

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



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Rebecca St. George at the Nagaajiwanaang Jiibayakamigong event at Chamber's Grove

*Photography by Christine Carlson*

Rebecca is the daughter of the late Bernard and Nelda St. George. She was the FDL tribal attorney for six years and now serves as the Duluth City Attorney with Emily Larson. Rebecca is Duluth's first female city attorney.

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# Local News

## Nagaajiwanaang Jiibayakamigong ceremony at Chamber's Grove

By Zachary N. Dunaiski

On Sept. 30, Fond du Lac hosted the Nagaajiwanaang Jiibayakamigong ceremony at Chamber's Grove to honor our ancestors buried in the cemetery in the old Fond du Lac neighborhood. Fond du Lac Chairman Kevin Dupuis Sr. called for new protections for the Fond du Lac cemetery that was decimated during the Highway 23 bridge project that began back in 2017.

"New laws, new regulations have to be put in place for the simple protections of the first inhabitants of this land," Chairman Dupuis said at the event. "We're still the last ones to be protected, but the first ones on this continent. It's backwards and we need to figure out a way to make it right."

It was an undeniably awful tragedy that the construction of this bridge led to the desecration of a cemetery of Fond du Lac's ancestors, which Nancy Daubenberger, MnDOT commissioner, addressed that day with a statement to the people of Fond du Lac.

"We now know that no matter how small or large a project might be, we absolutely need to make sure we have formal consultation with Tribes," Daubenberger said

at Chamber's Grove. "We need to understand the history of the area and we need to make sure protections are in place so this never happens again."

Which is what Chairman Dupuis has been working hard to accomplish over the past five years since the Highway 23 bridge project began, even bringing on Kami Diver, Administrative Assistant to the Tribal Chair, last year to help.

"So I was asked to provide the historical research for not only Highway 23 but the old village of Fond du Lac which is just opposite of where the tragedy happened," Diver said in speaking about how she got involved with this ceremony. "In the past, I've done the research for the Cloquet forestry and the Wisconsin Point event that we had. So they asked me to take the reins on applying the research to this ceremony."

Diver has been working on this with the Chairman since she first took the position.

"The first week that I started working with Kevin he took me to these spots. Like he drove me there, he gave me the history and then it kind of just intrigued me," Diver said of her work with FDL's history in the last year. "So I just started reading. Then I traveled to Minnesota Historical Society I've

been to every library and museum here in Minnesota to gather information and research."

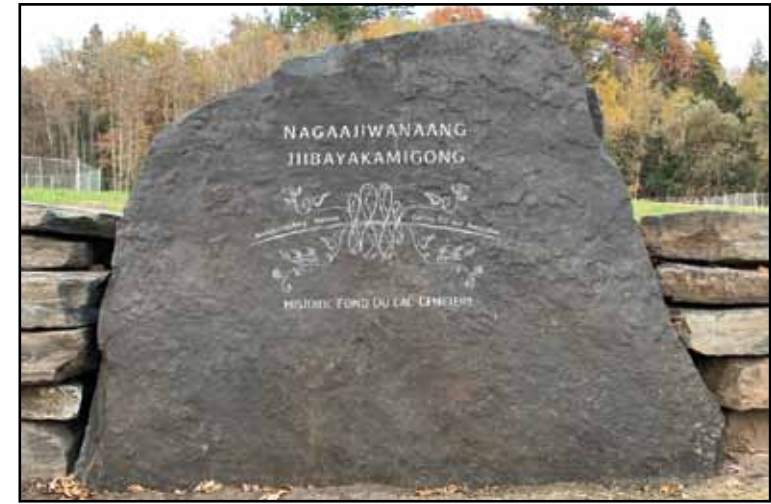
Diver was also there on Sept. 30, and she recalled the emotions in the crowd that day being very powerful.

"We had a really good turnout. We had over 200 people attend. We had people that have been involved from the very beginning, who to me were very satisfied," Diver said of the ceremony. "We all put our tobacco down. Just seeing people, not the excitement. Some were crying, because if you think about it, this is just 2 generations removed."

Many in the crowd were moved to tears and that's something that Diver could understand because she too felt that being there with our ancestors.

"It's unexplainable. So many different emotions happened that day. It was happy like 'finally' but then at the same time you know you get that feeling of I don't want to see mourning or grief, but knowing that you're doing something with a good heart," Diver said of her feelings that day. "Doing this to be sincere to doing this because as Native people the worst thing to do is not fight for ourselves."

While the day was filled with



The stone monument art by Sarah Agaton-Howes reads Nagaajiwanaang Jiibayakamigong Anishinaabeg Nation Caring for our Ancestors Historic Fond du Lac Cemetery. The high fences in the background enclose and protects the "Mother Gardens". Photo by Christine Carlson

sorrow and relief, many also recognized those who gave their time to help restore the cemetery with years of work to honor our ancestors. Rob Abramowski, FDL Secretary Treasurer, thanked them specifically at the event for their efforts for our ancestors.

"I'm grateful for all the people that handled our ancestors with care and had to dig through the dirt and handled them with respect," Secretary Treasurer Abramowski said to those in attendance, especially the mem-

bers of the team who help restore the cemetery. "I'm grateful they finally get to rest in peace and were treated with respect and dignity they deserved all along."

Those hardworking members were given a plaque that reads "With our greatest appreciation we present this plaque to the workers of the Highway 23 Project In recognition of your ongoing commitment and dedicated service to the Fond du Lac Band of Lake Superior Chippewa and lovingly caring for our ancestors,

## 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

following the desecration of our historic cemetery during the construction of Highway 23, September 30, 2022.”

Sadly, 2017 wasn't the first time this cemetery was disturbed, but rather the fourth as Diver noted in her research of the area.

“The majority of what I found, digging more into it, I got more information regarding like the old village. The missionary school that was plotted there. The history of all the fur trading the railroad that went through the graveyard,” Diver said in her research of the area that she's found in the last year. “So when this ceremony came through, and the desecration of the graveyard through MnDOT on Highway 23, that wasn't there first disturbance that happened down there. Unfortunately, Lake Superior and Mississippi Railroad went through the historical graveyard when they put in the railroad track down there.”

The cemetery in the Fond du Lac neighborhood was first disturbed as Diver mentioned in 1869 when the railroad came through and later by the highway in 1921, 1937, and finally 2017.

Now MnDOT, in an effort to prevent these types of atrocities from happening again has begun to work with Tribal liaisons, but that obviously wasn't in place in 2017, and as Diver describes it had a long process just to get MnDOT to stop working.

“Christine [Carlson] was the one who got them to stop. She contacted a spiritual leader from Fond

du Lac and then it kind of just went through the chain of command, but you know when it got to where it was because remains were discovered,” Diver said about how we

got from the beginning

of the work on the bridge to the ceremony on Sept. 30. “From 2017 to now, I think it was just the

buildup of how can we restore [the cemetery].”

While this violation of our ancestors is terrible, MnDOT working with FDL in the aftermath is encouraging that perhaps this won't ever happen again to our ancestors. That is exactly what Diver hopes entities like MnDOT and others will do in the future before starting projects like the Highway 23 bridge.

“You know there are historical graves everywhere that are either disturbed, moved, damaged and overlooked, so for MnDOT to take that on their shoulders and try to do what they can to move forward. I would like to see more of that,” Diver said as maybe one positive Band members can see from this awfulness. “I think it was just them sitting down with not only Fond du Lac but all Tribal nations. And going through like ‘okay, this is our protocol. This is what we should we should have

done.’ Because you can't take it back, it happened.”

The new cemetery along Highway 23 is partially finished, with future plans for more landscaping. The cemetery now is bordered by a stone wall and walking path following along Highway 23.

The new bridge, which was proposed to only cost \$3.1 million has now cost over \$20 million, is scheduled to be completed in 2024.

Many from around the area came and even other Tribal leaders from all over. Duluth Mayor Emily Larson was there, even wearing a Nagaajiwanaang Jibbayakamigong 2022 T-shirt. That support from Duluth, from MnDOT, and many others is absolutely essential that this never happens again.



*Skye Northbird with her plaque for all her hard work. Photo by Rita Karppinen*





# RBC Thoughts

## Cloquet News

Hello all

**O**n September 30, 2022, the 1854 treaty signing day, an event was held at Chambers Grove in the Fond du Lac neighborhood of Duluth for the re-



Wally Dupuis

burial of our ancestors that were dug up during the Hwy 23 road project. It was a tremendous success with visitors and speakers from the city of Duluth to the president of MIAC. It was an honor to be part of this tribute. I would like to say thank you to all that attended and to our staff that put this all together.

I am happy to announce that the gym floor in the Cloquet Community Center is now com-

plete and programming for activities will be starting up again.

Some upcoming Elder activities are scheduled for upcoming events, the Elder Banquet was held Oct. 18, at the Black Bear Casino Resort, Elder movie morning was held October 23, and the Elders' Christmas show will be held December 4 at Encore Theater.

Also, October is Domestic Violence awareness month and

a Domestic Abuse vigil was held Oct. 17, at the Cloquet Community Center from 5:30-7 p.m.

For all Fond du Lac homeowners, we have implemented a home owner assistance fund program which provides mortgage assistance as well as utility and internet payment assistance relief. Please check the FDL website or call the Tribal Center for an application and further details on how to apply. This is for

any FDL Enrolled member with a mortgage whether you live on or off the Reservation.

The old Black Bear hotel is in the process of being torn down and should be down and the sight cleaned up soon.

