

Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



2023
Outstanding
Disability
Employer
award

Staff at Black Bear Casino Resort and local representatives receiving the 2023 Outstanding Disability Employer award for Black Bear Casino Resorts dedication to hiring individuals with disabilities.

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Local News

BBCR receives 2023 Outstanding Disability Employer Award for commitment to inclusivity

By Zachary N. Dunaiski

Black Bear Casino Resort (BBCR) was honored Dec. 7 by the Minnesota Organization for Habilitation and Rehabilitation (MOHR) with the 2023 Outstanding Disability Employer Award. This award recognizes businesses that go above and beyond for individuals with intellectual and developmental disabilities, people that BBCR have strived to include in their workforce.

BBCR was chosen by MOHR to be one of only 11 businesses in the entire state of Minnesota to be honored with this award.

Robin Harkin, President and Region 2 Representative of MOHR, was at the BBCR's hotel lobby where the award was presented and commended BBCR for exemplifying qualities that make them and outstanding disability employer.

"Every year, for people with disabilities, there is an employment awareness month, and this year's theme is advancing access and equity. It is so fitting and appropriate that Black Bear Casino Resort was selected as one of the outstanding large employer awards this year, because they have partnered with Pinewood

for the last 24 years and currently have 10 individuals who work here," Harkin said during the award ceremony. "They have witnessed the untapped potential and have benefited from the strong skills that these individuals bring to work."

Harkin also mentioned the dedication that BBCR has shown these individuals and summed it up perfectly with the words that helped BBCR be selected for this award.

"In the nomination, Pinewood had the following to say about Black Bear, 'Staff at Black Bear have always been willing to accommodate as needed. They have been patient, kind, and understanding. Staff at Black Bear have rewarded the hardworking employees with special treats and acknowledge the good work that they do. I am so honored to be able to present the MOHR Outstanding Disability Employer award to the Black Bear Casino Resort. Thank you so much for promoting an inclusive work environment and seeing the value of all people.'"

Many of the employees that work for BBCR who are the reason FDL received the award were on hand, but there were also three

hiring process who were on site to honor them with the award. Those individuals were Roger Smith Sr., District 3 Representative and Vice Chair, Daniel Laprairie, BBCR General Manager, and Corey Van Gilder, Hotel Manager and Interim Food and Beverage Director who received applause for their roles.

Laprairie also expressed his appreciation for the award, but knows that it doesn't go to him, but rather the hard working employees.

"Obviously, so happy and humbled to receive this award here. I was thinking about what I could say here, but I guess the best thing I could say is just to all of you guys. I am so happy and so thankful for you guys and all your hard work throughout the years. You know that. Some of you have been doing this for close to 25 years." Laprairie said of his employees. "And you guys are truly and intricate part of our team and I can't say enough. I look forward each and every day."

BBCR staff and Fond du Lac Representatives were really honored by this award, and will continue its ongoing commitment to an inclusive work environment and recognize the value in all of its employees.



Nagaajiwanaang Dibaajimowinan

Translation: Stories from where the water stops

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

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

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

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

*Corporate Member of the
Native American Journalists Association*

Local News

The Maajii-akii-gikenjigewin Field Crew's First Year!

By **Hillary Olsen**,
Maajii-akii-gikenjigewin Crew
Field Coordinator

The Maajii-akii-gikenjigewin field crew is a program that was started in 2023 in partnership with FDL Resource Management and Conservation Corps Minnesota and Iowa. The goal of the program is to provide opportunities for Indigenous young adults to (re)connect with the land and cultural traditions while gaining skills and experience in natural resource management practices by assisting FDL Resource Management with their current conservation and restoration projects.

The crew this year consisted of three crew members (Gabe Hudson, Devin Lintgen, and Raymond Greyhair IV), a crew leader (Lyssa Lawrence-Northrup) and a field coordinator (Hillary Olsen). The crew started their term in early April and ended in late September. The first two weeks of their term focused on specific training related to their project work. This included gaining knowledge in areas such as chainsaw operation and maintenance, risk management, invasive species identification, FDL Treaty Rights, interpersonal skill building, and many other areas. Upon completion of learning these skills they went straight into working with FDL Resource Management staff.

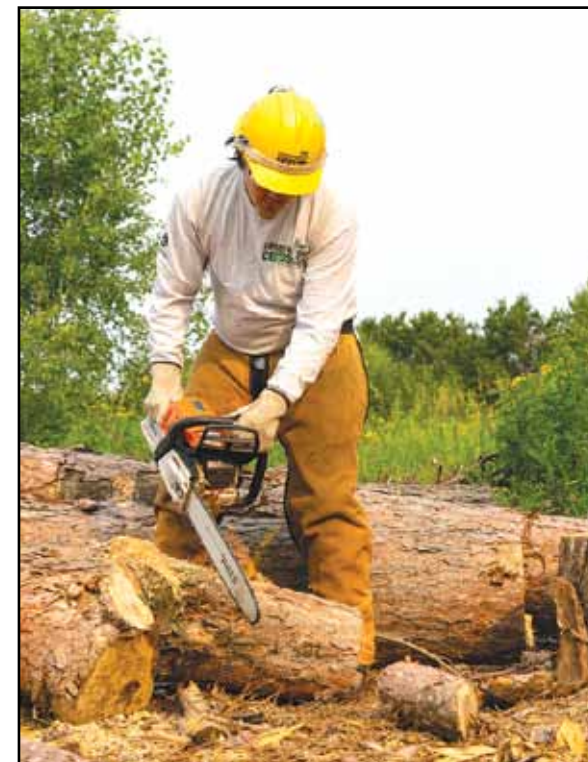
During their 6-month term, the crew got the opportunity to be involved with many cool projects at FDL Resource Management! A few highlights were helping FDL Resource Management's wildlife biologist monitor and track wolves on and near the FDL Reservation, reseeding manoomin in the St. Louis estuary, planting more than 3,000 trees on the FDL Reservation, helping with electroshocking

and cleaning of nets during Treaty Fishing on Lake Mille Lacs, and assisting FDL community members with the care of their garden plots at Gitigaaning. Additionally, the crew had the opportunity to take part in important community events such as the Sandy Lake Memorial, the Healing Circle Run, Gitigaan Wiikondiwig, and the Taking Care of Things Gathering, as part of their work.

Although the first year of the program was certainly full of unforeseen challenges and the projects were often physically and mentally demanding, the crew had a really successful first year and learned A LOT! Not only did the crew learn new technical and project-related skills in the natural resources field through mentorship provided by FDL Resource Management staff, but they also gained leadership skills, opportunities to connect with their community and culture, a greater connection and knowledge of the land, increased physical and mental stamina, more confidence, and lifelong friendships. There were many adventures and tons of laughs along the way as well!

Finally, the crew would like to say *chi-miigwech* to all the staff at FDL Resource Management for taking a chance on a new program, providing programmatic and planning support, and taking the time to teach and mentor the crew in a caring and helpful way.

