

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



*The Thompson Hydro Station on the St. Louis River as rapidly melting snow brings water surging from the dam and over the rocks.*

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# Local News



## Tibbets holds book reading at FDLTCC

By Zachary N. Dunaiski

The Fond du Lac Tribal and Community College's (FDLTCC) Ruth A. Myers Library hosted a book reading by Allie Tibbetts of her newly published Children's book *Zaagi and Misaabekwe*.

Tibbetts, an FDL Band member who belongs to the Crane clan, initially wrote this book for a class as she is also a student at FDLTCC.

The book reading took place on April 10, the first day of Fine Arts Week at FDLTCC where the school spent the week celebrating students' work on writing visual arts and other works of fine art. Tibbetts actually presented at FDLTCC twice in the week with pieces of her literary work as two days later she presented for the release of the *Thunderbird Review*. So she read her own

*continued on next page*

## Flood concerns reach the Fond du Lac Reservation

By Zachary N. Dunaiski

The 2022-23 winter has seen the most snow this area has ever seen, and unfortunately with a quick warmup in mid-April, that record setting snow melted rapidly and brought with it many flood concerns to the area.

Many who lived in the area during the June 2012 rain that brought the area over nine inches of rain were seeing similar signs of that flooding disaster, but thankfully to a much lesser extent.

As these flooding concerns begin to taper off, it is still smart to remember not to drive into flood water or go around road closed signs that have been put up because of flooding concerns.

Stay safe out there and congratulations to all who endured a record setting winter.



## 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

from previous page

work on Monday and Thursday of that week.

Allie who is a mother, daughter, sister, auntie, runner, and paddle border extraordinaire as described by Darci Schummer, FDLTCC English Faculty, who said she hasn't had a chance to have Tibbetts as a student, but absolutely loves her work.

Tibbetts then read her book to the audience a book designed for children but when she first stated it didn't work out quite how she planned it.

"That was one thing I wasn't familiar with was what age level. I had no idea," Tibbetts said of trying to get her book directed toward young children.

"And they (the publishers) were like, we need to kind of trim this down a little. Some of the vocabulary was a little too much. When I put it into some program that I found online, it graded it at a Grade 6 or 8 and I was like that wasn't really my intent. I wanted it shorter. I wanted a picture book."

Tibbetts then continued the editing process with Black Bears and Blueberries Publishing trying to get it down to just the right words to be published.

"I sent it to Tom and he edited it a little more and sent it back and we kind of sent it back and forth like that until it was what it is today, and then they chose the illustrator Sam," Tibbetts said of the creative process. "And I sent him one e-mail about my thoughts and ideas and kind of what I had in mind. But really, I kind of implicitly trusted his work, having seen his artwork. And when I saw it, I was like, 'oh, I really like the watercolors' and just how it flowed together."

At the time of the reading, Tibbetts still hadn't even met Sam Zimmerman, the illustrator of his book, but she announced that she was excited to meet him for the *Thunderbird Review* reading she would be doing on Thursday night.

Tibbetts sat down to write this story with a clear message for children in mind, and that's why she worked

so hard to get the wording just right because she wanted it to be read at a young age.

"So I wrote this story for children. And what I wanted them to hear from this story was that their voice is important," Tibbetts said of her work. "I think so many times in society and as parents and educators and as adults you can silence children and I think sometimes maybe they feel like they aren't heard or that what they say is unimportant when really what they're telling us is the most important things we could hear."

Tibbetts didn't just write this story for children. As a mother and teacher, she wanted a book that everyone who would read it would enjoy.

"I love reading to my kid. I love reading to my kids at school and I really appreciate children's books that are enjoyable for me too, or maybe have a message for the adults too," Tibbetts said of the challenge of writing a good book. "So, I also wanted to remind the grown-ups, the adults, that what children say and what they're telling us is important. So that's the big message I wanted to convey."

The story was about so many lessons for children, but also to the rest of the world to know that Indian country has a rich and vibrant tradition.

"In this book there were also smaller lessons I wanted to put across. I tried to make it so it could occur not just in the past, so often it's been indigenous people are sort of set in the past, so I wanted this story so it could exist in the past or now or in the future—at any time," Tibbetts said of the goal of her book. "So I tried to write it like it could, it could be anytime, because I think that's important too, that people know that we're here and alive and vibrant and existing."

For those hoping to get a copy of *Zaagi and Misaabekwe*, they can be purchased online at either of these two websites: <http://www.blackbearsandblueberries.com/bookstore.html>

## CHI-AYA'AAG DIBAAJIMOWAAD "Elders Telling Stories"

### KICKOFF BANQUET June 5th, 2023

- ◆ Black Bear: Stoney Brook Creek
- ◆ Doors Open: 5:00 PM
- ◆ Dinner: 5:30 PM

*Come enjoy a meal, learn about our story telling project, and hear some FDL history! Registration tables will be present to schedule interviews and storytelling dates.*

### PROGRAM OVERVIEW

*The Fond du Lac Tribal Historic Preservation Office will be scheduling dates, times, and locations to speak with any interested Elders. Our goal is to preserve place based knowledge, and any stories for the next seven generations.*

**All Stories Welcome!**

- ◆ What was it like growing up?
- ◆ Reservation Memories
- ◆ Hunting, Fishing, Gathering
- ◆ Family History
- ◆ Connection to Landscape

**For Questions Contact:**

- ✉ alexdufault@fdlrez.com
- ☎ (218) 878-7138

# RBC Thoughts

# FDLOS graduation May 26

## Cloquet News

### Hello All

Our Natural Resources Division is planning and preparing for the upcoming spring fishing season. This year they will be having staff available to assist our Elders with setting nets. Please see the Fond du lac website under the Natural Resources Division for details about how to participate and to learn about our harvest quotas and all fishing regulations for our members.



Wally Dupuis

Throughout the month of April our FDL Language and Cultural Center held a number of cultural events, such as women's and men's sweats, and talking circles and groups. The dates for those activities were posted on the Fond du Lac website for everyone to view.

To update you on the progress of the child-care building and the remodel at the Tribal center, both projects are coming along as scheduled and are making great progress.

On Saturday June 3, 2023 The Gitigaan program will be giving away plants and seeds again this year at the Natural Resources building if you are interested in gardening.

On Tues June 13 our health clinic will be holding the annual health fair at the Black Bear Casino Resort Convention Center. This event is always well attended and provides a ton of valuable information on healthy topics.

I would like to congratulate Carol Deverney on her retirement from the Social Services Division, Carol oversaw our mental health program for many years and provided our community and its members with her thoughtful, caring concern, Thank You Carol. And Congratulations!

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

## Secretary/Treasurer News

### Boozhoo everyone,

First off, I would like to express how grateful I am to be given the opportunity to serve the community that I grew up being a part of. The past several months has definitely been a learning experience for me and I wanted to share with you some of my experiences over this short amount of time. So, everyone gets an idea of what it's like on a typical day.



Robert Abramowski

Typically, my day starts with checking and responding to emails, which can be anywhere between 50 - 100 per day, occasionally more. During that time, I am also listening to my phone messages, I try to reply or respond to every Band member's email or message. The reason I do that is because I understand how frustrating it can be to not get a response when needed.

On Mondays and Tuesdays, I am reading through all of the agenda items and related information that is placed on the Wednesday's RBC Meeting Consent Agenda. This usually happens in between staff meetings and other State and Federal consultations. With these consultations we are always advocating for more funding and voicing our concerns with each of the State and Federal Departments. We are constantly trying to build relationships with each of these state and federal departments, while at the same time protecting our Sovereignty and self-determination. At the end of the day, we want to decide what we do with our grant funding. We don't want that determined by the state or anyone

else, that's for the Fond du Lac Band to decide.

On Wednesdays we have our RBC Program/Development meetings. Which consist of the following boards:

- RBC Special Session – This typically consists of grant related applications and contract approvals
- FDL Development – This meeting usually consists of Development or Reservation funded items
- FDL Management Inc. – This meeting deals with all of our enterprises/business related items
- FDL Management Inc. Executive Session – This meeting is closed to the general public because most or all of the items are related to an individual person or items that are confidential in nature
- RBC Executive Session - This meeting is closed to the general public because most or all of the items are related to an individual person or items that are confidential in nature.

On Thursdays and Fridays, we again are either meeting with staff and/or State and local commissioners. Also, one Thursday per month, we hold an open RBC meeting for the membership to speak with the RBC and address questions and concerns they may have. In addition to the monthly open meetings we attend quarterly Minnesota Chippewa Tribal meetings which are usually held over two days. Day one consists of subcommittee meetings and day two consists of the Tribal Executive Committee meeting.

