

Nahgahchiwanong (Far end of the Great Lake) Dibahjimowinnan (Narrating of Story)



Tom Whitebird (right) listens to Senator Amy Klobuchar speak to Veterans at the Cloquet VFW on Veteran's Day.

In This Issue:

- Local News.. 2-3
- Constitution Reform. 4-5
- RBC Thoughts 6
- More Local 7-8
- Health News 9-11
- Etc. 12-17
- Monuments in the Old Village of Fond du Lac 18
- Legal News.. 19
- 13 Moons 20-21
- Community News 22-23
- Calendar 24

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Local news

Senator Klobuchar joins panel in Cloquet on Veteran's Day

By Zachary N. Dunaiski

Each and every year the Veteran's Day is a special time to honor our Fond du Lac Veterans for what they gave to our country and what it means to our Band and Reservation.

This year had a different event set up by the U.S.

Department of Veteran Affairs (VA) in which Senator Amy Klobuchar joined a panel of local Veteran representatives to discuss the concerns of Veterans in the Cloquet area, as well as the Veterans of Fond du Lac.

The panel hosted their town hall-style meeting at the Cloquet VFW, where Veterans came in large numbers to voice

their concerns and learn more about Veteran healthcare. Even Senator Klobuchar noticed the large crowd and thanked them for attending.

"The goal was to inform Veterans of what's going on with this new Veteran's choice program that's coming up. Which would enable a Veteran that has a card to go to our

clinic and any other clinic and be covered under the Veteran Affairs healthcare," Tom Whitebird, Fond du Lac Services Officer, said about the panel.

Right now, Veteran's in need of healthcare have to go to either the cities or Superior for their medical services at the VA clinics. These changes would still give Veteran's the choice to go to those VA clinics, but they could also visit a local clinic and be seen.

"Forty miles is a long way for an 80 year old Veteran to drive," Tom said of the current problem Veterans face in the Cloquet area. "I usually drive them, but I'm 70 and it's a long way for me. So that's what they're trying to do, localize so that a Veteran doesn't have to travel so far. They still can go to the VA, but wouldn't have to."

This change would be beneficial for FDL Veterans, as they would be able to go to either of the FDL Clinics for their care. Something that Fond du Lac has been working towards for years.

"Fond du Lac knew about it quite a few years ago, Phil Nor-garrd worked on it, he was really pushing for it. It just kind of phased out with the government, with the VA. Phil knew about it, and I knew about it. Now, it's finally becoming a factor," Tom said about the positive impact it would have for FDL Veterans.

A sentiment brought up by people at the town hall style meeting, as well as members of the panel who wanted the Senator to hear. It's a big statewide problem, and Senator Klobuchar knows that.

"Sometimes you can be right next to a VA facility, if you're in Twin Ports or if you're in Duluth that's easy, but not if you have to drive this far, especially for some of our older Veterans," Klobuchar said.

Veterans sacrificed so much for our freedoms, and it's great to see the government step in to help take care of them now.



Senator Amy Klobuchar thanks Veterans Tom Whitebird (right) and Gary Dahl.

Nahgahchiwanong Dibahjimowinnan

Translation: Far End of the Great Lake; Narrating of Story

TABLE of CONTENTS

Local News.....	2-3
Constitution Reform.....	4-5
RBC Thoughts.....	6
More Local.....	7-8
Health News.....	9-11
Etc.....	12-17
Monuments in the Old Village of Fond du Lac.....	18
Legal News.....	19
13 Moons.....	20-21
Community News.....	22-23
Calendar.....	24

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

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

end, we do not publish editorials, opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

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Association



FDL's biggest Veteran's dinner

By Zachary N. Dunaiski

This year's FDL Veteran's dinner at the Black Bear Casino Nov. 11 was a huge success.

Every year it's impressive to see all the Veterans, but this year there were 136 Veterans who attended. The event, which allowed families of Veterans, fed almost 260 people.

"We gave out gifts to 136 Veterans and other things that night, so it was a great success," Tom Whitebird, FDL Veteran Services Officer, said. "It's the most we've ever had."

That night the festivities were shortened giving Veterans more time to enjoy a great meal with their families.

"We usually celebrate something, but it seems like we've celebrated just about everything there is, so I want to put everything in one package, and at our next dinner, next year, we can do a big honor for everybody," Tom added about the dinner.

The FDL Newspaper staff would like to thank all of the Veterans for everything they've done.

The Fond du Lac Veterans Powwow Committee is looking for bids on making 18 grass dance outfits and 18 Jingle dress outfits for the Veterans Powwow to be held July 13-15, 2018. For more information or questions, call Tom Whitebird (218) 878-2670.



Constitution Reform

Constitutional Convention meeting comes to Fond du Lac

By Zachary N. Dunaiski

“This is just the beginning of the entire process,” Joan Timeche, Executive director of the Native Nations Institute, said during the Constitutional reform meeting at Black Bear Casino Nov. 20 and 21.

The Minnesota Chippewa Tribe (MCT) has reached an exciting time in history. The MCT has hosted these meetings, this meeting that Fond du Lac hosted was the fourth, about Constitutional Reform and is part of the MCTs effort to go to each of the Band’s Reservations to learn how or if the membership wants to make changes. Everyone had an opportunity to speak, which showed how passionate members are about their descendents.

“What is an Indian? What is an Elder? We have to think about that as we make changes to our constitution. An Elder leaves something behind. An Elder teaches qualities, values, and a way of life.” Skip Sandman, Fond du Lac Elder, said of his opinion on the changes need in our constitution. “We’re going to breed ourselves out of existence.”

The wording in the constitution is very complex, as it stands today.

“When the resolutions were done to allow all federally recognized Ojibwe, Anishinaabe, Chippewa blood to the MCT and then Canadian First Nations blood to the MCT,” Fond du Lac Chairman

and TEC President Kevin Dupuis Sr., said. “This might sound kind of funny but this is the way I said it at the TEC meeting because I wanted an answer, I wasn’t a TEC member then. We take most of the First Nations people, our people, across the border and they have a full blood system, most of them, and we have a fractionated system so I asked if someone’s 3/4 of

**“We have
to bring that
past to here
today to
understand
who we are ...”**

Minnesota Chippewa Tribe, and they’re able to take that First Nations blood, and ours is a fractionated system based on half, then that person becomes a full blood and a quarters. And everybody laughed at me because I was kind of joking, but seriously. How do you take a system like that and apply it to a fractionated system of the MCT? You can’t, you absolutely can’t.” That’s why these meetings are so important. Back when the

constitution was written, MCT members weren’t involved in their own constitution and now we have a chance to shape our future.

“We have to bring that past to here today to understand who we are, and it may be bad or sad to look at things that happened to us but that’s part of who we are,” Dupuis Sr. said. “We survived the atrocities that happened for 523 years, and we’re still here. So we have to bring that past into the present today to move into the future. That document isn’t ours and we know it. We had no part on making it. Now we have the ability to sit down and put our heads together.”

That’s the most exciting

part. The TEC and other Tribal leaders within the MCT made the decision to involve the membership to determine how the constitution for our Bands will be in the future. Each and every Band member, from all six MCT Bands, has a voice and can be heard to make a change for the future.

The battle for change, however, remains uphill. It isn’t as simple as getting everyone together and decide to change, it first starts with a vote. The vote would determine whether or not the Bands even want to make a change.

That brings us to the million dollar question, will enough people vote to want to make



Community members gather in the Otter Creek Event Center to learn and share ideas about the MCT Constitution.

Constitution Reform

a change to the constitution? Currently close to 11,000 votes are needed to make the change, based on numbers from the June MCT enrollment.

“They felt that their citizens didn’t have a clear understanding of their history or their identity,” Joan stated about the process that Red

Lake went through. “One of the tasks they did was that they went out and commissioned a book to be written about who they were, because they wanted to

provide consistent information in the schools, out in the community, so that the stories could all be brought together so that it was their book.”

“Simultaneously they also went out and started doing community education sessions about “what is our government?” “how is it structured?” “Who are our elected leaders?” “What are their powers?” and then they began to start talking about what’s working, what’s not,” Joan said. “It’s a long term project to educate people on this. We need to become experts on the constitution.”

But it wasn’t just passionate Elders and leaders of the Bands who attended this reform meeting at BCCR, groups of youth gathered to hear what others thought and learn about their own constitution. One group, Three Fond du Lac Ojibwe School students,

was very passionate about the future of their Band.

“I want them to know about the change,” Deshawn Berglund, an FDLOJS Junior said he wanted people who were unable to attend the meeting to know. “I mean, we do need a change around here because change always

“... it doesn’t fit where we’re at in the 21st century, and that’s what I think everyone should know about.”

happens, you can’t stop change. There are a couple of things that haven’t changed and should.”

These three students were happy to be able to attend just to hear about the politics, something they find interesting. “We’re really into politics,” they all said.

These FDL students were very interested to hear what others thought about one specific topic.

“Enrollment is a big thing that needs to be changed,” Darnell Diver, an FDLOJS freshman, said about what he wanted to learn about most.

And why do these three students in particular think that we need to see this change?

“It’s just an outdated system that has to change” Donovan White, an FDLOJS freshman, said.

“Because our communities are dying down, a lot,” Deshawn added about the changed need in enrollment. “Everything about changing enrollment is important, just so we don’t die off.”

“As I was being told earlier this was made in the 1930s and

it doesn’t fit where we’re at in the 21st century, and that’s what I think everyone should know about,” Darnell said.

Getting young minds involved is an important part of the process. The fact that none of these three had ever attended anything like this before, meant they all attended the meeting ready to learn everything.

“Just learning everything, this is our first time hearing about the constitution,” Darnell said.

“There’s a lot to learn because this is our first time ever going into one of these discussions,” Deshawn added.

The best idea these students had to educated people about their constitution was to teach it in the FDL Ojibwe School, a sentiment mirrored by many of the adults during the meeting.

“They definitely could put like a unit in there during our government class,” Deshawn added after they all agreed a class would be helpful.

“I would definitely want to go to more of these,” Darnell said. The three students, all of which plan to go to college for a variety of reasons, hadn’t thought much about going into FDL politics until that day, but all seem very interested now.

“They didn’t want to leave,” Jerry Ojibway, Mentor at the Fond du Lac Ojibwe school, said of the boys who he asked to come with because they wanted to learn more about the reform process.

Everyone took away something impactful from the meeting, whether it was change, how we make the change happen, or just other people’s opinions on what



(left to right) Darnell Diver, Donovan White, and Deshawn Berglund enjoying their time at the reform meeting.