If you are interested in hearing more about the crew or have any ideas or feedback for the program, please reach out to Hillary Olsen at hillary.olsen@conservationcorps.org or call/text at (218) 221-5759. You can also reach out to FDL Resource Management's Environmental Outreach Coordinator, Anthony Mazzini, at anthonymazzini@fdlrez.com or call (218) 878-7112.



RBC Thoughts

Keep yourself and your loved one's healthy during the holidays-
It's not too late to get vaccinated!

Cloquet News

Hello all

Well, we are well into the month of December and I have not yet had to move snow. Fortunately, the temperatures have not been to extremely cold yet but I'm sure it is coming. A blanket of snow would help insulate sewer and water lines. Let's hope for continued mild weather, fingers crossed.



Wally Dupuis

Our Fond du lac language and culture learning center (Anishinaabewigamig) program holds language learning classes each Thursday from 12-1 p.m., or longer, for anybody that would like to attend. They are doing this over the lunch hour in an effort to give employees an opportunity to listen to, learn, and speak some Ojibway words. They focus on common words, phrases, and place names on our Reservation. Also, The Language and Cultural Learning Center have other opportunities such as:

“Ke go Naa!” language lessons on Mondays from 5:30 – 7:30 p.m. at the learning center, as well as Gigibaaga’ adowewin, Stick Ball and language sessions on Thursdays from 5-8 p.m. Naawakwe (aka William Howes III), our Ojibwemowin Project Manager – Gegaanzikaged, FDL Gegaanzongejig Ji-Aabadak Ojibwemowin (FDL Language & Culture Program) says his general message to people is on the importance of our language and how it is one of our most treasured resources for the survival of our way of life. He tells me that we say it like this, “Ojibwemowin maamawi-gichi-apiitendaagwad dibendaasowin ge nigaanak ji-bimaadiziimagak inaadiziwin.” I apologize as my knowledge of our language is limited, so I would like to say Miigwetch Naawakwe for helping me write this and allowing me to share it with our community. If you have any questions about the program please give him a call at (218) 878-8170.

Just to update you, our Black Bear Casino Resort’s hotel remodel/update is coming along nicely. They have finished a few floors already and are getting the rooms set up for use.

Also, our Cloquet Community Center has started the process of turning the library into a youth room. Folks will still be able to use the library for internet usage as a computer section is planned for community use. They still have work to do but, in the end, it will create a larger area for youth and adult activities.

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



FDL Conservation swears in new officers

Dec. 6, Fond du Lac Conservation swore in new officers in a short ceremony for a small group of family and officials in a short ceremony to welcome them to the department.

Please welcome (from left to right): Tom Foldesi, Peter Durfee, Cord Timo to the FDL Conservation department.

NOTICE:

The Reservation Business Committee is seeking an individual from the Cloquet District to serve on the Land Use Committee. The purpose of this committee is to advise, assist, and oversee the use, protection, and development of land within the boundaries of the Reservation. Interested individuals should contact Jack Bassett at (218) 879-8043 or by email Jackbassett@fdlrez.com by January 31, 2024

Notice:

Opening on Law Enforcement Review Board

There is an opening for a Brookston Representative on the Fond du Lac Law Enforcement Review Board. The committee meets every 3rd Friday of the month. Any Fond du Lac Band members interested in serving on this committee should submit their name to Terri Redding at FDL Conservation Department 28 University Road, Cloquet MN or by calling (218) 878-7155.

Time for Another Journey, The Classroom of Life and Thanks for the Memories

by Christine Carlson

Speaking for various groups through the last 42 years but the most favorite time was with the Burial Recovery Team and Elders in July of 2021. Thanks Jim Kunish, for asking as it was an honor to share thoughts about life in this special village of old Fond du Lac. Their group photo was also my most favorite and put on the cover of Nahgahchiwanong in August, 2021. Thanks for the memories and I really had fun that day!

Learning so much along the way and sharing some insights of the incredible history of Fond du Lac and areas beyond. The ancient village, ancestors and elders inspired the way to my destiny. It's been an honor to share experiences, research, photography, friendships and events from here & now and so long ago.

Life is full of learning and teaching and sharing. Fourteen and a half years of monthly stories from my forty-two years of researching has been incredible. It's the people that I have loved the most. Meeting so many along the way, just for a moment or learning about their lives.

Traveling the road of life is not always easy. Always remember who you are and the importance of honor and integrity. It is ok to speak up for what's on your mind. It can heal your soul or even break your heart but going forward is a more productive choice. Courage is the root of change.

Miigwech to the Fond du Lac Band of Lake Superior Chippewa. Chi Miigwech to all as I walk on to another journey and forage on to new adventures.

Through the years, I have chosen some of my favorite folks to put on the pages of this newspaper. I wanted to highlight a few more that have meant a lot.

**Who you are is the creator's gift.
What you make of yourself is your gift to the creator.**

Happy New Year!



1988 – J. P. Savage, Editor of the FDL News – We first met at a meeting in Holyoke opposing a hazardous waste dump that was being proposed in Carlton County. Always enjoyed discussing history's mysteries with you, Museum Director and artist supreme.



2000 -Arnold Bassett - Such a kind, gentle soul and he and Carolyn showed me friendship through the years and family photos, descendants of the famous Loon Clan.



2000 -Mother & Sons -Barbara (Magnus) Major, Brian and Neal Major – Descendants of the Champagne/Couture family who lived in the Duquette/Moose Lake area who shared photos and really enjoyed our friendship. I saved & filed every letter the late Barbara wrote to me.



2016 –“Gwiizizens” Ricky W. Defoe wonderful spiritual advisor and friend sitting with Christine Carlson at an Enrollee Dinner. Giga waabamin nigii



2023 -Special Editor of this paper Zachary Dunaiski - Thanks for your friendship and the “Freedom to Fly and being “Open to New Ideas” with his two proofreaders Kathy Setterquist (left) and Cecelia Anderson. Thanks also to webmaster Aaron for your insight with technology.

Elders' Christmas Party

FDL Elders celebrate the season

By Zachary N. Dunaiski

In what appeared to be the best attended Elders' Christmas party that Black Bear Casino Resort (BBCR) has hosted since the 2019 party, Elders came from all over to celebrate the cherished time with friends and family.

Daniel Laprairie, BBCR General Manager, spoke before the dinner to the Elders, and told them all how very glad he was to see each and everyone of them in the Otter Creek Event Center.

"I'd like to welcome you all here to our annual Elders' Christmas dinner. It's so good to see everybody here. These events, they truly help us heal as a Reservation, as a village, as a family," Laprairie told the Elders. "And so

seeing you out here really does lift my heart. So take this time to enjoy each other's company and take this time to reach out to family you haven't seen in a while and enjoy this time."

Each year for the past few decades, the Elders' Christmas party serves as a bridge between the wisdom of our Elders and the hopes for the future of our youth who attend to help serve Elder's their meal.

In this festive time of giving, the Elders' Christmas dinner was also a time for gratitude as well as an opportunity to remember those less fortunate than us and those we've lost along the way. It was also a time to recognize the many in attendance who served their country as Gwiiwizens, Ricky

DeFoe pointed out.

