTTERCHAUDE, Chauncey D.
- TROTTERCHAUDE, Nicholas
- WAKANABO, Thea
- ZOLANI, Russell D.

Etc

ANNUAL FDL VETERANS GOLF TOURNAMENT



Saturday, June 10, 2023
Black Bear Golf Course

Registration 7:30am
Shotgun Start 9:00am
Meal to follow golf

Rain or Shine

3 PERSON SCRAMBLE

MEMBERSHIPS NOT APPLICABLE

\$100.00 PER PERSON

FDL VETERANS GOLF FOR FREE!

DD 214 MUST BE ON FILE AT FDL VETERANS OFFICE

2 FLIGHTS

SKINS GAME \$30.00 PER TEAM

MULLIGANS \$30.00 PER TEAM

OTHER ON COURSE EVENTS

DRIVING RANGE IS AVAILABLE AT NO CHARGE FOR TOURNAMENT PARTICIPANTS, DONATIONS WILL BE ACCEPTED.

ALL GOLFERS ARE WELCOME, YOU DO NOT NEED A VETERAN ON YOUR TEAM TO PARTICIPATE.

To sign up contact: Andy DePoe AT 218.461.2937
Or by email andrewdepoe@fdlrez.com

THIS IS A FUNDRAISER FOR FOND DU LAC VETERANS

Save The Date!

Wednesday, June 21

YOUTH MATTER

Community Fun Day

Celebrating ~ Summer

Food Fun & Free



junior golf

Black Bear G.C.

PGA Junior Golf Academy



The objective of the Sports Academy is to develop junior golfers who will continue to play golf socially or competitively based on each individual's desires.

The PGA Junior Golf Academy curriculum includes:

Golf Skills
 Fitness and Nutrition
 Sportsmanship, Rules and Safety
 Playing Golf

Instruction on Tuesday's 10:00 am – 12:00 pm
 Play Days on Friday's 8:00 am (back nine)
 Open to Juniors ages 8-17
 Cost of program: \$20.00 per session/junior
 (Call for FDL Pricing)

2023 Schedule

<u>Day</u>	<u>Date</u>	<u>Topic</u>	<u>Location</u>
Tuesday	June 6	Introduction to Jr. Golf	Driving Range
Friday	June 9	Play Day	(NO PLAY DAY for beginners)
Tuesday	June 13	Putting	Driving Range
Friday	June 16	Play Day	Clubhouse
Tuesday	June 20	Chipping	Driving Range
Friday	June 23	Play Day	Clubhouse
Tuesday	June 27	Pitching & Bunkers	Driving Range
Friday	June 30	Play Day	Clubhouse
Tuesday	July 4	NO JUNIOR GOLF	
Friday	July 7	Play Day	Clubhouse
Tuesday	July 11	Full Swing Irons	Driving Range
Friday	July 14	NO JR GOLF PLAY DAY	Black Bear Casino Tournament
Tuesday	July 18	Full Swing Woods	Driving Range
Friday	July 21	Play Day	Clubhouse
Tuesday	July 25	Skills Competition/Fun Day	Driving Range

Time Schedule:

10:00 – 10:15 Roll call & warm up exercise
 10:15 – 10:30 Explanation of topic of the day
 10:30 – 11:00 Practice & instruction
 11:00 – 11:15 Nutritious snack / Bathroom break
 11:15 – 11:45 Competition
 11:45 – 12:00 Recap & cool down exercise

Contact: Dan Walker
 PGA Director of Golf
 Phone #218-878-2485
 email: danwalker@fdlrez.com

Etc

Fond du Lac Head Start Programs

Annual Community



Shower

4:00 PM - 7:00 PM

Wednesday June 28, 2023

Vendors

Break-out Sessions

Head Start Gym

33 University Road, Cloquet MN

Prizes

Dinner Provided

This Event is **OPEN** to the Community!!

All expectant parents, guardians & foster parents of children ages two and under are welcome.



Youth Sobriety Feast

Wednesday, May 10, 2023

5pm - 6:30pm | Cloquet Community Center Gym

FOR ALL YOUTH CELEBRATING THEIR SOBRIETY AND THEIR FAMILIES. THIS IS A SPECIAL EVENT TO HONOR OUR YOUTH IN SOBRIETY.

THIS EVENT WILL BE HELD THE SECOND WEDNESDAY OF EACH MONTH.



Fond du Lac Human Services Division | Substance Use Disorder Department

Car Seat Training



2023 Schedule

- Thursday, January 26th
- Thursday, March 16th
- Thursday, May 4th

Lower Level Conference Room | Social Services Door W1

5pm - 8pm

To RSVP, please contact 218-878-2145.



