

# Nahgahchiwanong

(Far end of the Great Lake)

# Dibahjimowinnan

(Narrating of Story)



## THE LUNCH BUNCH

*During the last month, the Lunch Bunch delivered their 10,000th meal, and they are not slowing down. Thank you Lunch Bunch for your amazing efforts. Clockwise from left: Dan DuPay, Alex Gokee, Josh Danderand and Brian Stillday*

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# Local News

## Graduating with a bright future

By Zachary N. Dunaiski

Jordan Mallery, Fond du Lac Band member, just graduated from the University of North Dakota with a Doctor of Medicine degree. It's an impressive accomplishment and while Jordan's future is definitely bright, he still isn't sure exactly which path he will go down.

"My residency is in Fargo for internal medicine. After that I'm not too sure," Jordan said about his plans for the future. So much work went into getting his doctorate that he hasn't really focused too specifically on what to do too far into the future.

One thing that he does have planned out is where he wants his future career to physically bring him.

"I most likely want to go back to the Rez, because I've been here forever," Jordan said. He graduated from Cloquet High School. During his time in high school, he moved to the Reservation, and loved his time here. The last few months have

been a rollercoaster for Jordan. Back in September he applied for his residency, which he had his earliest interview for back in October and then in March he found out where he'd be going.

"It's kind of a long process," Jordan said, as he had waited until Mar. 20 to find out on a day called Match Day. "Match day is when you find out where you get placed, and that's kind of hectic. Because you have to submit your rank list, so your list of where you applied to and where you interviewed,

and where you want to go the most. Then that's where the program ranks the people that they interviewed and that's due in February. So then you're sitting for a month and not sure if you got in anywhere and all that. And that's the

worst nightmare is to not get in anywhere."

After years of schooling, not getting in anywhere would truly be a nightmare, but that wasn't the case, for Jordan who landed a residency in Fargo, N.D.

While Jordan talked about how incredibly hard the work to get through medical school

truly was, he also knows that it's a road that many of Fond du Lac's youth can go down with him.

"It's super tough, that's a given. It takes a lot of dedica-

tion, which is a given. A lot of sacrifices, which is a given. But basically someone needs to do it," Jordan said about working his hardest to get where he is today.

Many may assume that doctors get to where they are

because of a predisposition, which many have, but not all of them have gotten there because of something that everyone recognizes in them, as Jordan explained.

"I got voted, I think in middle school, most likely to open up a pizza restaurant. So if I just went with what people expected of me, there's no way that I would be doing what I am doing," Jordan said. "Even though it's tough, you can still do it. It just takes a lot of dedication and sacrifices, but it's definitely worth it in the end."

Many people out there have a desire to take care of people, and that's what Jordan felt, and he encourages everyone who has that desire to follow in his footsteps.

"When you graduate, even while you're in medical school, you're still taking care of people and if that's something that you really look forward to doing, medicine is great for that," Jordan said for anyone wanting to go into the field to help others. "You can make that your goal, but there is a

lot of other avenues you could do. Some will be a little bit less strenuous, but still give you a feeling of pride at the end of the day."

Jordan, who was a Certified Nursing Assistant (CNA) for nearly 3 years and said that job gave him a sense of pride at the end of most days. That sense of pride came from the work, but he always felt it with the simplest of gestures.

"You don't realize how much of a sense of satisfaction or sense of pride until you get someone who basically can barely take care of themselves, saying a simple thank you," Jordan said. "You don't realize how much that hits you right in the heart."

Jordan has always had that drive to help others, and it will continue down this new career path that will hopefully bring him back home one day.



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

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Published monthly by the Fond du Lac Reservation Business Committee. Subscriptions are free for Fond du Lac Band Members. To inform us of a change of address, write to:  
Fond du Lac News, Tribal Center,  
1720 Big Lake Rd.,  
Cloquet, Minn. 55720.

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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

## A kind letter with a generous gift

By Zachary N. Dunaiski

Many negative things have happened during the COVID-19 pandemic, but it also has been truly wonderful to watch the world come together at times and pick each other up.

The Fond du Lac Reservation is no different, as a Fond du Lac Band member Elder wrote a letter to the RBC wanting to give back to his community. He donated \$500 that he scraped together to help the Band pay for medical supplies to fight COVID-19.

Even Greater than the money given, is the sentiment and show of support from this FDL Elder.

Thank you to this Elder Band member and every community member who has done their part to help during this difficult time.

5-12-2020

Ferdinand Martineau,

I apologize for the hand written note and unorthodox format but I couldn't get the letter from the laptop to the printer. I'm still making the transition from hammers, chisels and stone tablets to paper and pencils. I'm excelling I'm now allowed to use an ink pen. With the current pandemic upon us and the Council wise decision to close the casinos I suspect revenue could be a little on the short side. I emptied all the loose change jars and took the fifty dollar gold coins out of my boot heels and scraped together a few extra dollars. I'd like to donate this to the community for medical supplies to combat this crisis. This is probably only a drop in the bucket but like I've always said you have to watch you pennies in this life the dollars will take care of them selves they have more sense.



Social distancing means staying away from close contact in public spaces.

- AVOID** Group gatherings, non-essential appointments, sleep overs, playdates, concerts and theater outings, sporting events, crowded retail stores and malls, workouts in gyms, visitors in your home, non-essential workers in your home, mass transit, eating at restaurants
- OK** Take a walk, go for a hike, yard work, play in your yard, clean, read a good book, listen to music, cook a meal, enjoy family game and movie night, video chat family members, call to check in on friends and family

Use caution when seeking urgent medical care and getting household essentials.

Fond du Lac Reservation | Fond du Lac Human Services Division

**#FDLMOVES**

Being outside during COVID19 is great for physical and mental health.

Please keep in mind the following guidelines:

- Social Distance yourself from your friends and other folks that might be around you (6ft or more).
- Refrain from using parks or trails if you are exhibiting symptoms.
- Follow CDC guidelines on personal hygiene prior to, during, and after use of parks and trails.
- Be sure to wear a helmet while biking and walk safely!

FOND DU LAC HUMAN SERVICES DIVISION

# RBC Thoughts

## Secretary/Treasurer News

### Boozhoo,

I am amazed at the decisions that the RBC is having to make in the wake of this pandemic. When I took my oath of office 14 years ago I never imagined that I would be involved in whether to keep our casinos open or lay-off 800 workers. That we would have to lay-off another 200+ government workers and cutback the services we provide to essential services only. I have sat for many hours with my co-workers and top-level staff and we have made some very hard but necessary decisions to try to protect the Band from the effects of this pandemic. We have adopted and kept in force a Stay at Home resolution and a curfew resolution that seems to have helped in slowing the spread of the virus on Reservation. We can only hope that our efforts prove successful.

The Black Bear and the Fond du Luth casinos remain closed at this time so we have a very small income stream to service the Reservation and the needs of our community. Through the efforts of the staff and RBC we have been able to continue with our per cap payment without reaching into our long-term investments so far. On the government side our staff has proven to be quite successful in receiving grants. The last one was \$21 mil from the CARES act. This money is for expenses that are a result of the COVID-19 pandemic. The staff and RBC are currently working on budgets for this money

and will keep you informed on what type of programs will be in place and how we will spend it. It is my expectation that the bulk of this money will be used for community needs.

As part of the Stay at Home and social distancing efforts in place the RBC has entered the 21st century. The RBC meetings are now held on ZOOM from separate locations. We are becoming accustomed to it and are going to try to do the same for the monthly meeting. If the meeting is successful that will be great, if not we will have to make some adjustment and try again next month. I am the last member



Ferdinand Martineau

to purchase an iPhone which took place last year and it was only because my old flip broke and wasn't available any longer.

As most of you know already the election this year was postponed until June 9. That will be the primary for district 1 and 3. The regular election is scheduled for August 18th for Chairman, and Districts 1 and 3. Please take time to pick the candidate of your choice and support them by taking part in the election and cast your ballot.

*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](mailto:ferdinandmartineau@fdlrez.com)*

*Gigawaabamin.*

## Cloquet News

### Hello all

I hope you are all well and making it through this COVID crises ok. This virus has had an effect on each and every one of us. Here at Fond du Lac we have furloughed a large part of our work force. I assure you that the RBC is working each and every day looking for ways to continue to provide services.

We have been meeting with a number of officials in the state and federal governments to peruse funding sources. We continue to maintain conversations with the entities that we were working with prior to the virus, and we continue to make ourselves available to our members. We are also still meeting every

Wednesday to handle Reservation business. We are practicing social distancing mostly by meeting through computer technology such as Zoom, a computer feature that I did not know existed until this pandemic hit us.

As you all may or may not know, amongst a number of other cancellations, the annual Veterans Powwow and the Enrollee day celebrations

have both been canceled for this year.

On a different note, the spring fishing was conducted and we were able to reach our quota. Spring spearing was not allowed but netting was. A number of our members participated in the event and were able to bring fish back home and to the community. I would like to thank our Natural Resource staff

for all the hard work and planning that went into the netting season. They were able to provide a productive season while maintaining all COVID-19 safety regulations.

I would also like to say THANK YOU to everyone, no matter what role you are playing in this pandemic, whether it be working the front lines, on furlough, or just home staying quarantined, you all play a vital role in combatting this virus.

Lastly, I would like to say it is quite an honor to watch how are communities have come together to help one and other during this pandemic.

*As always, please feel free to call or write as I am always glad hear from you. Cell (218) 428-9828, Office (218) 878-8078, or email [wallydupuis@fdlrez.com](mailto:wallydupuis@fdlrez.com)*



Wally Dupuis

**“That’s why it’s important to continue to socially distance, continue to wash your hands, continue to not go to large gatherings, restaurants, shops, these kinds of things, even though they are opening up, please stay home,” Dr. Reynolds warned the FDL community this month. “Don’t go to those, we don’t want to catch this disease.”**

# RBC Thoughts

## Brookston News

### Boozhoo,

I hope that everyone is healthy and safe during this unprecedented time for Fond du Lac.