Importance of Citizen Participation

Current MCT enrollment:	41,330
Eligible MCT voters:	35,676
Percent required to pass a revision:	30%
Total Eligible Voters required:	10,693

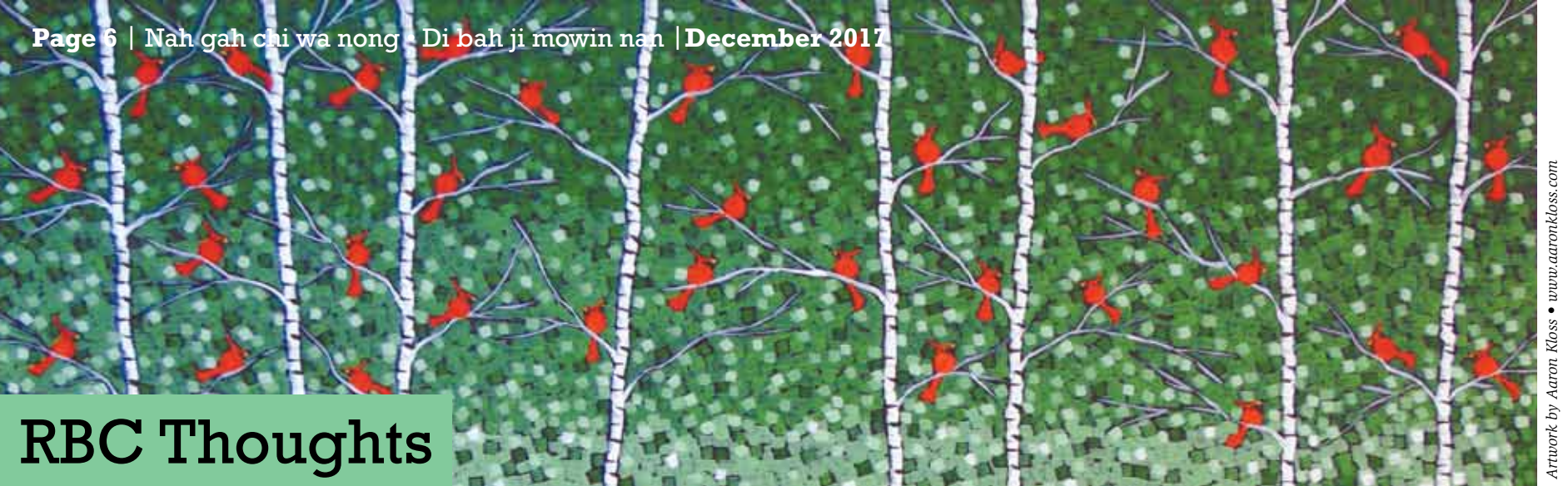
The numbers posted during the event (as of June’s enrollment numbers).

should be changed, but it’s because of our past that we can have these discussions.

“Remember guys it took a federal policy to remove us, and every one of those federal policies that was put into place has failed, because we’re still here, right now,” Dupuis Sr. said.

If you haven’t been able to make it to any of the meetings, there are still three left, the Twin Cities area will host one (location yet to be determines)

on Dec. 14 and 15, Northern Lights Casino and Hotel will host a meeting Dec. 18 and 19, and the final one Grand Portage Lodge and Casino Jan. 22 and 23, 2018. If you can’t make it to those, WGZS 89.1, has podcasted the previous meetings on their website which can be found via the fdlrez.com homepage.



RBC Thoughts

Sawyer News

Boozhoo,
During the quarterly financial report at our last open meeting in November, there were important details revealed to the community. Contact me for further information. Please note that I support dealing with this in a timely manner without undue stress to the community. There are many critical items on a daily basis that we are managing and accountability for actions should be swift.

The Sawyer Community Center had a good turnout for the November dinner. The wood chip boiler construction project is still moving forward. On the corner of Moorhead and Mission Road, MP&L installed a LED streetlamp. Now that this is in place, I hope to get other areas of the Sawyer community more streetlamps. It is nice to hear that the FDL Police Department received a grant for improved efforts to address sex trafficking and provide equipment, technology and training. Bringing efforts together from different departments and programs really help to broaden our reach to address complex problems like addiction and drug trafficking. Human Services is also doing more outreach to youth in the community centers. Prevention

programming is in the schools as well as planning events and activities throughout the school year.

In closing, Native American Heritage month was quite an event this year, starting with the Aztec dancers whose performance was incredible and regalia impressive. The investment in their presentation was obvious. Our second event that I was able to attend was, A Tribe called Red, which creates a new generation of dance music. Their presentation gave



Bruce Savage

a strong message about our history and appropriation of our culture by media. It was an even greater message to see our young people dancing toward the end of the show, sharing their powwow style moves to the music. It was nice to see young people really

enjoying themselves. This show really targeted the youth and many times we are asked about events for this age range. Suggestions from the youth are always appreciated.

We are looking for a Facilities Site Supervisor at the 2020 Bloomington Building in Minneapolis. Please take a look at job postings and inquire about other jobs with our Human Resources department.

Miigwetch

*Bruce M. Savage, Sawyer District Rep,
 Cell: (218) 390-7407, or bruce savage@fdlrez.com*

Boozhoo,

We put on another successful Elder's dinner again with over 420 Band Elders in attendance. It is quite nice to see that many faces enjoying themselves. As usual the meal was well prepared and the service was good. I tried to stop and say hello but only made it through 2/3 of the event center before the dinner broke up. If you have any ideas on making this a better dinner could you let me know, otherwise see you in April at the next one.

Thanksgiving is coming up rapidly which means Christmas is coming fast. I hope as we enter the holiday season that you are able to rekindle old friendships and make new ones. It is a time to share with others the gift of caring. I am quick to forget those who put their hand out to assist me when I was in a time of need, but now I have put those thoughts back in the forefront and have put my hand out in friendship when I see someone in need.

I missed my first Veteran's dinner this year. I felt bad as it is important to let them know that I appreciate their sacrifices. By all accounts the dinner was successful and the food was good. Fond du Lac has a long tradition of taking good care of our Veterans. Tom Whitebird is carrying on from Chuck Smith who carried on from Mary Northrup. The foundation that these individuals laid for our Veterans



Ferdinand Martineau

program will survive well into the future. Thanks to each of you for your hard work and dedication to serve.

Forty years ago I began my career in service to FDL. It has been very rewarding for the most part, but there have been some difficult times as well. I have asked myself only one question, "Is this right for the Reservation?" This has guided me through the good times as well as the bad and kept me centered with what my responsibilities are. Today is one

of those bad times that are my responsibility to report to the Band. The Dist. 1 Rep., Vanessa Northrup converted a Reservation check to her own account. There has been an investigation conducted and the information was turned over to the county attorney for charges. She

chose to pay the money back but the fact remains that the check was taken and cashed. According to the MCT Constitution it is my responsibility to make a recommendation on the course of action. My recommendation is to ask the membership to do a petition under article X for removal.

If you have any questions or comments please feel free to contact me. My office number is (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com Gigawaabamin.

More local news

Minnesota Tribal communities join together to combat a common foe: Opioids

Photo and Story by
Dan Huculak,
WGZS Station Manager

The Tribal Nations Opioid Summit was held Nov. 13-14 at the Shooting Star Casino Hotel Event Center. The White Earth Band hosted the event.

In addition to the six Bands of the Minnesota Chippewa Tribe, representatives from Red Lake, the Lower Sioux Indian Community, Prairie Island, Shakopee Mdewakanton Sioux Community, Upper Sioux Indian Community, and Minn. Lt. Gov. Tina Smith were in attendance.

More than 250 people registered in advance for the event. The Shooting Star Casino Event Center was near the building capacity with more than 325 people in attendance. People from law enforcement, human services, addiction treatment, Tribal government, and survivors spoke. People shared their stories about addiction.

Brad Harrington was one of the two emcees for the two day summit. Harrington is the Natural Resources Commissioner for the Mille Lacs Band of Ojibwe. He previously served as a Native American Recovery Coach for the Minn. Dept. of Human Services. Harrington challenged the participants to think about why they were in attendance. He also shared his story of addiction, incarceration, recovery, relapse, and ultimately, his decision in 2010 to change his life and quit drugs. In addition to quitting, he had to make a conscious decision to stay away from friends and family members who were still using.

Then, Harrington shared several statistics about opioid use. "Once a week, there's an overdose on Mille Lacs. Probably

every day, there's an overdose in one of our communities. Fond du Lac did some great research in coming up with this. Minnesota ranks first among all the states in 2015 for deaths due to drugs for American Indians. More than half the pregnant women in Minnesota are known to be opioid dependent still get prescribed opiates for pain. The rate of prescribed opiates for pain for pregnancy is twice as high among American Indians than it is for other Minnesotans. And finally, Indians are twice as likely to overdose than anybody else."

White Earth Chairman Terry Tibbetts addressed the crowd. "As long as people are working together in a positive way I think there's a way through this thing. But you know, we've got to work together. We've got to stand together and work on this - this didn't happen overnight," the host said during his welcoming speech. "It's becoming bigger than the old boarding school era," the White Earth Chairman later added.

Fond du Lac Chairman Kevin Dupuis then addressed the people at the gathering. "Brad asked everybody why are we here. I'm sick of our people dying. I'm sick of looking at these numbers and seeing these staggering numbers and statistics."

"I just want to give everybody what I ran into one day. I watched a video. And the video was a heroin party. So they had the drugs, they had the Narcan, and one of the staggering things I looked at was, they brought in bags and bags of ice and put it in the bathtub. And so, when somebody would OD (overdose), they would hit them or jumpstart them with Narcan, and then bring them to the bathtub and put them in ice. So they would snap out of it, and re-do it, and

re-do it, and re-do it," the Chairman said, followed by a deep exhale in apparent frustration.

Minnesota Lt. Gov. Tina Smith also spoke to the audience. "So we gather today because we face a terrible problem. Our sons and daughters, our mothers and fathers, our families and communities are dying from opioids. It is a generational tragedy that these deaths and all of their impacts of the opioid epidemic are disproportionately affecting American Indian communities and women.

"Why is it happening? Well the reasons are complicated, of course. But, I would say they're also simple. I will never forget a conversation I had with Chair Dupuis when I visited the Fond du Lac Band," the Lt. Governor said. As we were talking about the impact of the opioid addiction epidemic in his community and what was happening to his families, he suggested that we should follow the money. I have tried to follow Chair Dupuis' advice. And we can see the truth. That people, in big companies have made billions on the over-prescribing of opioids."

Over the last half decade, pharmaceutical companies have spent one billion dollars to influence elections, and stop efforts



Concern community members, elected officials, and law enforcement officials at the opioid summit.

to improve the way opioids are prescribed, while pocketing \$10 billion a year off of opioid painkillers. Which they assured doctors and patients they were harmless. The scope of this abuse is stunning to me."

"So if this makes you angry, and I hope it does, we have one recommendation I ask you to think about today - the Opioid Stewardship Bill. Now this is a polite Minnesota way of describing a bill that's designed to make the big pharmaceutical companies to pay out of the money they profited from by distributing this poison to our communities. And we can use that money to help our communities heal."

"This bill, which is authored by Sen. Julie Rosen and Rep. Dave Baker and strongly supported by our administration, would generate \$42 billion over two years, every two years, to help pay for prevention and treatment and recovery. And it does so by applying the equivalent of a penny a pill - a fee on the pharmaceutical companies that have wreaked this havoc. So I ask you to follow

the money and support this bill at the legislature next year."

Several individual members from the various communities shared their stories about addiction including losing friends, relatives, and most importantly, losing custody of their children who are affected by the epidemic through no fault of their own.

At least three members of the Reservation Business Committees publicly stated that they didn't have the answers themselves but they felt confident that the collective effort from law enforcement, the medical and treatment communities, Tribal leadership, and dedicated individuals themselves, can turn the tide.

How can you get involved? Attend the weekly meetings with the Chairman, report suspicious activity via the FDLPD anonymous tip line or by calling 911, join a local Natives against Heroin group, or perhaps most importantly, never give up on somebody you know who is struggling with addiction.

More local news



Anoka grad, architecture displays art

Reprint from *Anoka County Union Herald*

Anoka High School 2015 alumnus Alden Jaakola will present a new collection of artwork at Showroom, 615 W. Lake St., Minneapolis.

The public is invited to an opening event Oct. 14 from 5-8 p.m. The show will run in Showroom, which doubles as an apparel boutique and gallery, through Nov. 8.

Jaakola's collection, "Confluence," depicts an array of worlds and forces, alluded to by texture and artifact. Through metal casting and painting, Jaakola explores the interactions between organic and inorganic. His work weaves tangible form and thematic idea, displaying their vibrant nuances.