"We know that Indigenous people are the largest group that volunteer and invest in the Armed Services. So we want to acknowledge them and being part of our community. Also, the young men that play these songs. They are very important in our festivities here in our culture," Gwiiwizens said.

The attendees, as they have for many years before, enjoyed the festive atmosphere and raffle for baskets of Christmas gifts donated from different Fond du Lac Departments. Every department is asked to donate gift baskets for the Elders as prizes for the attendees at the dinner.

Christmas is also a time to remember those less fortunate

than us, and attendees were given a moment of remembrance for those individuals, acknowledging the struggles that many face within our community. Gwiiwizens also noted in his prayer that we consider their well-being and called to all of us to lift their spirits during this holiday season.

For many Elders in the room, it was a bitter sweet moment that Velvet Linden, FDL Elder Advocate, announced her retirement after contributing to the Band's Elders for many years. Amanda Linden, Velvet's daughter, was at the event and presented her mother with a blanket to thank her for all the years they were able to work together.

"I want to thank you because you made it better working

with you. I really look forward to watching you and Dad enjoy retirement. All the sacrifices and everything that you made. I could be retiring and wouldn't be happier. The Elders in Minneapolis, made her a ribbon skirt, that she did not wear today," Amanda said of her mother's retirement to laughter from the crowd. "We tried to be very secretive about this, but she cried."

Black Bear's Otter Creek Event Center helped bring everyone together, reminding us all of the importance of community, gratitude, and the spirit of giving. As attendees lined up for a festive lunch, the room resonated with togetherness that makes this annual event a cherished tradition on the Fond du Lac Reservation.



Elders' Christmas Party



Etc

Under Secretary of Minority Business Development visits Heart Berry

Under Secretary Don Cravins (US Department of Commerce) visited Heart Berry in downtown Cloquet to learn about Native entrepreneurship and share their plans to grant funds to NorthSpan in support of entrepreneurs in northern Minnesota.

As part of their efforts to learn about the successes and trials faced by Tribal small businesses, the Under Secretary visited our community. We sat down to share about how Heart Berry began and some of the struggles we push through

to be a successful Native business. In a casual and frank conversation, Cravins wanted to know what we need to grow our business. “We need to see Native businesses being successful as role models and the mentorship to continue to learn and grow.” Following our visit, the team headed to NDGS Beads n Gifts and to Fond du Lac Cultural Center for a press conference and reception with community members.

“As entrepreneurs we spend all our time solving problems and learning. Cravins was really interested in how we do this work specifically with Native businesses and within our cultural context.” Howes, CEO Heart Berry



Local Ojibwe artist one of top six finalists for new Minnesota flag

Named late November, Ojibwe artist and small business owner Sarah Agaton Howes of Heart Berry has designed one of the final six! Featuring Ojibwe style loom design to represent the north star and our beautiful woods, Howes also included yellow stripes to represent the tribal nations and white stripes to represent the counties of Minnesota.

“Flags are a stake to claim space. This move to change our flag to accurately represent our state is a powerful move to show who we actually are as people of this land.

The design brief was very clear, simple, star, primary colors, which represent everyone in Minnesota. I hit the mark with my design to truly represent all of Minnesota which includes our Tribal nations.

The retiring flag is an awful representation of how we were supposed to disappear as Native people.

We are all Minnesota. Native nations and our whole state is a thriving vibrant community.”

As of mid-December the competition has been narrowed to three finalists, and unfortunately Howes’s design was not chosen.

Biden-Harris Administration, National Fish and Wildlife Foundation announce over \$140 Million in grants from the America the Beautiful Challenge to Restore Lands and Waters

Courtesy U.S. Department of Interior

The Biden-Harris administration joined the National Fish and Wildlife Foundation (NFWF) and public-and private-sector partners today in announcing \$141.3 million in grants through the America the Beautiful Challenge (ATBC). The 74 new grants announced today will support landscape-scale conservation projects across 46 states, three U.S. Territories, and 21 Tribal Nations, and will generate at least \$12 million in matching contributions for a total conservation impact of more than \$153 million. Approximately 40 percent of 2023 grants and funding will support projects implemented by Indigenous communities, representing an unprecedented level of funding dedicated to Tribally led projects for a single grant program at NFWF.

America the Beautiful, launched by the Administration in 2021, set the nation’s first-ever goal to conserve 30 percent of U.S. lands and waters by 2030. The 10-year, locally led and nationally scaled initiative lifts up efforts to conserve, connect, and restore the lands, waters, and wildlife upon which we all depend. In his first two years in office, President Biden invested more dollars in conservation than any other President in a two-year period, and he is on track to conserve more lands and waters than any President in

history.

Their entire article can be read here: <https://www.doi.gov/press-releases/biden-harris-administration-national-fish-and-wildlife-foundation-announce-over-140>

Per a press release from late November, there were already 74 new grants announced that will support landscape-scale conservation projects across 46 states, three U.S. Territories, and 21 Tribal Nations, including more than \$2.2 million for Minnesota.

Resolutions

Well, January is upon us again and with that is the time we stop and make our “new” resolutions that we promise we are going to keep this year. Did you know that between 8-9% of people that make a new year resolution actually keep them?! With a little personal discipline, will power, perseverance, and self-control it can actually be done.

Here are 8 tips for keeping your resolution this year.

1. **Stop** using the word “resolution.” Use words like goal or plan which is more positive.
2. **Be positive.** Stop using words like “quit”, “never”, “always”, or “stop.” These words are absolutes, an all or nothing in your resolution.
3. **Be specific** and realistic in your plan or goals. Build your plan or goal on baby steps not all at once. So, if you state you want to “lose 50 lbs” reframing it to state you want to lose 5 lbs. in the first month”, you are increasing your chances on succeeding in reaching that 50 lbs. goal by the end of the year.
4. **Break down** large goals (see above) into smaller goals. Celebrate those goals when you achieve them. Also make a specific plan on how to reach your goals. If it is to save money this

Etc

year, think of creative ways to save. Can you make the promise (plan) that no matter how much coinage you have each day it will be put in a jar and not be used? Once that jar is full, cash it out and put your dollars in another jar that you do not use and start filling the coin jar again. This can be a pretty painless way to save some money and by the end of the year you might be surprised how much cash you have actually saved.

5. **Talk to others**, who support you, about your goals. Saying them out loud will actually make you stick to them.

6. **Give yourself a break**. If you break your goal or plan – just get back up and begin again.

7. **If you make your plan or goal** at the end of the first month

(January), give yourself a small reward and formulate another plan for February.

8. Don't give up.

Here are some goals and plans that you might want to try this year.

- Try something new
- Master a new cooking/baking recipe
- Make your bed every morning
- Give more compliments
- Take a social media break
- Limit screen time
- Build your own positive self-talk
- Change negative thinking into positive thinking
- Start journaling
- Build an emergency fund
- Stop complaining.