To all the 2020 graduates I would like to say CONGRATULATIONS! Your being part of the graduates of 2020 is very special as we have never had to have graduation ceremonies like this. It speaks volumes to your perseverance to finish your year of schooling, whether it be high school or college. You have been challenged with having to finish your schooling online. Your feeling of success of handing in that final homework. I would also like to congratulate the families of the graduates for the time spent to support them during this time and for having your individual graduation ceremonies. I have expressed

the desire to have a formal graduation ceremony for the 2020 graduates at the Fond du Lac Ojibwe School after this pandemic is over and we are able to gather as a community.

We have been very busy with several daily teleconferences with MN Tribal Leaders (2x/daily), daily Tribal State Relation call with MN Governor/Lt. Governor's Office, FDL Emergency Operations, US Department of Treasury, Indian Health Service, MN Department of Health, National Tribal Leaders, Minnesota Indian Gaming Association and we also have been joined at times with the Governor's Commissioners of all MN Agency's. Just my thoughts on all of these teleconferences, I thought that Fond du Lac had good working relations with some of the MN Agencies and with some of the County Departments. This event, in my opinion, sheds light on how



Roger M. Smith Sr

much more work we need to improve the government-to-government relationship.

Many have heard that the Tribes across the country have been awarded \$8 billion dollars under the CARES Act in the form of the Coronavirus Relief Fund. What many were not aware of was the many teleconferences with Department of Treasury, Tribal Leaders nationwide, and with our staff, Tribal Attorneys, and Washington DC Attorneys. Many of these discussions were where Indian Country had to constantly fight for how this funding would be disbursed to Tribes.

Then once Fond du Lac received our funding of just over \$21 million, there came a list of restrictions on the use of the funding. We have reported that we have suspended operations at both of our casinos, but we could not use any of the funding to use for our revenue losses.

We have been fortunate to be able to keep our Per Capita

payment to our Band Membership through careful planning. We continuously work on plans of re-opening of our casino operations in a safe manner for our staff and patrons.

With all of this happening, we still are moving ahead with some projects. One that is at the top of the priority list is the Regional Drinking Water project to improve the drinking water in the Mahnomen/Pine Drive housing area. This has been a priority for the Reservation Business Committee to complete this project and to also fund areas that needed funding. We all wish that there was a knob to turn that would correct the problem. Staff have put in endless hours working with engineers, IHS, HUD, EPA, IRRRB, USEPA and USDA-Rural Development. This project cost is roughly a \$13.8 million, with Fond du Lac committing \$7.53 million.

I would like to congratulate OUR very own FDL Band Member who is now the Tribal Liai-

son with the MN Department of Agriculture. I would like to offer my condolences to the family of former District II Representative Butch Martineau. He will be missed by many that enjoyed his storytelling expertise, his hunting and fishing knowledge and his golf stories. I would like to also offer condolences to all the other Band Members that have lost family members during this time. The difficulty of navigating all the restrictions and trying to send off our loved ones.

Again, I hope everyone is healthy and safe. Please, please take the necessary precautions in order to prevent the spread of COVID-19 to Fond du Lac. You all have been doing a great job in preventing the spread. Chi Miigwech!!!

Roger M. Smith Sr.  
District III Brookston Representative  
rogermsmithsr@fdlrez.com  
(218) 878-7509

## Sawyer News

### Boozhoo,

This past month, it has been very busy around our office. The amount of emails and meetings have increased. I appreciate the work done by directors and staff working together to write grants and continue essential services daily. There is a new level of vigi-



Bruce Savage

lance for the wellbeing of self and others. There have been daily announcements and briefings about businesses and talk about preparedness plans for opening up. By the time this article is published we will know how our decisions this week will have impacted COVID-19 transmission.

As we know, our Elders teach that our decisions now will affect generations 50 years

from now. Do everything you can to limit your exposure by refraining from getting together in groups this summer. Enjoy the outdoors, if you live on the Reservation you have room for activities like hiking, yard work, hunting, fishing, bike riding, and gardening.

We also have been developing plans to use available relief funds to assist with economic losses due to COVID-19. Besides this business, we have also been continuing with projects like the highway 23

cemetery work, up-coming work with line 3, and the request for cultural resources work. This pandemic does not need to control our lives, as Anishinaabe we have historically seen plagues and loss. Stay close to home and keep your ties strong. We are tough people and this has been hard on our families because we are such a close community with lots of relatives.

Please stay safe so we can get through this with the least amount of loss. I am asking

you to still social distance, wear masks, wash your hands often, and limit your time in groups. I think this will be a very different summer.

Miigwech,  
Bruce M. Savage  
Email: BruceSavage@FDL-REZ.com  
(218)393-6902

## More Local

# Graduating high school with straight A's

By Zachary N. Dunaiski

The Fond du Lac community has many great individuals, and during these difficult times, we really get our chance to shine. That's exactly how it was for Taylor Netland, a senior at Cloquet High School who graduated with straight A's.

"Honestly, I don't know how I did," Taylor said about her efforts to keep up good grades throughout high school "I think it was just like sheer determination. I wanted to get good grades so I could get into a good college and make something good with my life to help my family. I just determined to not let myself slip."

Taylor is the daughter of Kim Netland and granddaughter of Ella Couture Netland. Her work is very impressive because as too many of us know, internet isn't always accessible to us, and a lack of it made school very difficult before the last 3 months, and was no comparison to how difficult it was during this pandemic.

"Me and my sister got our homework through packets," Taylor said about how she was still able to get her homework after distance learning began. "I just kept putting it off until like the last second. I know I shouldn't do that but I just kept putting it off, then I would finally be like, okay, I should

probably do it now."

Taylor and her sister were able to get their homework because the bus was stopping at their house to drop off lunches, so each week they would get homework and send back the previous week's work. Not having direct access to her teachers on a consistent basis made the last months of school very unique for Taylor.

"Very nerve racking, I wasn't even sure if I was going to have a graduation or not," Taylor said of the added stress leading up to trying to finish high school with the best grades she could get.

Taylor is currently working, and now that school has ended, she works up to six days a week, but had been working even while distance learning.

"It's nice," Taylor said about having to go into work. "I'm not cooped up at home and I'm out and socializing with people."

Taylor's efforts in high school and working to save up some money have paid off as next year she will be attending Gustavus Adolphus College in St. Peter, Minn. There she will double major and work towards her career of being a pediatric cardiologist, a career that hits her on a personal level.

"That came up in early November, before that I wanted to be a physical therapist," Taylor

said. "But then I found out that I had a congenital heart condition."

Taylor had just learned about her heart condition before making a decision on where she wanted to go to college, but that didn't deter her from where she wanted to go.

"That was kind of scary," Taylor said and then got really excited about her career choice adding, "it actually sounds really cool to know about the heart and help kids who are going through what I am because it's really scary."

Taylor had been feeling sick last fall and doctors had initially thought it was pneumonia or possibly the flu, but then her doctor was listening to her heart and heard and arrhythmia. After an echocardiogram (EKG), doctors noticed that Taylor has an enlarged Aorta.

"I had actually just got back from my tour of Gustavus Adolphus and I was like, 'mom, I want to go here' and she was like 'you have to follow-up with the heart doctor for the rest of your life because you have a heart condition' and it was just kinda scary," Taylor said, but she isn't letting the condition affect her.

Taylor's experiences have motivated her to her career choice and she knows just what she will say to those she's going to work with later.

"I want to be able to help

kids who are going through something like that to tell them 'you're not alone. I had this and it's okay, you're going to be okay,'" Taylor said.

In late March, the financial burden was lessened a bit when the Fox 21 Strengthening the Community Scholarship was given to her. She was awarded \$1,000 and was also given another \$350 from the Cloquet Community Education Scholarship.

Taylor's intelligence and work ethic didn't go unnoticed as she was accepted into all eight colleges that she applied to. Aside from Gustavus Adolphus, she also was accepted to St. Scholastica, Hamlin, University of Minnesota-Morris, Fordham University in New York, University of Kansas, University of San Francisco in California, and St. Thomas. That is an impressive list of college acceptances, but Taylor's choice was easy.

"When I went and toured it, everyone was so welcoming and nice," Taylor said, acknowledging that the other colleges she visited were too, but Gustavus Adolphus was a step above. "But they took time out of their day just to ask how I was doing. How I was liking Gustavus Adolphus, when I was on my tour, and that really impacted me. Just the fact that everyone was so nice and inclusive."

Everyone likes to be included and Taylor recognized that Gustavus Adolphus was doing that for her. Life experiences like the ones she's lived through have led her to some great advice for the youth of today who are hoping to follow in her footsteps.

"To not let people's opinions of you get in the way," Taylor wanted to let the youth know. "When I was younger I use to listen to what people said about me because I wanted people to like me, and it kind of brought my mental health down. I was just trying impossibly to please everyone else until I was finally like, ya know what, 'I don't care if anybody else likes me. I like me. And that's an important thing.' Then I started working for MY own acceptance, not everyone else's. If people don't like me, then that's their fault. Because I like who I am, and I wouldn't change anything about myself for the world."

It's often difficult for us to learn that our self-worth shouldn't be decided by others, which makes it even more impressive that Taylor has learned that at such a young age. And the fact that she chooses to pass on that knowledge to others is truly honorable.

# More Local

## Please stay home

By Zachary N. Dunaiski

What is known about COVID-19 is changing every day. Each day the experts learn a little bit more about it, and Dr. Charity Reynolds, Fond du Lac Medical Director, spoke about that in a PSA.

“Right now what we know the new signs or symptoms of COVID-19 are headache, fever, if you have a sore throat, if you have lost of taste or smell, if you have difficulty breathing, cough, if you have nausea, vomiting, diarrhea, body aches, chills, nasal congestion, those are all being seen in people who have COVID-19,” Dr. Reynolds said. Other signs may be a cough or congestion, but Dr. Reynolds wants you to call if you think you might have it.

“[If] you’re not sure if it’s allergies or COVID-19, just call us, please talk to your provider,” Dr. Reynolds said. “We can discuss your symptoms and discuss if you need treatment. Pay attention if you have any of these symptoms, do you have a new headache that you’ve never had before? You’ve had diarrhea for a couple of days that’s new, please call us. We can talk about it and see if you need to be tested for COVID-19.”