So, as you can see, our days, weeks, and months can be very busy. Although, I consider myself very honored to have the opportunity to help guide our Reservation

in the best direction possible.

For this month's article I just wanted to give Fond du Lac membership a feel for what I have experienced so far. In next month's paper I will go into more detail about our future plans and what we are working on regarding the following issues.

- Homelessness and addiction
- Youth
- Elders
- Language/culture
- Casino/business
- Preference to Band Member business

*If you have any questions or concerns please feel free to contact me at any time. Also, if there is anything else you would like me to elaborate on. Just let me know and I will add to the topics above.*

*Miigwech,  
Robert Abramowski  
Secretary/Treasurer  
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# RBC Thoughts

## 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 of RBC Member activities. The week of March 13-17, 2023 the Band's elected officials:

### Monday

- Sovereignty Day at the Capitol – the Chairman testified.

### Tuesday

Participated in the follow up meeting with DHS regarding aging & disability services – RBC discussed Band member utilization and availability of MN Dept. of Human Services programs. Discussion focused on the following:

- Lack of affordable housing
- Chronic health conditions that impede housing retention
- Domestic abuse and violence
- Racism and other system inequities
- Housing support
- Native eligibilities for Elder and health conditions support services
- The Band will be pursuing possible grant opportunities for the construction of a homeless shelter.

Had the Housing Consultation – Discussed the 2022 FDL Housing and Community needs assessment results.

Attended Treaty Matters Tribal Leaders Panel

### Wednesday

- Weekly RBC meeting, agenda available upon request
- Meet with Minnesota Missing and Murdered Indigenous Relatives (MMIR) officials – RBC spoke with officials and discussed possible needs going forward and how we can show support on the State and Federal level for future funding to expand as a nationwide template for other states to grow their programs as well.

### Thursday

- Attended the Wipfli Exit meeting.

### Friday

- Division director's seminar
- Attended a meeting about the DHS Legislative Proposals.

### The week of March 20-24, 2023 the Band's elected officials:

### Monday

- Discussion on Minnesota Department of Health funding
- Discussion with Minnesota Department of Transportation on how the Band can assist Minnesota Indian Affairs Council and MNDOT with Interchange project
- Attended the monthly Enbridge meeting
- Participated in the Tribal Every Student Succeeds Act (ESSA) Consultation with Grand Rapids School.

### Tuesday

- Participated in the Tribal ESSA Consultation with St. Louis County Schools
- Participated in the Tribal ESSA Consultation with Cloquet School
- District III Representative/Vice Chairman accepted "Hero Award" on behalf of Fond du Lac from Fresh Water Future. The Award was for the Band's work in addressing mining issues that would affect water quality standards.

### Wednesday

- Weekly RBC meeting, agenda available upon request.

### Thursday

- Weekly call with Tribal Leaders & Governor's office
- School Resource Officer (SRO) Advisory meeting for Duluth Schools.

### Friday

- Participate in call with Minnesota Tribal Collaborative, discussed possible budget amendment.

Chairman traveled to Washington D.C., where he has met with

Congress and advocated on several issues and concerns for Native Nations. Some of those issues are: the Farm Bill, Indian Child Welfare Act (ICWA), Law Enforcement, Housing, Process Act, Natural Resources, Appropriations and Trust Responsibility.

### The week of March 27-31, 2023 the Band elected officials completed the following:

### Monday

- Discussion on the website redesign - reviewed navigational functions and design
- Participated in a Pharmacy Coordinator discussion
- Attended the Medicaid & Children's Health Insurance Program (CHIPs) Disaster Relief SPA & 1135 Waivers Webinar
- Attended the Tribal-State Relations Training (TRST) Planning meeting – discussed the TRST that will be held at Fond du Lac in May 2023.

### Tuesday

- Attended the DHS for Traditional Healing Grant contract site visit at Min-No-Aya-Win.

### Wednesday

- Weekly RBC meeting, agenda available upon request
- Completed the Tribal Partner/American Indian Affairs meeting.

### Thursday

- Traveled to the Chippewa Federation meeting in Grand Portage
- Met with the new MN Department of Revenue Commissioner and discussed how the State and Band could collaborate going forward
- Met with the Wildfire Fire staff and discussed in depth about how significant fire management is for the Band and our community
- Representative Smith held meeting with Wilder Research and MN Tribal Law Enforcement Agency's in reference to MMIR Project ad-

ressing policy and best practices for investigations.

### Friday

- Attended the Tribal Court State Court forum quarterly Meeting
- Attended the Native Farm Bill Coalition Policy meeting.

### The week of April 10-14, 2023 the Band elected officials completed the following:

### Monday

- Secretary Treasurer visited the Ojibwemotaadidaa Omaa Gidakiiminaang (OOG) Language Immersion Program at Grandmas House – where an overview of the program and a tour was provided.

### Tuesday

- Discussion on propane was based around policy regarding same day fills and emergency fills. Also, some discussion about policy as it relates to payment collections.

- Attended the Elder Spring Banquet, it was wonderful to see a lot of FDL Elders gather and share a meal together. Miigwech to everyone involved for hosting a successful event!

### Wednesday

- Met with the Grand Council Treaty 3 – shared history among one another and discussed about a potential trade agreement between the two entities. This

will require more discussion on what this would entail, updates to membership will be provided.

- Weekly RBC meeting, agenda available upon request.

### Thursday

- Discussion with a Grant Writing/Management Consultant company.
- Reviewed the Executive Director Interview Questions. This is to be prepared for the Executive Director job application to close at the end of the month and to be prepared for the interview process.
- Weekly call with Tribal Leaders and MN Governor's Office.

### Friday

- Held a discussion on the Native American Research Centers for Health (NARCH) Grant
- Held a discussion on homelessness
- Traveled to Grand Portage for the signing of the MOU co-management of the Superior National Forest.

Just a reminder, the Fond du Lac area is at an increased potential risk for flooding.

Elected officials also met with community members, check emails, and answered phone calls throughout the week. Gizhewizin naa ge Ayaang-waamizin (stay healthy and be safe)!

**Text MN to 741741**

**CRISIS TEXT LINE |**

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

# School News

## Meeting Notice School Year 2023-24 Annual Title VI meeting held April 26, 2023

The Fond du Lac Ojibwe School Annual Title VI parent meeting was held during the Parent Advisory Group (PAG) meeting at noon. Title program information will be available and staff will be present to answer any questions. Information will also be available at the May 2nd School Board meeting.

## Ziigwan and sugarbush with grades 3-6

Boozhoo Gakina awiia, We are entering the fourth quarter already! Ziigwan has FINALLY arrived. We would typically be wrapping up sugarbush soon, that is not the case this year. We have been learning about the sugarbush, the process and the traditional ecological knowledge

the goes along with it, in the classroom.

We look for usual signs of spring to indicate that it is time to open our sugarbush. However, with the last heavy snowfall, the below average temperatures and the late snow; many signs were not available. We usually look for the ice to turn from white to black as it thins, the crows to begin gathering and chatting, as well as, warmer days and colder nights. The days became warm quickly, the sap was not running and the trails were unsafe for staff and students. A decision was made to not open the sugarbush this year. This will give the trees the opportunity to heal and hopefully give us a better run next year.

A great lesson can be learned from this decision. Out of respect for our trees, natural resources and all living things, we will not be taking what we do not need. We still have syrup from last year's run and students have been taught about how and why this decision was made. They show

an understanding of how we, as Ojibwe people, respect nature and how we do things.

We have also been working on building simple sentences using sugarbush words, and translating ziigwan stories from Ojibwe.

Miigwech, Jodie

## FDLOS Library News

As we get closer to summer, I would like to remind families to return their students books back into the library or front office. I would like to buy more books for the library, rather than replacing them, for the upcoming school year. I have really enjoyed watching the students grow with their reading selections. It is important to encourage reading every day, even for just 10-15 minutes. The weather is getting nicer and I hope people can get out to enjoy a good book. I hope everyone stays safe and healthy. Happy Reading!

Miss Brittany, Boozhoo Fond du Lac Ojibwe School Families and Community!

## PAG meeting schedule

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. The next meeting is June 7, 2023 at 12 p.m. with lunch provided. A \$25 gift card to Fond du Lac Gas and Grocery will be given, to cover gas costs. Also, PAG needs more committee members. If you're interested in becoming a PAG committee member or have any questions or comments about this group, call Ashley Jaakola at (218) 878-7239. We hope to see you at our next PAG meeting!