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

## Cradleboard donation to Bois Forte

**T**his cradleboard (dikinaagan) is being donated by Dan Anderson and his family to the Bois Forte Heritage and Cultural Center this fall.

The bottom photo was taken in the newspaper office in September 2022, and the other photo was taken in 1926, and the photo is believed by the family to be the same dikinaagan. The beadwork on the wooden bow (that protects the child if it tips over) has been fixed, changed, and updated over the years. This dikinaagan was constructed by members of the Boshey family sometime prior to 1926 so it is approximately 100 years old. The family will be donating it to the Bois Forte Heritage and Cultural Center this fall, so that it can be displayed and enjoyed by all.



The people in the photo are Dan Anderson's great-great Aunt Mary Boshey and her granddaughter, Ruth Boshey Strong in 1926.

## Fall Elder's Banquet

Photos by Heather Abrahamson





# RBC Thoughts

## Economic Development Committee Meeting:

The Economic Development Committee (EDC) meets every other Tuesday from 3:00pm – 4:30pm (currently on Zoom). EDC meetings are open to the interested public. The next meeting date is November 1st. Please reach out to Bruce Blacketter, EDC Chair, with any questions you may have (BruceBlacketter@fdlrez.com).

## RBC Meeting Notice:

The next RBC Program/Development meeting is scheduled for Wednesday, November 2nd, 9:00 am, and is open to FDL Band members via Zoom. Alternatively, you can call into the meeting by calling (312) 626-6799. Either method will put you in a waiting area. Meeting access will be granted upon Band membership verification.

Teachers and staff at the Fond du Lac Objibwe School (FDLOS) dressed up to celebrate Halloween.



# CELEBRATE Native American Heritage Month in November!

**OPENING CEREMONY  
FRIDAY, NOV 4 AT 5:30 PM  
IN THE OTTER CREEK EVENT CENTER**



**FRIDAY, NOV 4**

**FREE SHOW!** DOORS OPEN 6 PM  
SHOW 7 PM  
ALCOHOL FREE EVENT

**The Evolution of the Jingle Dress  
FRIDAY, NOV 18**

**FREE SHOW!** DOORS OPEN 5 PM  
SHOW 6 PM  
ALCOHOL FREE EVENT



**CLOSING CEREMONY  
FRIDAY, NOV 25 AT 5:30 PM  
IN THE OTTER CREEK EVENT CENTER**



**FRIDAY, NOV 25**

**FREE SHOW!** DOORS OPEN 6 PM  
SHOW 7 PM  
ALCOHOL FREE EVENT

**FREE EVENTS!** WATCH FACEBOOK & OUR WEBSITE FOR MORE DETAILS

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# RBC Thoughts

## Getting to know: Brad Blacketter

By Zachary N. Dunaiski

Just four months after being elected as the newest member representing the Sawyer community, I sat down with Brad “Raff” Blacketter to speak with him about what makes him the right person to represent his community.

For those who don’t know Raff, he’s a very kind and humble individual especially when I asked him what people should know about him, he was too humble to say anything positive about himself. Fortunately Michelle LaFave, his assistant, long-time friend, and former school classmate, was there to answer for him.

“I would say that Raff is very caring. He is not judgmental at all. He’s very positive and ‘let’s find a solution,’” LaFave said of Raff. “So I think that’s what people see in Raff.”

Kindness is absolutely what people see in Raff. His caring nature is what he brings with him to the job, and wants to use that to help members of the community.

“So we could help our people, bring our people together, and lift them up, reach out to their cares, their concerns on what we can help with, and sometimes that’s not easy to do,” Blacketter said of his goals as the Sawyer Representative.

A more specific goal that Raff wants to get accomplished during his time in office is to help anyone in need of housing, in particular our Elderly housing.

“Get a worker over to the Elderly building, because our elderly need

help, their buildings need to be maintained. We need to lift up our Elders. We need it,” Raff said about the Elders in our community. “Hopefully to get some health care over there. Something that makes it a little easier for them.”

It isn’t just about the physical building or the healthcare, Raff also wants to see our community help the Elders in anyway they can or that Elders may need.

“I want to set that up out there. And give the community the opportunity to help Elders. If they need walks to their car, groceries, or just to keep an eye on them, to keep them safe. So they feel safe, they deserve that,” Raff said of those living at the Elderly complex. “They did all they could do, all their lives. And I want them to be comfortable and I want them to know that they’ll be okay.”

Wanting to help his community is why Raff took the job, because he knows the purpose of the RBC extends well beyond himself.

“When I came to this job, it wasn’t about me, it was about the people, about the community,” Raff said about why he’s the right person for the job.

Raff has always been a hard worker, even when times were tough. He once needed a second job to make ends meet, and did so by asking for a job and showed how hard of a worker he was at a store in town.

“I said ‘anything you need me to do, I can push carts, anything you teach me, I’ll do it and then you don’t have to ask me because if I know my job, I do my job,’ and



Brad “Raff” Blacketter (Right) after being sworn in as Sawyer District II Representative by Dean “Sonny” Reynolds. Raff and Sonny great up together in Sawyer.

two hours later I had a job.”

Raff definitely cares about FDL Band members, the people of our community, everyone around him. He even spoke about feeling bad for the homeless he encountered on a trip to Las Vegas. Raff and I also spoke about times in our life where we worked long days to pay the bills, to start our families, to just get by, but after spending long days doing that Raff doesn’t want to see anyone else suffer in the same way.

“So to me, that’s not living. No, that’s surviving. There’s a difference and see that’s what people are doing right? They’re not living,” Raff said about wanting to help everyone in need. “But a lot of times they choose their situation because they’re not reaching

out and they’re not ready.”

Raff would like to see us get back to a system where we get people to work and worry about the paperwork portion of it later.

“I would like us to get back to that. I mean ‘you got to go through this and you got to go through that.’ But put them to work, then go through this while they’re working. And then if it doesn’t work out, they’ll say, ‘hey we ran into a situation. But can we put you somewhere else?’ Just put the person to work.”

There are also flaws that Raff sees with the application process that he thinks could be simplified with a simple universal application for future employees to fill out.

“It’s the same thing

with the application. You fill in your application, you put everything down and put everything that you want down and they look at that and, ‘well, the job’s been filled.’ Well, why don’t you just say, can we have your signature on this paper? You’re done here. Then when we have an opening we call them back and say, ‘hey, that spots taken we can’t get you there, but we’re going to try to put you over here.’ And they’re going to work their way up. But right now we need workers.”

Raff plans to spend the next four years working hard for the Fond du Lac Band and making life easier for so many who have struggled.



Nagaajiwanaang Jiibayakamigong Event at Chambers' Grove on September 30, 2022  
The Desecration is Done – May the Ancestors Rest in Peace - Photography by Christine Carlson



*FDLTCC Students Valerie Jean Ross, Ashla Ojibway & Emily Lockling with Elder Mary McConnell. They are working on the history of natural and cultural use of fire at Wisc. & Minn. Pt. with Professor Evan Larson from UW-Platville*



*Army Veteran John Blanchard and Lucas Reynolds*



*Kami Diver at the registration table and she is Administrative Assistant to Kevin DuPuis*



*Faryn DuPuis and Skye Northbird were helpful servers who passed out the delicious meals to the Elders.*



*FDL Elder Penny Baker*



*Son and mother Keane and Christine Carlson – Photography by Mae Anderson*



*Mother and daughter Carol Jaakola and Lorri Antus*



*Alex Isham, Wes Tiessen & Laressa Bosto – Rez Public Works*



# More Local

## Fond du Lac Ojibwe School will Take a Bite to celebrate National Farm-to-School Month

On Thursday, Oct. 13 at 1 p.m., the Fond du Lac (FDL) Ojibwe School joined hundreds of other schools in six states for the annual Great Lakes Great Apple Crunch. Students crunched into local grown apples from Hinckley and from FDL's community garden, Gitigaaning "Place of the Gardens."

The event, which took place in the FDLOS parking lot outside the gym, was a brisk fall day, but the children really enjoyed their apples and a chance to get outside during the school day.

"The FDL Ojibwe School participates in the Great Lakes Great Apple Crunch annually, this year we purchased a delicious variety of apples from Cider Flats, a Hinckley apple orchard. In addition, we were able to harvest apples locally from Gitigaaning that's located just down the road in Sawyer. We were fortunate to have the community support and were thrilled to provide fresh seasonal food to our students" said Mace Fonoti, Cook Supervisor at the FDL Ojibwe School.

A big chi-miigwech to the Harvest of The Month (HOTM) Ojibwe School Committee and The HOTM Core Team from the MN Department of Agriculture; and the FDL Tribal SHIP program; and FDL SNAP Education. The Ojibwe School has participated in other local food sampling and tastings, incorporating more local foods, and field trips to local farms and are making plans for an apple pressing demonstration this fall.

## FDLOS Volleyball returns with a strong season

By Zachary N. Dunaiski

Fond du Lac's volleyball program returned this year with a strong year after much of the season was cancelled due to COVID last year.

The Ogichidaag were led by Coach Larissa Littlewolf who was in her second year as she rebuilds the program. Littlewolf previously coached in the Twin Cities for seven years, and brings with her a lot of knowledge of the game. The FDLOS team, lead by a few seniors also has a lot of youth that Coach Littlewolf can already see leading this team.

"Looking towards next year, I am so excited because we have, I want to say 10, 7th, 8th and 9th graders. So they're really young," Littlewolf said about the team's future. "We had two who came up to varsity with everybody kind of leaving and things getting all messed up."

While some of the youth struggled with the challenge of playing at the varsity level, others thrived under Littlewolf.