Jaakola is a junior architecture student at the University of Minnesota College of Design, as well as an artist working in cast metal, watercolor and oil paints. He has worked as a stage designer for TEDxUMN for the past two years, along with being a lead designer for Design U and the vice president of the Foundry Club. He travels to Plein Air events in multiple states and works from his home studio in West St. Paul. His work combines architecture, fantasy and science into rich arrays of sculpture and design.

Fond du Lac continues to lead in energy efficiency

By Zachary N. Dunaiski

Fond du Lac has been working hard over the last decade to decrease carbon emissions, and it has been paying for itself in many ways, most recently on Nov. 2, when members from Minnesota Energy Resources presented the Fond du Lac Band's Reservation Business Committee and other FDL employees with a check for \$129,013 as a rebate for FDL's energy services contract.

Back in 2007 was when this all began. The council invested 4.7 million in our energy services contract with NORESKO, who is an energy services company who does detailed energy audits. The Environmental Program partnered with NORESKO to perform an energy savings audit on Fond du Lac owned buildings. Bruno Zagar, Environmental Specialist/Energy Projects Manager, has been working to help Fond du Lac lower its energy use since the projects began in 2007.

"My mission was to come up with projects to save energy on the electrical end of it. They wanted to produce 20% by 2020 of renewable off the electric side. On the Kyoto protocol, what we found out is that we can do twice the amount by doing energy efficiency projects. We have actually cut the energy by 40% and we've produced 5-6%," Bruno said about the projects, in particular the Bio-mass project. "And we've produced 5% with the solar project. We'll actually be at 46% by 2020, more than double."

The Kyoto accord was signed by the RBC in 2007 which is an international agreement linked to the United Nations Framework Convention on



Climate Change (UNFCCC), which commits its Parties by setting internationally binding emission reduction targets.

"Our main focus was energy efficiency because it's the big bang for the buck that with the renewal is how we get to 46%," Bruno added.

The partnership with NORESKO, along with the Fond du Lac Band's Environmental staff, led to 24 buildings being identified with the greatest need for energy conservative measures. Fond du Lac began taking a look at what would be most efficient, lighting, building optimization units (air conditioning/heating). One way to help efficiency was in the gym so the heating and cooling units can run at low speed, during times when less people are using it, instead of high speed all the time. The Band is able to save a lot of money that way. FDL also put in operating software in all the buildings so that they would run more efficiently.

These updates are crucial to the Band saving money, with an annual savings total that equates to \$772,403. That means the Fond du Lac Band will save approximately \$64,366 per month. The project will take 6.1 years to payback, but the project alone can account for up to 25% energy savings.

"I really give the credit back to the council. In the past, I was going to the council, and now the council kind of comes to me to ask me to do more. They all just kind of know me now. Kevin was working on our LEED building, Vanessa was doing work in the courts, Bruce was in the building and Roger was involved too, and Ferd was on the Council at the time," Bruno said, of what has helped make these updates possible.

With the dangers fossil fuels present to the environment, it's really nice to see all the hard work and effort Fond du Lac is doing to ensure we protect our planet.



Health News

A Challenge to Sit Less

By Chris Foss-Tietz,
Health Educator FDL Human Services

It's probably safe to say we have all heard we should exercise for our health. But, did you know even sitting too much is not good for us? When you sit for long periods of time your body doesn't work as hard, and in turn, doesn't require the same amount of food (fuel) as it would if you were moving or even standing. Sitting too much can cause weight gain, increased blood sugar, high blood pressure, heart disease and other health conditions. Here are a few steps to consider to reduce the time you spend sitting each day.

Step 1: Have you ever considered how many hours a day you sit? Hours spent sitting can add up quickly. Think about:

- Time spent sitting while at work
- Time spent sitting while commuting in the car or on a bus
- Time spent sitting during leisure activities like reading or playing video games.

How many hours do you sit in a day? Does this number surprise you?

Step 2: Try brainstorming creative ways to reduce your sit time.

- Don't sit if you can stand...
- Don't stand if you can move!

Step 3: A challenge to you: Do one thing to reduce your sit time this week. Here are a few ideas:

- Break up long sitting periods at work with small active movements or get up and walk to deliver a message rather than sending it by email
- Stand up while talking on the phone
- Pedal a stationary bike or walk on a treadmill while watching your favorite TV program, or move at every commercial
- Take more breaks while driving for long periods of time; get out of the vehicle and move
- Take a stand break at every chapter while you read.

Are you up for the challenge? If you accomplish this challenge and would like another; call Chris Foss-Tietz at the MNAW clinic (218) 879-1227.

Flu vaccine now available

Flu vaccines are now available at FDL MNAW and CAIR Clinics. Schedule a nurse visit today to get vaccinated. Anyone 6 months of age and older should get a flu vaccine every flu season.

Reasons to get a flu shot:

- American Indians/Alaska Natives (AI/AN) are at high risk for flu complications
- Flu is a leading cause of pneumonia
- Flu and pneumonia rank among the top 10 causes of death for AI/ANs
- AI/AN are more likely to die from

pneumonia and flu than other races

- The flu poses greater risk to young children, Elders, pregnant women, and people with diabetes, obesity, heart disease, asthma, or lung problems
- Even if you are healthy, getting your flu shot can protect those around you, such as Elders and young children from being exposed to the flu virus.

Please call us to get scheduled today! You can reach us at (218) 878-2120

**TRIBAL PUBLIC HEARING FOR ANISHINAABEG
CUMULATIVE IMPACT ASSESSMENT
ON LINE 3 REPLACEMENT PROJECT AND ABANDONMENT**



**WATER
Sibi Bimaadziwin
IS LIFE**

**SATURDAY, DECEMBER 2ND
BREAKFAST 8AM - 9AM
MEETING 9AM - 12 NOON
AT BLACK BEAR CASINO
1785 HIGHWAY 210, CARLTON, MN 55718**

**PUBLIC HEARING FOR ANISHINAABEG CUMULATIVE
IMPACT ASSESSMENT ON LINE 3 PIPELINE REPLACEMENT
ROUTE AND ABANDONMENT**

We invite our Anishinaabeg and local communities to come together to learn about and make comment on the Anishinaabeg Cumulative Impact Assessment (ACIA). This document was developed as a working model for environmental analysis on behalf of the five Anishinaabe bands of Red Lake, White Earth, Fond du Lac, Leech Lake, and Mille Lacs who are intervening in the state approval process for the Line 3 Replacement project. The ACIA is meant to be a resource, meant to provide the foundational example for assessing and responding to impacts from proposed large infrastructure projects which may affect Anishinaabe tribal resources and communities on and off reservations.

The ACIA is, first and foremost, Anishinaabe-centric with an emphasis on the Anishinaabe worldview and value system which the state of Minnesota simply could not successfully integrate into their Environmental Impact Statement (EIS). The ACIA strives to more comprehensively address impacts to tribal resources and environmental justice. It will altogether more thoroughly and fairly consider the impacts to all the people, the lands, the waters, the plants and animals, and our collective future.

The ACIA is available for review on the Minnesota Chippewa Tribe website at www.MNChippewaTribe.org as well as at www.honorearth.org, and hard copies will be made available for review at tribal offices. Comments can be submitted to ACIAComments@mnchippewatribe.org.



**GIZHAWENIMA GINIBIMINAN
LOVE OUR WATER**

**GANAWENJIGEDAA
GIMANOOMINIINAN
PROTECT OUR RICE**

FOR MORE INFORMATION ABOUT THIS
MEETING, CONTACT
DEBRA TOPPING
DEBRA@HONOREARTH.ORG

OR NICOLETTE SLAGLE
NICOLETTE@HONOREARTH.ORG



Health News

Grieving during the holidays

By Denise Houle,
Cancer outreach worker

We've all heard the popular song lyric, "It's the most wonderful time of the year!" But what if it's not? The loss of a loved one is traumatic but during the holidays, the feelings of loss can be more profound.

The holidays can be a busy, stressful time for people, but dealing with the loss of a loved

one during this time can also increase feelings of loneliness, depression, and sadness. It is important to remember to take care of yourself during this time.

Some things that you can do to help yourself through these times are: Allowing yourself to feel sadness or other emotions that may arise, don't let someone else tell you how you should feel; know that it is ok to express your feelings and to cry. For some, the uncertainty of what traditions to carry on or what new ones to make can create empty feelings. A new beginning or tradition may be to do something in honor of the loved one. It is also acceptable to let yourself enjoy the beauty of the sea-

son, surround yourself with supportive people, and cherish memories of the loved one.

There are many different support groups available. Check with your doctor, friends, coworkers, and family. Know yourself and when you may need to ask for help.

Symptoms requiring professional intervention include: constant thoughts of being worthless or hopeless, ongoing thoughts of death or suicide, the

inability to perform day-to-day activities, hearing voices or seeing things not there, the inability to accept the loved ones death, flashbacks, nightmares or memories that continue to intrude one's thoughts, extreme weight loss, isolation, or breaking ties with family or friends.

American Cancer Society is available 24/7 for support online, local bereavement groups, and other resources. Call 1-800-227-2345

Sources: American Cancer Society www.cancer.org

Always remember to consult your healthcare provider with any questions or concerns

A message from your Fond du Lac Cancer Prevention Program

"don't let someone else tell you how you should feel."

A new year, a new breastfeeding goal

By Rebekah Dunlap RN, BSN, PHN

The World Health Organization (WHO) is now recommending mothers breastfeed until 2 years of age because of all the health benefits it provides to mom and baby. Historically, breastfeeding has been a traditional practice amongst Native American people. It was the first medicinal food provided to babies. Now, there is research that is recognizing the long term benefits of this customary practice. Breastfeeding is found to protect babies from respiratory infections, ear infections, gastrointestinal diseases, and allergies. It reduces sudden infant death syndrome (SIDS) and diabetes and obesity later in life. This is a convenient and free practice naturally designed to reduce ovarian and breast cancer in women.

Within the recommended two years, babies should exclusively breastfeed for the first 6 months. This means no other food items or fluids, like water, are even needed the first 6

months. Solid foods should be introduced at 6 months of age while breast feeding continues. Because babies' brains and bodies are developing so quickly, they need foods gradually introduced that are high in energy, protein, vitamins, and minerals.

Breastfeeding for two years is a commitment that requires a lot of support from family and friends. The Community Health Department at Fond du Lac Human Services honors breastfeeding efforts by providing supportive resources and incentives through home visiting with Public Health Nurses, most of whom are Certified Lactation Counselors. It is also helpful to see other community members breast feeding, as this is a learned practice. Have a save and happy New Year!

If you would like more information please see the following resources: World Health Organization: www.who.int, American Academy of Pediatrics: www.aap.org, Community Health Department: (218) 878-3790

Carrot—Applesauce Muffins

Ingredients — Makes 12 muffins

1 1/4 c all-purpose flour	1/2 t salt
3/4 c whole wheat flour	1 1/2 c grated carrots
3/4 c light brown sugar	1/2 c raisins
1 1/2 t baking soda	1/2 c sweetened shredded coconut
1 t ground cardamom	1/2 c pecans
1 t ground ginger	2 eggs
1/2 t ground cinnamon	1/2 c canola oil
	1 c unsweetened applesauce

Directions

1. Preheat oven to 350 degrees, lightly coat muffin tins with nonstick cooking spray or add paper liners to tins.
2. In bowl, combine both flours, sugar, baking soda, cardamom, ginger, cinnamon, and salt. Then, fold in carrots, raisins, coconut and pecans.
3. In bowl, beat eggs. Add oil and applesauce and stir until well combined.
4. Add to flour mixture and stir until just combined. Spoon batter evenly into muffins tins.
5. Bake for 25-30 minutes, or until top just bounces back when touched. Leave in tins for 5 minutes before removing to cooling rack.