If you have trouble reaching your goal or plan this year, or don't even know where to start,

call your FDL EAP for help at (218) 878-7514. The office is open from Monday-Friday, 8 a.m. – 4:30 p.m., other hours are available upon request.

Test your home during Radon Awareness Month

From Minnesota Department of Health's Radon Information Booklet

Aabita-Bibooni-Giizis (January) is Radon Awareness Month, and the Fond du Lac Air Program encourages you to get your home tested for radon.

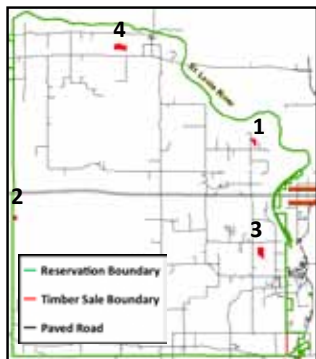
Radon is a radioactive, noble gas found aking (in the soil) beneath our feet and ambiently in the inanaamowin (air) around us. Several factors contribute to

the health risks radon poses. In homes and buildings, radon can become trapped. High levels of radon trapped in the air can expose our lungs to radiation. This radiation can damage the DNA found in our lungs, and over time, cause cancer (Healthline: "Radon and Lung Cancer: Causes and How to Reduce Your Risk"). We can't smell radon or see it, so it can exist unnoticed at high levels in a home for years. Another factor is lack of radon awareness; according to a 2015 survey conducted by the American Institute for Cancer Research, only 59% of Americans know radon causes cancer (AICR, "The AICR 2015 Cancer Risk Awareness Survey Report"). High radon levels have been documented in Fond du Lac homes in the past, and an estimated 2 in 5

Minnesota homes have elevated levels of radon (MN Department of Health).

While this may sound scary, there are affordable and accessible options for detecting radon in our homes. The Minnesota Department of Health recommends testing all Minnesota homes, and retesting every 2-5 years after. Short-term Radon tests can be purchased for under \$20, and the Minnesota Department of Health works with AirChek to provide radon tests at a low cost; these tests can be ordered at <https://mn.radon.com/>. Testing is easy to conduct and it's important because it allows you to know if radon levels in your home are above the EPA Action Level of 4.0 pCi/L, which is the value at which the EPA recommends mitigating your

Timber Auction Notice Fond du Lac Reservation



The deadline for bids will be

**Friday,
January 12th,
2024**

All bids must be received before 2:00 p.m. this day

Sale Name	Size	Harvest Volume	Minimum Bid
1. Apple Orchard	17 Acres	Aspen: 396 Cords, Red Maple: 40 Cords Paper Birch: 61 Cords	\$12,321.40
2. Berthiaume Road	15 Acres	Aspen: 287 Cords, Red Maple: 38 Cords	\$8,397.00
3. East of The Creek	43 Acres	Aspen: 890 Cords, Red Maple: 133 Cords Paper Birch: 10 Cords	\$26,255.80
4. Ferrari	55 Acres	Aspen: 765 Cords, Red Maple: 149 Cords Black Ash: 22 Cords	\$23,121.00

For more information Please visit: www.fdlrez.com/RM/timbersales.htm

Or Call:

Timber Sales Forester Phillip Hass: (218)-600-7211
Forest Manager Alexander Mehne: (218)-878-7105

SAVE THE DATE!

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

Tuesday, June 11, 2024
12 pm - 3 pm
Otter Creek Event Center
Black Bear Casino Resort

Brought to you by the Fond du Lac Human Services Division

You are MORE than a babysitter.

When you care for the children of family, friends, or neighbors (FFN) while they work or go to school-- you are providing critical support in helping children, families, and the community thrive.

Family, Friend and Neighbor minnesota

Please join our Indigenous FFN Childcare Network!

Scan QR code to register:

Indigenous FFN Childcare Member Advantages:
Educational and cultural resources
Mini-grants of up to \$1,200
Training opportunities
Assistance with becoming legally non-licensed or licensed Networking with other unlicensed FFNs, and more!

Contact: Doreen Lanoue, FFN Coordinator
Indigenous Visioning/All Nations Rise
218-850-4803
doreenlanoue@allnationsrise.com
<http://www.indigenouvisioning.com>

FUNDING PROVIDED BY A GRANT FROM: MN DEPARTMENT OF HEALTH SERVICES

Etc

home-- although you may still consider mitigation if your value is below this threshold.

If your home has high radon, you may consider implementing a radon mitigation system. These systems work by using a fan to create a pressure difference beneath your home, drawing radon away from your house's foundation. Mitigation can be expensive, but ensuring your system is installed properly is important for the health of your home. If cost is a barrier, a list of financial options for radon mitigation in Minnesota can be found on the MN Department of Health's radon website in the financial assistance section.

Radon is a health concern, but it is something that can be detected and mitigated. This January, we encourage you to get endaaayan (your home) tested for radon.

For more information about air quality, keep an eye on the Fond du Lac Resource Management Facebook page, check out our website at <http://www.fdlrez.com/RM/airmain.htm>, or reach out to FDL Air Program Coordinator, Paige Huhta, at paigehuhta@fdlrez.com, FDL Air Program Technician, Anthony Mazzini, at anthonymazzini@fdlrez.com, or FDL GreenCorps Member, Carson Becicka, at carsonbecicka@fdlrez.com. Miigwech!

Mille Lacs Band to celebrate 25th anniversary of Supreme Court decision

Mar. 22, 2024, the Mille Lacs Band will be hosting a large celebration event in the community for the 25 anniversary of Minnesota v. Mille Lacs Band of Chippewa Indians case in the U.S. Supreme Court (1999).

One of the events will be a run/walk. The Mille Lacs Band and the Great Lakes Indian Fish & Wildlife Commission (GLIFWC) will be joining together in the event from GLIFWC headquarters to the Mille Lacs event in Onamia. This one day, 199 mile run/walk, will take place starting Mar. 21. The route of the run/walk will come through Fond du Lac and some FDL staff will be participating in both days' events.

The victory stems from an 1850 Executive Order from President Taylor which ordered the removal of the Mille Lacs Band and revoked their usufructuary rights. Naturally the Mille Lacs Band sued as that Executive Order violated their treaty rights. The U.S. Department of Justice website also shows how President Taylor overstepped his authority on the issue.

In 1990, the Mille Lacs Band of Chippewa Indians filed suit seeking a declaratory judgment that they retained their usufructuary rights under the 1837 Treaty and an injunction against the State of Minnesota to prevent it from interfering with those rights. The United States intervened as a plaintiff in the suit.

In a 5-4 decision, the Supreme Court ruled in favor of the Tribe and the United States. The Court disposed of the State's argument that an 1850 Executive Order, which contained a removal order,

terminated the usufructuary rights under the 1837 Treaty, because the parties pointed to no source of authority for the President's order, and "[t]he President's power, if any, to issue the order must stem either from an act of Congress or from the Constitution itself."

The full details of the celebration are still being worked out but please keep these March 2024 dates in mind.