Many of us are staying home with our children and wondering if now that the Stay at Home order has expired we should let our kids resume playing with

friends and going to parks, and while those may be allowable under the Stay Safe order by Minnesota Governor Tim Walz, the information on how COVID-19 affects children isn’t very reassuring.

“In the beginning we weren’t sure how this was affecting children, and what we do know now as we see new studies out of the U.S., out of other countries, that have had it a little bit longer, and children are a little bit less susceptible, meaning that the chances of them catching it are still low but they can still catch it,” Dr. Reynolds said. “Children can have very mild symptoms, so a tummy ache, a headache, congestion, those kinds of things and if they’re complaining about that, call us.”

Dr. Reynolds wanted the community to know that Fond du Lac will test children if they feel it is needed. The concern with children is emerging research with Kawasaki (also called mucocutaneous lymph node syndrome) that people are connecting to COVID-19.

“Kawasaki disease is an inflammatory process that we see in children normally. It is a very rare disease and it’s an inflammation of the arteries and inflammation of the lymph nodes in children,” Dr. Reynolds said. “There have been new studies from pediatric infectious diseases that these doctors have noticed that children are present-

ing with something that looks like Kawasaki and they’re testing positive for COVID-19.

“Is it correlated? There is not enough research yet to say that, but they do think that perhaps what is happening is the kids may be getting COVID-19 and then having what’s called a ‘post-infectious inflammatory response’ meaning that after the infection is going away, their immune system is ramping up and causing this inflammation.”

Kawasaki symptoms are usually a fever, a rash, and joint pains. If your child is presenting these symptoms, go to the hospital or call the on-call provider. Dr. Reynolds also wanted to reassure parents.

“Don’t be scared because Kawasaki is still very rare in children and this Kawasaki link is still also rare,” Dr. Reynolds said. “Very rarely does it lead to Kawasaki, or so we know. Research is on-going.”

With all that we do know about COVID-19, the experts are still reminds people what has worked and reminding people to continue to do what we can.

“That’s why it’s important to continue to socially distance, continue to wash your hands, continue to not go to large gatherings, restaurants, shops, these kinds of things, even though they are opening up, please stay home,” Dr. Reynolds warned. “Don’t go to those, we don’t want to catch this disease.”

## Testing on the Fond du Lac Reservation

By Zachary N. Dunaiski

The biggest tool we have in our fight against this pandemic is the ability to test. Nationwide, testing has been sorely lacking, but that has begun to turn, and Fond du Lac has increased their testing capabilities and created a process to begin to test those with symptoms.

“We do have the capabilities of testing our community. What you have to do is you have to give us a call, talk to triage, our wonderful triage nurses, they will get you an appointment with the provider, the provider will talk to you about your symptoms and then we’ll set you an appointment for getting you tested,” Dr. Charity Reynolds, Fond du Lac Medical Director, said during a PSA. “We are doing curbside testing, that means that you just drive up register, get the swab in the nose, get tested, and we’ll call you back with the results.”

Call if you think you might have COVID-19, let the healthcare workers test you, and wait for those results. For those in healthcare, the number of people being tested may impact the response times.

“The results vary, sometimes we’ll call you back the same day, sometimes we’ll call you in one to three days depending on the tests,” Dr. Reynolds said. “Just know that that’s what the process is. We can get tested by appointment after talking to a provider.”

The other type of testing, that many people have wondered about, is antibody testing.

“Antibody tests that is something that is being done. There is not a lot of research in how helpful it is. An antibody is something that your body makes after being exposed to an illness or an infection. It is a sign of the immune system responding. It is a sign of your immune system saying, ‘hey I got sick and now next time I get sick I may be able to defend myself’ but in COVID-19 research they don’t know yet how long those antibodies are lasting, are the being formed,” Dr. Reynolds said. “So there’s still a lot of research [needing to be done]. We don’t want to use a test that we don’t know what it means and how to use it yet. As soon as the data is there, we’ll start using it and we’ll let you know that we’re doing antibody testing. So please be aware of that.”

Testing is available for those showing symptoms, so remember if you think you may have COVID-19, call and speak to the professionals in Fond du Lac’s Human Services (218) 879-1227.

# More Local

## Important COVID-19 notices

Emergency Operation Center (EOC) hotline (218) 878-7175 or for a written update from the EOC:

<http://fdlrez.com/downloads/EOCUpdates32220.pdf>

Min No Aya Win's (MNAW) hours of operations are 9 a.m.-3 p.m. NO WALK-IN APPOINTMENTS.

Pharmacy is now offering curbside delivery. Park in the designated spot and call the number on the sign.

Meals for Elders and children, contact your community center for more details. CCC (218) 878-2661 or BCC and SCC (218) 878-8042

Face mask donations needed, if you have any questions please call (218) 878-3529

Fond du Lac Gas & Grocery, Aaniin, and Propane still open, FDLGG has limited hours (7 a.m.-7 p.m. M-F, 10 a.m.-6 p.m.), Aaniin and Propane remain open for service.

Election postponed, Primary June 9. General Election Aug. 18. FDLHSD's community events are cancel until June 30

Veteran's Housing, please refrain from visiting to help flatten the curve

Enrollee Days and Veteran's Powwow have been cancelled for 2020.

## Secretary Treasurer updates FDL's financials

By Zachary N. Dunaiski

The Fond du Lac Band has weathered this difficult storm by making tough decisions to keep Band members, community members, and employees safe. Those measures have worked as

Secretary Treasurer Ferdinand Martineau Jr., stated in a Facebook address May 13.

"I hope this message finds you well. We are two months into our shelter in place order and we have no confirmed case of COVID-19," Sec. Treas. Martineau said. "We are not out of the woods yet, so please continue to practice your social distancing and wear your mask."

The secretary treasurer wanted to bring up a few topics to everyone involved with Fond du Lac, most notably in regards to the Bands money while our casinos remain closed.

"First, where are we financially? We have been able to navigate through some tough times without having to access our long term investments yet," Sec. Treas. Martineau stated about our finances and the rigorous work the FDL staff has done in the midst of this pandemic. "We have been very busy in applying for stimulus money through the government. The staff is very good and has been very successful in receiving several million dollars in program."

That money has been vital in keeping Fond du Lac going as well as keeping the membership safe with essentials during this pandemic, something the secretary treasurer would like to see the Band do more of.

"The staff is currently working on plans to assist with our needs during this pandemic. I hope that we are able to use most of the money that we have received to develop programs to assist in providing help for our members," Sec. Treas. Martineau said.

One question Sec. Treas. Martineau has been hearing a lot over the past couple of months is regarding the per capita payments. Martineau stated that the per cap payments will continue

to be paid to the membership and there will be no Reservation deductions.

The secretary treasurer moved on to the spring spearing season and talked about its success.

"Thanks to the staff at resource management our spring spearing season was successful. They were able to assist Band members in harvesting over 14,000 lbs of walleye this year," Sec. Treas. Martineau said.

The final topic discussed was of our casinos and when we will move to open them again. The secretary treasurer knows everyone is eager to get back to work but cautioned moving too quickly.

"We are continually talking about when the time is to open our casinos. We are looking at all current information in regards to COVID," Sec. Treas. Martineau said. "It is very tough decision, but we will do what is right. We cannot afford to be closed for too much longer and our staff is asking to come back to work."

The FDL Reservation Business Committee has continued to take measures to keep everyone safe and understands that part of that is to bringing in income to keep our many programs that help the FDL community. We will continue to do what is best for everyone in the Fond du Lac community. Stay safe.

## More masks needed

Fond du Lac EOC is seeking face mask donations from the community and staff. If you want to donate please call (218) 878-7175. If you want to help but need material please call the EOC and staff can look into inventory and see what can be provided!

As a reminder, if you have to go out please wear a face mask. Protect yourself, your family and

others!

Please call the number above if you wish to donate!

## Must wear masks to FDLGG

Effective May 18, 2020, it's now mandatory to wear a mask in order to enter the Fond du Lac Gas and Grocery store.

## Potato donation

Fond du Lac was donated 4,000 pounds of potatoes! The potatoes are at the Food Distribution building now. This is open to the Fond du Lac community so please bring your own bag but remember to practice social distancing and wear a mask!

Chi-miigwech for this generous donation!

## No longer Abbott testing at FDL

Christine Davis, FNP, Medical Clinic Coordinator

Here at Fond du Lac we were utilizing two tests for COVID-19 testing. Abbott ID NOW is a point-of-care test that provides us test results within 20-minutes (Min No Aya Win only). Mayo Clinic Laboratory is our second testing and they provide us test results in 1-5 days. That testing is available at each clinic site.

During public health emergencies, the U.S. Food and Drug Administration (FDA) that authorizes all medical devices used in the United States, used their Emergency Use Authorizations (EUA) authority, to help make medical products available as quickly as possible by allowing unapproved medical products to reach patients in need when there are no adequate, FDA-approved and available alternatives. This is the case with all

COVID-19 testing.

Last week there were concerns about the accuracy of the Abbott ID NOW test results in the national media, causing our medical team to reevaluate its appropriateness for our patient testing.

Dr. Charity Reynolds, Medical Director, and Lisa Hollinday, Laboratory Director, researched the information directly with Abbott Laboratories and with the Bemidji Area Indian Health Service. After thorough research and investigation it was decided that the immediate removal of Abbott ID NOW from our COVID-19 testing options was necessary, until further research can be conducted from Abbott Laboratories and the FDA verifies the accuracy of its device.

Not all patients who have received COVID-19 testing with the Abbott device will need to be re-tested. We have called and reassessed all patients who were tested with the Abbott ID NOW over the last 14-day and scheduled additional testing, if appropriate, that will be sent to the Mayo Clinic Laboratory for testing.

For further information about the Abbott ID NOW FDA press release: <https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-informs-public-about-possible-accuracy-concerns-abbott-id-now-point>

The medical care we provide to the Fond du Lac Community is our highest priority and we will continue to evaluate all testing options during this time. If you have symptoms of COVID-19 please contact our triage team at (218) 878-2120 or after hours at (218) 879-1227 to talk with the on-call physician.





At the Black Bear Casino Resort, our top priority is the safety of our guests, employees and community.

As many businesses begin to reopen, we will remain closed in accordance with the Fond Du Lac Band of Lake Superior Chippewa's Stay-at-Home resolution.