Adapted from The Great American Eat-Right Cookbook



Food safety tips for the holidays

Dec 09, 2016, *foodsafety.gov Centers for Disease Control and Prevention (CDC)*

Feasting with family and friends is part of many holiday celebrations. Follow these simple tips to keep safe from food poisoning, or foodborne illness, during the holidays.

Everyone can practice food safety during the holidays

- **Wash your hands.** Be sure to wash your hands with soap and water before and after preparing food, after touching raw meat, raw eggs, or unwashed vegetables, and before eating or drinking.
- **Cook food thoroughly.** Meat, poultry, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to the safe minimum internal temperature. Roasts, chops, steaks and fresh ham should rest for 3 minutes after removing from the oven or grill.
- **Keep food out of the "danger zone".** Bacteria can grow rapidly at room temperature. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.
- **Use pasteurized eggs for dishes containing raw eggs.** Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.
- **Do not eat dough or batter.** Dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella. Do not taste or eat unpasteurized dough or batter of any kind, including those for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants.
- **Keep foods separated.** Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery and in the refrigerator. Prevent juices from meat, poultry, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.
- **Safely thaw your turkey.** Thaw turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

Tips for a healthier holiday season

By Kara Stoneburner,
RDL, Public Health Dietitian

Holiday parties are filled with food and beverages that may not be friendly to the waistline. Being overweight or obese can increase the chances of developing certain cancers, such as esophagus, colon, rectum, kidney, and gallbladder. Listed below are some tips to help reduce the extra calories and control weight gain over the holidays.

- Never arrive at a holiday party hungry. Eat a small, healthy snack, such as veggies and dip, fruit, a cheese stick or a bowl of cereal, before the party to help prevent overeating at the buffet table
- Avoid hanging out by the buffet table. Initiate conversations away from the table. Plan group activities, such as a game or a walk to keep busy. Chew gum or mints to prevent snacking on candies and cookies
- Before you arrive to the party, have a plan on what and how much you will eat and drink. Scan the entire table of food before filling your plate. Use the smallest plate available. Don't stack your food on your plate. Be prepared for situations that might distract you from your plan
- Be choosy about sweets, but allow yourself to take a small portion of your favorite dessert
- Put food away immediately after the meal to prevent "snacking" for hours
- Bring a healthy dish to share at the party. Try lower fat versions of your favorite recipes
- Monitor beverages. Alcohol, eggnog, and other holiday favorites can pack a lot of calories in a small glass. Stick with water, seltzer water, coffee, unsweetened tea, or diet soda. If you want an alcoholic beverage, try mixing a ½ glass of wine with sparkling water
- Walk it off— go out for a walk either before or after the meal or party. Invite

other guests along

- When running errands or shopping, pack some healthy snacks, such as fresh veggies, fruit or pretzels and a water to avoid the high calorie temptations at the food court and the check-out aisles
- Change candy and cookie making parties to wreath making parties, gingerbread house decorating parties, or home-made decoration parties to take the focus off of food

In-between all of the holiday parties, start thinking about the healthy lifestyle changes you would like to make in the New Year. Discussing the changes with your health-care provider, a dietitian, and supportive friends can get you started on the right foot. Good luck and have a healthy holiday season.

Try this recipe for Mashed Butternut Squash and Apples from weightwatchers.com:

Ingredients:

- 20 oz uncooked butternut squash, fresh, peeled and cubed*
- 2 medium fresh apple(s), Granny Smith, peeled, cored and cut into small pieces
- 1/2 cup(s) apple cider
- 1 Tbsp regular butter, cut up
- 1 1/2 tsp fresh thyme, fresh, chopped
- 1/2 tsp table salt
- 1/4 tsp black pepper, freshly ground, or to taste

Instructions

1. Put squash, apples and cider in a shallow, microwave-safe baking dish or container
 2. Sprinkle butter over top
 3. Cover and microwave until tender, about 10 to 12 minutes
 4. Mash until smooth, yet slightly chunk
 5. Stir in thyme, salt and pepper
- Serves 4

*Look for 1 1/4 pound packages of already peeled and cubed butternut squash in the produce section of your grocery store. It's an incredible time-saver.

Etc.

Winter driving preparations

Snow, sleet, and ice can all lead to hazardous driving conditions in the winter, so change the way you drive and preparing your vehicle for the season with these helpful tips:

Tires:

- Check the tread on your tires: having good tires improves braking, handling, and even reduces the amount of fuel your vehicle uses
- Check the air pressure in your tires: proper air pressure keeps your vehicle from pulling to the left or right,

and maintains better traction on the roadway

- Always carry a spare tire: be sure your spare tire is in good condition with proper air pressure as well.

Check the weather before you go:

- In frigid temperatures: be sure to warm up your vehicle but don't leave it running in an enclosed area such as a garage due to the risk of carbon monoxide poisoning
- If the forecast is iffy: wait out the storm if possible, if not, be sure to share your route and travel plans with

someone before you leave

- If you become stranded: DO NOT leave your vehicle, light flares in front and behind your vehicle and be sure the exhaust pipe is not blocked by snow, mud, or other objects, and wait for assistance to arrive
- If you find yourself in white out conditions: pull off to the side of the road and wait for conditions to improve.

How to prevent a skid:

- Never mix tires: be sure all of your tires match, don't mix radial tires with other types
- Avoid using your: parking brake or cruise control
- Look and steer in the direction you want to go
- Accelerate and decelerate slowly
- Increase your following distances to at least 8 to 10 seconds
- If you have antilock brakes they will pump the brakes for you in a skid
- Don't stop going uphill if possible
- Keep your gas tank half full
- Don't try to push your vehicle out of the snow if you get stranded
- Signal distress by placing a brightly colored cloth in a rolled up window or by tying it to your antenna.

Things to have packed in your vehicle:

- First aid kit: You never know when or if you may need first aid supplies so keeping a well-stocked first aid kit in your vehicle could make the difference in a life or death situation
- Phone charger: as cell phones are the primary

means of rescue in today's society, a good charger is a must in case the phones battery dies

- Hand/foot warmers and wool blanket: if your vehicle should run out of fuel or won't start having a blanket and hand/foot warmers could help fend off frost bite
- LED flashers or flares: LED flashers are good but usually have limited battery life, flares can be used to signal in an emergency or start a warming or signal fire
- Water/energy drinks and food: Keeping a few energy bars and a plastic bottle of electrolyte drinks in the vehicle can't hurt; drinks with electrolytes take longer to freeze so you would have access to liquids longer
- Shovel: a small folding shovel is useful if you need to move snow away from your exhaust pipes or head/tail lights
- Windshield de-icer: windshield de-icer can be used for more than just de-icing your windshield; it can also be used to melt ice on the road or frozen car parts.

Community Center classroom, which is located in the Tribal Administration building. You may plan to attend both days from 9:30 a.m. to 5 p.m., or you may come when you can to participate in the phase of planning happening when you arrive. Breakfast and lunch will be served both days.

Also, the Fond du Lac Language Program is co-hosting a Winter Celebration with storytelling, flute playing, and a finger weaving workshop event the weekend of December 16 and 17 Saturday and Sunday. We will meet at the FDL Museum and Cultural Center from 10 a.m. to 4 p.m. each day. Storytelling by Mary and Leonard Moose and a finger weaving workshop (limited to 15 – sign-up early) will be taught by Dennis White. His wife Cleo White, an accomplished flute player, will provide flute music. We will also have hand drumming both days. These events will take place at the Fond du Lac Museum and Cultural Center. Museum Director Jeff Savage and Anishinaabemowin Coordinator Janis Fairbanks will be on hand for both days.

As 2017 draws to a close, it is time to reflect on changes we have experienced in the Fond du Lac Language Program this past year. Although we have had staff turnover within the program, this is to be expected, as the small pool of language warriors go where they need to go to continue on their paths of accomplishment. I encourage all of them to continue pursuing their dreams and working on their

Women's Health Brunch

By Denise Houle

The 2017 Women's Health Brunch was another big success with approximately 87 women from the Fond du Lac community attending! I would like to thank all the committee members that helped make this happen and also say "Thank You" to everyone who spent part of their day providing valuable

education for the women in our community.

It was nice to see a wide variety of ages attend this year and there was also the opportunity for everyone to learn more about different programs that set up information tables. There were vendors from Essentia Health, St. Croix Hospice,

American Cancer Society (ACS), American Indian Cancer Foundation (AICAF), Heide's Mastectomy Shop, Circle of Hope, FDL Social Services General Crime Victim Advocate, and Community

Health Services Health Education staff as well. The speakers were fabulous—both Bonnie LaFromboise

and Chris Davis shared their personal stories about cancer and how it affected their families.

The Women's Health Brunch Committee includes Roberta Marie, Samantha Martin, Katie Gokee, Amber Ahonen, Cora Vavra, Rita Conner, Joyce LaPorte, Denise Houle, and Chris Davis.



Etc.

educational plans. We need you, and future generations need you, to be there to carry on Anishinaabemowin as the future unfolds. I am grateful that you return to us to contribute your skills at special events and stay active with the Fond du Lac Language Program in other ways.

I am very grateful to my current staff, Gwiiwizens Ricky W. DeFoe, Language & Curriculum Specialist, and Christine Schloer, Administrative Assistant, who are growing in their positions, supportive of one another, and participating in language program planning to bring about an even stronger language program. We also appreciate our Division Director, Jeff Savage, for his steady support of the language program throughout the year. After this month's strategic planning retreat, we will have gained community input to envisioning a plan for the next three years of language program work. I look forward to seeing our community dreams conceptualized into a new planning phase during the next three years, as groundwork already laid blossoms into the next phase of development. We will continue to listen to you as you strive to hold on to your language. As always, your ideas are welcome and you may send your messages to me at:

Janis Fairbanks at
janisfairbanks@fdlrez.com

FDLTCC wins marketing and communication award

Fond du Lac Tribal and Community College was honored with a Bronze Medallion award for excellence in public relations, marketing, and communication in the 2017 National Council for Marketing and Public Relations District 5 Medallion Awards competition.

The Bronze Medallion of Excellence award in the College Promotional Brand Video category recognized the college's video about the First Responder and Emergency Medical Technician courses offered at the college.

The video features Fond du Lac Tribal and Community College students and faculty talking about advantages of the courses and shows students in hands-on situations practicing emergency first responder techniques. The Bronze Medallion of Excellence award-winning video can be seen on the college's YouTube channel that is integrated into the web site at www.fdlcc.edu.

Fond du Lac Tribal and Community College Public Information Director Tom Urbanski worked with Fond du Lac Tribal and Community College graduate Chris Brown of Cloquet to create, plan, film, and edit the award-winning video into its final form. Brown has worked on about 25 recent video projects

for the college, helping build a collection of promotional videos across a range of programs and topics.

"This award is especially meaningful because one of our graduates, Chris Brown, has done a tremendous job creating a solid library of videos that highlight the great programs and people at our college," Urbanski said. "He has a gift for capturing and conveying the right story, and when combined with his technical skills, the end results are always great. Chris has been a key part of our video marketing effort."

The National Council for Marketing and Public Relations (NCMPR) is an affiliate of the American Association of Community Colleges and represents marketing and public relations professionals at community and technical colleges across the United States and Canada.

The regional Medallion Awards recognize outstanding achievement in marketing communication at community and technical colleges in NCMPR District 5, which includes Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, the Canadian province of Manitoba, Puerto Rico, and Virgin Islands. It is the only competition of its kind that honors excellence exclusively among marketing and public relations professionals at two-year colleges.

Award winners in each category are chosen from submissions by participating colleges and are judged and

Health insurance open enrollment is available November 1st

Please see a Patient Advocate to enroll or to have any questions answered that you may have.

Walk-ins are welcome or you may setup an appointment.

Please call 878-2165.