FDL hosts 2023 Manoomin symposium

Black Bear Casino Resort hosted the 2023 Manoomin-Psín Knowledge Symposium Nov. 13-14 where participants from Tribal Nations, Indigenous communities, Tribal agencies, inter-Tribal agencies, nonprofit organizations, state and federal agencies, research institutions, and high schools across the Great Lakes Basin attended.

At the symposium, Lt. Governor Peggy Flanagan provided recorded remarks for the attendees, emphasizing the significance of the event in fostering knowledge on Manoomin (Ojibwe) Psín (Dakota) wild rice (English).

The Symposium, funded in part by a NOAA grant titled "Harvesting Manoomin as a Climate Adaptation and Resilience Strategy in the Lake Superior Region," aims to explore the cultural, ecological, and social aspects of wild rice.

Attendees engaged in ceremonies, community panels, workshops, and poster sessions covering topics such as harvesting, processing, restoration, stewardship, and culture and climate adaptation.

These partners host this symposium because Wild Rice is so important to our communities and our state. Minnesota is the last stronghold of wild rice in the Midwest, so these collaborative efforts are required to ensure the longevity of wild rice.

Having all of these partners and

the support of the Lt. Governor is a significant addition to the collective effort required to honor and protect Manoomin for generations to come

LEGAL NOTICE – JANUARY 2024

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

CICHY, Gerard
CICHY, Leslie
DEFOE, Curtis
DFAULT, Lavonne
FARRELL, Margo J.
KIER, Tresa
LABELLE, Gregory
LADUE, Michelle
LAPRAIRIE, Robert
LEGARDE, Ava
LEGORE, Terri
MARTIN, William
MARZINSKE, Larry
MOELLER, Jeffery
NEWAGO, Dennis
OWENS, Louise K.
PETITE, Benjamin F.
PETITE, Leonard Jr.
SAVAGE, Mark
SCURLOCK, Patricia
SEPANSKI, Barbara
SOULIER, Gary
ST. GEORGE, Richard J.
STRONG, Marilyn
THOMPSON, Dennis Jr.
TROTTERCHAUDE, Nicholas
WAKANABO, Thea

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Beginning January 24th

Meet new people and new friends, enhance life's enjoyment, and improve overall quality of life!

Wednesdays & Thursdays | 9am - 10am

Location: TBA

For more information, please call 218-878-3790.

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

Health News

Recipe of the Month Chicken and White Bean Soup

Serves: 6 to 8
Prep time: 15
minutes or
less
Total time: 1
hour or less



Ingredients

- 1 rotisserie chicken breast section or 3 cups chopped white chicken meat
- 1 tablespoon canola oil
- 3 carrots, sliced
- 2 celery stalks, sliced
- 1 onion, chopped
- 2 cups water
- 6 cups reduced-sodium chicken broth
- 1 (15-ounce) can Great Northern beans, rinsed and drained
- Salt and freshly ground black pepper

Directions

1. Remove wings from chicken and reserve. Remove skin from breast and discard. Shred the meat from the breast and break off breastbones.
2. In a stockpot over medium heat, add oil. Sauté the carrots, celery, onion, chicken wings, and breastbones for 8 to 10 minutes, or until vegetables soften.
3. Add water and chicken broth and bring to a boil, stirring to combine. Reduce the heat, cover, and simmer for 15 to 20 minutes. Add beans and chicken meat and cook for 5 minutes. If too thick, add additional broth or water. Discard bones and wings before serving. Season with salt and pepper.

Per Serving (for 6 servings) Nutrition Information: Calories 235, Calories from Fat 45, Saturated Fat 1.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.4 g, Monounsaturated Fat 2.3g, Cholesterol 60 mg, Sodium 675 mg, Total Carbohydrate 17g, Dietary Fiber 5g, Sugars 5g, protein 28g

Recipe adapted from: <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes/main-dishes/chicken-and-white-bean-soup.html>

January is Cervical Cancer Awareness Month

Did you know that Pap tests and HPV tests can help prevent cervical cancer or find it early? These are the most reliable and effective cancer screening tests available to women. Depending on your age, your doctor may recommend you have a pap test, or both tests together. It can help to prevent cervical cancer and/or find it early when treatment would be the most effective. Cervical cancer is highly curable when detected and treated early. According to the American Indian Cancer Foundation, American Indian women are nearly 2x more likely to develop and die from cervical cancer and are diagnosed at later stages than white women.

Human Papillomavirus (HPV) is the most common cause of cervical, vaginal and vulvar cancers. The HPV vaccine protects against types of HPV that is most often the cause of cervical, vaginal, and vulvar cancers. The HPV vaccination is recommended for young girls and boys 9-26 years of age.

Update: CDC now routinely recommends two doses of HPV vaccine for 9-15 year olds to prevent HPV cancers. Teens and young adults who start the series at ages 15 through 26 years are suggested to receive three doses of HPV vaccine.

According to the American Cancer Society, smoking raises a women's risk for cervical cancer. Remember to start getting your regular Pap test at age 21.

Cervical Cancer Screenings are recommended for 21-29-year old's every three years. All women are at risk for cervical cancer. It occurs most often in women over the age of 30 each year, around 12,000 women in the United States get cervical cancer.

For those 30-65 years old the recommendation is suggested to be screened:

- *Every 3 years with a pap test alone
- *Every 5 years with HPV testing alone OR
- *Every 5 years with HPV and pap testing together (cotesting).

Always remember to talk with your healthcare provider.

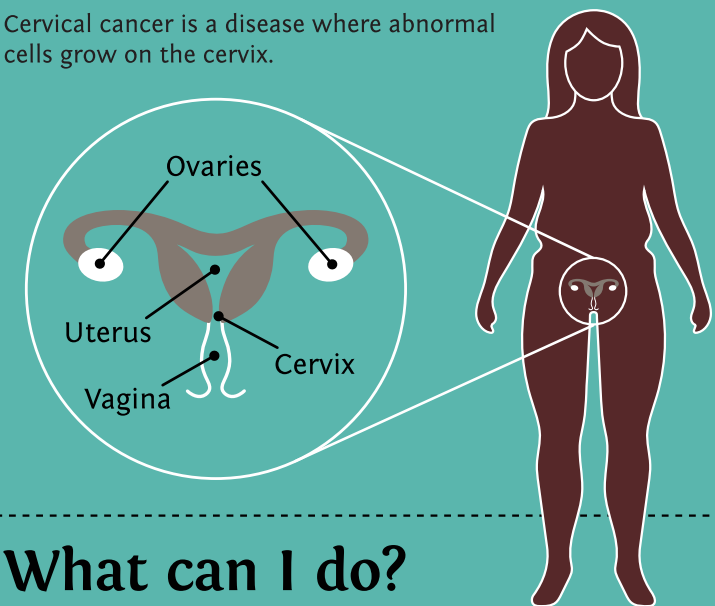
Sources: U.S. Department of Health and Human Services; Center for Disease Control and Prevention; The Office on Women's Health. Centers for Disease Control and Prevention (CDC) www.cdc.gov, American Indian Cancer Foundation (AICAF) AmericanIndiansCancer.org, and American Cancer Society (ACS) www.cancer.org

A message from your Fond du Lac Cancer Prevention Program

End Cervical Cancer in Indian Country

What is cervical cancer?