Sincerely, FDLOS PAG

## Quiz Bowl finishes competitive season

As the school year is winding down, so is our quiz bowl season. We are extremely proud of each student on our teams. They have shown a lot of dedication, good

character, and growth. Graduation is fast approaching and we will miss our senior team member but we wish her the best as she moves on to her future.

We have had an incredibly fun, educational, and competitive season. We are grateful to be able to compete in person with other schools around the state and it has been wonderful to see so many other schools and youth, putting so much importance on our Ojibwe language and culture. We would like to thank families for their support and allowing us to take their students to these language/culture competitions. Without your support, this would not be possible. We truly appreciate it. Chi-Miigwech!

Your coaches, Jodie Lockling and Brittany Heskin

## Trip to the Great Lakes Aquarium

Secondary students from our Fond du Lac Ojibwe School, visited the Great Lakes Aquarium this month. Staff and students collaborated with professionals at the aquarium to include Ojibwemowin labels for fish and other animals, on some of their exhibits. This will help the greater community to learn Ojibwe words and their meanings. Students also created scavenger hunt questions based on information they learned while touring the exhibits, many of these questions included selfies with the aquatic life. We are proud of our Ogichidaa!



Students pose at exhibits at the Great Lakes Aquarium

# School News

## Art at FDL

We've been making lots of amazing Art here at the FDL Ojibwe School! My name is Lucas Anderson (new Artist/Arts Educator) 2022/23. Our students are excellent artists, who thrive in the "head of the turtle"/the art room. We've been studying a wide variety of art/art history this school year including Ojibwe art and language. This is just the beginning as our students haven't had Art for three years. It's been an honor to teach these wonderful youngsters, helping guide their natural creativity! Take a look at a few examples of our students' creativity:



# Etc

## FDLOS Honor Roll

Congratulations to the following students for their success during the 3rd quarter of the school year and making the honor roll.

## A HONOR ROLL

Rhyenn Kesner (7)  
Migizi Newcomb (7)  
Onix Downwind (8)  
Josiah Menard (8)  
Wabagheezhigikwe Sandman-Shelifoe (8)

Janice Blacketter (9)  
Emeliana Olson (9)  
Madilynn Martin (10)  
Opichi Petite (10)  
Isabella Roy (10)  
Cheyenne Olson (11)  
James Wichern (11)  
Maci Gringras-Martin (12)  
Layla Nickaboine (12)  
Lynkin Peacock-Kesner (12)

## B HONOR ROLL

Izabella Ammesmaki Martin (7)  
Mercedi Martin (7)  
Alexander Petite (7)  
Kali Shaw (7)  
Jaimie Petite (8)  
Willie Diggs III (9)  
Gordon Yellow (9)  
Ava Fosness (10)  
Berlin Herrera (10)  
Joseph Wichern (10)  
Jordell Brown (11)  
Allen Defoe (11)

Jeffery Defoe (11)  
Cash Herrera (11)  
Vincent Lumbar (11)  
Naddia Ann (12)  
Cyrus Sloan (12)

## EAP and what you need to know

Did you know that not only do you have an internal Employee Assistance Program (EAP), as employees, you and your family

have access to 2 different external EAP programs?

Your INTERNAL EAP program is run through the Human Resources Department and is available typically Monday – Friday, 8 a.m.–4:30 p.m. Though we have many employees that work varied hours, your internal EAP is also available after the “normal” business hours and days. Fond du Lac also offers two EXTERNAL EAPs to all employees and their

## 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](mailto:health@aicaf.org)
- Website: [www.aicaf.org](http://www.aicaf.org)



## Schedule

Date	Time
Thursdays	2 PM HT / 3 PM AKT / 4 PM PT / 5 PM MT / 6 PM CT / 7 PM ET
February 9 & 23	
March 16, 23, 30	
April 13, 20, & 27	
May 11, 18, & 25	
June 1, 15, 29	

### Registration

<https://bit.ly/AICAFSupport2023>



## Black Bear Golf Course spring news

Black Bear Golf Course opened back in the spring of 2003 and we are excited to start our 20th year.

Call the Pro Shop at (218) 878-2485 to reserve your spot in golf leagues or to sign up for our:

The 20th Anniversary Kick Off Scramble takes place Saturday, May 20th.

Couples League starts Monday, May 22nd

Women's League starts Tuesday, May 23rd

Men's League starts Thursday, May 25th

We are also running a 20th Anniversary Special for season passes.

20% off for any FIRST-TIME members.

We hope to see you all very soon at "The Bear!"



flower bed and make it their own.

Black Bear Golf Course will provide the necessary materials and tools needed to do the work. We just need the workers. We plan to use the Rose Bed by #13 tee box to do a lot of transplanting of the rose bushes that are currently there throughout the other beds on the golf course. We will also be purchasing some annuals to add other splashes of color.

Flower Beds looking to be adopted:

- Clubhouse Flower Beds
- Dick Diver Memorial Bed, Bridge area, Putting Green & #9
- #3 Triangle Bed and Championship Tee Bed
- #6 Dennis Olson Memorial Bed
- #8 Tee Box Landscaped area
- #8 Tee Box Round Bed
- #8 Raised Bed by Pump House
- #11 Landscaped Area behind #10 green
- #13 Tee Box Rose Bed
- #16 Tee Box Bed

#18 Landscaped Area by Tee Box

If you are interested in adopting a flower bed please contact:

Dan Walker at Black Bear G.C.

Phone # (218) 878-2485

Email: [danwalker@fdlrez.com](mailto:danwalker@fdlrez.com)

We look forward to bringing back the flowers to Black Bear G.C.!

## BBCR Golf Course Adopt A Flower Bed program

Black Bear Golf Course is starting an Adopt A Flower Bed program in 2023. Our flower beds need work and we are seeking the assistance of any individual or group that would like to adopt a



# Etc

immediate family members.

NuVantage has a list of local therapists they work with, which is easier for face-to-face visits.

While New York Life is more of a national network EAP. Both offer employees 3 face-to-face visits each year to discuss issues ranging from depression, credit reviews, Pre-bankruptcy counseling, substance abuse issues, etc. NuVantage also offers a free 30-minute legal consultation for matters involving family law, criminal charges (including DUIs), estate planning/wills, guardianship, and consumer matters.

For more information please contact FDL EAP, Rebecca Provost at (218) 878-7514 or the Benefits Department, (218) 878-8021.

## Fond du Lac: a GreenStep Tribal Nation

Have you ever wondered about that “GreenStep Tribal Nation” sign, displayed at the boundary between Nagaajiwanaang and Cloquet?

This sign recognizes Fond du Lac’s participation in the GreenStep Program. What is GreenStep you may ask? GreenStep is a voluntary program for Tribal nations and cities in Minnesota. It promotes “sustainability,” or long-term environmental, economic, and social well-being, at the community level.

For instance, the program recognizes communities who manage forests well, who invest in infrastructure for biking and walking, and who promote growing local foods – all things Fond du Lac is doing!

Just this winter, Fond du Lac advanced from Step 1 to Step 2 in the GreenStep program! Advancing to higher steps requires showing that your community has been addressing sustainability in new ways, or making progress on old sustainability projects. A total of 5

steps exist.

In addition to recognition, the GreenStep Program allows participants to draw inspiration from other communities. On the GreenStep website, you can look at what projects have been reported by Leech Lake, Duluth, or any of the other 150 GreenStep communities!

Curious about what sustainability projects have been going on at Fond du Lac and around the state? Check out the GreenStep Website at

<https://greenstep.pca.state.mn.us/page/minnesota-greenstep-tribal-nations>. On the website, feel free to toggle over to the “All Cities” tab and browse. Have questions about the GreenStep Program? Reach out to FDL GreenCorps Member Carson Becicka at [carsonbecicka@fdlrez.com](mailto:carsonbecicka@fdlrez.com).

### Upcoming Gitigaan Classes

**Tuesdays 5:30-6:30 p.m.**  
 Variety of in-person and hybrid, locations vary.  
 Light meal served for in-person classes at 5 p.m.

Please register at:  
[tinyurl.com/2023Gitigaan](https://tinyurl.com/2023Gitigaan)

FREE &  
 OPEN  
 TO ALL



- April 18** Gardening with Children in the Language
- April 25** Garden Tool Maintenance
- May 2** Compost: The Divine Rot
- May 9** The Principles of Soil Health
- May 16** Nutrient Run-off
- May 23** Caring for Fruit Trees & Shrubs

\*Classes are subject to change. Updates will be posted on social media @FDLGitigaan and sent to registered attendees.