Our commitment to operating the best hospitality and entertainment venue in the region has always gone far beyond meeting minimum legal requirements. This has not changed during the Covid-19 pandemic. During the closure, our team will be working hard on implementing comprehensive safety procedures that will allow our guests to have a safe, fun and memorable gaming experience when we are able to reopen. These initiatives include modernizing our sanitation standards and observing best practices for social distancing requirements.

We look forward to reopening when we know we can safely do so. Until then, we want you to stay safe and healthy. Our thoughts are with all of you as we navigate these unprecedented times ushered in by the Covid-19 pandemic.

As new developments unfold, we will continue to post updates via our Facebook page and website.

Thank you for your patience and continued support. We will get through this together, even though we are briefly apart.

My sincerest regards,

A handwritten signature in black ink, appearing to read "Dan LaPrairie".

Dan LaPrairie  
General Manager, Black Bear Casino Resort

**WATCH FACEBOOK AND  
OUR WEBSITE FOR FUTURE  
INFORMATION AND UPDATES**

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

# Etc

## GLIFWC resources

The following links are free and accessible resources for educational use provided by the Great Lakes Indian Fish and Wildlife Commission (GLIFWC).

**Media**  
 Ojibwe Treaty rights: Connections to Land and Water <https://www.youtube.com/watch?v=hxWXwdVpvj4> (18 mins, ages 9 +)  
 The Sandy Lake Tragedy <https://youtu.be/u6VaiLfy3CE>

(28 mins, ages 11 +)

### Ogichidaa Storytellers Video Series

Crossing the Line: Tribble Brothers <https://youtu.be/KSpEGhWR44Q> (5 mins, ages 11 +)

Lifting Nets: Gurnoe Decision <https://youtu.be/ZmcdauLU1E> (5 mins, ages 11 +)

Gathering the Pieces: The Jondreau Decision <https://youtu.be/q5TmLyWyFM0> (7 mins, ages 11 +)

Mikwendaagoziwag: They are Remembered (Sandy Lake) <https://youtu.be/JLig6Pv1b7Y> (6 mins, ages 11 +)

Place of the Pike: Ginoozhekaaning <https://youtu.be/VBlzPnET-BkQ> (7 mins, ages 11 +)

Every Step: A Healing Circle <https://youtu.be/zn-DM2SQW8M> (8 mins, ages 11 +)

Ogichidaa Storytellers Lesson Plans and Educational Materials [http://www.glifwc.org/publications/pdf/whs\\_glifwc\\_classroom\\_resource.pdf](http://www.glifwc.org/publications/pdf/whs_glifwc_classroom_resource.pdf) (ages 11 +)

### Children's Books and Activities

Growing Up Ojibwe <http://www.glifwc.org/publications/GUO%20flipbook/inc/pdf/flipbook.pdf> (24 pg, ages 7 +)  
 Growing Up Ojibwe: Spearfishing Adventures [http://www.glifwc.org/publications/pdf/Spearfishing\\_web.pdf](http://www.glifwc.org/publications/pdf/Spearfishing_web.pdf) (24 pg, ages 7 +)

Spearing Through the Ice Activity Booklet <http://www.glifwc.org/publications/icespearingactivity.pdf> (24 pg, ages 7 +)  
 Thankful for our Mother Earth Activity Booklet <http://www.glifwc.org/publications/MotherEarthflipbook/files/inc/6e47b86c73.pdf> (24 pg, ages 7 +)

Anishinaabe Coloring and Activity Book <http://www.glifwc.org/publications/colorbook/flipbook/inc/pdf/flipbook.pdf> (28 pg, ages 5 +)

### Language Resources

Nenda-Gikendamang Ningo-Biboonagak (We Seek to Learn Throughout the Year) Language Landing Page <https://www.glifwc-inwe.com/Storybooks,Teacher/ParentEditions,WorkBooks> <https://www.glifwc-inwe.com/printables.html> (ages 5 +)

Biboon (Winter) Language Learning Games <https://www.glifwc-inwe.com/biboon.html> (interactive, ages 5 +)

Ziigwan (Spring) Language Learning Games <https://www.glifwc-inwe.com/ziigwan.html> (interactive, ages 5 +)  
 Niibin (Summer) Language Learning Games <https://www.glifwc-inwe.com/niibin.html> (interactive, ages 5 +)  
 Dagwaagin (Fall) Language Learning Games <https://www.glifwc-inwe.com/dagwaagin.html> (interactive, ages 5 +)  
 Dibaajimowinan: Anishinaabe Stories of Culture and Respect <https://www.glifwc-inwe.com/dibaajimowinan-stories.html> (audio, ages 5 +)

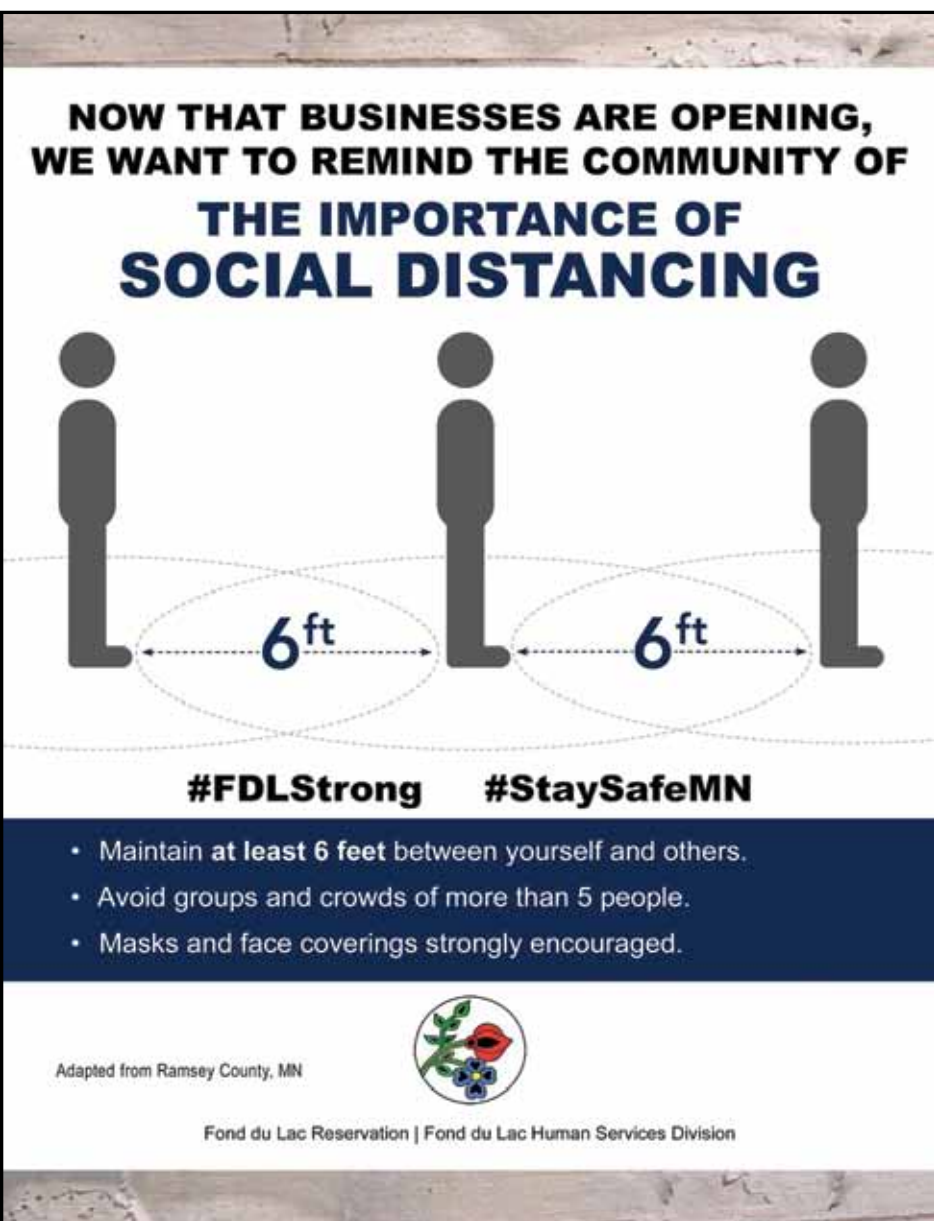
### Other Resources

A Guide to Understanding Ojibwe Treaty Rights <http://www.glifwc.org/publications/pdf/2018TreatyRights.pdf> (60 pg, ages 14 +)  
 Sandy Lake Brochure [http://www.glifwc.org/publications/pdf/SandyLake\\_Brochure.pdf](http://www.glifwc.org/publications/pdf/SandyLake_Brochure.pdf) (ages 11 +)

Climate Change Phenology Study <http://www.glifwc.org/ClimateChange/Phenology-Study.html>

Growing Up Ojibwe: The Game <https://glifwc.itch.io/growing-up-objibwe-the-game> (interactive, ages 7 +)

For more information about Great Lakes Indian Fish & Wildlife Commission, visit [www.glifwc.org](http://www.glifwc.org)



Adapted from Ramsey County, MN

Fond du Lac Reservation | Fond du Lac Human Services Division

Etc

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Rebates are for the installation of new propane appliances installed as follows:

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- Jill Udermann, happy customer

Go to [www.discoverpropanemn.com](http://www.discoverpropanemn.com) to find a propane dealer near you.

## 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 be:

- 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 inte-

grate 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.

You can save lives



#FDLstrong

\*Any system that incorporates an electric blower heater or a heat pump within the system is ineligible.

# School News

## Superintendent

**A**aniin/Boozhoo Nijji-Anishinaabedog>Hello my relatives,  
I really miss seeing our students at school! I am disappointed that we had to close our campus. I cannot wait until we can safely gather in person to share our stories, tell jokes, and laugh. Hopefully, everyone is practicing social distancing, wearing masks, and washing their hands frequently. Most of all I hope everyone stays healthy! I feel fortunate and honored to work with our students, families, and staff during this pandemic. Students and staff have accomplished so many good things during this pandemic and also this school year. Please make sure you read the following news articles and visit our Facebook page for achievements, summer programing, credit recovery, and COVID-19 updates.