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

Etc

Ojibwemotaadidaa Omaa Gidakiiminaang



Now accepting new families for
Gookonaanig Endaawaad

Gookonaanig Endaawaad (Grandmas' House) is a language nest for babies 0-3 years old and their parent/guardian(s). We are housed on the homelands of the Fond Du Lac Band of Lake Superior Chippewa and work to bring together families of language learners, elders, and staff to raise first language speakers and revitalize Ojibwe language through a community and family centered approach.



- Teachings on traditional Ojibwe childcare
- Time with elders/first language speakers in immersion
- Stipends available for parent participants
- Language learning and professional development opportunities

- Applications are open until filled -
Summer programming begins June 2023

Applications and more information can be found at:
www.ojibwemotaadidaa.weebly.com



Awashime wii-kikendaman
gagwejimishinaam omaa:
ojibwemotaadidaa@gmail.com

Fond du Lac Band Master Plans:
Big Lake Road and I-35/Hwy 210

HELP DESIGN OUR COMMUNITY!

We need your input on **WHERE** and **WHAT TYPES** of new development you would like to see in the future and to help us understand what things are missing from these areas that will better serve the community.

There are two ways to provide your input:
- a community input map
- a housing preferences survey

Visit the site below to help us design our community!
<https://hkgl.mysocialpinpoint.com/fond-du-lac>



BECOME A FOSTER PARENT

Open your home. Change a child's life forever.

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

When you open your home, you:

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

Can you make a difference?

Fond du Lac Social Services is accepting applications for foster care homes.



The mission of the FDL Foster Care Program is to increase the number of Native American licensed foster care homes available for Native American children.

For more information, please call:
(218) 678-2145

You can be the one to make a difference.



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

Health News

A connection with mental illness and commercial tobacco use

Compiled by Community Health Service Tobacco Education and Outreach-SHIP, Deb Smith, Health Educator.

Living with a mental illness can be difficult and some people may turn to smoking or vaping as a way to cope with symptoms or handle stressful life events. In Minnesota our Department of Health says that smoking rates are higher for adults with depression and serious psychological distress.

Rates are higher for Minnesotans receiving treatment for mental and emotional health – including substance use disorders (SUDS). People with mental illness or SUDS simply smoke more cigarettes, according to the Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/smoking>

The national survey data compared adults without mental illness and those with mental health disorders.

Why is this important for Indian Country?

The Indian Health Service Federal health program notes that American Indians have the highest use of cigarette smoking compared to other racial or ethnic groups in the country. The high rate of mental health and substance use is likely due to historical trauma that has affected the American Indian community and has led to high commercial tobacco** use.

Although smoking and vaping may provide temporary relief from some mental health symptoms, smoking is not a healthy solution for managing a mental illness. Nicotine alters moods in a way that covers up symptoms, which reinforces the increased use of tobacco in people with mental health conditions. See the CDC website – [CDC.gov/tobacco/health-equity](https://www.cdc.gov/tobacco/health-equity).

With commercial tobacco use masking symptoms, it is easy to see why people turn to self-medication methods to relieve their mental health distress.

From bad news to hope

The real bad news is that smoking commercial tobacco can exacerbate existing mental and physical health challenges in the short term and lead to additional negative outcomes down the road. If you or a loved one smokes, here is what you need to know about smoking and mental illness — including information to help you quit and get the help for these challenges.

Mental and physical health effects: The Center for Disease Control and Surgeon General reports on smoking and tobacco use

Smoking takes a toll on both your mental and physical health and the consequences can be severe.

In the U.S., people with mental illness who smoke die up to 15 years earlier than people without mental illness who do not smoke. Getting help with mental health treatment and quitting commercial tobacco increases better health outcomes.

Serious health effects of smoking tobacco include:

- Increased risk of heart attack, stroke and lung cancer
- Coughing and shortness of breath
- Worsened or heightened anxiety, stress, and depression
- Potential interactions with psychiatric medicines
- Smoking tobacco may decrease the effectiveness of some psychiatric medicines, and you might need a higher dosage to achieve the same level of therapeutic benefit
- Social isolation and negative self-image.

Quitting now makes a difference: there is hope!

- Some of these harmful effects decrease immediately when you stop

smoking, and the improvements add up over time

- Coughing and shortness of breath are reduced in the first month after quitting
- The risk of heart attack decreases after one year
- The risk of stroke decreases after five years
- And increased risk of lung cancer is dramatically reduced after 10 years.

Many other benefits are possible when you quit, including more financial freedom, a longer lifespan and a healthier home life.