**Contact Cami Fischer with questions:**  
[CamiFischer@FDLREZ.com](mailto:CamiFischer@FDLREZ.com)

**For further details and updates follow**  
[@FDLGitigaan](https://twitter.com/FDLGitigaan) or go to [tinyurl.com/fdl-cannery](https://tinyurl.com/fdl-cannery)






**SAVE THE DATE**  
 Gitigaan Plant & Seed Giveaway  
 June 3, 2023

**SIGN UP FOR TILLING**  
 By May 12  
 Contact 218-878-2642  
[JeanneSmith@fdlrez.com](mailto:JeanneSmith@fdlrez.com)



## GITIGAAN PLANT & SEED GIVEAWAY

**SATURDAY, JUNE 3**  
 8 a.m. until supplies run out  
 Fond du Lac Resource Management Garage









# Etc

## We will compost your fish guts!

Boozhoo! This spearing and netting season, members of Fond du Lac's Agricultural Department are interested in collecting your fish guts, and turning them into a rich soil product for our gardens.

Interested in having your fish guts composted? After cleaning your fish, gather your leftover fish waste in a strong garbage bag or sealed container, and contact François Médion at the Ojibwe School or Noah Kruger at the FDL Cannery to arrange a drop off time. Both locations will compost your fish waste.

François Médion, Ojibwe School Garden Master, 218-269-4530, FDL

Cannery, 218-590-6263, or Noah Kruger, Agricultural Manager, NoahKruger@FDLREZ.com

## Happy Air Quality Awareness Week!

The Environmental Protection Agency (EPA) celebrates Air Quality Awareness Week each year, and the theme this year is "Working Together for Clean Air." To celebrate, the Fond du Lac Air Program is highlighting different aspects of inanaamowin (air quality) each day of the week. We'll also be sharing this via the "Fond du Lac Resource Management" Facebook page, which showcases some of the awesome work done by branches

of FDL Resource Management. **Monday, May 1 – Wildfires and Smoke**

Wildfires and prescribed burns produce smoke, which can be carried far distances from where the ishkoden (fires) are taking place. You may recall smoky, hazy days caused by ishkoden out west, up in Canada, or nearby. If you are particularly sensitive to wildfire smoke, reduce your exposure by staying indoors on smoky days, investing in good air filtration systems, and keeping an eye on the Air Quality Index when outdoor inanaamowin may improve.

**Tuesday, May 2 – Asthma and Your Health**

May 2 is World Asthma Day, and May is National Asthma Month. Asthma can make breathing difficult, trigger coughing or wheezing, or cause shortness of breath and impacts people of all demographics. The asthma rate among American Indians/Alaskan Natives (12.0%) is higher than the asthma rate among Asian (4.0%), Black (10.9%), Hispanic (6.4%), and White (7.7%) Americans (American Lung Association). Asthma can be caused or triggered by a number of genetic and environmental factors, including poor air quality. If you or a loved one have asthma or experience asthma symptoms, you may want to consider monitoring outside inanaamowin

by checking the Air Quality Index, addressing factors that negatively impact indoor inanaamowin, or connecting with a healthcare professional if symptoms are developing or worsening.

**Wednesday, May 3 – Air Quality and Transportation**

In Minnesota, the transportation sector is the largest source of greenhouse gases, accounting for approximately 25% of state emissions (Minnesota Pollution Control Agency).

While changing transportation infrastructure is a long and ongoing process, here are three ways we can help reduce emissions during this transition period:

- Bimosen (walk) or bike as part of your weekly commute, if you

# ED FEST 2023

## Bringing Indigenous Teachings into the Classroom

- **Keynote Speaker: James Vukelich, "Seven Grandfather Teachings"**
- **Spotlight Lunch Speaker: Teacher of the Year 2022 (TOTY), Sarah Lancaster**
- **Multiple sessions during the day with the Indigenous culture interwoven into subject matter areas**

Registration: \$55

Questions: Kim Spoor, kimberly.spoor@fdltcc.edu

Learn more: <https://link.fdlcc.edu/EdFest2023>

Fond du Lac  College

2101 14th St, Cloquet, Minnesota

## Monday, June 26

### 9:00am - 4:30pm

\*For teacher prep providers & k-6 teachers



## Followed by a Community Feast at 4:45 pm.

An affirmative action, equal opportunity employer and educator. A member of Minnesota State and the American Indian Higher Education Consortium.

# Etc

can  
 • Ride FDL Transit: to see pick-up times and destinations, check out “FDL Transit” on the FDL website: <http://www.fdlrez.com/fdltransit.htm>

• Consider a hybrid or full electric vehicle! Fond du Lac has charging stations at the Tribal Center and Min No Aya Win Clinic available for any EV-driving Band member or employee.

### Thursday, May 4 – Air Quality and Climate

Fond du Lac owns and operates over 10 Megawatts of energy assets. These include a biomass facility, which uses wood chips instead of propane, thereby saving an estimated 85 tons of carbon dioxide (CO2) from being released each year. Plans exist to construct a second biomass facility. Energy efficiency measures have also been implemented in building infrastructure, so the Band can use less energy and produce fewer greenhouse gases. For more information on how Fond du Lac is addressing climate change through energy, visit the Fond du Lac Environmental Program’s Energy webpage at <http://www.fdlrez.com/RM/energyplan.htm>.

### Friday, May 5 – Participatory Science

Fond du Lac works with the Minnesota Pollution Control Agency (MPCA) to monitor Particulate Matter (PM) and Ozone at Fond du Lac. This hourly data is available online via [www.AirNow.gov](http://www.AirNow.gov) and allows for waabanda'iwewin (sharing) of real-time air quality values to the public.

For more information about air quality, 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).

We wish everyone a happy Air Quality Awareness Week! Miigwech!

## FDL VISTA program is looking for interested individuals

*Interested in making a lasting impact on a local indigenous community? Come and laugh, learn, and get your hands in the soil in a relaxing, low-key*

*environment! Join the Fond du Lac Agriculture Department this summer!*

Fond du Lac Agricultural Division is seeking individuals to assist in caring for gardens, harvesting produce, soil building projects, managing pollinator gardens, seed saving, learning and managing garden pests, and guiding tours and/or finding volunteers to give tours of our Gitigaaning (The Place of the Gardens) and Na’enimonigamig (commercial kitchen/cannery). Any previous knowledge of the above is a plus, but not a requirement as long as you have

a passion for food sovereignty and indigenous food ways. The majority of the time spent in this position will be in the field, so the ability to work outdoors in a variety of weather conditions is important. The position would start in June (exact date is flexible), and the position can be 8-weeks, 9-weeks, or 10-weeks in duration, depending on your start date.

### Member Duties:

1. The VISTA will work primarily in the field completing hands-on tasks at our gardens, with some time in the office as well. The VISTA will help with projects

such as building soil using no till methods, maintaining pollinator gardens, maintaining seed gardens and seed saving, and organizing farm tours.

2. The VISTA will help plant, maintain, harvest, and clean vegetables and fruits at our gardens.

3. The VISTA will help with community engagement, such as tabling at community events.

4. The VISTA’s duties are flexible according to the needs, interests, and career goals of the member. We want this experience to be personally and professionally fulfilling for you and will work

**BIMAAJI’IDIWIN FDLTCC EXTENSION PROGRAM PRODUCER TRAINING PROGRAM**

**GAPS AND FOOD SAFETY FOR A HEALTHY, SAFE HARVEST WORKSHOP**

THIS PROGRAM WILL INCLUDE A DEEP DIVE INTO GOOD AGRICULTURAL PRACTICES (GAPS) ON THE FARM. GAPS ARE SCIENCE-BASED, FARM-LEVEL PRACTICES FOR KEEPING FRESH PRODUCE SAFE FROM CONTAMINATION TO ENSURE YOUR CUSTOMERS ARE HEALTHY AND YOUR PRODUCE IS HIGH QUALITY.

THIS TRAINING APPLIES TO ALL FARM OWNERS, WORKERS AND GARDENERS WHO GROW, HARVEST AND PACK FRESH VEGETABLES FOR SALE TO ALL MARKETS, INCLUDING FARMERS MARKETS, CSA, RETAIL, SCHOOLS, RESTAURANTS, OR WHO DONATE PRODUCE TO OTHERS.