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

Bonnie Wallace receives Honorary Doctorate

By Deborah Locke,
courtesy of The Circle

Bonnie Wallace, Fond du Lac Reservation Band member, received an Honorary Doctorate of Humane Letters Degree from the Minnesota State Colleges and University System in May. She is shown here with Fond du Lac Tribal and Community College President Larry Anderson who presented the degree at the college

commencement.

Bonnie was recognized for her 43-year career in higher

education as an advocate for American Indian students. She founded and served as director of the American Indian student support program at Augsburg College, and then served as

Fond du Lac Band scholarship director until her retirement in 2012.



Etc.



Beboong Jūkakamigad

Winter Celebration

Saturday & Sunday

December 16 & 17, 2017

from 10:00 a.m. □ 4:00 p.m. daily

Location: FDL Cultural Center & Museum
1720 Big Lake Road, Cloquet, MN 55720



Aadizookewag

(they tell stories)

by Mary & Leonard Moose

Photo Credit: Ivy Vainio

Oniibidoonan gijipizonan

(he weaves belts)

by Dennis White

RSVP: Finger-weaving workshop only □ limited to 15

Call FDL museum at 218-878 □ 7582 to reserve your spot.



Photo Credits:
Janis Fairbanks

Bibigwe

(Flute Playing)

by Cleo White

*Gigizhebaa-wiisiniwin idash
naawakwe-wiisiniwin giwii-
wiisiniwin niizhogon*

(Breakfast & Lunch served two days)



Hosted by:

FDL Ojibwe Language Program and
FDL Cultural Center and Museum

Contact Information:

Janis A. Fairbanks, Anishinaabemowin Coordinator

JanisFairbanks@fdlrez.com

or

Jeff Savage, Museum and Cultural Center Director

Jeff Savage @ jeffsavage@fdlrez.com

ranked by marketing and communication experts. Entries submitted to the Medallion Awards competition are judged on design, writing, creativity, communication, technical merit and overall effectiveness. The award recipients were announced at the NCMPR District 5 Conference held earlier in October in Dubuque, IA.

“The primary purpose of our marketing and communication projects is to convey messages about who we are, what we do, and the range of opportunities and benefits we offer to our students and the communities we serve,” Urbanski said. “I’ve always said that we don’t develop and produce projects to win awards, but it is nice to have your final products and efforts recognized by your peers and marketing industry professionals.”

There were over 300 entries submitted across 31 categories in the 2017 NCMPR District 5 Medallion Awards competition. The video categories are some of the most competitive categories and receive the largest number of entries each year.

“It is interesting to note that Fond du Lac Tribal and Community College is going head-to-head with very large schools located in major higher education markets including the Twin Cities, St. Louis,

Kansas City and Omaha,” Urbanski said. “It’s satisfying to know that we are creating and producing marketing, advertising, and communication materials that can compete within that group.”

NCMPR has more than 1,550 members from more than 650 colleges across the United States, Canada and other countries. The counsel provides professional development opportunities, advocates on behalf of the profession and the institutions it serves, and recognizes professional excellence.

FDLOJS basketball schedules

Girls’ 2017/18 basketball schedule:

*Tuesday, December 5,
Silver Bay – 4:45/6:15 p.m.
home

*Monday, December 11,
Hill City – 5:45/7:15 p.m.
away

Thursday, December 14,
North Woods – 5:45/7:15
p.m. away

*Tuesday, December 19,
Northeast Range– 5:45/7:15
p.m. home

*Thursday, December 21,
Nashwauk – 5:45/7:15 p.m.
away

*Wednesday, December
27, Northwestern, - 1 p.m.
away

*Thursday, December 28,
Blaine, - 1 p.m. away

Boys’ 2017/18 basketball schedule:

*Friday, December 1, MIB –

5:45/7:15 p.m. home
*Tuesday, December 5,
Lakeview Christian –
5:45/7:15 p.m. away
*Friday, December 8, North
Woods – 5:45/7:15 p.m.
home

*Tuesday, December 12,
Bigfork – 5:45/7:15 p.m.
home

*Saturday, December 16,
Red Lake – 1:00/2:30 p.m.
home

*Thursday, December 21,
Swanville- 6 p.m. away-
Varsity only

*Friday, December 22,
Sebeka Tournament – 4 or
5:30 p.m. Varsity only

*Thursday, December 28,
Crosby-Ironton Tournament
– TBD

*Friday, December 29,
Crosby-Ironton tournament
– TBD

*Saturday, December
30, Crosby-Ironton
Tournament- TBD
*On WGZS

Notice of Name Change

In the matter of the
Marriage of: MICHAEL JON
AMMESMAKI, Applicant
1, STEPHANIE DAWN
SHABAIASH, Applicant
2. Case No.: MA-003-
17 NOTICE OF NAME
CHANGE

Notice is hereby given
that on October 13,
2017, MICHAEL JON
AMMESMAKI and
STEPHANIE DAWN
SHABAIASH were united
in Marriage in accordance
with the laws of the Fond
du Lac Band of Lake
Superior Chippewa, and

Etc.

on October 30, 2017 a Certificate of Marriage was issued changing the name of STEPHANIE DAWN SHABAIASH to STEPHANIE DAWN AMMESMAKI.

Fond du Lac Historical society

The FDLREZ Historical Society meets the second Friday of each month at the FDL Resource Management building 10 a.m. to 2 p.m. until June's meeting. They will have a booth at the 2018 Enrollee Days as they have for the last several years, but won't meet over the summer.



Check out their Facebook page to keep up with all that the society is doing. If you can't get in the "closed" group on Facebook, please request permission. Someone will let you join. If you have any questions about the FDLREZ Historical Society, contact Carol Jaakola (218) 879-9296.

We are the chosen. In each family, there is one who seems called to find the ancestors.

To put flesh on their bones and make them live again, to tell the family story and to feel that somehow they know and approve.

Doing genealogy is not a cold gathering of facts, but instead, breathing life into all who have gone before. We are the storytellers of the Tribe.

We are the chosen.

Anyone with info on the photo, please contact the FDLREZ historical society.

FACE program

The Fond du Lac Family and Child Education (FACE) Program is proudly serving families in our community. The overall goals of the FACE Program

continue to:

- Support parents/primary caretakers in their role as their child's first and most influential teacher
- Strengthen family-school-community connections
- Increase parent participation in their child's learning and expectations for academic achievement
- Support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program
- Promote lifelong learning.

FACE has been designed to implement a family literacy program for the American Indian families in BIE-funded schools. Program services integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal Visits, FACE Family Circle (Group Connections), Screening, and Resource Network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and Parent and Child Together (PACT) Time.

Not only do we focus on literacy at school but we also focus on literacy in the home. All actively participating families receive age-appropriate Imagination Library books from Dollywood Foundation for their children every month from birth to five.

If you are interested in more information about our FACE Program and the people we serve, please contact us at (218) 878-7231.

Tips for preventing fraud, identity theft, internet and other property crimes

By Rozanne Hink:

General Crime Victim Advocate (218) 878-2145

In the high tech world in which we live today there are many advantages and

continued on page 16



Culture-Based Strategic Planning for FDL Ojibwe Language Program

Saturday & Sunday December 2 & 3, 2017
from 9:30 □ 5:00 p.m. each day

UPDATED LOCATION:
Cloquet Community Center Classroom
1720 Big Lake Road, Cloquet, MN 55720

Breakfast & Lunch served both days! RSVP to janisfairbanks@fdlrez.com

About the Facilitator:

Dr. Edward Minnema began his teaching career at the Nay Ah Shing School in 1996, where he composed children's music in Ojibwe and team-taught with Ojibwe elder Larry Matrious. After completing a doctorate from the University of Minnesota in 2007, Ed went on to consult and facilitate strategic planning processes for Tribes and non-profits across Minnesota.

Dr. Minnema has taught strategic planning within the University of Minnesota-Duluth's Master's of Tribal Administration and Governance (MTAG) program and most recently served as Commissioner of Education for the Mille Lacs Band of Ojibwe.



Dr. Minnema

EVERYONE WELCOME!

Your chance to say what you want to see included in the Fond du Lac Language Program in the next three years: 2018 through 2020



Putting it all together! Your chance to help design the puzzle!!!

Contact Information: Janis A. Fairbanks, Anishinaabemowin Coordinator janisfairbanks@fdlrez.com or call 218-878-7351 to RSVP for this event.

Etc.

from page 15

conveniences for using the internet with computers, cell phones, and other devices. Some examples include the following: on-line banking; electronic medical records with patient portals where we can keep up on our health status, renew prescriptions or schedule appointments with our health providers; and social media such as Facebook, Instagram, and Twitter where we can keep in touch with friends and loved ones. Another convenience is shopping on-line where we can make purchases instantly rather than having to go out in

bad weather shopping for the items you need.

However, there seems to be at least just as many ways we can become victims of technology. In this article I will provide tips that may help you from becoming one of the many victims of Identity theft and property crimes.

Let's start with Identity theft, in which someone's identity is stolen every couple of minutes. Moreover, it is now one of the most invasive crimes and yet is the easiest to protect yourself against. According to a recent article written by AARP, there are several ways to protect yourself and your credit from

this crime that includes the following:

- Use strong passwords to protect your financial accounts
- Never give out personal information over the phone, internet or through regular mail
- Please note that if the IRS wants to communicate to you, they will not call or send you an email but rather, they will send a written letter by mail
- If someone does call claiming to be from your financial institution, do not give out information over the phone and contact the bank yourself
- Be aware of the websites you visit via the internet
- Be very careful of what you post on social media; never give out personal information that someone could use someday to scam you
- Do not use public computers with internet services to look up your on-line accounts. This information can be stolen from you if someone comes along after you have finished using that computer by putting a device on it and steal that information along with viewing all the places you surfed on the web.

Some other things you can do to protect yourself from fraud and other types of property crimes include:

- If you live in a rural area, do not let your mailbox become overstuffed with newspapers; this is a good indicator (to a potential thief) that you are possibly out of the area
- Use locks and deadbolts on your exterior doors

- Motion lights can warn people that you are home and will allow you to see if anyone is outside
- Always lock your vehicle doors and keep your garage and sheds locked, too
- Beware of phone and social media scams in which someone is asking you to fund money for a fake cause, such as a flooded community or for someone's health crisis. Only give to the causes you are familiar with and can easily check out by making inquiries about them.

For more crime prevention tips please call to request some brochures. I am be happy to answer any questions you have regarding protecting your identity and other personal properties.

Resources taken from: www.aarp.org; www.ncjrs.gov/internetsafety; and Minnesota Offices for Justice, Department of Public Safety, St. Paul, MN.

FDLOJS School Board regular meeting

Tuesday October 3, 2017 Fond du Lac Ojibwe School Board Room 3 p.m.

Called to order: 3:00 p.m.

Roll call: Debra Johnson-Fuller, Joyce LaPorte, Carol Wuollet entered at 4:02 p.m., Betty Anderson, Robert Peacock, Michael Diver entered at 3:15 p.m., Jeffrey Tibbetts entered 3:09 p.m.

Betty Anderson read the Mission Statement and Vision Others present: Barry Wolff, Asst Principal; Maggie DeFoe, Attendance Advocate; Rachel Barney, Amanda Gingras;

Tara Dupuis, Principal; Vicki Oberstar, Counselor; Earl Otis, Athletic Director, Sharon Belanger, SpEd Coordinator; Korri Northrup

Motion to approve the agenda with additions, Parent Advisory Group - New Business Betty Anderson, seconded by Robert Peacock, all in favor, 0 opposed, motion carried.

Motion to approve September 5, 2017 regular meeting minutes, Joyce LaPorte, seconded by Betty Anderson, all in favor, 0 opposed, motion carried.