Vaping and E-Cigarettes

Although some people think that vaping is a safe way to use tobacco, this is a dangerous misunderstanding.

E-Cigarettes are not harmless and complete cessation from all tobacco products is the healthiest choice. Like combustible, or lighted, tobacco products, the liquid in e-cigarettes contains nicotine. Use over time can lead to dependence.

E-liquids contain additional flavorings and chemical compounds like propylene glycol and glycerol, and research has demonstrated that these compounds are unsafe to inhale. The overall long-term health effects of e-cigarettes are not known. E-cigarettes are also not approved by the FDA as a cessation device. Propylene glycol is used to make polyester compounds and a base for anti-freeze solutions. (CDC.gov).

Youth and tobacco use

The use of e-cigarettes is especially common among young people, even those who had never used combustible tobacco products before. And in 2020, the FDA reported that 3.6 million middle and high school kids reported using e-cigarettes or vapes.

The Center for Disease Control also suggests that, like adults, youth may turn to smoking to cope with

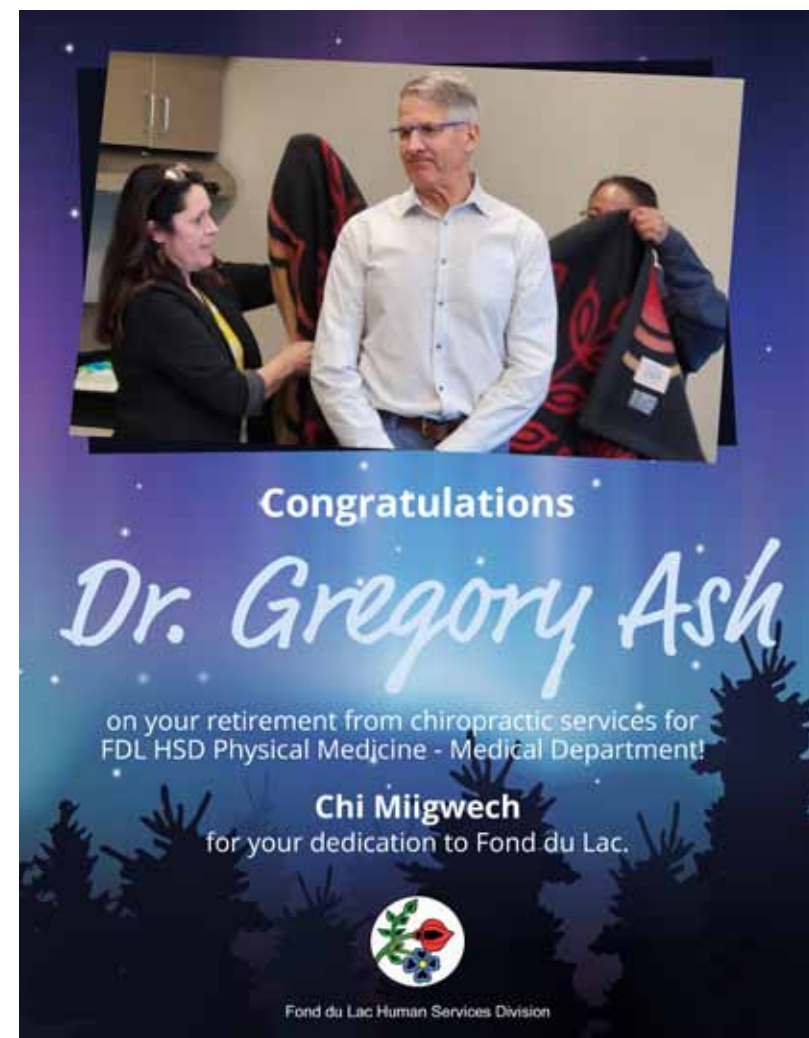
the symptoms or stressors associated with mental illness. Government surveys also say kids aged 12–17 are 2.5 times more likely to use cigarettes in the past month – among kids experiencing a major depressive episode in the past year. **Min No Aya Win and CAIR Clinic have a message for you and your relatives! Are you ready to quit? Are you ready for getting help with behavioral health conditions?**

If you currently smoke and are ready to quit, please contact 1-800-QUIT-NOW (1-800-784-8669), The American Indian QUITLINE 1-833-9AI-QUIT, or call CAIR or

MNAW clinic pharmacy for more information on quit medications: Phone (218) 878-2190 or 1227 the Human services call center.

If you need help with the health burden of depression, or other behavioral health conditions call: (218) 878-1227 and ask for the behavioral health department for an appointment.