ALL ATTENDEES WILL RECEIVE A CERTIFICATE OF ATTENDANCE. FREE AND OPEN TO EVERYONE

ANNALISA HULTBERG IS A STATEWIDE EDUCATOR IN FOOD SAFETY AT THE UNIVERSITY OF MINNESOTA EXTENSION WHERE SHE HAS COORDINATED THE ON-FARM GAPS EDUCATION PROGRAM SINCE 2011. SHE LEADS EXTENSION’S EDUCATIONAL EFFORTS AROUND THE FSMA PRODUCE SAFETY RULE AND GOOD AGRICULTURAL PRACTICES, WORKING WITH SMALL TO LARGE-SCALE FRUIT AND VEGETABLE FARMERS, FARM TO SCHOOL PROGRAMS, FOOD HUBS AND OTHERS TO HELP PRODUCERS UNDERSTAND AND IMPLEMENT FOOD SAFETY ON THE FARM AND IMPROVE THE QUALITY AND SAFETY OF FRESH PRODUCE.

**SATURDAY, MAY 6<sup>TH</sup>, 2023**  
**12:00PM-3:00PM**  
**FDLTCC CLASSROOM #230**  
**2101 14<sup>TH</sup> STREET | CLOQUET, MN 55720**

SEND REGISTRATION TO: **NIKKI CROWE** [NIKKICROWE@FDLREZ.COM](mailto:NIKKICROWE@FDLREZ.COM)

**LUNCH WILL BE PROVIDED**



Fond du Lac Tribal & Community College is an affirmative action, equal opportunity employer and educator, and a member of Minnesota State, the American Indian Higher Education Consortium, and the World Indigenous Nations Higher Education Consortium. This document is available in alternative formats to individuals with disabilities. Consumers with hearing or speech disabilities may contact us via their preferred Telecommunications Relay Service.

**Bimaaji'idiwin FDLTCC Extension Program**  
**Producer Training Program**

**Spring Seed Saving: When the work continues...**

Join us to learn together with  
**Jessika Greendeer, Seedkeeper and Farm Manager**

Jessika is a Ho-Chunk Nation tribal member from Baraboo, WI and a member of the Deer Clan. Jessika is excited to be able to share her lifework of growing and protecting our seed relatives, her desire to regenerate the soils of our Earth, and she is grateful for the opportunity to train and inspire future seed keepers. Jessika has worked as the Agricultural Division Manager for her nation and had previously served as a garden mentor within her Nation’s organic community gardens. She is a U.S. Army combat veteran and completed a Veteran-to-Farmer training program at the Rodale Institute in Pennsylvania.



**Free and open to everyone**  
**Food will be provided**

**Thursday, May 4**  
**5:00 PM**  
**FDLTCC Commons**  
**2101 14th Street, Cloquet, MN**

Questions: [erika.resendizalonso@fdltcc.edu](mailto:erika.resendizalonso@fdltcc.edu)



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# Etc

with you on designing a work plan that meets your goals.

If you are interested in becoming a VISTA, please go to: Become a VISTA (ecolibrum3.org) and start the application process.

For the Fond du Lac Agriculture position look for us under "Open Positions". We look forward to having you join us this summer!

Please contact Marcia Einyck for questions about the Agricultural Department: marciaeinyck@fdlrez.com

Contact Patrick Weber for questions about the VISTA program: patrick@ecolibrum3.org  
VISTA page: <https://www.ecolibrum3.org/joinvista/>

## Summer Academic Enrichment Program Funds Available for Minnesota Students

*The Minnesota Office of Higher Education is offering stipends of up to \$1,000 for summer learning opportunities to eligible students*

Providing access to high-quality summer learning experiences, the Minnesota Office of Higher Education (OHE) is offering stipends to eligible students to attend Summer Academic Enrichment Program (SAEP) participating camps. SAEP provides stipends for low-income students completing grades 3 to 11 to attend approved summer programs offered by postsecondary educational institutions and nonprofits across the state.

To be eligible for a program stipend, students must meet family income requirements for free or reduced-priced school meals and, if in grades 7-11, need a minimum of a "C" average in the most recently recorded academic term in the subject area applicable for the summer program of interest. Stipends are provided on a first-come, first-serve basis, to cover all or a portion of the direct cost of a participating program paid directly to the program sponsors.

The SAEP seeks to counter the achievement gap and provide access for students to exercise their minds by challenging themselves in core curricular area enrichment during summer break. SAEP offers a wide variety of opportunities that provide valuable career pathway exposure to Minnesota students, ranging in

days to weeks-long timeframes.

OHE has approved 25 sponsors hosting 78 academic enrichment programs in the following curricular areas: English, Fine Arts, Humanities, Mathematics, Performing Arts, Science, Social Studies and World Languages and Cultures.

Camps like the Advanced Program in Technology and Science at St. Cloud State University offers a residential dorm experience, professional mentorship connections, and high-level scientific exploration. A new Scrubs Camp by HealthForce Minnesota provides high school students with an in-depth look into the healthcare sector. From sculptural metal casting, journalism, astronomy, to speech and debate, there is a summer program for all students to engage in enriching summer learning

experiences.

Explore the list of eligible programs, along with additional program information, at the following link: Summer Academic Enrichment Program (state.mn.us). To apply, participants register directly with the eligible program sponsors.

Click to download the SAEP 2023 Student Flyer and SAEP 2023 Parent Flyer.

Questions about the Summer Academic Enrichment Program can be directed to the program administrator, Brenda Larter, at (651) 355-0612 or [brenda.larter@state.mn.us](mailto:brenda.larter@state.mn.us).

## Veteran's Corner

Boozhoo, update to Tribal Veterans Service Officer's cell phone number (218)461-2937. I have a new location for my office. I am located at the Veteran's



**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

**YOUTH MATTER**  
Meets every other Thursday...  
with the occasional field trips

**5pm - 7pm**  
Circling around the reservation going to all the community centers

**DINNER | DRINKS | SNACKS**  
are available at each group

Over the past few months we've written down youths' ideas about what to do at each group, what to eat, and now we are giving that to you.  
**We want this to be youth led... bring a friend.**  
**We want to hear your voice!**

**Every group you attend you get 6 points, once you reach 48 points you receive a gift/gift card of your choice.**

**If rides are needed call/text Bailey Robinson at 218-409-5232.**



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

**YOUTH MATTER**  
**UPCOMING GROUPS**

**Thursday, April 6 | 5pm - 7pm**  
Sawyer Community Center, native painting step by step

**Thursday, April 20 | 5pm - 7pm**  
Brookston Community Center, dream catcher making and story telling with Barb and Ricky

**Friday, April 28 | 4pm - 6pm**  
Auditions for mic night at Life House, we will pick youth up at the RBC at 3:30pm

**Thursday, May 4 | 5pm - 7pm**  
Cultural Center, make something to put on friends/families' graves

**Friday, May 12 | 5pm - 7pm**  
Wussow's mic night Life House event (students that auditioned April 28th)

**Thursday, May 18 | 5pm - 7pm**  
Bring youth to grave yards to bring loved ones something to their grave

**If rides are needed call/text Bailey Robinson at 218-409-5232.**



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

# Etc

supportive housing, if you have any question please contact me at the previous number.

Additional news is that I will be starting "Visit with the Veterans Service Officer" at Veterans Supportive Housing every other Thursday from 9-11 a.m., come join me for coffee and doughnuts.

Veteran's get your golf team together, June 10, 2023 is the

Veterans Golf Tournament, this is open to everyone, if you have any question please contact me.

Veterans Powwow will be on July 7, 8, and 9 this year. If you would like to work at this year's Veteran's Powwow please contact me and I will start a list. We need volunteers for this, also any vendors that would like to be there please contact me.

FDL Veterans Honor Guard has a lot of events coming up so if you need the Honor Guard please send me an email for you event. Email Address is Andrewdepoe@fdlrez.com or call at (218) 461-2937.

If you have any questions, please do hesitate to call or stop in.

Thank you, Andrew DePoe, USCG (ret), FDL Tribal Veterans Service Officer (VSO)

## Learn to pilot drones this summer at FDLTCC

Fond du Lac Tribal and Community College (FDLTCC) is excited to welcome the public to learn to fly drones this summer with Geography 1060: Small Unmanned Aircraft Systems. Students will get hands on experience flying a drone and receive training for the FAA Remote Pilot Certification exam during the 8-week course starting May 30, 2023. The course is open to anyone interested in learning to pilot drones.

There is a large demand for the use of drones in a variety of industries. Geography 1060: Small Unmanned Aircraft Systems will provide students with the skills to pursue opportunities in a variety of industries in our community, including construction, utilities, law enforcement, media production, and natural resources.