"There's definitely a different mindset between like JV and Varsity," Littlewolf said of the players who moved up. "JV players are really trying to enhance skills, gets some gameplay and experience as for varsity they're there to win. That mentality, was hard for some of those underclassmen to take on. We did have two who took it on amazingly and I see them being extremely strong leaders both on and off the court and just really taking the program over as they progress. But it's going to be exciting to see where they go, if they stick with it."

FDLOS started the season late as we worked our way back to a post-COVID era, but still held almost an entire season which included an in-season tournament that the coaching staff was all very proud of the Ogichidaag's efforts.

"We didn't do that well, but we didn't do horrible, so that's the really cool thing. We may not have had the wins, but we were right in every game. There was only one game and that was against Carlton where we got just demolished. All the rest of them

were very close," Littlewolf said of how proud she was of the team. "I think in our last game with Wrenshall it was like all three games were within two points. So it's like 23-25, 24-26. Same thing with some of the stronger programs. We were right there with them. But I think for what we had and how our season went, we did very well, sticking with teams and being very competitive."

The Ogichidaag's season ended abruptly. The team, which went 5-8 unfortunately due to players leaving and disciplinary action, the team couldn't field a team for their section playoff game which Littlewolf was disappointed in.

"We were seed, we were seed #11, so we're supposed to play Silver Bay whose number 6," Littlewolf said. "You know, I was hoping to be like a Cinderella story in a way, but it came out a lot differently. We started with five seniors and we ended with three. I think that we have girls who have the desire to play. It's just working out those kinks."

For girls interested in Fond du Lac volleyball, there are many opportunities throughout the winter to get ready for next season. Outside of FDL volleyball there is club level, select level, and national level. The select level is a little more competitive than club level for those really hoping to hone their skills.

"The club level is in our local tournaments in Duluth. Select level, which is tournaments in this area, but then also down

in the cities where it's a little more competitive. And then there's a national's level that plays mostly in the cities, and then will also travel to other areas," Littlewolf said.

Volleyball will be available next year at FDLOS for anyone who is interested keep an eye out for announcements from the school, the coaches, and this newspaper for when next seasons begins.

Congratulations to the team and the coaching staff, Coach Larissa Littlewolf, Coach Abigail Otis, and Coach Courtney Thompson.





# More Local

## FDL highlights initiatives to address climate change on tour with MN leaders

On Sept. 20, the Fond du Lac (FDL) Band of Lake Superior Chippewa hosted leaders from the Minnesota Pollution Control Agency (MPCA), Board of Water & Soil Resources, and Departments of Natural Resources, Employment and Economic Development, Agriculture, and Transportation, to share actions the Band is taking to address climate change. The tour, held on day 2 of Climate Week, included a visit to the Reservation's Resource Management Center and the solar energy site.

"One of the priorities of FDL is to make sure that as a Tribal Nation, that we are sustainable and appropriate measures are taken to assure that not only what we do today, but what happens in the future will strive to maintain that sustainability. We are

honored to share and visit about FDL's energy initiatives with the plethora of state agencies that came today," said Wayne Dupuis, FDL Environmental Program Manager.

The FDL Band has developed a Strategic Energy Plan to achieve the Tribe's Energy Vision, which was highlighted on the tour. Accomplishments of this plan include:

- Adoption of the Kyoto Protocol with a pledge to obtain 20% of the Reservation's electricity from renewable energy resources
- A 50% reduction in fossil fuel consumption and 80% reduction in carbon emissions through renewable energy, energy efficiency, and carbon sequestration from FDL Reservation forests
- Improvements to community vitality and self-reliance through food sovereignty initiatives and

activities that promote overall health and wellbeing.

Additionally, FDL operates a 1 MW solar array at the Black Bear Casino & Resort. Utilizing 3,230 solar panels, the solar field has offset the Black Bear Casino's total energy use by about 10%.

"FDL has been implementing strategies to adapt to climate change for many years. These strategies are efficient, support the local economy, and are centered around the community's knowledge and connection to the natural world," said Helen Waquiu, Director of Tribal Affairs and Diverse Communities for MPCA. "The state can learn from efforts, like those implemented at FDL, to address challenges a changing climate poses to all current and future generations of Minnesotans."



## M30 Fentanyl pill found during traffic stop

Prepared by: Investigator Sam Ojibway

On Sept. 25, 2022 a concerned citizen called 911 to report a possible drug deal that had taken place at Pinehurst Park in Cloquet. A description of the vehicle was given to 911. A Fond du Lac Police Officer located the vehicle on Reservation Rd. and Jarvi Rd. on the Fond du Lac Reservation. A traffic stop was initiated on the vehicle. The Driver and sole occupant of the vehicle was identified as James Daniel Randa, a 19-year-old, male.

During the roadside investigation it was decided to utilize Fond du Lac Police Department's K-9 "Storm". K-9 "Storm" did an alert on the vehicle. During a search of Randa's vehicle by officers, officers discovered a plastic bag containing approximately 1200 round blue pills with "M30" stamping and a 9mm handgun. The "M30" pills were

identified as Fentanyl during the testing process.

The party involved was arrested and charged with Drugs-Aggravated Controlled Substance Crime 1st Degree and Firearm, Drugs-1st Degree Possession amphetamine/PCP/Hallucinogens and Carry/Possess pistol w/out Permit.

The Fond du Lac Police Department was assisted by the Cloquet Police Department, Carlton County Sheriff's Office, and Minnesota Bureau of Criminal Apprehension.

## CWD not believed to be present in 1837 or 1854

Fond du Lac's Resource Management Division is ready to begin accepting deer heads for Chronic Wasting Disease (CWD) surveillance. While there's no reason to believe CWD is present in wild deer in the 1837 or 1854 Ceded Territories of Minnesota, it has been found in wild deer nearby. It

helps to be watchful and continually monitor for the disease. The process for submitting deer heads for testing is described below. Funding to cover the costs of CWD sampling and the gift cards were obtained through a USDA grant by the Grand Portage Band as part of their Midwest tribal CWD surveillance effort.

### 2022 CWD Sampling Procedures

1. While supplies last, hunters can receive a \$45 Cabelas gift card for each deer head they submit for Chronic Wasting Disease (CWD) sampling.
2. Deer must be registered first as required by tribal or state code. CWD submission does not equal registration.
3. Tribal hunters may submit a deer head from anywhere in the 1837 or 1854 Ceded Territories of Minnesota or from the FDL Reservation. State-licensed hunters who harvest their deer on the FDL Reservation (Deer Permit Area 199) may participate as well.
4. Heads from deer harvested in Wisconsin

will not be accepted, and hunters will not receive a gift card for deer heads from Wisconsin. Minnesota and FDL codes prohibit the transport of deer heads and spinal columns across the state line.

5. Deer heads need to be submitted with 2-3" of neck attached. The skull cap with antlers can be removed by the hunter before submitting. RMD staff are not responsible for removing antlers.
6. We will need some basic contact information for each hunter submitting a deer head, and hunters will be asked for the date and location of harvest for each deer.
7. Deer heads can be submitted frozen or 2-3 days old. Rotten heads will not be accepted.
8. Deer heads will be accepted during regular business hours Monday - Friday, 8am - 4:30pm at the Resource Management Division/John A. Smith Memorial Building, 28 University Rd. Closed on weekends and holidays. Call (218) 878-7101 for availability.



# Etc

## FDLOS Student Hunts

### Moose

8th grade student Greenlee Fineday wrote about her moose hunt:

My whole hunt this weekend was being documented for TV. We woke up at 5 a.m., left at 5:15 a.m., and we were in our spot by six.

At 6:20 a.m. we started moose calling. Right away, we heard TWO moose calling back! I heard twigs cracking and moose



grunts.

Legal shooting was at 6:26 a.m. Our first shot was at 6:26 or maybe 6:27 a.m. The first shot was the lungs. Perfect shot. The second was a miss, head shot miss. The third shot was the liver. The moose was dead by 6:30 a.m. This was the fastest hunt my dad has ever seen. It was all caught on camera. Six minutes. Normally it takes hours, but six minutes? Crazy!

The moose was small, maybe 800 lbs. My dad has had 1200 lbs. before, but the big, old ones don't taste as good. This was an ideal moose.

### FDL Propane Propane FYI's

Most household's average use of propane is 1%-3% per day during the cold weather season. This



means that if your tank is at 30% when you request a fill it gives us plenty of time to get the tank filled before it can run out.

When your propane tank runs out of propane it can cause problems for your furnace and hot water tank. Especially if it happens repeatedly. This can be expensive causing you extra costs for repair or replacement.

#### Reminders:

Please call for a fill request at 30%.

Driveways must be plowed/cleared. Drivers can decline to

deliver until it is plowed/cleared.

Keep a clear path to your tank shoveled and free of debris. Drivers can decline to deliver until it is shoveled and accessible.

#### Payment Types/Methods:

Check, money orders, cash, or credit cards are accepted.

All payments can be mailed or made in person at the payment window located at 1720 Big Lake Rd. Cloquet, MN 55720. Please indicate that the payment is for Propane.

Credit Card payments are accepted either in person or by phone (218) 878-7517 and you must have your account number and balance ready at the time of payment.

As always thank you for being a loyal customer at FDL Propane. Stay warm and have a happy healthy winter!



## FDL Ojibwe School Board positions

Fond du Lac Ojibwe School is seeking an At-Large School Board Representative.