**Commercial tobacco means harmful products that are made and sold by tobacco companies. It does not include ‘traditional tobacco’ used by Indigenous people for religious or ceremonial purposes.



Health News

Summer Food Safety Tips

By Kara Stoneburner, RDN LD,
Community Health Services Dietitian

Warmer weather means more picnics and barbeques. Unfortunately, it also means more chances of food borne illnesses. A food borne illness is caused by consuming contaminated foods or beverages. They are contaminated by bacteria, viruses, parasites, or toxins. Symptoms may include stomach cramping, fever, nausea, vomiting, and diarrhea.

The risk of food becoming contaminated increases when food is left in the “Danger Zone” for more than 2 hours or more than 1 hour when it is 90° or hotter. The Danger Zone temperature is 40°F – 140°F. Bacteria can multiply quickly in the food or beverage, leading to a food borne illness when the item is consumed.

To reduce the chance of getting a food borne illness, follow the recommended tips:

- Keep cold food 40°F or colder
- Pack cold food in a cooler with ice or ice packs. Make sure the food is cold before it goes into the cooler
- Travel with the cooler in the air-conditioned part of the car instead of the trunk
- Try to limit the number of times the lid of the cooler is opened. Place beverages in a separate cooler
- Keep the cooler in the shade
- Only take out of the cooler what will fit on the grill at one time
- Place cold food dishes in a larger ice bowl when serving to keep temperatures cool.

Keep hot foods hot

- Don't partially cook food unless you can finish cooking it on the grill immediately
- Use plugged-in crockpots
- Grill only what you think you will need at the time.

Don't cross-contaminate

- Wash your hands. If soap and clean water is not available, use hand sanitizer with 60% or more alcohol
- Bring extra serving utensils
- Don't use the same plate for cooked food that previously held raw food (meat)
- Use a thermometer to cook to the proper temperatures
- Marinate in the cooler or refrigerator, not on the table or counter
- Do not reuse marinade for cooked foods

- Keep raw meat, poultry and seafood securely wrapped to prevent juices dripping on other foods

• Clean the produce at home

Safely handle leftovers

- Only bring what you think you will need to prevent having to worry about leftovers
- Bring clean containers to store leftovers
- Put leftovers in the cooler within 2 hours, or within 1 hour if the temperature is > 90°F

- Be sure to plan to have ice or ice packs available to keep the leftovers cool while in the cooler.

Be safe, have fun and don't forget the sunblock!

*Sources include: www.fda.gov, Minnesota Department of Health, American Cancer Society, Iowa State Extension and Outreach, Academy of Nutrition and Dietetics

AMERICAN INDIAN CANCER FOUNDATION'S VIRTUAL CANCER SUPPORT CIRCLE

Join Us

Our one-hour support group will offer a space to meet others experiencing similar situations. You will be able to tell your story, share your fears, and offer support to others on their cancer journey. Activities during the group include story sharing, guest speakers, and other opportunities. These groups are open to all Native survivors, caregivers, and relatives affected by cancer.

Contact Info

- Email: health@aicaf.org
- Website: www.aicaf.org



American Indian
Cancer Foundation

Schedule

Date

Thursdays
February 9 & 23
March 16, 23, 30
April 13, 20, & 27
May 11, 18, & 25
June 1, 15, 29

Time

2 PM HT / 3 PM AKT / 4 PM PT / 5
PM MT / 6 PM CT / 7 PM ET

Registration

<https://bit.ly/AICAFSupport2023>

*This resource was produced and supported through funding to the American Indian Cancer Foundation through the Centers for Disease Control and Prevention Cooperative Agreement #NU58DP007169. Content is solely the responsibility of the authors and does not necessarily represent the official views of the Centers for Disease Control and Prevention.

Area experts host HIV testing event

By Callie Bassett, RN, CLC

Staff from Fond du Lac Community Health Services and Medical partnered with the Minnesota Department of Health, American Indian Community Housing Organization (AICHO), Native American Community Clinic (NACC, Minneapolis), Southside Harm Reduction (Minneapolis), Harm Reduction Sisters and Lake Superior Community Health Clinic to host an HIV testing event called “Know Your HIV Status” on Apr. 25 at AICHO.

During this event people were able to walk in to receive confidential HIV testing and be notified of their result before they left. FDL provided a warm meal along with supplies such as hygiene kits, warm socks, and rain ponchos. There were also multiple vendor tables offering education as well as supplies related to HIV prevention. Overall this event was extremely successful and 51 individuals were able to come through and be tested! Chi Miigwech to everyone involved!