Cervical cancer is a disease where abnormal cells grow on the cervix.



What can I do?



GET VACCINATED

The human papillomavirus (HPV) vaccine is recommended for everyone **ages 9-26** to protect against HPV cases that lead to 9 out of 10 cervical cancers. *Learn more at: AICAF.org/hpv*



PRACTICE SMART SEX

Use protection and talk with your sexual partners: anyone who has ever had anal, vaginal or oral sex can get HPV.



QUIT SMOKING

Smoking weakens the immune system, making it harder for the body to fight HPV infection. *Learn more at: AICAF.org/quit*



GET SCREENED

Cervical cancer is highly curable when detected and treated early.

Health News

FDLHS hosts Know Your HIV/Hep C/Syphilis Status

In November, FDL Human Services Division partnered for a second time in 2023 with Minnesota Dept. of Health (MDH), American Indian Community Housing Organization (AICHO), Native American Community Clinic (NACC, Minneapolis), Southside Harm Reduction (Minneapolis), Harm Reduction Sisters, and the Lake Superior Community Health Clinic in hosting a testing event called “Know your HIV/Hep C/Syphilis status” at AICHO in Duluth. At the event, people were offered confidential testing for HIV, Hepatitis C and Syphilis. LSCHC was available for case management to assist with any reactive test results or to provide case management for prevention resources.

FDL provided each attendee a warm meal along with a bag of shelf stable food items, hygiene products, winter hat/gloves, socks, etc. MDH provided gift card incentives that were very appreciated! There were multiple vendor tables offering educational information along with harm reduction supplies regarding HIV/Hep C/Syphilis. Fifty four individuals took the first step to start taking control of their health by getting tested and knowing their status. Coordinating on events such as these are a good way to help our relatives live life in a healthy way. Chi Miigwech to everyone involved!

According to MDH, there are currently 39 cases of HIV in the Duluth area. This outbreak includes a 30-mile radius around Duluth and has been linked to cases in St. Louis, Carlton, Lake County, and other unnamed counties. People most at risk in the HIV outbreak are men who have sex with men, sex partners/syringe-sharing partners of people known to be living with HIV, people who inject drugs and their sex partners or needle/equipment-sharing partners, people experiencing homelessness,

and people who exchange sex for income or other items they need.

There is also a syphilis outbreak in the same area. The syphilis outbreak includes 142 cases in Carlton, Lake, and St. Louis Counties. According to MDH those most at risk for contracting syphilis are: women, men who have sex with men, young adults ages 15 to 25, people who exchange sex for drugs or money and American Indians and African Americans. Your risk of syphilis increases if you: have unprotected sex (do not use condoms or do not use them correctly), have multiple sex partners, have a sex partner who has syphilis, and have sex with a partner who has multiple sex partners.

Hepatitis C is an infection that affects the liver. A common cause of HCV infection is through contact with the blood of an infected person. Risk factors include: reusing needles, unprotected sex, sharing toothbrushes, scissors and razors, the transfusion of unscreened blood and blood products, tattooing/body piercing and an infected mother can pass it to baby during pregnancy.

As of Dec. 31, 2022, there were 32,543 persons who were reported to MDH and are assumed alive and living in Minnesota with chronic hepatitis C virus (HCV) infection.

Even if you do not fall into these at-risk categories, it is recommended to get tested at least once in your lifetime!

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

For more information on HIV, Hepatitis C or syphilis please go to: <https://www.cdc.gov/hiv/default.html> <https://www.cdc.gov/hepatitis/hcv/cfaq.htm> <https://www.cdc.gov/std/syphilis/>

Join us on January 18, 2024 for Turquoise Thursday!

January is Cervical Health Awareness Month. American Indian and Alaska Native (AI/AN) women are over 1.5 times as likely to develop cervical cancer compared to White women. Cervical cancer can be prevented and is curable if found early.

Turquoise Thursday is a national cervical cancer awareness campaign created by AICAF for AI/AN communities and aims to increase awareness about the impor-

tance of cervical cancer screening and encourage all women to stay up-to-date on cancer screenings. We invite people of all ages to join us in raising awareness of cervical cancer in Indian country by wearing turquoise clothing and/or jewelry and sharing photos on social media using the hashtag #TurquoiseThursday. This is a national campaign on a digital platform so community members are welcome to participate from anywhere!



Is Your Teen Vaping?

Did you know that young people who use e-cigarettes may be more likely to smoke cigarettes in the future?

Contact your Fond du Lac Pharmacy today for more information about our new Teen Cessation Program.

Min No Aya Win 218-878-2157
CAIR 218-279-4142

Free quit resources and incentives provided.

 **THE AMERICAN INDIAN QUITLINE**
CALL 1-833-8AQ-QUIT
AQQUIT.COM

quit partner.

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



They learn from watching you...

Be Active
and your kids will too!



This material is provided as a courtesy. The program was funded by 2023's American Indian Community Housing Organization. Fond du Lac Human Services Division | Community Health Services

Health News

More in 2024!

By Kara Stoneburner, RDN LD,
Community Health Services Dietitian

Welcome 2024! The past year flew by. Speaking of flying, what else do we usually do fast? Eat. Yes, we typically eat way too fast. It's hard to truly enjoy and appreciate the food we eat when eating too quickly. We can change that by focusing on "More in 2024" - more taste, more enjoyment and more quality by practicing mindful eating.

Mindfulness is not a new concept. It originates from Buddhist and Hindu teachings. It is about being present in the moment, paying attention to your thoughts and feelings and becoming more aware of one's situation and choices. There are different aspects of mindfulness. Mindful eating is one of them.

The basic concepts of mindful eating include:

1. Reflecting about the food you are eating. Where did it come from? Think beyond the grocery store to where was it grown? How did it get to this area? How was it prepared and who prepared it?
2. Serve food in smaller portions. Use a smaller plate so your plate will look full and more satisfying.
3. Slow down to allow yourself time to engage your senses. Notice the smells and colors of the food. Concentrate on the flavors and textures. How does the food look on the plate? How is the food making you feel as you eat it? Eating slowly will also help prevent overeating. It gives your body time to acknowledge fullness.
4. Take small bites and chew thoroughly, again taking notice of all your senses.
5. Avoid distractions, such as the television and your cellphone, while you eat. This will allow you

to focus more on the food, your senses and your body.

6. Avoid skipping meals. If you start your meal/snack famished, you are more likely to eat faster, which can lead to overeating. Allow yourself to eat when actually hungry (not starving) and stop when feeling about 80% full.

7. After the meal/snack, take notice of how you feel. Was the food satisfying or is it sitting in your stomach like a hard rock? By noticing how certain foods make you feel after eating them will help you make healthier choices in the future.

Not only can mindful eating can help you find food more satisfying, but it can help move you towards a healthier lifestyle.

Give the following recipe a try. It has distinct textures and flavors that can help as you practice mindful eating.