Interested candidates need to submit a Letter of Interest identifying strengths and interest

## Fond du Lac Housing & Community Needs Assessment




**Madwetaagozin enendaman!**  
(Be heard with your thoughts!)

**It's not too late!**

There is still time to complete the survey & let your voice be heard! Each household that was randomly pre-selected to complete the survey gets a \$10 FDL Gas & Grocery gift card. Households also have a chance to win a \$100 FDL Gas & Grocery card and a \$250 Seven Fires Steakhouse gift card (1 per District)! Watch the Fond du Lac Band Facebook page for announcements.

Scan the QR code or visit the link below to get started today at <http://www.fdlrez.com/survey.htm> OR please give us a call or email & we'll help you complete the survey. Field staff are still visiting selected homes in the community.

Contact [FDLplanning@fdlrez.com](mailto:FDLplanning@fdlrez.com) or call 218-878-2642.



# Ke go naa!



**Tuesday Evenings**  
6:00pm—7:30pm  
FDL Anishinaabewigamig  
1713 Mizhakii Road  
Cloquet, MN 55720

Giin igo waa-izhichigeyan,  
gilishpin maa sa wii-pi-izhaayan.  
Giin gosha gidibenindiz!

**OJIBWEMOWIN WORDS, PHRASES, GRAMMAR,  
IMMERSION EXPERIENCES, & MORE!**

Speaking and hearing our Ojibwe language will be a part of all of the activities.  
We encourage everyone to join us in speaking and hearing our language.

Feel free to bring snacks and drinks  
Contact: Naawakwe  
[williamhowes@fdlrez.com](mailto:williamhowes@fdlrez.com) 218-878-8170

## BECOME A FOSTER PARENT

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



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

When you open your home, you:

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

Can you make a difference?

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



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

For more information, please call (218) 878-2148.

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



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



# Etc

in becoming a school board representative to:  
 Julia Lintgen  
 Fond du Lac Ojibwe School  
 49 University Road  
 Cloquet, MN 55720  
 218-878-7241 (Office)  
 218-878-7263 (Fax)  
 julialintgen@fdlrez.com  
 Close Date: Open Until Filled

Fond du Lac Ojibwe School is seeking a Brookston School Board Representative.

Interested candidates need to submit a Letter of Interest identifying strengths and interest in becoming a school board representative to:  
 Julia Lintgen  
 Fond du Lac Ojibwe School  
 49 University Road  
 Cloquet, MN 55720  
 218-878-7241 (Office)  
 218-878-7263 (Fax)

julialintgen@fdlrez.com  
 Close Date: Open Until Filled

## 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 supportive housing, if you have any question please contact me at he above number.

### VETERANS DINNER – November 10TH FROM 5 P.M. TO 8 P.M.

Additional news – Post 9/11 Veterans Service Bonus – if you were on active duty between 9/11/01 to 8/30/2021, you may be entitled to a cash bonus of \$600.00, \$1,200.00 or \$2,000.00. Please call or go to this website: [Minnesotaveteran.org/servicebonus](http://Minnesotaveteran.org/servicebonus).

## Fond du Lac Exercises Sovereignty through Enforcement Action

*Enbridge Energy to Pay \$1.45 Million for Violations of the Band's Environmental Ordinances and Permits*

Enbridge Energy will pay \$1.45 million for failure to follow the Band's environmental laws and permits as part of a joint enforcement resolution agreement the Fond du Lac Band (FDL) and the Minnesota Department of Natural Resources (DNR) reached with Enbridge Energy. During construction of the Line 3 replacement project, Enbridge breached the confining layer of an artesian aquifer located outside of, but near, the exterior boundary of the FDL Reservation, resulting in unauthorized groundwater flow onto the Reservation.

The civil enforcement agreement requires Enbridge to pay mitigation and penalty funds to FDL totaling \$1.45 million. This includes:

- \$105,000 in a civil penalty for violations of FDL's environmental ordinances;
- \$150,000 in funds for FDL and DNR to conduct ongoing monitoring;
- \$200,000 in projects to enhance water quality on the reservation, and;
- \$1,000,000 in financial assurance for restoration and mitigation of any future damages that may be discovered to on-Reservation waters and resources caused by the aquifer breach.

In addition to the payments to FDL, the DNR has ordered Enbridge to pay \$20,000 in an administrative penalty for appropriating waters of the state

without a permit, and \$300,000 in Financial Assurance for future restoration and mitigation of off-Reservation resources if needed.

"Today we assert our sovereignty through this enforcement action and demonstrate that the FDL Band will hold accountable any actors that violate our strong environmental standards. This agreement is an important step to protect the Band's resources and ensures that Enbridge will be liable for any future damage that may be discovered from the aquifer breach. The Band will continue to protect the natural resources within the boundaries of the Reservation to the utmost tenacity and evaluate any new information about environmental impacts of the construction as it becomes available," Chairperson Kevin Dupuis said.

As part of FDL and DNR's

## Na'enimonigamig Saturday Workshop Series

Do you have extra harvest you need help processing? Want to learn different ways of preserving? Join us Saturdays in November.

Free & Open to all

Staff will help you with processing needs 9 a.m.–4 p.m. and host classes noon–2 p.m. at Na'enimonigamig, located at 960 Cary Road, Cloquet MN.

**November 5:** Community Seed Saving Day

**November 12:** Dehydration 101

**November 19:** Make Your Own Beeswax Wraps

**November 26:** Nixtamal Class - Hominy & Tortillas



Contact Elizabeth Dean at [Naenimonigamig@fdlrez.com](mailto:Naenimonigamig@fdlrez.com) for more information and to register



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 AIQUIT.COM

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## Cancer Survivorship Program

THRIVE SURVIVORSHIP CONFERENCE Cancer Cancer Survivorship Research Forum

### Announcing the 2022 Series!

Join us virtually Tuesdays at 6 pm CT  
 REGISTER NOW at [z.umn.edu/THRIVESeries](http://z.umn.edu/THRIVESeries)  
 Registration is free but required

<p><b>October 11 - Reconnecting to Your Body And Your Life After Cancer</b> with Kathy Washburn                  Explore nine elements of psychological and physical growth to inspire healing and reconnection.</p> <p><b>October 18 - Lymphedema</b> with Carrie Macosky, OTR/L, CLT-LANA and Renata Braudy, PT, MS, OCS, CLT                  Learn about risk factors, management strategies and reducing risk/impact, and treatment updates.</p> <p><b>October 25 - Insomnia: The Basics, Self-Care, and Seeking Help</b> with Thyra Fossum, PhD, LP                  Nearly half of all adults experience insomnia over the course of a year. We'll explore some simple tools that can help many of us get back on track.</p>	<p><b>November 1 - Combating Depression, Loneliness, and Grief</b> with Shaunequa James, MSW, LGSW                  This session will discuss practical and effective ways to thrive through depression, loneliness, and grief.</p> <p><b>November 8 - Cancer in the Bedroom: Sex and Intimacy</b> with Tara Rick, MPAS, PA-C, Calin Hauser, MA, LMFT, and JP (Jennifer) Pritchett, MS                  This anonymous session will explore changes in intimacy and share resources for your sexual health.</p> <p><b>November 15 - BMT Survivorship 101</b> in partnership with the National Marrow Donor Program                  In our first Blood or Marrow Transplant (BMT) focused session, get an overview of the unique aspects of BMT survivorship and hear patient stories.</p>
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[Registration is open now.](http://z.umn.edu/THRIVESeries)

As always, registration is free, but required. Visit the website [z.umn.edu/THRIVESeries](http://z.umn.edu/THRIVESeries) for more information.

Thanks to AstraZeneca for their support on the 2022 THRIVE Series.



# Etc

enforcement order, Enbridge is also required to comply with an approved Corrective Action Plan, Implementation Plan, and Groundwater Management Area-Monitoring Plan.

On Sept. 10, 2021, Enbridge breached an underground artesian aquifer located outside of the FDL Reservation. Due to the location of the breach, uncontrolled groundwater from the aquifer was discharged within the boundaries of the Reservation and into the Stoney Brook watershed, upstream of Dead Fish Lake, an important manoomin (wild rice) water. It is estimated that 263.1 million gallons of groundwater were discharged onto the Reservation. Enbridge successfully repaired the aquifer breach on Apr. 7, 2022, and all groundwater flow onto the Reservation was stopped.

As a sovereign entity, the Band adopted stringent water quality standards in 1998, which put regulations and safeguards in place that surpass those at the Minnesota State level. These water quality standards prompted decades of specialized, technical investment in stewarding our cultural and natural resources. Although the Band was not the permitting entity tasked with ultimately approving Line 3 or Enbridge's construction plans, the Band issued a 401-water quality certification and a wetland activity permit which imposed separate conditions on Enbridge to protect the Band's waters. In addition, FDL closely followed on-site events associated with Enbridge's construction plans on and near the Reservation. Once notified of the breach, FDL immediately allocated resources to independently assess the breach's ecological, cultural, and economic ramifications. The

Joint Resolution Enforcement Agreement signed today constitutes FDL's enforcement and prosecution under FDL Ordinance #12/98 and FDL Ordinance #01/06 for Enbridge's actions. These actions, along with the Band's water quality standards ordinances, ensures the continued protection of FDL's resources.

The aquifer breach presented a complicated, multi-jurisdictional challenge involving rapidly changing developments and extensive investigation. Several public entities were involved in the response to the aquifer breach including FDL, the DNR, the Minnesota Attorney General's Office, the Minnesota Pollution Control Agency, the Minnesota Department of Health, the United States Army Corps of Engineers, and St. Louis and Carlton Counties.