According to the Minnesota Department of Health, there are currently 37 cases of HIV in the Duluth area. As of May 9 this outbreak includes a 30-mile radius around Duluth and has been linked to 27 cases in St. Louis County, 2 in Carlton County, 2 in Lake county and 6 in other unnamed counties. People most at risk in the HIV outbreak are men who have sex with men, sex partners or syringe-sharing partners of people known to be living with HIV, people who inject drugs and their sex partners or needle/equipment-sharing partners, people experiencing homelessness, and people who exchange sex for income or other items they need.

For more information on the current HIV outbreak please go to <https://www.health.state.mn.us/diseases/hiv/stats/hiv.html>

If you would like more information on HIV please go to <https://www.cdc.gov/hiv/default.html>

Health News

FOND DU LAC COMMUNITY HEALTH SERVICES

CANCER PROGRAM NEWSLETTER


 JUNE
2023

JUNE IS NATIONAL CANCER SURVIVOR MONTH:

“Survivorship” focuses on improving the quality of health of a person with cancer once they are through with treatment and until the end of life. It is also thought that a person who has been diagnosed with cancer begins the journey of cancer survivorship once the diagnosis is determined. Survivorship covers the physical, psychosocial, and economic areas of cancer beyond the diagnosis and treatment steps and phases.

Family members, friends, and caregivers are also thought to be included as part of the survivorship experience. It can be a long journey for the person diagnosed with cancer. There may be many questions to ask, answer, and seek. Working with a healthcare team can help put everything into perspective as well as learning about available resources. With the advances in health care and treatments along with additional resources, cancer survivors are able to live longer healthier lives.



RECIPE OF THE MONTH:

Black Bean and Corn Salad

Ingredients:

- 2 (15-ounce) cans black beans, rinsed and drained
- 1 cup fresh, frozen, or canned no-salt-added corn, drained
- 1 tomato, chopped
- 1 red, yellow, or green bell pepper, seeded and chopped
- ½ small red onion, chopped
- 1 jalapeño, seeded and finely chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- Salt and freshly ground black pepper
- ¼ cup chopped fresh cilantro

Directions:

In a bowl, combine black beans, corn, tomato, bell pepper, onion, and jalapeño. In a bowl, combine lime juice, oil, and cumin and drizzle over bean mixture. Season with salt, pepper, and sprinkle with cilantro.

Per Serving (for 8 servings) calories 125, calories from fat 20, total fat 2.5g, saturated fat 0.4g, trans fat 0.0g, polyunsaturated fat 0.5g, monounsaturated fat 1.4g, cholesterol 0mg, sodium 80mg, total carbohydrate 20g, dietary fiber 7g, sugars 5g, and protein 6g.

Recipe adapted from: <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes/appetizers-side-dishes/black-bean-and-corn-salad.html>

Resources available to assist your family and you in the cancer survivorship journey:

- Centers for Disease Control and Prevention (cdc.gov) (800) 232-4636 <https://www.cdc.gov/>
- American Cancer Society 1-800-227-2345 www.cancer.org/
- American Indian Cancer Foundation (612) 484-9670 <https://americanindiancancer.org/>

Here is a healthy recipe to try this summer: Confetti Corn

Recipe from Food Network/courtesy of Ina Garten

Servings: 6

Ingredients

- 2 Tbsp olive oil
- 1/2 cup chopped red onion
- 1 small orange bell pepper, diced
- 2 Tbsp unsalted butter
- 4 cups corn kernels, cut from the cob
- 1 1/2 tsp kosher salt
- 1 tsp ground black pepper
- 2 Tbsp julienned fresh basil, minced fresh chives and/or minced fresh parsley leaves


Directions

1. Heat the olive oil over medium heat in a large sauté pan
2. Add onion and sauté for 5 minutes, until the onion is soft
3. Stir in the bell pepper and sauté for 2 more minutes
4. Add butter and allow to melt
5. Over medium heat, add the corn, salt and pepper and cook, stirring occasionally, for 5-7 minutes, until the corn just loses its starchiness
6. Season to taste by gently stirring in the basil and/or other green herbs
7. Serve hot


They learn from watching you...

Eat More Fruits and Veggies

and your kids will too!



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



Ashi-niswi giizisoog (Thirteen Moons)

Language Page:

Ashi-niswi giizisoog
Ojibwemowin Page

Anishinaabemowin Lessons

Double Vowel Chart

This is how to pronounce Ojibwe words. All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure
“a”- sounds like the “u” in sun
“aa”- sounds like the “a” in father
“i”- sounds like the “i” in sit
“ii”- sounds like the “ee” in feet
“o”- sounds like the “o” in go
“oo”- sounds like the “oo” in food
“e”- sounds like the “ay” in stay

Common Ojibwe Phrases:

Enigok ikidon! Say it Louder!
Giga-waabamin I'll see you later/Again.
Naadamawishin! Help me!
Mino-giizhigad It is a nice day.
Chi-zanagad It is really difficult (weather).
Aaniin ekidoyan? What are you saying?
Gizaagi'in I love you.
Waabang Tomorrow.
Biindigen Come in.
Aandi ezhaayan? Where are you going?