COVID-19 really “flipped the switch” on how we delivered our services. This was and is a very difficult, stressful, and scary time for everyone. I am extremely appreciative and grateful that our students, families, and staff have been working through this with patience, love, and kindness. Our dedicated staff have been selfless and spend many hours servicing and supporting our students and families. FDLOS staff has done an amazing job communicating what we are doing during the COVID-19 “Distance Learning” and “Stay at Home” order. Regardless of the stress, staff have been positive, helpful, giving, loving, supportive,

and kind during the pandemic. Chi Miigwech to our staff, I am so proud of all of you! You stepped up in a “nano second” to deliver curriculum (Distance Learning) remotely from home, deliver daily snacks and lunches to students, and call families to ask how we can support them during this unprecedented time. The Ogichi-daag Spirit is definitely awakening! It will help us deal and move through this pandemic and come out of it wiser and stronger.

To our 2020 graduates I am truly sorry we are not hosting your graduation ceremony in person. The Graduation Committee have spent many hours planning a Curbside alternative that follows COVID-19 health and safety protocols. You all have worked hard to ensure you received your diploma. I am sorry that COVID-19 has disrupted and changed how we normally would celebrate you accomplishing a great milestone in your life. I wish you all a happy and healthy future. Please make healthy choices.

Gigii-chi-anokiim. – You all have worked very hard. Nigikinoo’amaaganag gigichi-apiite ni minim ji-akina-gashki’ewiziyeg. - My students, I am so proud of you all for all that you have accomplished (you’re accomplishing.)

Congratulations to the FDLOS Class of 2020!

I am grateful and appreciative to everyone that helped make our school year the best it could be!

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

## Principal

**B**oozhoo Fond du Lac Ojibwe School community,  
We are coming to the end of the school year; and, what an interesting school year it has been. Last January, we would never have imagined teaching to our students in an online format. Miigwech to you for your patience and working with the FDL Ojibwe School on a new learning delivery system.

Congratulations to our SENIORS! Well done! You will have many stories to tell your future families about your senior year and graduation in the year of COVID-19. I can just imagine it now... “back in the day, when I was a senior...”. Seniors, please keep in contact with staff at the school. We love hearing updates from you.

I want to give a special thanks to Mace Fonoti, kitchen staff, the Lunch Bunch crew, and Transportation for their continuous lunch delivery. On March 17, we went from feeding 200+ students and staff a hot lunch in the cafeteria to the home delivery of a bag lunch. This was done with less than 12 hours of planning and preparation. How!

Miigwech to our staff for being flexible, helping each other, and for jumping in to learn about a new teaching system. Though many of our staff members knew how to teach online, others were wondering how to teach online. I heard there

## High School Counselor

Thank you to the students, families, and school staff for all your hard work the last few months. It has been an honor see all the positive efforts happening in our community. Congratulations to the Fond du Lac Ojibwe School class of 2020! You did it!

Maria Viebahn, High School Counselor

were many late-night text groups amongst staff who were sharing ideas and lessons. I certainly learned more about the multitude of different apps and programs available to teach students.

Announcements:

- Enrollment forms have been sent home for fall 2020-2021 enrollment. If you need a form, please call (218) 878-7261. The Lunch Bunch crew will deliver it to your household. You will also be able to get the forms from our school website.

- We are sending out permission slips for summer school programming. If you would like your child to participate, please send the form back with the Lunch Bunch crew. If your child is not participating in summer school programming, we will make plans with you to pick up the iPad.

- We will continue with lunch delivery this summer. We will let you know the details.

Please know that the staff miss our students terribly. We are in the business of education because we deeply care for youth. We think of our students every single day. Miigwech, Valerie Tanner Anung Ginew Ikwe, K-12 Building Principal



# School News

## Nurse Tara

With spring and summer upon us, I hope everyone can get outside more and get some fresh air and exercise while still practicing social distancing. Staying healthy during this time can be difficult, but doable! A little exercise every day is great for everybody. It helps by improving our mind, body, and spirit, especially with everything going on now. Pair up with a friend for extra motivation or try new virtual exercise classes. Gardening is great exercise with the added benefit of watching plants grow. Walking is always a wonderful way to get exercise! While enjoying the sunshine, remember to apply that sunscreen daily, drink plenty of water, and protect yourself from ticks and other bugs! Get outside, make memories, and find your happy place! Enjoy the seasons safely everyone!

basement and out the open door, frozen pipes. If those moldy walls could have talked!

To be sure, there were growing pains; the lack of a real school facility, program limitations, staffing shortages, and so on. We survived all of that with a spirit of community and perseverance resulting in the construction of the new school in 2001.

Forty years later we draw on that same spirit to get us through this very challenging time. All the social media and means of communication are good and help us through each day. They are no substitute for the real deal. Until the day when the buses pull up with staff waiting to greet students, stay safe, stay observant, and keep up that Ogichidaag spirit.

## Cultural Curriculum Coordinator

Boozhoo!

Wow what a year 2020! I want to let you know I miss all of you so much. This has been a difficult time for many. I hope you are healthy and being safe. I was part of the planning for the Daga-waagin powwow in October and that was cancelled then rescheduled. As we planned for the Ziigwan celebration it was exciting and all set to go. Then that was cancelled. I have been working with some of the senior students to get them their work and pick up work when they were finished. I also helped deliver some lunches and senior signs for yards. That was fun and broke up the long days without students. I am very hopeful we will all get to see each other very soon. In the meantime, please go and explore nature and see all the wonderful life Mother Earth gives us! Miigwech to all the seniors for putting up with my many messages and for obtaining your diploma. Your community needs you! I am proud of you all for completing high school WAY TO GO! Mino ani Niibin ! Tara Dupuis, Nenaabowigiizhikokwe (218) 878-7224

## Julia Lintgen

To all of our students, parents/guardians, and teachers: Miigwech for your patience and your ability to learn along with us as we navigated online learning. It has had its strengths as well as its weaknesses. The teachers have enjoyed seeing all of your smiling faces! We all miss you and we are glad that FaceTime and Vidyo Connect has brought everyone joy and kept us connected during this time. We would also like to thank our Reservation IT Department for being patient with us and helping us every step of the way. Your energy drinks are on the way to your department!

## After School Activities

Miigwech/Thank you to all the students and families that participated in after school activities this school year. We started out with lots of fun activities for students to participate in during quarter one, two, and part of three of our school year and ended with distance learning, which is now the way of doing things to keep our community safe.

In reflection of all that has occurred this school year, to put it briefly, it has been rewarding yet challenging. Rewarding because we had a great time learning and having fun when we were all in the building but challenging because of distance teaching/learning, and missing our students, school, and friends. With that being said I would like to say Chi-Miigwech to all the staff who dedicated their time with after school activities. You are truly appreciated for all your hard work!

For the students, families and community please take care of yourselves, your family, relatives, friends, and community and just know that we miss all of our students. Please have a safe, healthy, fun, and peaceful summer. Stay safe at home Ojibwe School community! If you need to reach out to the after-school program, please email [mariadefoe@fdlrez.com](mailto:mariadefoe@fdlrez.com)

## Guidance Counselor

Fond du Lac Ojibwe School's Graduating Class of 2020

Congratulations to the graduating class of the Fond du Lac Ojibwe School. Everyone has worked hard for this accomplishment and each one of you have taken your own path to earn your place as a high school graduate. With the 'stay at home' orders and learning how to learn at home, many new challenges were put in front of you and your family. You have overcome them and succeeded.

Graduates please acknowledge your teachers that have pushed you along to complete your required credits for graduation. Acknowledge your family members that have supported you along the way to reach this milestone. You have persevered and overcome all the obstacles put in your path. The last few months as a senior has brought many life changing ways of being, as you transition from youth to adulthood. Remember the lessons you have learned in school and in life, there will be many more lessons coming.

Look to the future and keep hope in your pocket. Looking at the good and being grateful helps to cope with many different sorrows and fears that are around us. This has been a challenging year for many of our students and to see the strength they have shown and the perseverance to complete their high school education has been a joy to watch. Ra Ra Ogichidaag! Congratulations to the Class of 2020! Vicki Oberstar, Guidance Counselor



## Spirit

### Dan Anderson

Forty years ago, the Fond du Lac Ojibwe School opened its doors to 28 students (grades 7-12), growing to 50 in 1980-81. The community wanted a place where the language and culture were valued. The school facility itself was a collection of portable buildings anchored by the original pole building, with Head Start in the basement. The cooks whipped up home-cooked style meals day in and day out. Proms were held in the old cafeteria. Student mischief, "interesting" staff, leaky roofs, a fox running through the

# School News



The after school sewing class that Ms. Maryann taught is a lifelong skill that students had fun learning, and today a very useful skill.



After school Pep Band rehearsals helped students fine tune their skills and shine at the basketball game performances. A crowd favorite of our community and opposing teams!



Ms. Ginny and students had an academically fun time with after school literacy skill building activities!

After school games were so much fun!



After school cooks Onix and Dayonna, class taught by Mrs. Shirley and Mrs. Jodie



Francois teaching students how to make bread in after school class named "Got bread"

## Kitchen

The Ojibwe School kitchen had to put our menu on hold, adjusting to meet the needs of our students and households abruptly. We did not know if it was going to be days, weeks or the remainder of the school year. Kitchen staff, teachers, the school nurse, paraprofessionals, bus drivers, and other school faculty pitched in to create what we call the "Lunch Bunch." Together we go over routes, make lunches, ensure safety is priority and meals are balanced.

The Lunch Bunch also sends weekend lunches on deliveries and to the community centers. The Summer Lunch Program will transition seamlessly from the last day of school. Lunches will continue to be delivered to Ojibwe School students through the same delivery method. If you are not a student at the Ojibwe School and would like to participate in the Summer Lunch Program, please contact your district Community Center for details.

On May 12, after 7 weeks of school lunch deliveries, we reached our 10,000th delivered lunch! It is a rewarding experience to work with staff and families during these uncertain times. We will continue to meet the needs of our community and look forward to seeing our students return to school.

## Ms. Ginny

I wish the kids a fun and safe summer. I enjoyed doing the storybook hour on Mondays and hope they did too. I also enjoyed writing letters to the first grade and kindergarten students. And another favorite was writing a weekly story to the second graders on Frog and Toad adventures. Hope we can all come back in the fall. Missing you.