For more information about the Aquifer Breach near the FDL Reservation please visit: [AquiferFAQ\\_20221017.pdf](#) (fdlrez.com)

## USDA Accepting Applications to Help Low-Income Individuals and Families Buy or Repair Homes

USDA Rural Development is accepting applications for very low- and low-income individuals and families seeking to purchase or repair a home in a rural area.

The Direct Home Loan program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing. No down payment is required, and the interest rate could be as low as one percent with a subsidy.

Applicants must meet income and credit guidelines and demonstrate repayment ability. The program is available in rural communities of generally 35,000 people or less.

The maximum loan amount is \$40,000 at a one percent interest rate, repayable for a 20-year term and can be used to improve or modernize homes and do essential repairs. Grants of up to \$10,000 are available to homeowners 62 and older and must be used to remove health or safety hazards, such as fixing a leaking roof, installing indoor plumbing, or replacing a furnace.

Contact a USDA Rural Development Housing Specialist in your area today, to see if you qualify.

USDA Rural Development loans and grants provide assistance that supports infrastructure improvements; business development; housing; community services such as schools, public safety and health care; and high-speed internet access in rural areas. For more information, visit [www.rd.usda.gov/mn](#).

## FDLTCC Becomes First Two-Year College in Minnesota to Offer Bachelor's Degree

After 20 years of planning and collaborative effort, Fond du Lac Tribal and Community College (FDLTCC) is excited to launch its new Bachelor of Science Degree in Elementary Education with the first cohort of future teachers taking their first classes in January. FDLTCC is the first two-year educational institute in Minnesota to earn approval to offer a baccalaureate degree. For more information on the

Elementary Education program, visit <https://fdltcc.edu/degrees-certificates/degree-programs/elementary-education/>.

The new B.S. Degree will lead to a Minnesota Teacher Kindergarten to 6th Grade license. According to Dr. Kim Spoor, Dean of Education, "We are so excited to offer this unique program at FDLTCC, as currently, only 1% of licensed teachers in Minnesota are American Indian, and our program will help fill this gap."

Spoor adds that it is important for people to know that this program will serve both Native and Non-native student educators

who are interested in knowing how to best serve all K-6 students in various classroom settings. Besides being the first ever four-year degree program offered at FDLTCC, "...no other teacher education program in Minnesota offers a program that meets state requirements while also intertwining our Indigenous ways of knowing and cultural values" shared Spoor.

A feast recognizing those that have worked toward getting the 4-year degree program to FDLTCC took place in the commons of the Cloquet campus on Oct. 28. Activities included an opening



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# Etc

pipe ceremony, the drum, and followed by a feast.

“We want to thank the many people who helped to make this program possible and also give our community a chance to learn about the program and about how to enroll if they wish to be a part of this first-in-the-state opportunity,” shared Stephanie Hammitt, FDLTCC President.

For more information about the Elementary Education program at FDLTCC and the Bachelor of Science Degree, please contact Dr. Kim Spoor via email at kimberly.spoor@fdltcc.edu, Sara Montgomery via email at smontgomery@fdltcc.edu, or visit <https://fdltcc.edu/degrees-certificates/degree-programs/elementary-education/>.

## Call For Submissions: The Thunderbird Review

The English Department at Fond du Lac Tribal and Community College (FDLTCC) is excited to announce The Thunderbird Review is now accepting submissions of high-quality creative work for its 11th edition. The deadline to submit is December 15, 2022.

The Thunderbird Review is an inclusive journal based out of FDLTCC. Each year, the journal looks for work that speaks to the human condition and that fulfills the College’s goal to create a union of cultures. “The journal is an outlet to showcase the wonderful creative work being generated by writers and artists living in or connected to this area. One of the important functions of the journal is to publish the work of established and emerging writers and artists side-by-side,” says Darci Schummer, the journal’s faculty editor.

Submission eligibility includes current residents or individuals with a strong connection to the Twin Ports area and the surrounding counties and tribal nations in Minnesota, Wisconsin, and the Upper Peninsula in Michigan, plus current students who are enrolled at Fond du Lac Tribal and Community College, University of Wisconsin-Superior, University of Minnesota-Duluth, College of St. Scholastica, Northwood Technical College, or Lake Superior College.

Submissions must fall into one of four different categories: short fiction (3,000 words maximum), creative non-fiction (3,000 words maximum), poetry (three poems maximum, submitted in one document), or art (three works maximum; any media). Written work may be in Anishinaabemowin or English and should be submitted as an attached .doc or .docx file. Art must be submitted as an attached .jpeg file.

Authors and artists may submit one entry per category except as noted above. The Thunderbird Review selection committee will not accept work that has previously been published, is under consideration elsewhere, or has received an award.

Submitted works must be sent via email to [anthology@fdltcc.edu](mailto:anthology@fdltcc.edu) with the subject line “Anthology Submission,” and only email submissions will be accepted. With each submission, contact information including the submitter’s name, address, telephone number, email address, the title(s) of works being submitted, and a 50-word bio written in third person should be submitted. All contributors selected for the final publication will receive one complimentary copy. Any questions may be

directed to Darci Schummer at [dschummer@fdltcc.edu](mailto:dschummer@fdltcc.edu). Copies of the 10th anniversary edition of The Thunderbird Review can be purchased online through the FDLTCC College Bookstore or through Amazon.com.

## LEGAL NOTICE – NOVEMBER 2022

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:  
BOURDON, Robert  
Bernard  
BULLOCK, Sharon  
Mae  
CICHY, Gerard  
CICHY, Leslie  
DEFOE, Dale Edward  
DEFOE, Kenneth

Larry Jr.  
DEFOE, Steven Joseph  
DOUGLAS, Mime A.  
ENGLER, Virginia  
ERICKSON, Judith Lenore  
HOFFMAN, Cotee Lee  
LAPRAIRIE, Robert  
MARTIN, James Ernest Sr.  
MARTIN, Tina Marie  
MARZINSKE, Larry  
MATHISON, Michael  
OWENS, Louise K.

OTIS, Doris  
ROY, Lee David  
SAVAGE, Gerald Jr.  
SENNETT, Billie Jo  
SMITH, Karrie Anne  
SMITH, Richard Joseph  
SOULIER, Gary  
ST. GEORGE, Richard J.  
THOMPSON, Dennis K. Jr.  
WHITE (DURHEIM), Mindy

## HELP WITH YOUR POWER AND FUEL BILLS WITH COVID-19 ASSISTANCE/ARPA- ROUND 2 STARTING 10/1/2022

For FDL households who qualify- you can receive \$900 toward your heating bill and \$900 toward your electric bill.

Applicants must be:

- FDL Enrolled
- Over the age of 18
- Must have either a heat and/or electric burden or both.

Funds will NOT cover:

- Rent
- Bills for other family members who do not live in your house hold and are not enrolled.
- Down payments or rental deposits
- Payments on phone bills
- Payments for damages caused by the household circumventing their electric meter and who receive a fine from the power company for theft of power.
- Water/sewer payments.
- Bills that are in collection.

One grant will be awarded per household no matter how many qualifying adults live in the house.

Payments will be made directly to the heating and or electric vendor. No checks will be made to individuals.

Bills must be in the name of a household member listed on the application. **Applicants must supply a copy of their heating and power bill. Applications without copies of bills will be returned.** If you do not receive a bill, contact your provider and get a statement that includes your name, address, and account number.

Individuals who have heat or electric included in their rent will have only that uncovered bill paid. They will not receive additional funds.

For additional information please call or email:

218-878-7365

[ARPAEAP@fdlrez.com](mailto:ARPAEAP@fdlrez.com)

**RETURN FORM TO:**

FDL Program Accounting

1720 Big Lake Road

Cloquet, MN 55720



# Health News

## The Great American Smokeout

*The “Great American Smokeout”– is a special quit smoking day held on the third Thursday in November. This year it is Thursday, November 17, 2022.*

It's never too late to quit using commercial tobacco. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases.\*

### Why quit?

Quitting smoking can also add as much as 10 years to your life, compared to if you continued to smoke. Quitting while you're younger can reduce your health risks even more (for example,

quitting before the age of 40 reduces the risk of dying from smoking-related disease by about 90%), but quitting at any age can give back years of life that would be lost by continuing to smoke.

### What are the benefits?

Kicking the tobacco habit offers some other rewards that you'll notice immediately and some that will show up over time. Right away you'll save the money you previously spent on tobacco. Other benefits you may notice are:

- The taste of food improves
- Your sense of smell returns to normal

- Your breath, hair, and clothes smell better
- Your teeth and fingernails stop yellowing
- Ordinary activities (for example, climbing stairs or light housework) leave you less out of breath
- You can be in smoke-free tribal buildings without having to go outside to smoke
- Quitting commercial tobacco also helps stop the damaging effects on how you look, including premature wrinkling of your skin, gum disease, and tooth loss.

\*Cancer is the leading cause of death among American Indian

and Alaska Native (AI/AN) populations

For cessation materials contact CAIR (218) 726-4142 or Min No Aya Win Pharmacy (218) 878-2157. For more information on quitting; the “Great American Smokeout” or Cancer helpline- call 1-800-227-2345

or visit <https://www.cancer.org> -information on prevention: Keep it Sacred: Cancer Prevalence | Keep It Sacred (itcmi.org) -American Indian Commercial Tobacco Program (AICTP) quit line: 1-855-5AI-QUIT (1-855-524-7848)



## November is Lung Cancer Awareness Month

November is Lung Cancer Awareness month and is represented by a white ribbon. The Great American Smokeout is also represented with a white ribbon and is celebrated on the 3rd Thursday of the month-this year it is on Nov. 17. On this date every year the American Cancer Society encourages smokers to use the date to plan to quit or to plan in advance and quit smoking for that day. Commercial tobacco use remains the single largest preventable cause of death and disease in the United States. About 500,000 Americans die every year from smoking.