Don't forget to check us out on Facebook! 13 Moons Ashi niswi giizisoog

This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.



NA'ENIMONIGAMIG SUMMER HOURS

Na'enimonigamig, Fond du Lac's kitchen/cannery, will be available extended hours throughout summer 2023 for all of your food processing needs!

NEW HOURS STARTING JUNE 3RD

Monday - Friday | 8am to 6 pm
Weekends | 9 am to 3 pm
Additional appointments possible if staff is available.
Closed on all FDL holidays.

QUESTIONS? CONTACT:

naenimonigamig@fdlrez.com
or call 218-590-6263

WHO CAN USE THE SPACE?

Na'enimonigamig is free to all Fond du Lac community members, including enrollees, descendants, family members, Native producers, and Bimaaji'idiwin Producer Program participants.



NA'ENIMONIGAMIG AVAILABLE EQUIPMENT

There is a wide range of equipment available for use, including:

- Canning equipment
- Pressure cookers
- Dehydrators
- Freeze Dryer
- A butchering facility
- Seed saving equipment: Winnow Wizard, screens, etc.
- Sugar Bush processing equipment (filter press, bottler, sugar maker)
- Walk-in refrigerator and freezer
- Root cellar and more!



Community News

Happy Birthday

Happy 3rd birthday to **Lincoln Smith** (June 19)! We are so proud of the little person you are growing in to.



We love you, Mom and Dad

Happy birthday **Les Northrup Sr.** (June, 26). I hope You Have A great B-Day and we hope we have a lot more years to celebrate YOU!

Happy birthday brother bear, **Richie Smith** (June 27), you are so very much missed!

Happy Father's Day

Happy Father's Day to the best Daddy (**Les Northrup Sr.**) anyone could ask for thank you for all you did for me and my family. *We love you more!*

Happy Fathers/CUncle's Day to **Roger Smith "Bouda"** Even know we are not your bio children You make us feel like we are so for that we appreciate and look up to you. *We love you and thank you CUncle*

Thank You

Fond du Lac Head Start Programs would like to thank the Fond du Lac Honor Guard for participating in our Honor the Children Pow-wow and our Head Start Transition Ceremony.

Obituary

Beatrice Arlene Kitto Mah gah zu akan ahiye win "Brings the Rain Woman" age 83 and 11 months of Proctor, MN



passed away Sunday, April 16, 2023, at Miller-Dwan Hospital in Duluth. She was born April 18, 1939, in Virginia, MN, the daughter of Cleophus and Lillian (Ollikkala) Coffey. She graduated from Proctor High School in 1957, and from the University of Minnesota-Duluth in 1980. Beatrice also had a degree in Theology from United Methodist Seminary in New Brighton, MN

Beatrice was united in marriage to Alan Kitto Sr. in October of 1957. She worked at Fond du Lac Reservation Human Social Services and also as a United Methodist Associate Minister. Beatrice was a very outgoing and strong believer in Christ. She was an advocate for Women's rights and fought for abused women in her work. Beatrice marched with Women Against Guns in Washington D.C. She assisted ministers in various denominational churches, Lutheran, Methodist, Presbyterian, and Native American Churches. She was part of an organization to council the Mayor of Duluth on minority rights. She also managed the food shelf in St. Paul for the seminary. Beatrice enjoyed gardening, rummage sales, walking, traveling and church activities.

Beatrice was preceded in death by parents; son, Alan Kitto Jr.; daughter-in-law, Mary Kitto; grandson, Isaac Wakiyan Duza Watterson; and son-in-law, Jim Brofel. She is survived by her husband, Alan Kitto Sr.; children, Gail (Charles "Chip") Watterson, Joseph Kitto, and Amy Lou Kitto McArdell; grandchildren, Levi Watterson, Zachary Kitto, Ian Cooke, Brandon Kitto, Robert Cooke, and Nigel Cooke; eight great-grandchildren; siblings, Kenneth Coffey and Iris (Jerry) Korhonen; and numerous nieces and nephews.