Grandma Ginny

If you attend Fond du Lac Ojibwe School, you know that Grandma Ginny loves reading!! Every week she has been coming into the school to read books.

You can find the recordings of her reading posted to the teacher Facebook pages



## Front Office

I want to say that all of this has been a bit scary. Working from home and home schooling my kids has been challenging at times, but it has given us a chance to be together and learn together.

I miss being in the school working, because at school I was able to see students, staff and community, which I enjoyed as part of my job.

I hope all is well with everyone. Stay safe, and continue to practice social distancing. Stay at home, stay safe, and wash your hands often.

Everyone have a safe, happy summer and get out and do some activities while practicing social distancing and safety.

I look forward to seeing everyone in the fall.

Missing everyone!

Rita

## Kindergarten

Miigwech to our Kindergarten families for helping with distance learning during the past couple months. We thank you for keeping students learning and reviewing skills in reading, writing, and math to prepare for first grade. At times it has been frustrating trying to use iPad's with limited internet connections, being introduced to new websites for learning while also continuing to receive paper homework for your child.

The Facetime app that was installed by the IT team is quite amazing. This technology allowed us to see our students, who we have missed, and continue to review various skills for mastery. Lessons were posted on a class Facebook page and on our class Schoology site. We had sent home a few art projects and seed planting supplies, as well as books from generous community members and weekly notes from tutor Grandma Ginny. We had set weekly expectations for activities to be completed yet understand the need to be flexible during the stay home orders. All of these were planned to give options to best meet your child's learning needs. We have provided our contact information and appreciate those who have reached out with questions or just needed to discuss what works best for your family.

This has been a team effort and we are grateful for everyone who has provided the lunch and homework distribution to our students, and for those who have shared positive messages. Please

stay safe and enjoy the summer Mrs. Carol Smith, Mr. Daniel Franklin & Miss Hailey Martin

## 1st grade

Boozhoo First Grade Families!

This school year has been quite the unusual one. We have learned so much about one another and we all know that we are flexible in tough times. We have had to be flexible in our learning, communicating, and thinking. I am very pleased with the academic progress that our First Graders made before we had to go on Distant Learning. They are turning into nice readers, smart mathematicians, and believers of the Seven Gifts that we have been given.

I just want to say Chi-miigwech to all my First-Grade families for a wonderful and crazy year of learning. I love all the fun we have had in our classroom. The First Graders always make it a memorable year for me! I love it! It makes my job a lot easier to do! Please remember to read this summer, work on a few puzzles, and have a few adventures. I will miss you all! Love, Mrs. Sautbine

## 2nd grade

The school year 2019-2020 will definitely be one to remember! I am looking forward to the time when our conversations will be something other than face masks, coronavirus, pandemic, and lockdown. Even though our school year ended in a chaotic way I want to celebrate my amazing students. In the most uncertain times they worked hard, tried their best and accomplished a lot. I am so proud of each and every one of them.

Even more amazing are their families. They took on the extra

# School News

role as teacher and handled the situations with grace. I appreciate their phone calls, text messages, Facetime and Facebook connections and all of their support. Miigwech also to our outstanding staff who helped me overcome the most unique school year yet. The Fond du Lac Ojibwe School has awesome students, amazing families, and a top-notch staff!

Have a safe and healthy summer! Mrs. Martin



## 3rd Grade

Hello students and families!!!

I hope you are all safe out there... I miss each and every one of you!

We know being home is tough on everyone, so now is the time to dig deep and be kind. Be kind to your little brother and your older sister. Help the young and the old understand the technology needed for school or communication. Set the table. Do the dishes. BE KIND! I miss the opportunity to be with you and learn together. While we are apart, learn with your family—learn some family history with a photo album, go on a nature hike and appreciate the world outside together, read with a family member!

School is important, but so is your health. Take care of yourself and each other (from a safe distance of course). And no matter

what happens this year, be proud of yourself, your resilience, and your ability to adapt to extreme circumstances. I am so proud of you all! Have a great summer! We will pick up right where we left off next fall! Love Always, Ms. Andrea, 3rd Grade Teacher

## 4th grade

Boozhoo. Mrs. Shamra Benson nindizhinikaaz and I teach 4th Grade at the Fond du Lac Ojibwe School in Cloquet, Minn. It has been such a different school year this year. We have had lots of changes and challenges. The thing is the world is like that; it will continue to change and challenge us. We have and will continue to rise up to meet it. We will adapt. As long as we learn from our past, our ancestors, and our sacred teachings we will continue to grow.

One change has been our distance-learning program. We have been doing a lot more online learning such as Happy Numbers and Prodigy in math, Achieve and Epic in reading, and Legends of Learning in Science. Our teachers have been trying our new ways to reach students and families through Facebook Pages (if you have not found them yet look them up), Schoology, FaceTime, iPad apps, and more. We are reading stories and recording lessons for students and families to watch. But we have not given up on paper all together. 4th Grade has been doing a state's project that Ms. Brittany Heskin has been helping with, completing challenges for Mr. B in Gym, all the while continuing to learn Ojibwe with Ms. Cortnee who has videos on Facebook and on their iPad apps. We are still with you. We still love you and we miss you very much.

The future will be tough but remember to love. Love when it is hard to do so for what you put out in the world you receive back. Have courage and be brave. It may seem scary, but we will get through this together. Show your strength for those who need it around you. Be honest. This is a time to take what you need and share what you can. Be truthful and thank the creator for your blessings. With all that is going on in the world, remember humility. There are many examples of how not to be humble right now, many people saying look at how great they are but that is not always the best way. It is better to let your actions speak for you. Show others your goodness and you will not have to speak it to them. Respect the wisdom of others but remember that you have your own wisdom as well. Respect others and listen to them, learn from them if you can; but know that you too come with wisdom that others may learn from. We need each other, even at a distance. We miss you so much right now. Ayaangwaamizin and Stay Safe. Sending you my love

## 5th grade

By Dawn Liimatainen

Wow! What a year! Back in August, none of us expected the year to end as it did. Usually I take this time to share the exciting things that happen in the classroom and guess what? I am going to still take this time to talk about the classroom, not mine this time, but yours.

I want to thank each and every one of my students and their parents/guardians for the task that you had to take on. All of a sudden, your home became your 5th grader's classroom and you guys

rocked it like no other! I heard stories of how my 5th graders were cooking and baking, sewing, tie-dyeing, playing with siblings, reading to each other, helping out with chores, creating masks, doing art projects, sugar bushing, planning menus, and helping out siblings with homework to name just a few. And then there was an entire family that taught me about RC cars! I could not have asked for a more involved group of people and I sincerely thank each and every one of you for sharing with me.

It was great to hear stories of things that you and your families have been doing during this time. These are the true learning experiences that we will all remember and although this was not the year I had planned when we first started the school year out, it will definitely be my most memorable.

With summer upon us, I want to let you know that your 5th grader will still have access to the websites we have been using throughout the year. Epic Reading, Prodigy Math, and Happy Numbers will be open and available for your child to continue practicing math and reading skills. In addition, Miss Ashley and I will still be posting various items and announcements on our Facebook class group throughout summer. If your child is struggling with a concept and need additional help, please feel free to call, message, FaceTime, or text me and I will be glad to help in any way I can.

Beading, photo credit Denamie Herrera



Tye Dye, photo credit Denamie Herrera



## 6th grade

Boozhoo Sixth graders! I just wanted all of you to know how much I have missed you! This year was a hard one for all of us. Even though it began in typical fashion, it sure ended in a very weird way! I want to thank all of you for doing your best in the hardest of times. We are nearing the end of the school year so I want you to keep doing your best. I want all of you to stay safe, and watch out for each other this summer, but do try to have fun! I hope next year brings us all back together in a healthy and happy way! I cannot wait to see how much you have grown. My love to all of you! Kathleen Garsow

## Music

Boozhoo Fond du Lac!

Josh Danderand here with the Music Department at FDLOS. I am SO proud of the music students this year. Even with the school year that ended short of a normal year, the students accomplished many spectacular achievements.

As many of you have heard, our music students started the very first Pep Band this year for the basketball season. When we started the band at the beginning of the year, I was expecting a very fun opportunity for the kids to play in front of people, and the basketball games to have some more pep. I had no clue

# School News

that it would turn out to be what it became.

From the very first game that they played at, the band was turning heads! First it was members of our community that were flooding students and I with compliments, and just as quickly, the opposing teams, parents, and coaches were also taking time out of their night to come up to our students to tell them how great they were. It wasn't just the number of compliments that they received; it was the quality as well. Countless times the students were told that they were perhaps the best Pep Band that people have heard. We had opposing teams applaud us as whole groups. We had opposing parents helping us move equipment if we needed help. We had our local radio station asking the students and I questions about the band.

As our basketball boys made it further into the playoffs, our band got the opportunity to travel to Hibbing to play in front of crowds in the hundreds! The band did not disappoint. Just like in the regular season, we had opposing teams' parents coming up to our students and telling them how amazing they were.

As we drove home from our final playoff game, I got a little choked up telling the students how proud I am of them. Not only did they rise to the challenge of playing 20 new songs in one year, learning how to balance the MASSIVE sound they make, learning how to play with each other, learning how to show up to games on time and be responsible for their instrument, they also took great pride and responsibility in their own instruments when we traveled to Hibbing. On top of all of those

things, they truly sound unbelievable. With this amount of passion and love that they are showing, there is no doubt in my mind that they could become one of the best bands in the entire state. I am beyond humbled and honored to be able to work at this school with these students. MIIGWECH to the whole community for your unbelievable support!

Also, as many of you have heard, we were supposed to play Pep Band at a Minnesota Timberwolves game this year. Although the season was suspended, the organization has informed me that we are locked in to play next season at a date that works for us, so we will be playing for the Wolves next year!

Our band was also planning on playing at the MN Modern Band Festival at Anoka-Ramsey Community College. Like the Timberwolves game, this will be postponed until next year as well.