"This course is a rare opportunity to learn what you need to pass the FAA Remote



Pilot Exam while gaining hands-on flying experience from a certified flight instructor. Our past students have reported passing the FAA exam on the first try after taking the course."

Geography 1060: Small Unmanned Aircraft Systems will prepare students for the FAA Remote Pilot Certificate exam, which is required to legally fly drones on a professional basis. To register for the course, students should first apply to the college, at <https://fdltcc.edu/admissions/apply-here/>. Upon completion of the course, students will receive 2 credits of

undergraduate coursework.

The FAA Remote Pilot Certification exam is not offered as part of the course. The exam may be taken at a local testing center and costs \$150. Remote Pilot Certification is valid for two years and can be renewed by taking a free online refresher course.

For more information, contact Dr. Carl Sack via email at [carl.sack@fdltcc.edu](mailto:carl.sack@fdltcc.edu). Visit <https://fdltcc.edu/admissions/apply-here/> to apply to FDLTCC and begin the course registration process.

## Protect All the Skin You're In

☀️ Skin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.

☀️ Every year, there are 63,000 new cases of and 9,000 deaths from melanoma—the deadliest form of skin cancer.

Ultraviolet (UV) exposure is the most common cause of skin cancer. A new CDC study shows that the majority of Americans are not using sunscreen regularly to protect themselves from the sun's harmful UV rays.



In fact, fewer than 15% of men and fewer than 30% of women reported using sunscreen regularly on their face and other exposed skin when outside for more than 1 hour.

Many women report that they regularly use sunscreen on their faces but not on other exposed skin.

### Choose sun protection strategies that work.

Use broad spectrum sunscreen with SPF 15+ to protect any exposed skin.



Seek shade, especially during midday hours.

Wear a hat, sunglasses and other clothes to protect skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every two hours and after swimming, sweating, and toweling off.

# Etc

## Elder movement and education class

An average of a dozen Elders come together each week and share the elderly nutrition space at Cloquet Community Center for a weekly movement and wellness education class that is hosted by community health educators from Min No Aya Win (MNAW). The class is located across from the library in the Elderly Nutrition Program (ENP).

The people attending each week live in the surrounding area and have a variety of reasons for showing up – despite freshly fallen snow and icy roads for the hour-long class. At one weekly session in early January there was blizzard conditions with blowing and drifting snow and we still had participants attend.

Some members come in on wheeled power chairs, others arrive bundled up and some of the Elders have their gym bags packed with clothing from their morning water aerobics in the pool.. Most members of the class want to maintain mobility to

overcome the effects of arthritis or other serious health conditions. Many speak of relief from isolation as reason to attend and class members are enthusiastic to be in company with others.

Older adults benefit from regular exercise for multiple positive life outcomes and research has shown that the reduction of the risk of falls and developing chronic conditions are factors for continuing regular exercise.

And those goals are met each week as the class share time over coffee, learn about nutrition, exercise and wellness topics. Much of the physical exercises are demonstration as elders are encouraged to continue the practice at home. While the name is Elder Exercise, Health educators are jazzing up the class with special health topic handouts, activities like games, monthly speakers and incentives.

For persons interested in joining Elder Exercise arrive Wednesdays at 9 a.m. There



is not a pre-registration and everyone is welcome. The class is scheduled for

one hour and a light snack of fruit and vegetables are served.

## LEGAL NOTICE – MAY 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  
DUFALUT, Lavonne  
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  
MONAHAN, Suzanne  
NEWAGO, Dennis  
OWENS, Louise K.  
PECK, Joan  
PERALES, Benjamin Jr.  
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.

# Saying Thanks by Photographer/Researcher Christine Carlson

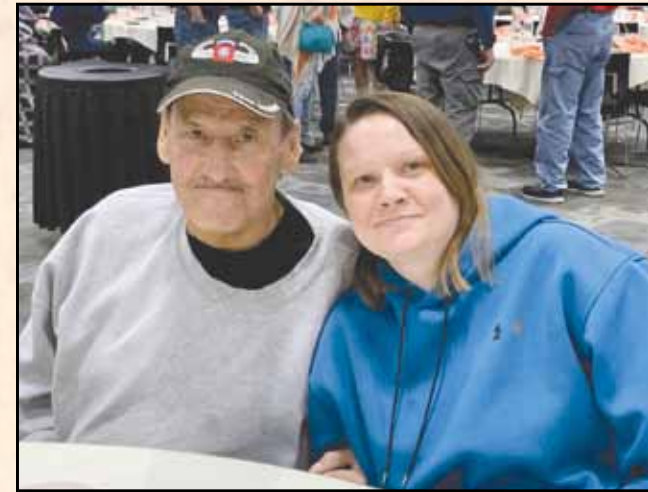
Now days, it is really easy to take a photo and there are many good photographers around. My message is taking the time to document the photos. This is where research skills can start to tell a bit of the story. Especially being in a position to showcase so many special people in our community that I have met along the “road of life”. Real People, not the power-

ful, rich or famous.

Taking pictures and having the opportunity to smile and meet people, maybe just for that brief moment in time, can lead to an occasional greeting or maybe friendships for a lifetime. Wow, isn't that something as I am blessed to have this opportunity. **Just saying this powerful 6 letter word, Thanks to all the people that have**

**shared their lives with me.**

This can be expanded even further for thanks at the workplace, school or community. Have you worked hard and performed well? Have you shared your “heart and soul”? Have you made suggestions or had the courage to stand up for a chance to make a difference? Once again there is that powerful 6 letter word. **Thanks!**



*Elder's Dinner – Ft. Bragg 82nd Airborne Rick and Dawn Houle. Photo by old #3*



*Elder's Dinner – Waynette and Roger Mahr*

M  
i  
g  
w  
e  
c  
h



*Elder's Dinner – Peggy (Defoe) Lund, Heidi Hilton, and Bob Lund*



*Elder's Dinner – Henry and Phillis (Fairbanks) Stott. She took the time for kindness.*



*Elder's Dinner – Noreen Ells, Betsy Follis, Robin “Bucky” Ells, Sharon (Doolittle) Shuck, and Mary (Barney) Shauffer.*



*Veteran's Dinner – Gail and Domingo Martinez, U.S. Army 25th Infantry Division*



*St. Louis River Talk at Barker's Island – Laurel (Howes) Sanders and John Donahue.*

# Health News

## MAY IS MELANOMA AND SKIN CANCER AWARENESS MONTH

*Fighting Cancer. Where You Live.*



The black ribbon represents Melanoma and Skin cancer Awareness. Skin cancer is a growing epidemic in America. Cancer of the skin is the most common of all cancers in the U.S. Melanoma is the deadliest type of skin cancer and the third most common type of skin cancer in the U.S. Melanoma is a common cancer in people younger than 30 years old. Most damage to the skin happens before the age of 20.

There will be an estimate of 100,000 new cases of melanoma diagnosed this year and it is about 2X's more common in men than women. The Center for Disease Control and Prevention (CDC) has found American Indian/Alaskan Natives to have the second highest rate of getting melanoma of the skin.

Skin cancer is a disease where cells in the body grow out of control. Our skin is the largest organ in the human body. The larger the cancer growths, the greater the risk of death from the disease. The tendency to spread to other parts of the body including vital organs is why skin cancer is a concern. Basal and Squamous cell cancers are the most common skin cancers. There are over 3.5 million new cases of skin cancer diagnosed per year. These cancers are found from areas exposed from the sun which are: the head, neck, and arm areas.

For melanoma, there is an easy way to remember the warning signs- "The A-B-C-D-Es" of mela-

noma:

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

Talk to your doctor if you notice changes in your skin such as a new growth, a sore that doesn't heal, a change in an old growth, or any of the A-B-C-D-Es of melanoma. A change in your skin is the most common sign of skin cancer. Not all skin cancers look the same.

Anyone can get skin cancer. Many skin cancers are caused by UV or Ultraviolet radiation from the sun. There are steps that may help to lower risks and prevent skin cancer and Melanoma such as: using a broad-spectrum sunscreen with at least a SPF of 30, Applying sunscreen 30 minutes before exposure and reapply as often as every 30 to 60 minutes and using water-resistant sunscreen for children who will be playing in and out of the water. It is important to use sunscreen even on cloudy days as a sunburn could still develop. Avoid direct sunlight from 10 a.m.-4 p.m. as this is when the sun is strongest, stay away from sunlamps and tanning booths as well as these

are sources of UV light and may increase the risk for skin cancer. You can also cover up by wearing long-sleeved shirts, long pants, wide-brimmed hats, or using an umbrella.