Cigarette smoking and using other commercial tobacco products such as cigars, pipes, and e-cigarettes is the number one risk factor for lung cancer and in the United States smoking is linked to about 80-90% of lung cancer deaths. People who use commercial tobacco are 15-30 times more likely to get lung cancer or

die from lung cancer than people who do not use commercial tobacco. Smoking causes cancer of the mouth, throat, esophagus, trachea, bronchus, and voice box (larynx). Lung cancer has the highest cancer diagnoses and is the leading cause of death among Native Americans & Alaskan Natives in the Northern Plains area.

Other risk factors may include: secondhand smoke from others' cigarettes, pipes, cigars, or e-cigarettes; radon from rocks and dirt (which is found in 1 out of 15 homes in the United States); other substances such as asbestos, arsenic, and diesel exhaust; family history of lung cancer (parents, brothers, or sisters) or radiation therapy to the chest. Diet may also be a factor with risks in drinking water and other chemicals found in food.

Lung cancer usually has no symptoms in its early stages however when they start to appear, they can include: chronic

coughing- sometimes with mucus that has blood in it; respiratory infections that keep coming back-including bronchitis or pneumonia; shortness of breath that gets worse, wheezing; lasting chest, back or shoulder pain that gets worse when coughing, laughing or deep breathing; hoarseness as well as others.

Things you can do to lower your risks of lung cancer: quit or do not use commercial tobacco; eat a healthy diet with a wide variety of vegetables, fruits, and whole grains each day; be active & exercise; stay at a healthy weight and talk to your provider about getting screened.

November is also National Family Caregiver's Month- this is a time to celebrate the contributions of caregivers and provide them with the tools that they need. There are over 53 million Americans who are unpaid caregivers to family, friends, and neighbors. Caregiving can often have a sig-

nificant impact on the life of the caregiver - it may make it difficult to maintain their own physical and mental health and may put a strain on work and social life. Informal, unpaid, family caregivers have higher levels of depression and anxiety; higher usage of psychoactive medications; declining physical health; compromised immune function and an increased risk for early death.

Self-care for caregivers is important. Some key tips are: ask for help when you need a break-have a back-up caregiver or respite care to take over even for just a few hours as needed; make sure you get plenty of sleep-7 hours or more is vital to function on most days; have fun and be active and try to eat a healthy diet. Staying socially connected is important-keep in touch with family, friends, and those in support groups or find a support group with people in similar situations caring for others as it may help ease loneli-

ness and help work through the difficult and joyful days of caring for your loved one/s. When one takes care of themselves then they are better mentally and physically to take care of others.

Always remember to consult your healthcare provider with 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: Fond du Lac Human Services 218-878-3790 Sources: Center for Disease Control [www.cdc.gov](http://www.cdc.gov), WebMD [www.webmd.com/lung-cancer](http://www.webmd.com/lung-cancer), American Indian Cancer Foundation [www.americanindiancancer.org](http://www.americanindiancancer.org), American Cancer Foundation*



# Health News

## Meat Food Safety Tips for the Holidays

By Kara Stoneburner, RDN  
LD, Community Health Services  
Dietitian

This time of year brings about family gatherings, feasts, holiday celebrations and potlucks. Food is often the main focus at these events. To prevent foodborne illnesses from meat sources, keep the following tips in mind.

Thaw meat safely. It should never be left on the countertop to thaw. According to the USDA there are only 3 safe ways to thaw: the refrigerator, cold water or the microwave.

Refrigerator thawing

- Plan 24 hours in a refrigerator set at 40°F or colder for every 4-5 pounds of meat
- Place meat in a container to prevent juices from dripping on

other foods

- Once thawed, cook meat within 1-2 days

Whole turkeys:

- 4-12# turkey allow 1-3 days
- 12-16# turkey allow 3-4 days
- 16-20# turkey allow 4-5 days
- 20-24# turkey allow 5-6 days

Cold water thawing

- Plan on 30 minutes for every 1 pound
- Place meat in a leak-proof plastic bag
- Place in full container of cold water
- Change water every 30 minutes, until thawed
- Cook immediately after thawing.

Whole turkeys:

- 4-12# allow 2-6 hours for thawing
- 12-16# allow 6-8 hours
- 16-20# allow 8-10 hours
- 20-24# allow 10-12 hours

Microwave thawing

- Follow the microwave manufacturer's instructions on defrosting
- Cook immediately after thawing.

It is just as important to cook the meat safely after thawing:

- Always roast meat at an oven temperature of 325°F or above to prevent the meat from remaining in the "Danger Zone" (temperatures between 40°-140°F) for long periods. Sitting in this "Zone" can cause bacteria to multiply
- A stuffed turkey will take longer to cook
- ALWAYS use a food thermometer to test internal temperatures of the meat. Take the temperature, in several areas, from the thickest part of the meat. Internal temperature guidelines are listed below.
- Turkey/Chicken\* 165°
- Beef/veal/lamb/pork: steaks, chops and roasts\* 145°

- Fresh or smoked Ham\* 145°
- Fish/shellfish 145°
- Wild game-bird 165°
- Venison 160°
- Ground meat 160°

\*After the meat reaches the appropriate internal temperature, remove from oven and allow meat to "rest" for at least 3 minutes before carving. A whole turkey should rest for 20 minutes before removing stuffing and carving.

Meat isn't the only concern in the kitchen. Other foods and poor prep can cause foodborne illnesses. To minimize bacteria growth on all foods:

- Wash your hands
- Keep raw and cooked foods separate
- Wash cutting boards in-between uses
- Keep cold foods cold (less than 40°F)

- Maintain hot foods at temperatures of 140°F or hotter
- Always use clean utensils and platters to prevent contamination to the finished product
- Refrigerate leftovers in shallow containers within 1-2 hours of cooking
- Use refrigerated leftovers within 3 days.

Now you can relax and enjoy your meal knowing you prepared it as safely as you could! Questions about meat prep and cooking can also be answered at USDA Meat and Poultry Hotline. It is answered year-round. 1-888-674-6854.

-sources include USDA Food Safety and Inspection Service

## COVID-19 booster FAQs and vaccine info

**What is different about the NEW COVID-19 booster vaccine?**

The new bivalent (meaning "2-strains") booster dose of both Moderna and Pfizer's COVID-19 vaccines contains one strain of the original COVID-19 vaccine, and one strain specific to the omicron variant.

**Who should get this NEW booster?**

Everyone ages 5 years and older is recommended to receive 1 bivalent mRNA booster dose if they have completed a primary series with any FDA-approved or FDA-authorized COVID-19 vaccine:

- Children age 5 years are recommended to receive the Pfizer-BioNTech bivalent booster dose.
- People ages 6 years and older are recommended to receive either the Moderna or the Pfizer-BioNTech bivalent booster dose.

**What if I have recently had COVID-19, should I get a booster?**

If you have recently tested positive for COVID-19 wait until the isolation period has ended before receiving a COVID-19 booster vaccine. You may consider delaying the booster for up to

three months from when symptoms first started (or from positive test if no symptoms).

**Can I get a flu shot and my COVID-19 booster at the same time?**

Yes, if you are eligible to receive a COVID-19 booster you can get your flu vaccine at the same time.

**Are NEW boosters available for children under 12?**

Currently, the bivalent booster is authorized for people 12 and older only. But the FDA is expected to grant approval for those under 12 soon.

**Testing Locations**

- The Duluth Entertainment Convention Center (DECC) free testing Tuesday-Friday 11 a.m.-6 p.m. and Saturday 11 a.m.-4 p.m.
- Health care providers are offering both PCR and rapid tests locally.
- Pharmacies offer tests – check with your local pharmacy for the type of testing available.

For more information call the National COVID-19 hotline 1-833-431-2053, Mon-Fri 9 a.m.-7 p.m. and Sat. 10 a.m.- 6 p.m.

## Recipe of the month: Acorn squash with apples

**Dietitian's tip:**

Acorn squash is a good source of vitamins A and C, potassium, and fiber. Here it's paired with apples and brown sugar to make a hearty side dish.

Serves 2

**Ingredients**

- 1 Granny Smith apple, peeled, cored and sliced
- 2 tablespoons brown sugar
- 1 small acorn squash, about 6 inches in diameter
- 2 teaspoons trans-fat-free margarine

**Directions**

In a small bowl, mix together the apple and brown sugar. Set aside. Pierce the squash several times with a sharp knife to let the steam escape during cooking. Microwave on high until tender, about 5 minutes. Turn the squash after 3 minutes to ensure even cooking. Place the squash on a cutting board and

cut in half. Scrape the seeds out of the center of each half and discard the seeds. Fill the hollowed squash with the apple mixture.

Return the squash to the microwave and cook until the apples are softened, about 2 minutes.

Transfer the squash to a serving dish. Top each half with 1 teaspoon margarine and serve immediately.

Nutritional analysis per serving  
Serving size: 1/2 squash and 1/2 apple  
Calories 204, Total fat 4 g, Saturated fat 0.5 g, Trans fat 0 g, Monounsaturated fat 2 g, Cholesterol 0 mg, Sodium 46 mg, Total carbohydrate 40 g, Dietary fiber 6 g, Added sugars 6 g, Protein 2 g.