Tasty Taco Rice Bowls (Vegan + Gluten-Free)

Servings: 5

Recipe from: delightfuladventures.com

Author: Gwen Leron

Ingredients

- 2 tablespoons extra-virgin olive oil
 - 1 medium chopped yellow onion
 - 1 ½ cups frozen corn kernels
 - 3 cups cooked brown rice
 - 1- 14oz can of black beans rinsed, no salt added
 - 1 tablespoon chili powder
 - 1 teaspoon dried oregano
 - ½ teaspoon salt
 - 2 medium chopped tomatoes
 - ¼ cup prepared salsa
 - ½ cup chopped fresh cilantro or parsley
- Toppings:
- 2 medium diced avocados
 - 2 cups shredded romaine lettuce

- 1 ¼ cups coarsely crumbled tortilla chips
- ½ cup chopped fresh cilantro or parsley.

Instructions

1. Heat olive oil in a large skillet over medium heat. Add onion and cook for about 2 minutes. Add the corn and continue to cook for another 3 minutes, until the onion begins to brown.
2. Add cooked brown rice to the pan, along with black beans, chili powder, oregano, and salt. Stir mixture frequently and cook for about 5 minutes. Remove from heat and let cool slightly.
3. Add the chopped tomatoes, salsa, and cilantro/parsley to the rice mixture. Mix to combine.
4. Separate the rice mixture into bowls and top with avocado, lettuce, crumbled tortilla chips, and cilantro/parsley. Serve immediately.

*Sources include: hsph.harvard.edu, healthline.com, CDC, psychologytoday.com, delightfuladventures.com and thecenterformindfuleating.org

Trifecta of illnesses

Greetings from your community health nurses! We're sure you've

heard about the trifecta of illnesses this season or even been ill yourself. We're here to educate you on what signs and symptoms to be on the lookout for and, of course, ways to prevent them

RSV (Respiratory Syncytial Virus) is a common respiratory

virus that often results in cold-like symptoms that can be mild, but could lead to serious illness. RSV is contagious for 3 to 8 days and can be dangerous for some infants and young children. Most RSV infections go away on their own in a week or two. At this time, there is no specific treatment for RSV.

Influenza or COVID-19- Specific testing will be needed to indicate whether have COVID-19 or the flu due to both of them having similar signs and symptoms. From what we know COVID-19 spreads more easily than the flu, but may take longer to show symptoms and be contagious for longer periods of time. Signs and symptoms are cough, sore throat, runny/stuffy nose, muscle/body aches, headaches, fatigue and sometimes vomiting and diarrhea but this is more common in children than adults. Having a fever or feeling feverish is also a symptom. However, not everyone with influenza will have a fever. A change in or loss of taste/smell is a more common symptom in COVID-19.

There are treatment options for COVID-19 and influenza. Antiviral drugs may be a treatment option for influenza. These drugs

work best when started on the first or second day of symptoms. COVID-19 has a few treatment options available: antiviral treatment and monoclonal antibody treatment. These can be in pill form to be taken orally or through an injection or IV infusion. Similar to influenza treatments, it is best to start at the onset of symptoms to have the best outcome! For more information on treatment options please reach out to your primary care provider!

Because we are indoors more than the summer months, it can make us more susceptible to infection. It is okay to remind individuals not to hug, touch or kiss your child(ren), especially if they are infants/newborns.

It's not too late to get vaccinated!

Help protect yourself and loved ones from these illnesses by washing hands frequently, covering your cough/sneeze, stay home when sick, sanitize high traffic areas often, and by getting vaccinated! For more information on where to get vaccinated please go to www.vaccines.gov.

Reference: www.cdc.gov



In Minnesota, **2 in 5** homes have high radon.

Community News

Happy birthday

Happy birthday **Amanda Linden** (Dec. 27), We hope you have a great day!
Love, Aunty Vickie, Cuncle Bouda, and kids

Happy birthday to my parents **Bob Lund** (Dec. 28) he will be 89 and my mom **Peggy Lund** (Jan. 4) will be 86! It



only takes a few seconds to say I love you, but it will take me an entire lifetime to show you how much. The day each of you were born was such a blessed day for so many people. You've enrich my life so much and I love you both more than you could know!
Tammy Jo



Happy 5th birthday **Knox Korby** (Jan. 11)
Love, Mom, Dad, and Kniaa

Mino Dibishkaan niinmaamaa to **Tara Dupuis** (Jan. 12) I just want you to know, you are appreciated and loved so much. Chi miigwech for all the things you do for me, my family, and our community!
Love, Aliza, Clayton Sr., Clayj, Jax, and Dreya

Happy 18th **Cheyenne Olson** "Pnut" (Jan. 13) the years went by so fast watching you grow up and I couldn't be more proud of the young lady you became and what your future will bring you!
Love you forever, Gramma and Papa

Happy 13th birthday to our boy **Clayton Kettelhut Jr.** (Jan 19). We love you Clayj and we are so proud of all the things you have accomplished and continue to strive for.
Love, Mom, Dad, Brother Jax, and Sissy Dreya

Congratulations

FDL descendant, and former Cloquet Lumberjack, **Katelyn "Gloves" Olson** had a great first season at Gustavus Adolphus college. Mom, Dad, and all your siblings are so proud of you

Thank you

Benson 4th grade FDLOS, Thank you for the wonderful gifts. I received your basket at the Elder Christmas party. Everything in there I have been wanting and wishing for. The ornaments are perfect for my tree.
Thank you, Carla Houle

Thinking of you

I am thinking of you today Jan. 16, 2023 daddy (**Les Northrup Sr.**) You and momma should be celebrating your Anniversary today Jan. 16 (1976) I just want you to know I love you and hope you have an ok day.
Love, your (mom) family

Merry Christmas

Merry Christmas 2023 **Amanda Linden!**

Memorial

It has been an entire year (Jan. 15, 2023) since you passed on. I have been missing you **momma (Judy Northrup)**, we have been missing you. I think of you every second of everyday. I miss the late-night phone calls, I miss your hugs, I miss your voice, I miss your advice.
Love, your (mom) family

Obituary

Mathew John Smith, 41, of Brookston passed away on Saturday, November 25, 2023 in Brookston, MN. He was born on July 24, 1982 in Cloquet to John Smith and Patricia Melin.



Elwin Joseph Benton, age 85, passed away peacefully on December 2, 2023, in his home in Cloquet, MN. He was born in Cloquet, November 22, 1938, to Joseph and Marie (Diver) Benton. He grew up in Cloquet and Duluth where he attended Cathedral High School. At age 17, Elwin joined the US Navy. He was honorably discharged before his 21st birthday and travelled the country before joining the US Army in which he served until 1967.

Returning to Duluth, he earned degrees in sociology and psychology at UMD. After this he worked for the Bureau of Prisons in Sandstone before leaving again to earn a graduate degree in executive training for alcohol programs at Johns Hopkins University.