With all of the great accolades that our music students have received this year, there is one more I would like them to have. I am so very proud of them every day. Every regular school day, our students show up with positive attitudes towards music. I know people have bad days, but when I look back at the school year this year, I can feel a great shift in attitude. The students show up wanting to play their instruments, play with their friends, learn new songs, laugh and joke around, smile, hug, and love. Even with all of the things that we missed out on during this unfortunate school year, I think this was the most inspiring school year I've been a part of.

Thank you so much Fond du Lac! I love working here and I

can't wait until next year! If you haven't come to see us yet, make sure to stop by next year, it is going to be AMAZING! Peace.

## High School News

FDLOS High School Students,

Your teachers wanted to let you know a few things...

- We miss having you in class, seeing your faces, and hearing your stories.
  - We miss all the fun we normally have with you on field trips in the spring.
  - We are proud of what you have been accomplishing during this time.
  - We want you to keep doing what you can to make this time better for yourself and others.
  - And most importantly, we cannot wait to see you again!
- From Nissa, Danielle, Thornton, Sid, and Rachel

## Kris Anderson

Everyone enjoying their time at home. Cannot wait to re-enter the school building? Well, you are not alone. The Fond du Lac Staff are excited to see you return.

Let's face it, it just is not the same without everyone together. Sure, we have our ups and downs, but through those struggles we can reflect, grow, and become more appreciative of one another and what our end goal truly is. History has shown we've gone through several "pandemics" worldwide and honestly, how many of the statistics or facts do we remember (including ones in the last 2 decades)? Now is a good time to look back at some of those and use it to better prepare ourselves for what we are currently experiencing. This

too will pass, things will ease back to normalcy, and we will hopefully gain a greater perspective on one of the 7 Teachings we refer to as Respect (including our underappreciated restrooms).

So, until the official return day comes, please remember to set aside time to read, do homework, appreciate the ones who take care of you, wash your hands, and bathe in the sunlight! We will see you soon. God Bless



## Sidnee Kellar

I keep thinking back to that last week when we were all still in school. I kept hearing the high school students say, "I want to go home." I cannot help but think of all the Freaky Friday movies where a couple of people wish for something at the exact same time and "poof" it happens!

So, nobody actually switched bodies, but our daily reality did change. I know that it has been drastic and that a lot of people are facing some big challenges, but I hope there are some silver linings for our students, like.

- No more asking to go to the bathroom and having to wait for a staff member to walk down there with you.
- No more carrying a giant bathroom pass around with you
- No more staff members walking up and saying, "Give me your phone."

• No teachers telling you that you cannot sit by the window, or you cannot open the window.

• No teachers telling you to sit up because we are in class to learn something, you have to wait until you get home to take a nap

• No more waking up to an alarm clock and having to get ready and catch a bus in under an hour

From the teacher's perspective I am enjoying the fact that no one has thrown a pencil into my recycling bin today and that there are no paper airplanes in my ceiling. I do miss hearing students' comments and reactions, like when I say something funny and I hear someone say; "Bi-zaan, Ms. Sid" or something like that.

Seniors are in their final week of school, and from what I remember those last days were the hardest to endure. I am sure I would have gotten a better grade on my final art project if my teacher wasn't standing there telling me that I should do things his way instead of recognizing my opinions. Seniors if you are missing the classroom there will definitely be opportunities to sit in one in the future, but maybe some of you are finding that you like working at your own pace. There will definitely be opportunities to do that too.

Those of you that will be back in the classroom towards the end of next year remember how much you like seeing everyone each day and how many cool experiences you get to have in school, if nothing else I hope we all learn to appreciate some of the things that we used to take for granted. Teaching Ojibwe language when I cannot hardly see or hear all of my students



# School News

is tough, but I do hope that you can all practice some of the language you know at home. Everyone labels the things in your kitchen. The words we see every day are the ones we remember. When we are back in school, maybe we should be more careful about wishing we were home. Students, if you get tired of hearing me lecture, wish that you WERE the teacher, I'll wish I was back to being a student and

we'll see what happens then.

## Cortnee DeFoe

Boozhoo Giinawa,

Sometimes with the busy lives we lead, it can be easy to forget the impact we have as educators. With the additional challenge of doing things at a distance, it is more difficult to keep the connections we strive to make with our students. It also makes us

as people, yearn for that social aspect that makes teaching so rewarding. This year has been a challenge to say the least but make no mistake that all of us at the Fond du Lac Ojibwe school are thinking of our students and their families.

## FDL Students, Staff and Community,

I would like to express our deepest gratitude for everyone's patience and understanding during the past several months. In one way, or another, many of us have had to adjust to the situation presented us during this stressful time. Many employees at the school (and all departments across FDL) have gone above and beyond the call of duty and have worked very hard to see that students and families remained fed, or had other needs met. The "Lunch Bunch" at FDL has delivered lunches for FDLOS Students, Head-start Students, at times for the Elders, and have delivered homework and mailings, throughout this entire time! HOWAH, to all who have directly and indirectly been a part of

that! Bus drivers included, without them, it would've been too big a struggle to get food out in a timely fashion!

To the teachers and staff, congrats to them all for the dedicated work and perseverance for being able to change it up and continue to provide learning opportunities for the communities' students!

To the students, it's NOT easy to do things we don't like to do, school is a part of that, yes. But to accomplish schooling in a manner in which you're not used to...WOW! Seniors especially, to finish your last year of high school this way is a significant testament to your perseverance and ongoing resiliency! Congratulations on finishing what was a considerably odd and challenging school year.

To the parents and community,

miigwech for the ability to be patient, act as teacher, counselor, tutor, as well as continuing the difficult work of being a caregiver! There have been several significant happenings throughout this process, too many to mention them all. However, a special thanks to the young men that sang happy birthday to an ailing family member...from a safe social distance.

As things slow, return to what will soon become a new normal, I wish everyone continued health, well-being, and strength as we navigate the end of the 2020 school year and move into the next phase of coming back together...back to becoming "whole" again!  
In A Good Way,  
Dan DuPay  
K-12 Wellness Coordinator

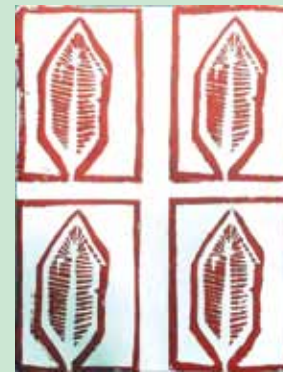
## Industrial Arts

We miss using our shop room most of all, but even at home many students have been hard at work, channeling their creativity and problem-solving skills. The FDLOS seniors have created some masterful work this year. It has been an honor to witness so much progress from these students and I hope they continue with all the hard work they have begun. -Mr. Nick

Featured here are paintings from home by Kaitlyn, Tannia and Dorian.



Paintings by Kaitlyn



Painting by Dorian



Painting by Tannia



The pep band playing at a basketball play-off game



Ra! Ra! Ogichidaag! Way to go team!

# Election News

## 2020 Election Calendar

June 4:  
Notify MCT on choice of appellate forum.

June 9:  
**Primary**  
**(Polling places open from 8:00 a.m. until 8:00 p.m.)**

June 10:  
General Reservation Election Board certifies Primary Results. (Prior to 8:00 p.m.)

June 11:  
General Reservation Election Board publishes Primary Results.

June 12:  
Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

June 16:  
4:30 p.m. - Deadline for a Contest of Primary Election. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe).

June 17 (Results, if Allowed or 6th or 7th If earlier request):  
Deadline for Decision on Request for Recount and Results of Recount, if allowed.

June 26:  
Deadline for Decision on Contest

June 29 (or within 3 days of decision on Contest):  
4:30 p.m. - Deadline for Appeal to Court of Election Appeals. (Filed with the Executive Director of the Minnesota Chippewa Tribe and with Reservation Tribunal rendering Decision).

July 2 (or within 3 days upon receipt of Notice to Appeal):

Record of Contest forwarded to Court of Election Appeals.

July 6 (hearing within 7 days notice of appeal):  
Last Day for Hearing on Appeal

July 16 (10 days from hearing on appeal):  
Last Day for Decision on Appeal

July 17:  
Notice of General Election

July 17:  
TEC provides ballots for General Election.

August 18:  
General Election  
(Polling Places open from 8:00 a.m. until 8:00 p.m.)

August 19:  
General Reservation Election Board certifies results of Election.  
Prior to 8:00 p.m.

August 20:  
General Reservation Election Board publishes Election results.

August 21:  
Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

August 25:  
4:30p.m. - Deadline for Notice of Contest. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)

August 26 (or 24, 25, if request for Recount is filed before deadline):  
Decision on Request for Recount and Results of Recount, if allowed.

September 4:  
Deadline for Decision on Contest for General Election.

September 8 (or within 3 days of decision on Contest):

4:30 p.m. - Deadline for appeal to Court of Election Appeals. (Filed with Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering Decision).

September 11 (or within 3 days upon receipt of Notice to Appeal):  
Record of contest forwarded to Court of Election Appeals.

September 15 (hearing within 7 days notice of appeal):  
Last Day for Hearing on Appeal.

September 25 (or Ten days from Hearing on Appeal):  
Deadline for decision of the Court of Elections Appeal. Day following Decision of Appeal:  
Winning candidate prevailing on appeal takes office.

## Primary Election Notice

A Primary Minnesota Chippewa Tribal Election of the FONDDU LAC Reservation Business Committee will be held on June 9, 2020 to fill the following positions;  
**Election Date: June 9, 2020**  
**POLLING PLACES:**  
DISTRICT I: Fond du Lac Tribal Center  
ENP Dining Hall  
1720 Big Lake Road  
Cloquet, MN  
DISTRICT III;  
Brookston Community Center  
8200 Belich Road  
Cloquet, MN  
**Polls Open 8 a.m.-8 p.m.**

**CANDIDATES FOR CHAIRPERSON - 4 Year Term**

Only two (2) Candidates  
No Primary Election  
**CANDIDATES FOR DISTRICT I (Cloquet) COMMITTEEPERSON - 4 Year Term**  
Wally Dupuis (Incumbent)  
Eugene (Eny) Reynolds  
Todd j. Tidaback  
Jeroam Defoe  
Jarvis (Chubbs) Paro  
**CANDIDATES FOR DISTRICT III (Brookston) COMMITTEEPERSON - 4 Year Term**  
Phillip J. Savage  
Roberta Fox  
Roger M. Smith, Sr. (Incumbent)

The following is an excerpt from Election Ordinance revised December 9, 2019, which states voting requirements.