Review the ledger: No discussion

New business:

Added item: Parent Advisory Group - Amanda Gingras presented a new roster and requesting to change Article 7 part D, remove the title Chair or Vice Chair and replace with "any elected officer". Currently there are no elected officers.

Motion to approve the requested changes to the PAG bylaws Robert Peacock, seconded by Betty Anderson, all in favor, 0 opposed, motion carried.

Jeff Tibbetts entered 3:09 p.m.

I. Strategic Planning – The board discussed the FDLTCC Strategic Plan.

Suggestion to re-visit the mission/vision statements and make sure the plan aligns to the mission/vision.

Michael Diver entered at 3:15 p.m.

There was further discussion regarding the values and purpose moving forward and a living document to reference. The board will review this document and begin working on something similar.

Become a Licensed Child Care Provider

LICENSED CHILD CARE PROVIDERS NEEDED

- Would you like to work from home?
- Do you enjoy working with children?
- Have you or are you willing to take classes regarding child development?

Fond du Lac Reservation Child Care Services is accepting applications for Native American child care providers residing on FDL Reservation.

For more information, please call 218-878-2138.

* Complete Application Package & Home Study *
* Pass Background Check *

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

Etc.

Special meeting date October 17, 2017 Noon.

II. Sub Committee Assignments - Accreditation, Safety and Culture committees need a school board member to participate on the committees. Safety - Deb Johnson-Fuller, School Improvement/Accreditation - Appoint at a later date

Jeffrey Tibbetts motioned to table this item until October 17, 2017 special meeting, seconded by Joyce LaPorte, all in favor, 0 opposed, motion carried.

III. Royalty Program Review - Adopt the FDL Reservation Policy - There was discussion regarding the FDL Royalty policy and the Ojibwe School Royalty Policy. The board had further discussion regarding the royalty stipend and recognition. There was a suggestion to add fundraising for school royalty to attend out of state trips.

Carol Wuollet entered 4:02 p.m.

IV. Parent Family Engagement Policy - The board reviewed the Parent Family Engagement Policy as required. Betty motioned to approve the Parent Family Engagement Policy, seconded by Jeffrey Tibbetts, all in favor, 0 opposed, motion carried.

V. National Anthem Discussion - Earl Otis, The board discussed athletic contests, patriotism, 7 values, bravery, conformity, first amendment rights, and the honor song. There was further discussion regarding the team decision of how the Ojibwe School teams will handle the National Anthem moving forward.

Rachel Barney requested to volunteer at the Powwow

October 20, 2017.

Old business:

I. Airplane update - no discussion

II. Sub-committee update - no discussion

Supervisor Reports:

The board is requesting to invite Miyah Danielson, Executive Director to meet the School Board.

Principal report - There was discussion regarding In School Suspension, now called In School Solutions. The board discussed restorative justice and behavior. The number of write-ups to date from school year 16-17 to 17-18 has decreased in elementary and high school.

Athletics report - There was further discussion regarding the National Anthem. Earl will discuss with the team and report back to the SB.

Motion to adjourn Betty Anderson, seconded Carol Wuollet, all in favor, 0 opposed, motion carried

Adjourn 4:55 p.m.

Recorded by Jennifer Trotterchaude

Betty Anderson

Fond du Lac Ojibwe School Board Secretary

FDLOJS School

Board special

meeting

Tuesday October 17, 2017

Fond du Lac Ojibwe School Board Room 12 p.m.

Call to Order: 12:06 p.m.

Roll Call: Debra Johnson-Fuller, Joyce LaPorte, Carol Wuollet, Betty Anderson, Robert Peacock, Michael Diver, Jeffrey Tibbetts

Jeffrey Tibbetts read the mission statement.

The board discussed goal setting.

Superintendent Johnson reviewed domains within the World's Best Workforce:

Goal 1: All (AI) children will be ready for school.

The Ojibwe School currently implements Brigance testing and Kinder-camp.

There was discussion regarding pre-kindergarten, immersion, and early fives programming. There was further discussion regarding funding and tribally enrolled students. There are currently 151 students tribally enrolled and 200 overall students K-12. There was discussion regarding open enrollment and the Superintendent responsibilities between Head Start and OJS.

Break 1:19 p.m.

Carol Wuollet left at 1:21 p.m.

Resume 1:35 p.m.

The board discussed 180 calendar days per school year, the Cloquet agreement, and continued the Brigance testing/assessment.

Sharon Belanger and Stephanie Gatewood entered 1:52 p.m.

Stephanie Gatewood discussed the Brigance test and skills assessment including name, address, birthday, motor skills, gross motor skills. Can the child print, recite the alphabet, sort size and color, size and shape. Route counting, matching quantities, total of 2 sets, recognize upper case letters, experience with books, read from left to right and top to bottom. Make a sentence and understandable.

The board discussed

developmental improvement and benchmarks for students, finding measuring tools for our teachers to recognize the growth of our children.

There was further discussion regarding parent involvement and incentives.

Goal 2: All (AI) 3rd graders will achieve grade level literacy, and

Goal 3: All Achievement Gaps Closed for (AI) Students.

Discussion regarding the percentage of AI students that are proficient in READING.

Discussion regarding MATH strategies/instruction.

Discussion regarding comprehension.

Robert Peacock left 2:55 p.m.

Discussion continued regarding smaller classrooms sizes, looping teaching strategies, more tutors, and contracting a facilitator.

Recruit and retaining staff to implement the plan.

Next meeting - Keep strategic plan on old business.

Jennifer Johnson handed out books to the school board.

Motion to adjourn Betty Anderson seconded by

Jeffrey Tibbetts, all in favor, 0 opposed, motion carried.

Adjourn 3:10 p.m.

Recorded by Jennifer Trotterchaude

Betty Anderson

Fond du Lac Ojibwe School Board Secretary

Become A Foster Parent

Open your home. Change a child's life forever



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) 879-1227

"OUR CHILDREN ARE OUR FUTURE"

Historic Monument in the old Village of Fond du Lac

Research by Christine Carlson

The Inspiration for this Monument

Research leads me to a woman by the name of Mrs. James T. Katherine Morris of Minneapolis, Minn. In 1916, she ran for the title of Regency of State Daughters of the American Revolution.

Seeks Office of State Regent - Duluth News Tribune of February 16, 1917

The candidacy of Mrs. James T. Morris of Minneapolis for the office of State regent for Minnesota of the D.A.R. is of special interest to Duluth because Mrs. Morris as regent of Old Trails Chapter, has been actively at work to restore the old Hudson Bay Trading Post at Fond du Lac.

From her Inspiration and Research

The enthusiasm of Katherine Morris must have caught on with the guidance a Duluth D.A.R. chapter member, Mrs. Isaac Katherine Moore and assistance from Mr. E. A. Separk.

Help from a man by the name of William A. Cant was enlisted. He was a Minnesota Federal Judge who lived in Fond du Lac during the summer and owned the property where the monument sits. He first donated the front portion of the property and later donated additional land.

Fond du Lac Enrollee Joseph Sharette was born in the old village and lived there his entire life. He was instrumental by providing a personal history of his life in the old village of Fond du Lac.

Description of the Monument

Selected from Fond du Lac was a huge native boulder of Rockwell granite (probably a glacial float) which is rarely found here. The concrete foundation is five feet deep. The

plaque with the inscription is bronze.

The Monument Reads

"Fond du Lac, Minnesota, Site of Ojibway Village from earliest known time. Daniel Greysolon, Sieur Duluth was here in 1679. Astor's American Fur Company established a trading post on this spot in 1817. First Ojibway treaty made here in 1826. Erected by the Daughters of the American Revolution (D.A.R.) September 21st, 1922."

This monument is located on 133rd Avenue West and Second Street east of Highway 23 also known as Veterans' Memorial Highway and near the St. Louis River. It was unveiled in June of 1923. The two Duluth Chapters of the D.A.R. were called The Daughters of Liberty and Daniel Sieur DuLuth Chapter.

Judge Cant's Address at Fond du Lac Pioneer Memorial Unveiling Draws up History's Curtain on Early Period - Duluth News Tribune of June 16, 1923

Indians as True Pioneers

The Indians here were the true pioneers. Long before the white men had set eyes upon the beauties of these woods and waters and hills and dales and wide meadows, which in a state of nature must have been marvelous to behold, the Indians had discovered and habitually resorted to this spot. Of a certainty, we may say that as far back as human beings trod these woods or bathed in or glided over these waters, they gathered where we stand. Here and whereabouts, in their way, they lived and mated and bore children, and struggled on, at the foot of that hill and westerly therefrom they laid away their dead. To them with all their privations, this was an enchanted place. The maple trees on the neighboring hills supplied an abundance of syrup and sugar. The low level ground to our east yielded



Standing by monument is Joe Sherrite, Louise Smith, Mrs. Martha A. Coolidge, and Judge W. A. Cant. Courtesy of the Daughters of the American Revolution files in the Archives and Special Collections, Kathryn A. Martin Library, University of Minnesota Duluth

great quantities of wild rice for winter use. The river contained unlimited supplies of fish. To them these were great bounties. Nature was lavishly kind and the sun seemed to shine brighter here and the air to be more free than anywhere else. They were gripped and fascinated by their surroundings.

They prayed that the great father at Washington might set aside this valley and these hills round a bout, and a sufficient area of the lands beyond, as a reservation and home for them and for their children forever. The prayer was not answered. When the question arose these seemed good reason for adopting another course and the Indians were assigned lands very different in character at the far end of the portage to the northwest and beyond the present city of Cloquet. They were permitted to take with them the name which to them meant so much. The new home, though

far from here was called the Fond du Lac reservation, but aside from the name, there was little to remind them of the old haunts here to which they were so much attached. With some that attachment was so strong, they could not leave the old place they had known so long, or if they left they could not remain away. And so they lingered here with us, the very best and most orderly citizens, and among them our old friend, Joseph Sharrette, who sits here with us at this time, who was born here more than four score and four years ago, and who lived here all his days.

Monument Name Changed in October of 2007

The original name of the area where the monument stands was John Jacob Astor Park as it is located near the original Astor Fur Post built in 1817.

In October of 2007 the two Duluth Chapters of the Daughters of the American Revolution

donated the property to the city of Duluth and requested the park be renamed "Historical Park".

Additional Information

For more information, please see story on the Joseph Charette family in this newspaper which was published on September of 2012. Previous stories are archived and can be found on the home page of the Fond du Lac Band of Lake Superior Chippewa in Cloquet and then go to media/newspaper and then click on dates. The stories are by date, not name.

Merry Christmas and Happy Holidays

Please help solve a mystery

Does anyone remember a Fond du Lac Enrollee whose initials may be K. N.? He went by the name of Walking Fast-Gizhiyose or Gezhiiyosed.