Additional risk factors for skin cancer are: family or personal history for skin cancer, light skin color that burns or freckles easily (those with dark skin can get skin cancer also), blue or green eyes and blonde or red hair, having a lot of moles, frequent exposure to the sun (work or play), childhood sunburns (keep babies younger than 6 months out of the sun).

Always remember to talk with your healthcare provider about any questions or concerns.

A message from your Fond du Lac Cancer Prevention Program. Please contact Fond du Lac Human Services division community health services for more information on any of our health-related programs: (218) 878-3790

Sources and for more information:

- Moles to Melanoma: Recognizing the ABCDE Features (National Cancer Institute)
- U.S. Department of Health and Human Services; Center for Disease Control and Prevention; The Office on Women's Health.
- Centers for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov)
- American Indian Cancer Foundation (AICAF) [Americanindiancancer.org](http://Americanindiancancer.org)
- American Cancer Society (ACS) [www.cancer.org](http://www.cancer.org)

## MELANOMA CHECK FOR THE SIGNS

- A** **A for Asymmetrical Shape**  
A mole that has one half which is different from the other half.
- B** **B for Border Irregularity**  
A mole that has edges which are irregular, uneven or blurred.
- C** **C for Colour**  
A mole that has multiple colours, shades of one colour or is different to other moles in colour.
- D** **D for Diameter**  
A mole that is increasing in diameter, or growing larger.
- E** **E for Evolving**  
A mole that has changed in size, shape, colour, elevation or another trait (such as itching, soreness, bleeding or crusting).

## Recipe of the month Fruit Salad with Poppy Seed Dressing

The creamy poppy seed dressing in this recipe contains low-fat yogurt, which is an excellent source of B vitamins, protein, and calcium. Some experts claim that yogurt, when ingested, supplies the intestinal tract with good bacteria to help keep it in good working order.

- 8 cups fresh fruit, cut into bite-sized pieces
- 2-2/3 cups low-fat vanilla yogurt
- 1 teaspoon poppy seeds

Directions

Combine all fruit into a large bowl. In a smaller bowl, fold poppy seeds into yogurt with whisk or spatula.

Spoon a portion of fruit salad into individual serving dishes, then pour

2 to 3 tablespoons of yogurt mixture over the fruit- or set out the fruit salad and yogurt dressing separately and invite your guests to help themselves.

Note: For this salad we used equal parts peeled peaches and oranges, chunks of pineapple, grapes, and berries. Use any fruit you like.

Makes 8 servings, each serving 184 calories and 1.5 grams of fat

Recipe adapted from: <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes/appetizers-side-dishes/fruit-salad-with-poppy-seed-dressing.html>



# Health News

## Water Wonders

By Kara Stoneburner,  
RDN LD, Community Health  
Services Dietitian

According to the Centers for Disease Control and Prevention (CDC), sugary drinks are the leading source of added sugars in the American diet. These sweetened beverages include regular soda, fruit drinks, sports drinks, energy drinks, sweetened waters and flavored coffees. Sugary beverages can play a part in many health problems such as obesity, type 2 diabetes, heart disease and cavities. The Dietary Guidelines for Americans recommends people age 2 years and older should limit their intake of added sugars to 10% or less of total calories. On average, a 20-ounce regular soda contains about 16 teaspoons of added sugar. There are about 16 calories per teaspoon, thus consuming all of the 20-ounce regular soda provides about 250 calories. Using the typical 2000 calorie range, having a 20-ounce regular soda would put a person over the recommended amount of added sugars for the day.

Why is water so important? The average adult human body is 50-60% water. Water is needed for:

- Maintaining a normal body temperature
- Lubricating and cushioning joints
- Protecting the spinal column and other sensitive tissues
- Helps get rid of waste through urination, perspiration and bowel movements
- Aids in preventing dehydration and constipation
- Helps with weight control as it contains no calories

Water should come from a variety of foods and beverages. Fruits and vegetables are often higher in

water content and can help with hydration. Recommendations of the amount of water needed varies by age, sex, pregnancy status, breastfeeding status, location and health and activity status. People need more water when they live in a hot climate, are more physically active, running a fever or are having diarrhea or vomiting.

Ways to increase water intake:

- Use a reusable water bottle during the day and fill it frequently. Don't forget to wash your water bottle routinely
- Choose water when eating out
- Serve water with meals and snacks
- Choose water over sugary beverages or flavored coffees more often
- Add a wedge of lime, lemon or cucumber for flavor. Experiment with different natural flavors such as berries, mint or other herbs
- When needed a break from water try small amounts of low-fat or fat-free milk or unsweetened, fortified milk alternatives or 100% fruit or vegetable juice
- Add a splash of 100% fruit juice to sparkling water
- Keep a pitcher or water bottle in the refrigerator for cold water
- Try a seltzer water
- Order coffee black or order with low-fat or fat-free milk or unsweetened milk alternatives
- Read the Nutrition Facts Label when looking at other beverage options

\*There are certain medical conditions and medications that require fluid control. Consult with your Healthcare Provider for advice on fluid needs, if this pertains to you. Also, healthy babies under six months of age do not need additional water. Fluid needs are met through frequent breastfeeding or properly prepared infant formula. Healthy babies

six months and older, that have started baby foods/solids, may be ready for small amounts of water. Be sure to consult with the baby's Healthcare Provider, local WIC office or Public Health Nurse with questions.

Check out the following tips and recipes for infused water from [www.tasteofhome.com](http://www.tasteofhome.com).

### How to Make Infused Water

1. Fill a pitcher with water -glass pitchers tend to provide the best results
2. Combine ingredients in pitcher -use fresh ingredients and wash produce before using
3. Cover the pitcher
4. Refrigerate

Allow ingredients to infuse for, at least, several hours or even overnight. Remove solids after 8-12 hours. Once solids are removed, refrigerated, infused water can be used for up to 3 days.

### Summer Fruits Medley

- ½ cup strawberries, hulled and sliced
- ½ cup whole raspberries
- ½ cup whole blackberries
- 2 quarts water

### Citrus & Cucumber

- ½ cup cucumber, sliced
- ½ lemon, sliced
- ½ lime, sliced
- ½ orange, sliced
- 2 quarts water

### Lemon, Ginger & Turmeric

- 1 Tablespoon turmeric powder
- 4 slices peeled, fresh ginger
- ½ lemon, sliced
- 2 quarts water

### Lavender & Strawberry

- ½ cup strawberries, hulled and sliced
- 3 sprigs organic lavender
- 2 quarts water

### Apple, Rose Petals & Chamomile

- ½ Granny Smith or Fuji apple, thinly sliced
- 1 handful fresh, organic rose petals
- 1 handful fresh, organic chamomile
- 2 quarts water

### Fig, Rosemary & Fennel

- ½ cup of Mission figs, halved
- 5 sprigs rosemary
- ½ fennel bulb, thinly sliced
- 2 quarts water

### Cantaloupe, Mint & Lemon

- 5 sprigs fresh mint
- ½ lemon, sliced

- ½ cup cantaloupe, cubed (or honeydew or watermelon or all 3)
- 2 quarts water

### Nectarine, Basil & Clementine

- 8 slices of nectarine
- 6 fresh basil leaves
- 3 slices of clementine
- 2 quarts of filtered water

*\*\*Sources include: The Academy of Nutrition and Dietetics, Mayo Clinic, Clevelandclinic.org, myplate.gov and CDC*

Make feeling good your top priority



## A wellness class for everyone

This six-week class will help you get connected and take charge of your health. Topics include eating to feel good, getting the sleep you need, knowing how to communicate with your doctor and much more. Join us!

Living Well with Chronic Conditions  
Six Wednesdays

May 10 ☐ June 14  
10 AM- 12 PM  
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**For information or to register,**  
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# Community News

## Notice of Hearing on Probate Petition

In the Matter of the Estate of: KARRIE SMITH, Decedent, QAIDEN SMITH, Petitioner. Case No.: PR-0002-2023 NOTICE OF HEARING ON PROBATE PETITION.

NOTICE TO THE HEIRS, BENEFICIARIES, AND ALL OTHER INTERESTED PARTIES: QAIDEN SMITH HAS PETITIONED FOR APPOINTMENT AS PERSONAL REPRESENTATIVE OF THIS ESTATE. THIS MATTER HAS BEEN SET FOR HEARING ON THE PROBATE PETITION FOR: Wednesday, May 3, 2023 at 10:00 a.m. at the Fond du Lac Band of Lake Superior Chippewa Tribal Court, located at 28 University Road, Cloquet, Minnesota 55720.