Elwin worked for the National Institute on Alcohol and Alcoholism in Maryland then came home to serve as executive director of the Minnesota Indian Affairs Council from 1973-75. He went on to administrate a training project for alcoholism counselors at UMD's lower campus. It was there he met his wife of 44 years Valerie (Elling) when she was assigned to interview him for a student

project. They wed on September 23, 1979.

During this same time, Elwin was one of several American Indians chosen to work on a project spearheaded by Governor Wendall Anderson to combat the rising problem of alcoholism in the state. With funds from this project, Elwin gave life to the vision of his heart, the Mash-Ka-Wisen Treatment Center, the first such facility to be Indian-owned and located on a reservation. Elwin served as its Executive Director from 1977 until his retirement 30 years later in 2007. In that time, the facility has touched the lives of countless people.

After retiring, Elwin enjoyed spending more time with his family. He continued to join his wife's family and several close friends for annual cherished deer hunting trips in Glen/Malmo, MN. He was currently celebrating his 56th year of sobriety and always said that the thing he was most proud of in life was that his daughter, whom he adored, had never seen her father take a drink.

Elwin was preceded in death by his parents Joe and Marie Benton and infant sister Janice. He is survived by his loving wife and daughter, Valerie and Marei; sisters, Barbara Tidaback, Charlene Bodin, Kathy Rilling, and Linnea Drlaca; numerous cherished nieces and nephews and their children; beloved cousins; as well as his in-laws whom he loved as his own family. He also leaves behind countless friends, including all the wonderful people who have served on Mash-Ka-Wisen's staff.

Elwin was an enrolled member of the Fond du Lac Band of Lake Superior Chippewa, and a gathering to celebrate his life was held on Thursday, December 14th, 2023, at 11:00 AM at the Fond du Lac Language & Cultural Learning

Center followed by lunch at Noon. The Center is located at 1713 Animikii Road in Cloquet (across the street from the main tribal center). In lieu of flowers and cards, please donate to your favorite charitable cause. Arrangements have been entrusted to Nelson Funeral Care of Cloquet.



Stacey Rose Bellanger-Fohrenkam, age 40, of Bemidji, Minnesota passed away on Friday, December 1, 2023. She was born on August 25, 1983, in Bemidji. She was a member of the Fond du Lac Band of Lake Superior Chippewa. Stacey was raised in Minneapolis before relocating back to Bemidji with her mother. Stacey was a student at Bug-O-Nay-Ge-Shig School. During her childhood, she enjoyed being a member of the school basketball team. Stacey worked in the food service industry as a cook, server, and manager. She enjoyed hobbies including woodwork, beadwork, and other art. She will be remembered as a good-hearted person by the many friends and close family members she leaves behind.

Stacey is survived by her mother, Victoria Bellanger; brothers, Jamison Bellanger, Matthew Hansen (Bellanger), and Robert Bellanger-Fohrenkam; sister, Amy (Lee) Thorvson; niece, Mayanah Stone; and many other friends and family. She was preceded in death by her father, Robert Fohrenkam and special nephew, Ma-Kwam White Eagle.

No services will be held at this time.

Community News

GUSTAVUS WOMEN'S SOCCER | POST SEASON AWARDS



ROOKIE OF THE YEAR

KATELYN OLSON
#1 | FIRST YEAR

They learn from watching you...

Be Active

and your kids will too!



This publication is an equal opportunity program. The material was funded by 2023 U.S. Department of Health, Education & Human Services Division | Community Health Services

BECOME A FOSTER PARENT

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

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

When you open your home, you:

- Restore trust and hope to children in need
- Help bring brothers and sisters together
- Help children maintain cultural and religious values
- Advise times for families to heal

Can you make a difference?

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

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

For more information, please call (715) 878-2145.

You can be the one to make a difference.

This publication is an equal opportunity program. The material was funded by 2023 U.S. Department of Health, Education & Human Services Division | Social Services Department

They learn from watching you...

Eat More Fruits and Veggies

and your kids will too!



This publication is an equal opportunity program. The material was funded by 2023 U.S. Department of Health, Education & Human Services Division | Community Health Services

13 Moons FDLTCC Extension Program Presents:

Gichi Manidoo Giizis Sustainable Agriculture and Natural Resources Conference

In conjunction with the January 13th Gichi Manidoo Pow Wow, the Thirteen Moons FDLTCC Extension program is hosting a free Sustainable Agriculture and Natural Resources Conference.

This great event will bring together community members along with representatives of state, federal, and Tribal organizations, and other programs to promote fresh, local, and culturally relevant foods as a way to support community health and provide education on Native agriculture and food sovereignty. Registration is required for this free event. Breakfast and lunch provided.

Friday, January 12
8:00am - 4:00pm




Registration is required.

To register contact:
Erika Resendiz Alonso
erika.resendizalonso@fdltcc.edu



Fond du Lac Tribal & Community College is an affirmative action, equal opportunity employer and educator. A member of the American Indian Higher Education Consortium and the Great Lakes Indian Nations Higher Education Consortium. This document is available in accessible PDF format for individuals with disabilities.

FDL Employment Opportunities

Fond du Lac offers many great employment opportunities. The following are all the jobs currently open with closing dates in January. Please visit the FDL website for any new postings or more information: fdlrez.com/HR/employment.htm

- Social Services Coordinator, FDL Human Services, FT, January 2, 2024
- Hydrologist, FDL Resource Management, FT, January 2, 2024
- Food and Beverage Director, BBCR, FT, January 8, 2024
- Extension Educator, Tribal Climate Adaptation and Resilience, U of M Extension Regional Office in Cloquet, FT, January 1, 2024

Bimaaji'idiwin Producer Training Program FDLTCC Extension

The Bimaaji'idiwin Producer Training Program is for community members of all skill levels that want to grow their own food or start a farming business. The program provides training, technical assistance, organic seeds, educational materials, garden supplies, and access to equipment.



Participants will have the opportunity to engage in:

- group meetings
- local farm tours
- regional organic sustainable agricultural conferences
- classes from February to October that bring in experts on Ag business planning, soil health, seed saving, pollinators, pest, disease and weed management, marketing, and produce safety.

At Gitigaaning or your own home, you'll learn about traditional and modern methods of cultivation and harvest and complete a business plan to reach your goals. We help build connections with other producers and engage with USDA and service programs.

Apply by January 15th, 2024.
Contact: Erika Resendiz Alonso at 218-878-7141 or erika.resendizalonso@fdltcc.edu



Community Events

13 Moons Gichi-Manidoo Giiziz Pow-Wow

Saturday, January 13th
2024



Black Bear Casino Resort
Otter Creek Event Center

Friday, January 12th
7pm warm ups

Saturday, January 13th
10am Registration
1pm&7pm grand Entry
5pm Traditional Feast

Drum Sign Up- Phil Savage, 218-878-7123
Vendor Tables- Joseph Bruce, 218-879-0757
Info table Sign Up- Courtney Kowalczak, 218-879-0862
E-mail: phillipsavage@fdlrez.com Joseph.Bruce@fdltcc.edu
courtneyk@fdltcc.edu