FDL Law Enforcement news

The following is a summary of about one month of select police reports

- Oct. 1 Officers responded to a residence for the report of a domestic, one individual was taken to detox and then later to jail and charged for domestic assault
- Oct. 2 Driver stopped and advised their license plate light was out and advised to get it fixed
- Oct. 3 Officer witnessed a vehicle fail to signal for their turn and stopped the vehicle and gave the driver a warning for failure to signal
- Oct. 4 Report of a disturbance at a residence, two individuals were located and intoxicated, they requested medical assistance and were transported to the hospital; one was then taken to jail for their warrants, after being cleared by medical staff
- Oct. 5 Report of horses running loose, officers found a section of the fence down and notified the owners, the horse was located and the owner came and took possession of the horse
- Oct. 6 Report of a gas drive-off at FDLGG, the incident was later resolved and law enforcement was notified of the issue being resolved
- Oct. 7 Report of a fight at Black Bear Casino & Resort (BBCR), incident appeared to be mutual combat, both individuals were trespassed from the casino and escorted out of the building
- Oct. 8 Officer's located an individual walking down the middle of the Hwy 210; the individual was picked up and given a ride to Kwik Trip, where they stated they wanted to go
- Oct. 9 Individual reported an incident of being harassed; they were advised on how to obtain a restraining order; they requested extra patrol around their residence as well
- Oct. 10 Report of two individuals smoking marijuana outside BBCR, the two individuals were evicted from the casino and a search of the individuals possessions located a bag of marijuana, that individual cited was for the marijuana
- Oct. 11 Report of a burglary at a residence, when officers were let into the residence by the homeowner, one individual was located and charged with burglary and damage to property as they did not have permission to be inside the residence
- Oct. 12 Report of a vehicle hitting a deer near FDLGG, there was some damage to the vehicle and the deer was reported to have run off
- Oct. 13 Report of dogs running loose and chasing deer, the owner of the dogs was contacted and had already caught the dogs and had them contained
- Oct. 14 Officer's located an open door at a residence, they approached the residence and announced themselves, and an individual eventually came to the door and stated they had let the dog out and were in the restroom and that is why they didn't respond right away, everything was okay
- Oct. 15 Officers located an intoxicated individual walking down the road in poor weather conditions; the individual was not dressed for the weather and as such was given a ride home
- Oct. 16 Driver stopped and advised their left side tail light was out and to get it fixed
- Oct. 17 Report of a disturbance at a residence, one individual was trespassed from the residence and left without incident
- Oct. 18 Individual stopped for no seatbelt and given a Tribal ticket for no driver's license
- Oct. 19 Report of an individual not paying for their cab fair, the individual was given a citation for theft by swindle
- Oct. 20 Report of a disturbance at BBCR, officers located an intoxicated individual who refused to look for a sober ride home and was then transported to detox for their own safety
- Oct. 21 Driver stopped and given a warning to get their headlight fixed before driving at night
- Oct. 22 Report of a dog running loose, a neighbor caught the animal and it was then taken by animal control to the shelter as the owner could not be located
- Oct. 23 Officers conducted a traffic stop and two individuals were arrested, one because they were a felon in possession of a firearm, and the other for giving a false name to officers and for trying to run from officers
- Oct. 24 Vehicle stopped for failure to signal, three individuals located inside the vehicle, two were arrested for warrants, and for violating a restraining order, the other was given a Tribal ticket for failure to signal
- Oct. 25 Report of a vehicle hitting a deer, the individuals were okay and there was only minor damage to the vehicle; the deer was deceased and moved off to the side of the road
- Oct. 26 Officers were called for the report of an unwanted person at a residence, after identifying the individual it was determined they were in violation of a restraining order, they were arrested and charged with that violation as well as possession of a controlled substance and possession of stolen property
- Oct. 27 Report of a vehicle in the ditch, the driver was okay and had a tow coming; officer's stood by and provided lights
- Oct. 28 Report of a fire, officer's responded and owner had burning permit to burn down old pole building
- Oct. 29 Report of 2 llamas and a goat running down the road, owner was contacted and the animals were back at home
- Oct. 30 Report of 2 horses running down the road, the owners were eventually located and officers provided lights as the owners walked them back home
- Oct. 31 Officer's received a call for a public assist; officer's responded and assisted with a ride home from the hospital.

Legal notice

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:

ANKERSTROM, Arthur
 BLANKENSHIP, Lisabeth
 CICHY, Gerard
 CICHY, Leslie
 DEFOE, Antoine
 DEFOE, Richard
 LAPRAIRIE, Robert
 LIND, Hal W. Sr.
 MARZINSKE, Larry
 MURPHY, Louise M.
 NASON, Aprille
 SAVAGE, Mark
 TAYLOR, David

Ashi-niswi giizisoog (Thirteen Moons)

Manidoo-giizisoons

The new Manidoo-giizisoons begins December 17. This is the Little Spirit Moon. Another name for this moon is Gichi-bibooni-giizis, the Big Winter Moon.

2018 Gichi Manidoo Giizis Powwow

The Thirteen Moons Fond du Lac Tribal College Extension Program is proud to host the 2018 Gichi Manidoo Giizis Conference and Traditional Powwow on January 13th, 2018 at the Black Bear Casino and Resort-Otter Creek Event Center. This is a one day

Powwow that celebrates taking care of the land and community.

The mission of the 2018 Gichi Manidoo Giizis Traditional Powwow is to bring together community members and federal, Tribal, and state organizations to learn from one another

about how we take care of the land and community. Representatives from organizations will be available to answer questions and provide information on sustainable agriculture, natural resources programs for land owners, and education and career opportunities

through college and university programs. In addition, those representatives will learn from community member's the traditions of the Anishinaabe culture, language, and best practices of taking care of the land and community.

Please see the flyer for more

information. To sign up for an Outreach and Education Information Tables or Vendor Tables contact Nikki Crowe at nikkicrowe@fdlrez.com or call (218) 878-7148.

Gichi Manidoo Giizis Sustainable Agriculture and Natural Resources Conference

The Thirteen Moons Fond du Lac Tribal and Community College Extension program is hosting a conference January 11, 12, and 13, 2018. The mission of the conference is to share and learn information relevant to Tribal Resource Management staff, Tribal Producers, Federal and State Agencies, and Educators. This year's topics will include Water Quality Standards, Maple Syrup Production, Tribal Food Codes, Food Safety, USDA Grants and Loans, Orchard Management, and Introduction to Tribal Agriculture Resource Management Planning (ARMP).

Gichi Manidoo Giizis
Sustainable Agriculture and Natural Resources Conference
"Taking Care of the Land and Community"

January 11-13, 2018
Black Bear Casino & Resort
1785 Hwy 210
Carlton, MN 55718
1-888-771-0777

**Book your room by December 10th, 2017 under
13 Moons Group Room Block**

This workshop is for Tribal Resource Management staff,
Tribal Producers, Federal and State Agencies, & Producers

**Send Registration form to Nikki Crowe by email
nikkicrowe@fdlrez.com by January 7th 2018**

**Conference Fees: \$25.00 per day
Producer Scholarships are available.**


Registration Form

Name _____

Agency _____

Phone _____

Email _____



Gichi Manidoo Giizis
Sustainable Agriculture and Natural Resources Conference
"Taking Care of the Land and Community"

AGENDA

<u>January 11th, 2018</u>	<u>January 12th, 2018</u>
8am Breakfast	8am Breakfast
8:30 Presentations by FDL RM	8:30am MN SARE Funding & Programs
9:30 NRCS Presentation	9:30am Tribal ARMP Training
10:30 Break	10:30am Break
10:45 Food Safety Training	10:45 Tribal ARMP Training Continued
11:00-1pm LUNCH (provided)	Noon-1pm LUNCH (provided)
1pm Aquaponics	1pm Euchee Butterfly Farm -Natives Raising Natives
2pm Value Added-Native Plants	2pm Orchard Management
3pm Group Discussions & Taste Testing wild edibles	3pm Group Discussion
4pm Evaluation	4pm Evaluation
Dinner on your own	5pm Break
	6pm Water Quality Standards Public Meeting Appetizers and Beverages

January 13th, 2018

8am Breakfast

8:30 am Maple Syrup Round Table Discussion -Sophie Lake Room

8:30 am Water Quality Standards Public Meeting-Rice Lake Hall

11:00 am LUNCH

1pm GICHI MANIDOO GIIZIS POW WOW -Otter Creek Event Center



Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing thirteenmoons@fdlrez.com Don't forget to check us out on Facebook! 13 Moons Ashi niswi giizisoog

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

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

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

“Zh”- sounds like the “su” in measure
“a”- sounds like the “u” in sun
“aa”- sounds like the “a” in father
“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet
“o”- sounds like the “o” in go
“oo”- sounds like the “oo” in food
“e”- sounds like the “ay” in stay

Biiwan blizzard

Ningwaanakwad cloudy
Awan foggy (be)
Zasakwaa frost (heavy)
Mashkawadinfrozen (be)

Dakaanimadwind (cold)
Waabani-noodin wind (east)
Giiwedn wind (north)
Zhaawani-noodinwind (south)
Goon..... snow
Maajipon..... snow (start to)

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf

‘Twas the Night Before Ojibwe Christmas

By Tara Prindle

‘Twas the night before Niibaa-anama’egiizhigad, when all through the wiigiwaam
Not an awakaan was stirring, not even a waawaabiganoojiinh;
The moccasins were hung by the smoke hole with care,
In hopes that Miigiwe Miskwaa Gichi Inini soon would be there;
The abinoojiinhyag were nestled all snug in their nibaaganan,
While visions of ziinzibaakwad danced in their nishttigwaan;
And nimaama in her moshwens, and I in my makadewindibe,
Had just settled down for a long biiboon zhiibaangwashi,
When outside the wiigiwaam there arose such a clatter,
I sprang from the nibaagan to see what was the matter.
Away to the waasechigan I flew like inaabiwin,
Tore open the shutters and threw up the gibiiga’iganiigin. The dibik-giizis on the
breast of onaaband
Gave a shine like duct tape to objects zazagaamagad,
When, what to my wondering nishkiizhigoon should appear,
But a miniature toboggan, and eight tiny waawaaskeshi,
With a little old driver, so lively and wajepii,
I knew in a moment it must be Miigiwe Miskwaa Gichi Inini.
More rapid than migiziwag his coursers they came,
And he whistled, and biibaagi, and izhi-wiinde by name;
“Now, Bimibattoo! now, Niimi! now, Babaamishimo and Moozhikwe!
On, Anang! on Zaagi! on, Animikii and Wawaasese!
To the top of the porch! to the top of the wiigiwaam!
Now Bimibide! Ipide! Ombibidemagad!”
As dry leaves that before the wiindigoo fly,
When they meet with BIA, mount to the sky,
So up to the apakwaan the coursers they flew,
With the tobaggan full of toys, and Miigiwe Miskwaa Gichi Inini too.
And then, in a twinkling, I heard on the apakwaan

The prancing and pawing of each little inzid.
As I drew in my iniji, and was turning around,
Down the chimney Miigiwe Miskwaa Gichi Inini came with a bound.
He was dressed all in gipagawe, from his head to his foot,
And his clothes were all tarnished with bingwiand and soot;
A bundle of toys he mangiwane on his back,
And he looked like a adaawewinini just opening his pack.
His ishkiinzigoon -- how they twinkled! his inowan how merry!
His miskwanowan were like roses, his nose like a choke-cherry!
His droll little indoon was drawn up like a bow,
And the beard of his chin was as white as gichimookamaan;
The stump of a opwaagan he held tight in his wiibidaakaajiganan ,
And the smoke it encircled his head like a miskwaanizigan;
He was full up on frybread with little round belly,
That shook, when he laughed like a wiigwaasinaagan of jelly.
He was chubby and wiinin, a right jolly old elf,
And I giimoodaapi when I saw him, in spite of myself;
A wink of his ishkiinzigoon and a twist of his mangindibe,
Soon gave me to know I had nothing to gotaaji;
He ojibwemo not a word, but went straight to his work,
And filled all the moccasins; then turned with a jerk,
And laying his ibinaakwaanininj aside of his nose,
And wewebikweni, up the smoke hole he rose;
He sprang to his toboggan, to his waawaaskeshi gave a whistle,
And away they all onjinizhimo like the down of a thistle.
But I heard him biibaagi, ere he drove out of sight,
“Happy Niibaa-anama’egiizhigad to all,
And to all baamaapii.”