Kenneth Andrew Coffey



age 86, of Cloquet, Minnesota passed away on Wednesday, May 3, 2023, at St. Luke's Hospital in Duluth, Minnesota. He was born on August 23, 1936, to Cleophus and Lillian (Ollikkala) Coffey in the Cloquet Indian Hospital. Kenneth grew up in Proctor, Minnesota and graduated from Proctor High School. He served his country in the United States Navy and was known for his ability to swim the entire length of a pool without coming up for air. Kenneth was an electrician with the DM&IR (now Canadian Railroad). He relocated to Tampa, Florida where he worked as a groundskeeper for over 30 years.

Kenneth is survived by a daughter; two sons; three grandsons; two granddaughters; a sister; and a special friend. He was preceded in death by a sister; and his first and second wives.

Larry Tyrone Foy, 48, of Empire, passed away on Friday, April 28, 2023.



Larry was a member of the Black Bear Fond du Lac Chippewa Tribe, and was very proud of his Native American heritage. Larry loved his family, he loved to stay up at night and fish or play games with his children; he enjoyed being outdoors hunting, fishing, horseback riding, and barrel racing.

Larry had relationship with the Lord, and felt he was a vessel placed here to give to and help others. Larry had a passion for helping those less fortunate, while owning a thrift store he would

make sure that anything that could be useful was given to the local homeless population, he would go out of his way to make sure that no one went hungry and had a place to take a warm shower, Larry would give the shirt off of his back to make sure that someone else had what they needed. Larry had a love for children and held an annual Christmas fundraiser to bring toys and joy to children that needed it. There was never anything that Larry would not do for someone else.

Larry is preceded in death by his son, Bridger Ty Foy; cousin, Nathan Hogan; mother-in-law, Martha Phillips; nephew, Logan Cooner; and grandmother, Margaret Cunningham.

Left to cherish Larry's memory include his wife, Darlene Foy; children, Braxton, Bristol, Haileigh, Hunter, Heidi, Austin, and Matthew; grandchildren, Alaina and Karlie Shephard and Brynlee Foy; father, William "Bill" Default; mother, Vana Deloris Voris; siblings, Dustin Voris and Misty Smith; sisters-in-law, Tina (Tim) and Vickie (Landon); and special aunt, Sandi "DD" Hogan.

Mary Louise Heeney Weeks

October 27, 1927 - April 9, 2023



Our precious Mama went to be with the Lord on April 9, 2023 at the age of 95 years. She was born on October 27, 1927 to Benjamin & Ruby Heeney in Houston, Texas. Louise and her family moved to Brazoria County when she was a teenager. She lived in Freeport and Brazoria.

Her parents, brothers Ike and Bill, sons-in-law Alton Davidson and Jim Davis proceeded her in death.

She is survived by daughters Linda Davidson of Lake Jackson and Carolyn Davis of Madisonville, brother Dennis (Millie) of Washington, sister-in-law Donna Heeney. Grandchildren are James Davis (Sandi) of Katy, Shane Davis of Willis, Ronnie Stewart, Jr. (Angela) of Brazoria and 5 great grandchildren and many nieces and nephews.

Her entire life was devoted to her family. She stressed the love of the Lord and ways of the Bible. She believed if you work hard, you can do anything. She had a kind heart, loved to walk, work in her flower beds and enjoyed visits from friends and family.

Mama was a faithful member of First Baptist Church of Brazoria and loved her Sunday School Class. She read her devotionals faithfully until she lost her ability to read. We want to thank Jackie Burke for her love and kindness. She visited our Mama in assisted living faithfully and was a blessing to her.

Mama was and will always be a blessing to our hearts. Part of her will always be with us. She will be greatly missed.

Katrina Martineau was born to Duane Franklin Reynolds and Joy Martineau February 2, 1989, she was the eldest of three children shared between Joy and Duane and the 3rd youngest of 12 siblings. She is preceded in death by her father, Duane Reynolds; her mother, Joy Martineau; her sister Autumn Sandman Shelifoe; and leaves behind two sons, Mi-ingaan Macdairmid (Kenneth Macdairmid) and Darius Friedman (Derrick Friedman) a self-proclaimed pimpcress; Katrina leaves behind a trail of broken hearts, her sisters; Danielle Martineau, Jessica Torres, Brittany Diver, Christine Sam, Taysha KillsEnemy

Community News

(Marshall KillsEnemy); brothers, Dwayne Graciano, Duane Sam, Ryan Ladeaux, Richard Martineau; many cousins; nieces and nephews; as well as the parents who raised her, Kelly and Mary Diver.