Recipe adapted from: <https://www.mayoclinic.org/healthy-lifestyle/recipes/acorn-squash-with-apples/rcp-20049731>



# Ashi-niswi giizisoog (Thirteen Moons)

## Gashkadino-giizis

*Gashkadino-giizis is the Freezing Moon. The new moon begins November 23. Other names for this moon are Adikomemi-giizis, the Whitefish Moon.*

## Why Use Non-Lead?

Article reprinted with permission from <https://huntingwithnonlead.org/>

Recently there has been a lot of discussion on the issue of lead in hunting ammunition, especially rifle bullets. Regardless of who's saying what, most of us want to see the evidence of the biology, ballistics, and risks of lead ammunition. This site is intended to act as a place to gather that information together and take a look at reasons to hunt with non-lead ammo.

### 1. Non-lead Bullets are Extremely Effective

Bullets made from 100% copper were initially developed in the mid 1980's as a premium option for big-game hunting. Their monolithic design resulted in extremely consistent and rapid expansion, combined with excellent weight retention and associated deep penetration. In addition, they gained a reputation as being very accurate. A typical kill gained from a well-placed shot involves bone-crushing penetration, massive organ/tissue disruption, and frequently a sizable exit wound that aids in blood-tracking.

With the increase in demand for non-lead ammunition, more manufacturers are producing more options, in more calibers than ever before. Currently Barnes,

Federal, Hornady, Winchester, and many others offer non-lead factory cartridges.

### 2. Ensure the Highest Quality Meat from a Harvest

One great thing about hunting wild animals is being able to put high quality meat on the table. When people invented lead bullets, it was because the metal is easy to work and makes an effective bullet. It's both heavy and malleable - so it's been a logical and effective choice for over 100 years. But no one intended that the lead would end up in people's food. So when the results of the Minnesota Department of Natural Resources study came out revealing that fragments from lead rifle ammunition can peel off and become lodged in tissue as much as 14 inches from the point of bullet entry, we took note and decided to look further into the issue.

### 3. Prevent Lethal Collateral Damage to Wildlife

Most hunters would agree that a good hunt is one that takes only one pull of the trigger and drops the animal with a quick, humane kill. The idea of accidentally poisoning other non-target wildlife isn't anyone's intention. But many birds and mammals feed on the gutpiles and carcasses that they find during and after hunting season. In many cases, these animals unknowingly eat lead when the carcasses have been shot with

lead ammo.

So, what animals might end up as collateral damage when lead fragments remain in gutpiles or carcasses? (for videos below, please visit <https://huntingwithnonlead.org/>)

Bald Eagles in Minnesota

Bald Eagles in Iowa

Stellar's Sea Eagles and White-tailed Eagles

California Condors

Ravens & Eagles in Wyoming

### Lead Bullet Fragments in Game Meat

Recent documentation that lead bullet fragments frequently end up in processed game meat, particularly ground venison, has resulted in some hunters switching to non-lead. Once we hunters come to realize how bullets fragment when they strike an animal, and how small they can be, we can see how we might have missed them in butchering and processing. Trim scraps tossed into the "burger pile" can contain lead and even whole steaks have been found to have lead fragments.

We don't want to be seen as alarmist on this issue because no evidence currently exists that shows that any person has gotten actual lead poisoning from eating game meat. Medical researchers generally agree that children under age 6 and pregnant women are extra sensitive to effects from

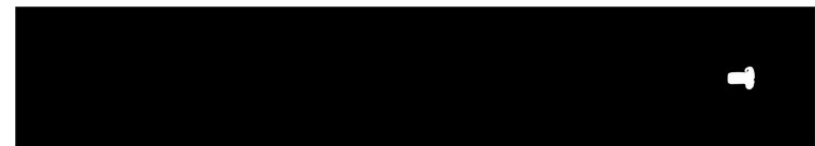
lead exposure and should take special care to avoid ingestion of lead. And while lead paint remains the primary pathway for lead exposure for children in the USA, the precautionary principle of avoiding known risk factors has prompted many hunters to use non-lead ammo.

One study that investigated the prevalence of this health risk

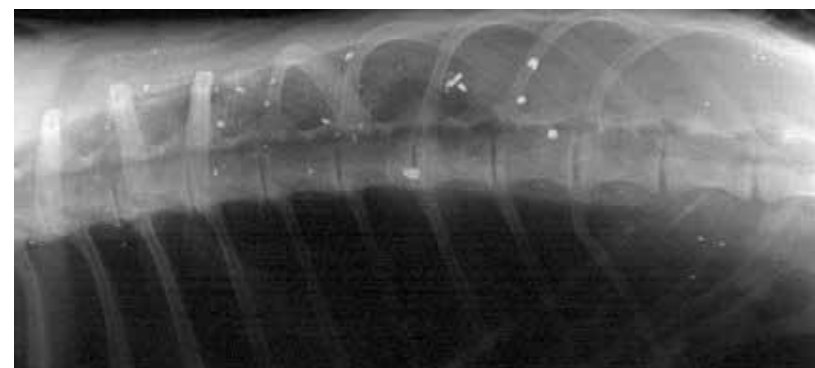
brought 30 different eviscerated white-tailed deer carcasses to 30 separate meat processors and asked for steaks and burger packages. The packages were sub-sampled and the researchers found that 32% of 234 ground venison packages contained at least one metal fragment and 93% of all fragments were positively identified as lead.



*Traditional lead bullet fragmentation on entry.*



*Copper bullet on entry showing zero fragmentation.*



*X-ray showing presence of lead bullet fragments in deer backstrap.*



# Ashi-niswi giizisoog (Thirteen Moons)

## Language Page: Ashi-niswi giizisoog Ojibwemowin Page

### Anishinaabemowin Lessons

#### Basic Ojibwe words and phrases:

“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

#### Colors

Black- Makadewaa  
 Red- Miskwaa  
 White- Waabishkaa  
 Blue or Green- Ozhaawashkwaa  
 Brown or Yellow- Ozhaawaa

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

#### 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

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

Find the Ojibwe words in the puzzle below

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

One ..... Bizhig  
 Two ..... Niizh  
 Three ..... Niswi  
 Four ..... Niiwin  
 Five ..... Naanan  
 Six ..... Ningodwaaswi  
 Seven ..... Niizhwaaswi  
 Eight ..... Nishwaaswi  
 Nine ..... Zhaangaswi  
 Ten ..... Midaaswi  
 One week ..... Ningo anami'e giizhig  
 One month ..... Ningo giizis  
 One year ..... Ningo biboon  
 Pounds ..... Dibaabiishkoojigan  
 Gallons ..... Mnikwaajigan  
 Miles ..... Dasodiba'igan



# Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on November 15, 2022 for the December 2022 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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

## Happy birthday

Happy 18th Birthday, **Preston Johnson** (Nov. 9)! WOW! How did that go by so fast? Much love from Mom, Dad, and Natalie



Mino-dibishkaan **Wewaasese Makoons Du-Fault** (Nov. 10)! Zhawen-imigooyan,

Gidinawemaaganag Ingo-biboonagizi Midaasogonagazid Gashkadino-giizis

Happy 2nd birthday **Nevaeh Fox** (Nov. 14) my little princess. We love you. Love, Mom, Grandma, and Grandpa



Happy birthday super mother of two, **Emilee Heifner** (Nov. 24). Your birthday is a national holiday.

Love, Mom, Dad, Chris, JP, Bryce, Sam, Maggie, Ted, Zach, Steph, Mason, and Ivory

## Happy anniversary

Happy anniversary **Daniel Lund** (Nov. 20)! You're the most



amazing, handsome, loving, caring, giving, and hard-working husband! Thank you, for everything you do! I love you forever & always!

Your loving wife, *Melanie*

## Thank You

For my children, **Kristie H., Rita J., Celena D., Terry D., and Kendall D.** You all are a great bunch of kids. I love you very much and I'm still so very proud of you.

Your Mama, *Carla Houle. Oh, and can't leave our Papa Joel A. this goes to you too baby.*

## Memorial

It's been a year already since we have lost our dear daughters, **Jean Renee Seymour** (Oct. 27, 1970-July 30, 2021) and **Lynette Marie Knight** (Dec. 17, 1969-Nov. 7, 2021). Not a day goes by wishing you were still here. I know you are with our Mother and relatives. Forever with love and never forgotten...

## Obituary

**Gerald Leslie Reynolds Sr. "Makade Makwa,"** age 69, of Cloquet, Minnesota died on Thursday, September



15, 2022, under hospice care at his home. He was born on January 11, 1953, to Eugene Raymond and Evelyn Marie (Benjamin) Reynolds in Cloquet. Gerald was a member of the Fond du Lac Band of Lake Superior Chippewa. Throughout his career, he held positions with the furnace factory, Oj's, Big Buck Casino, and later, Black Bear Casino. Gerald

enjoyed playing Bingo, Keno, and cribbage. He liked to drive around and was always on the move. He was passionate about music whether it was pow-wow, oldies, country, or especially Elvis. Gerald is remembered by his children, Nikki (Jerome) Harris, Gerald Reynolds Jr., Julie Reynolds (Nick Ammesmaki), Jason Petite, Janelle (Melvin) Barney, Jaimie Petite Sr., Jarvis Paro (Margaret DeFoe); siblings, Irma (Ralph) Stein, Eugene (Gerri) Reynolds, Maryls (Terry) Whitetree, George (Dawn) Reynolds, Darlene Diver; 23 grandchildren; special grandson, Alijah Petite; 13 great-grandchildren. He was preceded in death by his parents; brothers, Dean, Ernest, Dave, Alvin, and Darrell Reynolds; and sisters, Karen and Mary Diver.