**FDLOS graduation**  
**May 26 6 p.m.**

**This month's deadline for the newspaper is Tuesday May 16**

## Happy Birthday

Happy 3rd birthday, **Kendrick!** (May 6)

*Your Mom, Dad, Brothers, Sister, Grandma, Great-Grandma, Uncle, London, Auntie Kortney, and Braxton. LOVE YOU!*



Happy 35th birthday to our eldest daughter **Kailey Jo Roberts** (May 10)!

*Love you, Mom and Dad*

Happy birthday to the greatest Mom and Grandma in the world, **Linda Dunaiski** (May 29). P.S. will you babysit the other 51 weekends a year?

*Love, Paul, Sam, Maggie, Ted, Emilee, Chris, J.P., Bryce, Zach, Steph, Mason, Ivory, and your furry children.*

Happy birthday to **Reynaldo (Sonny) Hane** we all love you!  
*Love, Mom*

Happy birthday to **Uncle Sonny**  
*From Kitana, Milo, Carter, Nate, and Lij*

Happy birthday to our **Grandma**  
*From Kitana, Milo, Carter, Nate, and Lij*

## Obituary

**Melinda Rose Blacketter-Peterson**

of Sawyer, MN passed away Tuesday, March 21, 2023, at 57 years of age, peacefully at her home surrounded by her family. She was born on December 28, 1965, at the Cloquet Memorial Hospital, to James Jr. and Mary



Ann (Nahgahnub) Blacketter Melinda was an enrolled member of the Fond du Lac Band of Lake Superior Chippewa who worked as a cook for the Elderly Nutrition Program for twenty-three years. Melinda had an incredible talent for befriending animals, and spent many hours watching, feeding, and tending to her birds. Melinda had quite the green thumb and was an avid gardener. In life, Melinda was a devoted mother, sister, friend, aunt, and wife. She spent her time pouring her heart into her family, watching after her nieces, nephews, and younger siblings with her motherly presence. Melinda always kept her humor close about her and could often be found giggling or laughing hysterically with her sisters, friends, and brothers making her witty jokes. Melinda also enjoyed listening to music, playing cards, and spending time with her life-long closest friend and cousin, Gayle Tiessen. Melinda had one child, her son, Cole Alan Hilton, whom she loved the most in this world.

Melinda was preceded in death by her parents; her younger brother, Kris Blacketter; and the father of her son, Dave Hilton. She is survived by her husband, Paul Peterson; siblings, James III (Jennifer) Blacketter, Shirley (Robert) Martin, Brad "Raff" (Melanie) Blacketter, Cindy Blacketter, Matt Blacketter, her son, Cole Hilton (Samantha Ladeaux); granddaughter, Paisley Hilton; two nieces, numerous nephews, and cousins.

**Melvin Lester DeFoe** 82, passed away surrounded by his loved ones until the very last moment on Thursday, March

30th, 2023 in Cloquet. He was one of thirteen children born to Joseph and Elizabeth (Colburn) DeFoe on June 12, 1940. He was a proud member of the Fond du Lac Band of Lake Superior Chippewa.



When Melvin was six years old he and his siblings attended Pipestone Indian Boarding

School, in Pipestone, Minnesota. He completed elementary school in pipestone and then returned home and attended Cloquet public schools until he enlisted in the U.S Army in 1958. He served from 1958 to 1961 in the 82nd and 101st Airborne Division, making a total of 21 jumps. He spent a year in Korea, post-conflict.



**THE FOND DU LAC RESERVATION**

**SUMMER YOUTH EMPLOYMENT PROGRAM**

is now accepting applications!

**APPLICATIONS WILL BE ACCEPTED THROUGH**

May 19, 2023

The closing date will be adhered to and applications will NOT be accepted after this date.

**You must be between the ages of 14 TO 17**

Applications can be picked up at the Tribal Center Human Resources, Sawyer Center, and Brookston Center

**FOR MORE INFORMATION CONTACT**

Fond du Lac Human Resources @ 218-878-2653  
Vicki Reynolds @ 218-878-2636

# Community News

Melvin returned back home to Fond du Lac after an honorable discharge from the U.S Army. He went to many vocational schools until he found what he truly loved and became a master carpenter. He worked for several large contractors in the area as well as working independently until retirement. He was especially proud of creating his own all native crew that worked on many projects in the area.

Melvin was a perfectionist, he took great care in the things he did, took his time and always went above and beyond. He loved to laugh, joke, and visit with his friends and family. He was kind, caring, and compassionate. If Melvin didn't answer his phone, you knew where to find him. He would be mowing his yard, never allowing a dandelion to pop up and keeping it to under one inch. He also enjoyed going to the casino, traveling, and having family dinners.

He was preceded in death by his parents, Joseph and Elizabeth; siblings Edith, Ramona, Delores, Alvina, Bernadine, Elaine, Phylis, Harvey, Kenny, Harold, Vernon; and son Timothy Diver.

He was survived by his wife, Carolyn; children, Troy Luomala, Melanie (Dale) Sautbine, Todd (Rachel) DeFoe, Tara (Jonathan) Kimmel, Cindy DeFoe, Melvin (Janelle) Barney, Joey (Rachel) Barney, Danny (Jamie) Barney, Frank DeFoe, Erin (Alana) Lemieux DeFoe, and Jeroam (Jennie) DeFoe; step-son, Noah "Brian" Peterson; sisters, Dorothy Cooley and Nancy (Hank) Seppala.

He is also survived by his many beloved grandchildren, great grandchildren, nieces, nephews, cousins and friends.

**Frank Leland Martin "Sonny Boy" Makade-Anakwad** age 38 of Duluth, passed away Saturday, April 8, 2023. He was born December 16, 1984, in Duluth, the son of John Martin Jr. and Kathleen Aubid. Frank was a member of the Fond du Lac Band of Lake Superior Chippewa. He loved ricing and was the best "Knocker". Frank worked in construction and as a chef



for the Boat Club Restaurant and Bar at Fitzer's in Duluth. He enjoyed playing and watching volleyball, basketball, football, and other sports, and enjoyed working out. Frank especially enjoyed spending time with his four daughters, and his nieces and nephews. He achieved many lifetime goals that he was proud of.

Frank was preceded in death by his father, John Martin Jr.; his paternal grandparents, John and Linda Martin; and his maternal grandparents, Dusty Aubid and Lois Smart. He is survived by his significant other, Jessica Robarge and her daughters; his daughters, Maci Martin, Madilynn Martin, Mercedi Martin, and Kathleen Gawhega; his mother, Kathleen Aubid (Larry); brothers, Dusty Martin and Ben (Marianne) Aubid; sisters, Crystal Martin, Chantel Martin, and Jackie Martin (Scott); and many, many nieces and nephews.



**Class in 1957-58**

Can you spot the 5 Native Kids in the picture? Miss Kaners 7th grade 1957-58 Garfield School.

**ATTENTION FDL ELDERS**

## LAWN MOWING

The summer youth will be mowing lawns starting early June 2023. If you are eligible to receive the Lawn Mowing Service please contact Vicki Reynolds.

**ELIGIBILITY REQUIREMENTS:**

- If you are an FDL Band Member
- Age 62 or Older
- Live within the Reservation Service Area
- If under 62 you will need a letter from your Provider/Doctor stating why you cannot mow your lawn.

For more information contact:  
 Vicki Reynolds, WIOA Coordinator @ 878-2636  
 If unavailable please leave a message.

**FOND DU LAC HEALTH FAIR**  
**MINO-BIMAADIZIWIN**  
 ~ A HEALTHY LIFE ~

**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

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OVER \$145,000 IN CASH PRIZES!

# Quite A Catch



Saturdays,

May 20<sup>th</sup> - June 24<sup>th</sup>, 7 - 10 pm

- 5 players will WIN up to \$1,000 each hour!
- June 24<sup>th</sup>, cash prizes up to \$20,000 at 10:30 pm!

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



See official rules. Owned and operated by the Fond du Lac Band of Lake Superior Chippewa. Management reserves all rights.

LIVE IN THE OTTER CREEK EVENT CENTER

Marie  
OSMOND

MAY  
19<sup>TH</sup>



DOORS 6 PM | SHOW 7 PM

TICKETS \$35 - \$105

AVAILABLE AT THE PLAYERS CLUB OR ONLINE AT

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