Katrina was a beautiful soul who loved art and music, she was an artist who enjoyed coloring and monster energy drinks. Katrina was a proud member of the Fond du Lac Band of Lake Superior Chippewa, and was a lover of animals, she was always rescuing kittens and pup-

pies, she struggled with Drug induced psychosis but always had a smile and a sunny disposition, we lost Katrina to her battle against drug addiction and though she has left us wanting, she leaves behind a reminder that there remains strength in family, that our connections are unbreakable and to support one another, and the importance of sobriety. Katrina was a beautiful soul, now set free.



Congratulations

Carol Deverney

on your retirement from Behavioral Health Services!

Chi Miigwech

for the last **25 years** of dedication to Fond du Lac.



Fond du Lac Human Services Division

ATTENTION: FDL Enrolled Elders

The Old Log Theater

**MILLION
DOLLAR
QUARTET**

-Elvis Presley-
-Jerry Lee Lewis-

-Johnny Cash-
-Carl Perkins-

Bus will leave Tribal Center at 8 a.m.

July 16th, 2023 @ 2 p.m.

Sign up Starts - April 28th, 2023 and
Ends June 12th, 2023 @Noon

Lodging Country Inn Suites, Shakopee, MN
(Rooms based off of double occupancy)

A deposit of \$50 is required (checks preferred).

Enrolled Elders will get deposit returned.

Phone numbers and meal choices required at sign up.

No cancellation list.

Friday/Saturday Dinner Menu

- Bone-out Short Rib with mashed potatoes, green beans and au jus
- Chicken Breast with roasted red potatoes, green beans and a sherry cream sauce
- Vegetarian pasta made with house marinara and fresh veggies

Includes: Salad/Dinner Rolls/Desert/Coffee, Tea or Soft Drink

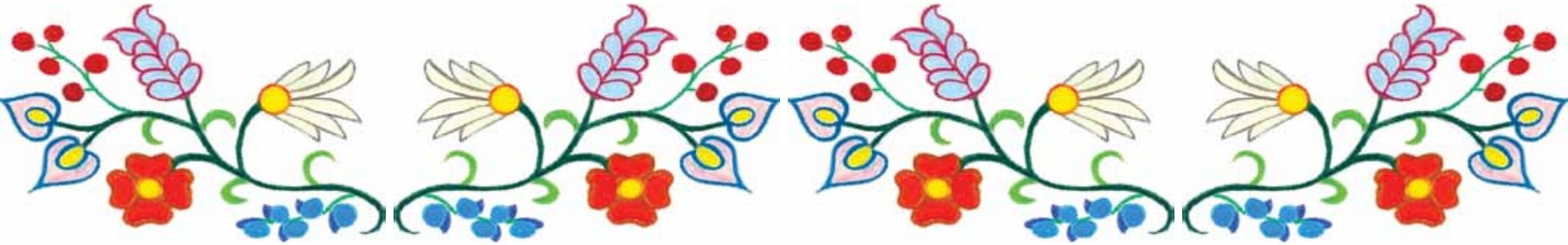
Contact persons:

Mary Barrett 715-409-0054

Catherine Follett 218-349-7109



Community Events



ANNUAL FDL VETERANS GOLF TOURNAMENT



Saturday, June 10, 2023

Black Bear Golf Course

Registration 7:30am
Shotgun Start 9:00am
Meal to follow golf

Rain or Shine

3 PERSON SCRAMBLE

MEMBERSHIPS NOT APPLICABLE

\$100.00 PER PERSON

FDL VETERANS GOLF FOR FREE!

DD 214 MUST BE ON FILE AT FDL VETERANS OFFICE

2 FLIGHTS

SKINS GAME \$30.00 PER TEAM

MULLIGANS \$30.00 PER TEAM

OTHER ON COURSE EVENTS

DRIVING RANGE IS AVAILABLE AT NO CHARGE FOR TOURNAMENT PARTICIPANTS, DONATIONS WILL BE ACCEPTED.

ALL GOLFERS ARE WELCOME, YOU DO NOT NEED A VETERAN ON YOUR TEAM TO PARTICIPATE.

**To sign up contact: Andy DePoe AT 218.461.2937
Or by email andrewdepoe@fdlrez.com**

THIS IS A FUNDRAISER FOR FOND DU LAC VETERANS



TUESDAY, JUNE 13, 2023

12:00PM - 3:00PM

OTTER CREEK EVENT CENTER

BLACK BEAR CASINO RESORT

OPENING CEREMONY STARTS AT 12:00 PM

LUNCH TO FOLLOW UNTIL GONE

FEATURING

EXHIBITORS | INTERACTIVE BOOTHS | OUTREACH ACTIVITIES

Need a ride to the Health Fair?
Call FDL Transportation @ 218.878.7500

Brought to you by the Fond du Lac Human Services Division