**Timothy "Timmy" A. Diver,** age 60 of Cloquet, passed away Sunday, September 25, 2022, at St.



Mary's Medical Center in Duluth. He was born June 26, 1962, in Cloquet; the son of Melvin Defoe and Marilyn Carpenter. Tim was a band member of the Fond du Lac Reservation. He graduated from Denfeld High School in Duluth, MN. He was a self-employed handyman and ran his own painting business. Tim enjoyed golfing, playing bingo and keno, and was a die-hard Vikings fan. He especially loved spending time with his kids and grandkids.

Tim was preceded in death by his mother, Marilyn Carpenter; grandson, Makiyy Diver; granddaughters, Asiniwikwezans

Barney, and Niinimoshe Barney; and numerous aunts and uncles. He is survived by his wife, Rob in Diver; father, Melvin Defoe; children, Tim Boberg, Stuart Diver, Brook (Chris) Gabrielson, Christina Diver, Joshua Barney, Dominic Diver, Ashley Barney, Jacob (Brooklyn) Barney and Jordan Diver; brothers, William Carpenter and Michael LaFave; uncle, Charlin Diver; and aunt, Eleanor "Ching" LaFave; and numerous grandchildren.

It is with deep sorrow that we announce the passing of **Christine Ellen (Wilkinson) Berini**



of Duluth, Minnesota. She died at the age of 75 on October 15, 2022. Chris passed peacefully in the arms of her loving children. Chris was born March 28, 1947 and raised on Park Point in Duluth, Minnesota. She graduated from Duluth Cathedral High School, Class of 1965. She attended the University of Wisconsin - Superior, earning a degree in Biology in 1987 at the age of 40, proving you're never too old to learn. Chris was the Environmental Program Manager for the Fond du Lac Band of Lake Superior Chippewa, of which she was a proud and Elder member. She retired fashionably in 2007.

Chris married the love of her life, Richard (Dick) Berini in 1990. From their summer home in Cloquet, Minnesota to their winter home in Oldsmar, Florida, you would always find the two of them sitting across the table with family and friends, sharing wine and food, laughter



# Community News

and stories. The countless times we were able to watch her laugh so hard until she cried, the extra bottle of wine ordered, and that a meal doesn't end until you have dessert, will forever bring a smile to so many.

They especially enjoyed traveling. They took a catamaran cruise in the Dominican Republic, Belize in 2005, Mexico, sailed the Virgin Islands, and Italy in 2007. They wintered in Oldsmar, Florida for over a decade.

When asked at her 25th wedding anniversary to Dick in 2015, Chris responded with that contagious smile in that room full of her family and friends, with her calm, inviting nature, that "our lives have been so full and blessed." How special to feel that way every day of your life.

The grandkids were a vital part of the family she cherished. Grandma loved to shop, hang out and spoil them like only a grandma can.

Chris leaves behind her children, daughter Michelle (Matt) Stark, son Eric (Kimberly) and daughters Emerson, Sophia and Juliette Soderberg, step son Richard (Terry) Berini, Jr. and children Dutch Williams, Jennifer (Casey) Arndt and Richard Berini III, seven great grandchildren, sister Andrea Junker, brother Rocky Wilkinson, sister-in-law Kathleen (David) Knutsen and Patricia (Patrick) Francisco, nieces, nephews and lifelong friends. She was preceded in death by her husband of 31 years, Richard, brother Jay Wilkinson, her grandparents August "Gus" and Millie Lemieux, and parents Roger and Eileen Wilkinson.

Chris was an amazing person who, through her actions, showed the world how to prioritize what is truly important in life. Her family would like to thank the staff

of Essentia Health - St. Mary's Medical Center and Ecumen Lakeshore for their devotion and care over the last seven months. We often heard from them how Chris was a shining light in their day with her smile, humor and positivity, which she never lost. If you were fortunate enough to cross her path, you know that Chris was known for her 4 p.m. dirty martini. Let's raise a glass to our beloved wife, mother, daughter, sister, grandmother and friend who has gone before us. While she loved to garden, in lieu of flowers, Chris would hope you would do an act of kindness in her name. Chris's mother, Eileen Wilkinson, died from breast cancer and Chris was a breast cancer survivor. Please consider a donation to the Susan G. Komen organization.

## Leonard James Petite Jr., age 37, of Duluth, Minnesota, passed away on Saturday, October 15, 2022, in Duluth.

Lenny was born on October 12, 1985, to Leonard Petite Sr. and Susan Bills in Duluth. He lived in Duluth with his mother and two brothers, Kevin and Little John. During his childhood he enjoyed being around animals and playing football.

Lenny graduated from Duluth East High School in 2003. After graduation, he worked in maintenance at the Fond-du-Luth Casino and the Black Bear Casino. Lenny had one son, Chase. He enjoyed fishing, camping, going to Pow wow's and hanging out with his brothers.

Lenny is survived by his father, Leonard Petite Sr. of Sawyer, Minnesota; mother, Susan Bills



of Duluth; siblings, Kevin Petite, Desiree Petite, Rylan Petite, James Petite, Sabrina Petite, Margaret Summer, Adian Petite, Alexander Petite, Nicolette Sadler, and Natasha Sadler; aunts, Ann (Russ), Candy, Dianna, Sueann, Suzette, Shirley, Peggie (Roy), Mary, and Carol (Dave); uncles, Phillip and David (Toni); special nieces, Cicene and Jericha; special nephews, Jericho and Edward; special cousins, Phillip and Velvet; and many other family and friends. He was preceded in death by his siblings, John, Dakota, and baby Margaret; aunts, Leatrice, Linda, Karen, Chickadee, Sketter, and Punpkin; and uncles, Michael Jr., Bobby, and Billie.

**James Romero, "Ben-eshi,"** age 72, passed away on Wednesday, October 19, 2022, at Essentia Medical Center - St.

Mary's Campus in Duluth, Minnesota. He was born on August 23, 1950, in Lyford, Texas to Jesse and Margaret (Vanna) Romero. He was raised and attended grade school in Superior, Wisconsin. Jim attended high school in Richfield, Minnesota prior to furthering his education through



studies of welding at trade school. Jim was proud to be a veteran as he enlisted in the United States Navy, and also served in the Army Reserve. While working as a cook at Sambos restaurant in Richfield, his unique gentlemanly nature won the heart of a waitress, Sheryl Anderson. The two were married in Minneapolis, Minnesota on March 15, 1974, and made their home in the suburbs of the Twin Cities for many years. Throughout the majority of his career, Jim worked for Penske and later Tennant as a welder. Jim and Sheryl most recently lived in Garrison, Minnesota and were amidst the long-awaited transition to living on the Fond Du Lac Reservation.

Jim was very proud of his heritage and was excited to become more knowledgeable of the Native traditions and beliefs. Jim appreciated people and enjoyed partaking in several coffee groups over the years. Any stranger he encountered quickly became friends, and he was great at keeping in contact with all of his loved ones. Jim had an unrivaled memory and could tell a story with so much detail it was as if it was experienced for yourself. Jim enjoyed cooking and baking, especially his favorite chocolate chip cookie recipe, and shared his passion by often delivering cakes to friends and family. He also loved music and made

many memories dancing around the kitchen with his wife. His kindness touched many hearts, and he will surely be missed by many.

Jim is survived by his wife, Sheryl; children, Rachel (Charles IV) Fuller and Jason (Sarah) Romero; nine grandchildren; three great-grandchildren; sisters, Irene (Butch) Mallam, Linda (Ed) Wheeler, and Renee (Dave) Erath; and brother, Renaldo (Agatha) Romero. He was preceded in death by his parents and brother, Gregory Romero.

## 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



## #FDLSTRONG

*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





NOVEMBER 5 - 26<sup>TH</sup>



# WHITETAIL WINNINGS!

OVER  
**\$80,000**  
IN CASH DRAWINGS!

DRAWINGS SATURDAYS 6 - 9 PM

NOVEMBER 5, 12, & 19<sup>TH</sup>:

- START EARNING ENTRIES ON OCTOBER 30, 2022.
- TWELVE (12) WINNERS EACH SATURDAY NIGHT.
- WIN UP TO \$2,000.

GRAND PRIZE NIGHT - NOVEMBER 26<sup>TH</sup>:

- TWELVE (12) WINNERS.
- WIN UP TO \$10,000!

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

See official rules. Owned and operated by the Fond du Lac  
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NOV 5, 12, 19 & 26<sup>TH</sup>  
SATURDAYS FROM NOON TO 4 PM

# RACK EM' UP HOT SEATS

FIVE (5) HOT SEAT DRAWINGS EACH HOUR.  
25 WINNERS EACH SATURDAY!  
WINNING GUESTS WILL RECEIVE \$100 IN CASH.  
GUESTS CAN WIN MORE THAN ONCE!



NOVEMBER  
2022

THANK YOU

# Veterans

- **20 Bonus Entries for Veteran.** Veteran must swipe Players Club card at any kiosk to receive the bonus entries once a day.
- **One (1) Free Buffet coupon or a coupon to the Seven Fires Steakhouse valued at \$19.99.** Coupon can be used by Veteran anytime during the month of November 2022.
- **2x points all month long!** Register at the Players Club only once to receive 2x points during the month of November 2022. Veteran must register before receiving bonus points.
- **One (1) Free patriotic themed item, pick up at the Players Club.**

Veterans participate by presenting their military ID or DD214 form at any point of sale terminal anytime during the month of November 2022. Veteran must be a Players Club member to qualify for point of sale transactions to participate. SEE OFFICIAL RULES AT THE PLAYERS CLUB OR ONLINE. MANAGEMENT RESERVES ALL RIGHTS.