Source: <http://www.nativetech.org/poetry/ojibwechristmas.html>



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 Dec. 15, 2017 for the January 2018 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 belated 7th birthday to our big Brother **Kenneth James Ogichidaa Bosto** (Nov. 11) *Love always your lil Sisters Acassiah and Alexis*

Happy belated 7th birthday to my oldest and only son, **Kenneth James Ogichidaa Bosto** (Nov. 11) *Love, Mommy*



Happy belated 14th birthday to **Kaleena Kingbird** (Nov. 11) *Love you to the moon and back, Mom*

Happy belated 11th birthday to **Darrius Diver** (Nov. 12) *Love you, Auntie Heather*

Happy Birthday to **Dianne Kartiala** (Dec. 2)! I hope that your day is as lovely as you are. *Love, Jamie Dawn*

Happy birthday to two awesome girls, **Jen Beasley** (Dec. 3) and **Dezi Beasley** (Dec. 1), have a wonderful day. *Love you girls, Nancy and Hank aka Mom and Dad aka Grandma and Grandpa Seppala*

Happy 17th Birthday to **Mackenzie Bassett** (Dec. 6)! To the Galaxy and beyond "little girl". *Always, Auntie Jamie*

Happy birthday **Emily Smith** (Dec. 10), you're the best friend anyone could have. *Love always, Patti Jo*



Happy birthday to our amazing son, **Zach Dunaiski** (Dec. 11), we love you so much! *Mom and Dad*

Happy birthday **Grandma Pam Diver** (Dec. 12) *Love, Heather and the kids*

Happy birthday **Evelyn Fohrenkam** (Dec 12) to my We'e in Vegas. Sending love and good wishes your way see you soon. *Auntie Evie and Uncle John*

To my husband **John Bradford** (Dec. 14) happy birthday. I Love you with all my heart. Have a wonderful lucky day *Your wife, Evie*



Happy birthday to a wonderful wife and mother! We absolutely love you **Patti Jo Fineday** (Dec. 16).

Herb and all the kids

Happy 13th birthday to **Delilah Savage** (Dec. 17) *Love you bunches, PJ, Herb, and kids*

Happy birthday to the most wonderful grandson grandparents could have **Joe Seppala** (Dec. 23) *We love you so much, have a great day, Grandma and Grandpa Seppala*

Happy 21st birthday to **Levi Brisbois** (Dec. 19) *Love you, Mom and Dad*

Happy birthday to my **Uncle Jerry Savage** (Dec. 24) *Love, Daicin "Sonny" Savage*

Happy birthday to our two amazing and wonderful kids (who are not kids anymore except to us) **Neva Jean Swanson** (Dec. 26) and **Darren Seppala** (Jan. 1) *We love you and hope you have a wonderful day, Mom and Dad*



We want to wish a wonderful 5th birthday to the **Min-key Trevor Beau-Goward** (Dec. 29). We

love you lots! *Love, Mom and Grandma*

Happy birthday to my brother **Dick Josephson** (Dec. 31) *Bob and Marylu*

Happy birthday to our grandson **Andrew Thompson** (Dec. 31) *Love, G-ma and G-pa*

Congratulations

Katie Misquadace and **Tannia Misquadace**, who are both in 10th grade at Fond du Lac Ojibwe School, have been accepted into the week long Washington Youth Summit of the Environment. This summit is in Washington D.C. in June of 2018. They were nominated because of their interest in

the environment and were a participants of the Water Summit in Minneapolis, Minn. in August 2017.

Congratulations Katie and Tannia!

Obituary

Christopher "Chris" Michael Lucia, Sr., 44, of Duluth, died Friday, October 27, 2017, near Scanlon, Minnesota, as a result of a highway accident.



Chris was born June 28, 1973, in Ladysmith, Wisconsin, son of David and Linda (Goneau) Lucia.

On September 21, 2013, in Superior, Christopher Lucia and Wendy Lamoreaux were united in marriage.

Chris was an avid football fan and especially enjoyed cheering for the Green Bay Packers. He also enjoyed listening to music and attending rock concerts with Wendy. His greatest love was his family and he had a smile for everyone he met.

He was a career truck driver and was employed by Valley Cartage.

Preceding him in death was his mother-in-law, Jane Lamoreaux.

Survivors include his wife, Wendy; daughters, Lily Beckwell, Superior, and Nina Lucia, Duluth; sons, Joseph Lucia and Nathan Lucia, both of Superior, and Christopher Lucia, Jr., Duluth; grandson, Wesley



Community News

Beckwell, Superior; parents, David and Linda Lucia, Superior; brother, Joseph (Nichole) Lucia, Arizona; sister, Susan Lucia-Pearson, Duluth; and several nieces and nephews.

FDL job listings

FT: Full Time PT: Part Time
For more information about any of these open until filled or permanent posting positions contact the Fond du Lac Human Resources Department at (218) 878-2653.

FDL Reservation

Language and Curriculum Specialist FT FDL Cultural Center & Museum
Maintenance II FT Mino-bimaadizi-waakaa'igan, Mpls.
Facilities Site Supervisor FT Mino-bimaadizi-waakaa'igan, Mpls.
K-12 School Wide Reading and Math Tutor PT FDLOJS
Elementary Teacher FT FDLOJS
Clinical Assistant FT/On Call MNAW & CAIR
Registered Dental Assistant FT MNAW
Behavioral Health Outreach Worker FT MNAW & CAIR
Tribal College Ojibwe Garden Intern FT/Seasonal FDL Resource Management
Dental Hygienist On Call MNAW
K-12 School Wide Music Teacher PT FDLOJS
K-12 School Wide Drama Teacher PT FDLOJS
Clinic Dietician FT MNAW & CAIR
Indian Child Welfare Case Aide FT MNAW & CAIR
Special Education Teacher FT

FDLOJS
Driver/Cook On Call SCC
SUD Treatment Technician FT
FDL Human Services
Alcohol & Drug Counselor V FT FDL Human Services
Alcohol & Drug Counselor IV FT FDL Human Services
Alcohol & Drug Counselor II FT FDL Human Services
Industrial Arts Teacher FT
FDLOJS
Substance Use Disorder Recovery Case Manager FT MNAW
Registered Dental Assistant On Call MNAW
Pharmacy Technician FT CAIR
Foster Care Licensing and Placement Specialist FT MNAW
Instructional Assistant PT/On Call FDLOJS
Mental Health Counselor FT MNAW & CAIR
Pharmacy Technician FT Mashkiki Waakaagan, Mpls
Clinic Physician FT/PT/On Call MNAW & CAIR
Skilled Laborer 1 FT FDL Tribal Center
GED Teacher PT FDL CCC, BCC, or SCC
Reading Buddies PT FDLOJS
Driver's Training Instructor PT FDL Tribal Center
Driver/Cook On Call BCC
School Secretary/Receptionist On Call/Sub FDLOJS
Cook Helper On Call/Sub FDLOJS
Driver/Cook On Call FDL Tribal Center
Substitute Teacher On Call/Sub FDLOJS
Transportation Driver FT/PT FDL Transportation
Nursing Assistant FT/PT FDL Assisted Living
Recreational Aide 1 FT/PT SCC

Recreational Aide 2 FT/PT SCC
Recreational Aide 1 FT/PT BCC
Recreational Aide 1 FT/PT CCC
Recreational Aide 2 FT/PT CCC
Clinical Pharmacist On Call MNAW, CAIR, Mashkiki Waakaagan-Mpls.
Pharmacy Technician On Call/Sub MNAW, CAIR, Mashkiki Waakaagan-Mpls.
Transit Dispatcher FT/PT/On Call FDL Transit
Substitute Staff On Call FDL Head Start
Deli Clerk PT FDLGG
Transit Driver FT/PT/On Call FDL Transit
School Bus Driver FT/PT/On Call FDL Education
Health Care Assistant FT/PT MNAW & FDL Assisted Living
Store Clerk PT FDLGG
Convenience Store Gas Attendant PT FDLGG

Black Bear Casino Resort

Beverage Server FT/PT
Groundskeeper FT
Buffet Runner FT
Table Games Dealer PT
Vault Cashier FT/PT
Bus Person FT/PT
Gift Shop Clerk FT
Buffet Host/Hostess FT
Golf Course Groundskeeper FT/PT Seasonal
Steward FT
Arcade Attendant PT
Golf Course Pro Shop Sales Representative PT
Golf Course Ranger/Starter FT/PT
Golf Course Concession Sales Representative FT/PT
Golf Course Cart Atten-

dant FT/PT
Slot Attendant PT
Custodial Associate FT
Gift Shop Clerk PT
Bell Staff PT
Sage Deli Cook FT
Bingo Vendor/Floor Worker PT
Players Club Representative FT/PT
Wait Staff FT/PT
Hotel Laundry Worker/Hauler FT
Hotel Room Attendant/Housekeeper FT/PT
Drop Team Worker FT

Fond-du-Luth

Security Guard/Dispatch FT
Janitor FT/PT
Clean up Worker FT/PT
Beverage Waitperson/Bartender FT/PT
Cage Cashier FT/PT
Players Club Representative FT/PT
Slot Attendant FT/PT
Slot Technician FT/PT

Health insurance open enrollment is available November 1st

Please see a Patient Advocate to enroll or to have any questions answered that you may have.

Walk-ins are welcome or you may setup an appointment.

Please call 878-2165.



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

Manidoo-giizisoons – Little Spirit Moon – December 2017

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Gichi Manidoo Giizis Conference and Traditional Powwow Jan. 13 BBCR</p>	<p>Elder's Christmas Party Dec. 1 11 a.m. BBCR</p>	<p>Constitutional Reform meeting Dec. 18 and 19 Northern Lights Casino</p>	<p>Winter Celebration Dec. 16 and 17 FDL Museum</p>	<p>Language strategic planning retreat Dec. 2 and 3 CCC</p>	<p>Elder's Christmas Party 11 a.m. BBCR GED (call) AA Support 6 p.m. BCC</p>	<p>Holy Family Bazaar 12 p.m. CCC Language strategic planning retreat 9:30 a.m. CCC</p>
<p>Holy Family Bazaar 8 a.m. CCC Language strategic planning retreat 9:30 a.m. CCC</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC Caregivers 5 p.m. CCC</p>	<p>Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Economic Development Committee 3 p.m. CCC Women's group 5:30 p.m. MNAW</p>	<p>Get Fit 12 p.m. CCC GED 5 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p>	<p>GED (call) FDLREZ Historical Society 10 a.m. FDLRM AA Support 6 p.m. BCC</p>	<p>Come & Swim & use the gym</p>
<p>Come & Swim & use the gym Elder Movie Morning 11 a.m.</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC Caregivers 5 p.m. CCC</p>	<p>Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Women's group 5:30 p.m. MNAW</p>	<p>Get Fit 12 p.m. CCC GED 5 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p>	<p>GED (call) AA Support 6 p.m. BCC</p>	<p>Come & Swim & use the gym Winter Celebration 10 a.m. FDLM Hairball 2 p.m. BBCR</p>
<p>Come & Swim & use the gym Winter Celebration 10 a.m. FDLM</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Constitutional Reform meeting 12 p.m. Northern Lights Casino PiYo 12 p.m. CCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC</p>	<p>Constitutional Reform meeting 8 a.m. Northern Lights Casino Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Parenting the second time around 1 p.m. CHS</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Cultural Resources Advisory Review Board 3 p.m. FDLRM Women's group 5:30 p.m. MNAW</p>	<p>Get Fit 12 p.m. CCC GED 5 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p>	<p>Closed for the holiday</p>	<p>Come & Swim & use the gym</p>
<p>Come & Swim & use the gym Elder movie morning 11 a.m.</p>	<p>Merry Christmas and Happy Holidays</p>	<p>Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Sobriety Feast 6 p.m. CCC</p>	<p>Get Fit 12 p.m. CCC Men's group 2:30 p.m. CCC GED 5 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p>	<p>GED (call) AA Support 6 p.m. BCC</p>	<p>Come & Swim & use the gym</p>
<p>Come & Swim & use the gym</p>						

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