### Section 1.6. Voter Eligibility. 1.6(A). Judging Qualifications.

Each Band governing body will be the sole judge of the constitutional qualifications of its voters and may by official action, delegate this responsibility to its General Reservation Election Board.

### 1.6(B). Eligibility to Vote: Generally.

Eligible voters are enrolled members of the Tribe, 18 years of age or over. All eligible voters shall vote by secret ballot. To be eligible to cast a ballot a voter must meet all constitutional requirements. In addition, to be eligible to cast a vote for Committeeperson, a voter must have resided within that district for at least

thirty (30) days immediately preceding the election, unless the voter casts an absentee ballot as permitted by this Ordinance.

### 1.6(C). Eligibility to Vote: Absentee.

Whenever, due to absence from the reservation, illness or physical disability, an eligible voter is not able to vote at the polls and notifies the General Election Board consistent with this Ordinance, he/she will be entitled to vote by absentee ballot in the manner and under the procedures as provided by Section 2.2(B). To cast an absentee ballot for Committeeperson, an eligible voter must have resided within that district for a period of at least thirty (30) days as his/her last reservation residence. In the event an eligible voter has never resided on the reservation of his/her enrollment, he/she may declare in his/her request which district has been selected in which to cast the ballot for Committeeperson. If an eligible voter does not and has not previously designated a district, that eligible voter may cast an absentee ballot that includes only the at-large positions up for election. Once a voter has resided in or declared a district, the voter may not thereafter change his/her district for absentee voting purposes without actually residing within a different district on his/her reservation of enrollment for at least thirty (30) consecutive days immediately preceding the election.

# Election News

## Candidate statements

The 2020 election is coming up beginning with the primary election on June 9. There are three positions up for eligibility, but only two of those positions will have a primary election.

District I and District III will have primary elections, but as only two candidates, Kevin R. Dupuis Sr. (Incumbent) and Bryan (Bear) Bosto, are running for the position of Chairperson, no Primary Election is needed.

The following statements are of the candidates, they have not been altered except to meet our format. The candidates' names appear here as they will on the ballot as determined by the election lottery. Cloquet: Wally Dupuis (Incumbent), Eugene (ENY) Reynolds, Todd J. Tidaback, Jeroam Defoe, and Jarvis (Chubbs) Paro. Brookston: Phillip J. Savage, Roberta Fox, and Roger M. Smith, Sr. (Incumbent).

## District I Candidate

### Wally Dupuis (Incumbent)

Dear Fond du Lac Band Members,

It is again the time that I ask for your support for the position of District #1 Representative for the Fond du Lac Band in the primary election on June 9, 2020.

It has been an honor and a privilege to serve in this position for many years, and I look forward to 4 more years with you. With my 10 years of experience as a member of the tribal council, I have gained a strong and valuable working knowledge of all of our programs, entities, and enterprises. With this experience, we will continue to work towards the development of a successful and strong reservation.

Many things have been accomplished during my time as an RBC member that have continued to make our reservation better for current and future generations.

My continued conscience efforts in maintaining our sovereignty has set a precedence on how we ensure self sufficiency. We have been able to help establish productive working relationship within our communities and made the Fond du Lac Band a good neighbor.

I have been humbled by so many community members, both on and off our reservation, who have been able to rely on my commitment and dedication to help with their needs. I have always had an open door policy for our members and will continue to do so during my next term as District #1 Representative.

With your support I will continue to work for you, our membership. I humbly ask for your vote in the primary election on June 9, 2020. It will be an honor to continue to be your District #1 Representative.

Please feel free to contact me with your questions, concerns or ideas. Cell phone: 218-428-9828, e-mail: wd4238@yahoo.com or on FaceBook.



## District I Candidate

### Eugene (ENY) Reynolds

Boozhoo niiji Fond du Lac Voters

On June 9, 2020 FDL will hold its primary election.

As a former District I Representative, Vice-chair, acting Chairman, it is with

great enthusiasm that I am asking for your vote for re-election to the position of Cloquet District I representative. It was a tremendous honor for me to serve the wonderful people of Fond du Lac from 2004-2008. I believe that I have represented our reservation best interest during my tenure, and hope the good people of District I will give me the chance to serve again.

- As District I Rep I developed planned and implemented the fond du Lac day Labor program to fill a much needed gap in employment.
- Initiated a new customer service program at Black Bear Casino.
- United Fond du Lac programs in promoting health lifestyles.
- Initiated cultural revival to bring back true values of Anishinaabe people.
- Supported the biggest construction project the Band has ever undertaken, the 120 million dollar expansion of the Black Bear Casino.

I have over 25 years of experience in management and leadership. 15 years shipping supervisor with Potlatch. Represented Fond du Lac on the Great Lakes Indian Fish and Wildlife Commission, National Indian Gaming Association Board, and Mash Ka Wisen Board. 2 years Training in heavy equipment in the Job-Corp. 2 years Business Management FDL College.

These are some of the program I supported a brief history of my experience and my education. I believe there is much more we can do together to make Fond du Lac a better place to live, work and raise a family. Although we live in the most prosperous time in the history of Fond du Lac there are still people in need, together we can make a difference.

Vote "ENY" on June 9  
Miigwech



# Election News

## District I Candidate

### Todd J. Tidaback

Boozhoo all Fond du Lac band members.

My name is Todd J. Tidaback, and I am running for District I Representative. I am the proud son of Barbara J. Tidaback who has spent the last 29 years working for the Fond du Lac Reservation.

I have 30 years of practical business leadership experience. I have lead people and teams to achieve results. I served on the Board of Directors for Ronald McDonald House and Mott's Children's Hospital. My education consists of an Associate of Arts, Associate of Science and a Bachelor of Arts.

- Your elected officials work for you who are the people of Fond du Lac. Somewhere along the way our officials forgot whom they work for.
- Currently we experience a lack of communication, a lack of involving the people, and mostly a lack of growth and results.
- We need leaders who listen, communicate and get results.
- We can no longer sit idly by and accept leaders who do not deliver results.
- It is time that District I has a representative who will listen, seek feedback and create change that our reservation sorely needs.
- As your District I representative I pledge to listen, to be available, and to seek advice and guidance from the people I represent.
- It is a privilege and an honor to run as your District I Representative.
- We need change! Vote for Todd J. Tidaback. 317-714-7992 or email [tjt2117@aol.com](mailto:tjt2117@aol.com) Chi Miigwech.



## District I Candidate

### Jeroam DeFoe

Boozhoo everyone,

My name is Jeroam DeFoe, my father is Melvin DeFoe and my mother is Gladys Martin. I lived and grew up on the Fond du Lac Reservation my entire life. I have experienced the many joys and hardships that the community has to offer. Since a young age I have wanted to make positive impacts and better our community in any way possible. To ensure I accomplish my goals of increasing the standard of living and quality of life in our community, I participated in The National Youth Leadership Council, The Blandin Foundation and other leadership trainings. I pursued secondary education and graduated from Fond du Lac Tribal and Community College with a Business/Financial Services degree (A.S), Small Business Entrepreneurship degree (A.A.S), and an Associate of Arts degree (A.A). I am currently one semester away from graduating from The College of St. Scholastica with my bachelor's in business administration, business management degree. I would like to take everything I have learned through life experience and schooling and create positive growth in our community.

My main purpose of pursuing the Tribal Council is improving the standard of living that will lead to a higher quality of life for our elders, children, and adults. In order for us to prosper in our community we must utilize our resources, invest in our people, businesses and in new business ventures. We need to get the kids ready for secondary education, trades, and to succeed in day to day life. Education is important and it is necessary to invest in our people and encourage any type of secondary education ensuring the opportunities to be successful in any way we choose.

Thank you for your valuable time and support,  
Yours truly,  
Jeroam DeFoe



## District I Candidate

### Jarvis (Chubbs) Paro

Boozhoo, my name is Jarvis "Chubbs" Paro.

Beybiskaaneyash "Flying Spirit Giving out Light". I

am a candidate for District 1 Representative of the Fond du Lac Band of Lake Superior Chippewa. It's an honor to say that I am raising my family with the same neighborhood family values that were instilled in me from when I was growing up in the Danielson community; work hard, be kind to your neighbors, treat your neighbors with respect and watch out for one another.

If elected, I plan to focus on

- Supporting all aspects of incorporating our culture and language throughout the reservation.
- Supporting law enforcement in its everyday fight against the drug epidemic.
- Supporting a wage assessment for our employees.
- Supporting our future leaders, our youth.
- Supporting veterans and making sure they have access to the services that they need.
- Supporting our band members with furthering their education.
- Searching for business ideas to fill our business properties that continuously remain empty.

Not only is this the community I've lived in my entire life, it is where I raise my family. I care about our reservation, our district, our band members and community members. This position is not something I will take lightly. I want to see growth for our reservation and I want to see growth right here in our own district.

All of these issues need input from our community. We also need someone who cares deeply about our district to take on these issues and address them. I am a person of dedication, fairness, transparency and honesty. I will continue to be that person if elected.

I am asking for your support in this upcoming election.

Feel free to call me at (218) 393-9849 or send me an email at [jarvisparo@yahoo.com](mailto:jarvisparo@yahoo.com) so we can discuss your thoughts and ideas.

Miigwech.



# Election News

## District III Candidate

### Phillip J. Savage

Boozhoo. An important decision is in the hands of the voters who reside in the Brookston community. The next four years will be shaped by the decisions made during the primary election/ General election. I am personally disappointed with the lack of economic development that has taken place in the Brookston district.. There are residents who could benefit economically from District specific work programs. There are people willing to work but are suffering from lack of transportation or child care just to name a couple barriers. It was disheartening to see the Brookston District green House completely unutilized and empty during this past season. The financial benefits of agriculture are staggering, there are many ways to earn a living with agriculture, from growing specialized produce to greenhouse management. I would like to see the Brookston District become a top producer for agricultural products and services. I would like to see FDL embrace the benefits of growing hemp and cannabis not only for economic security but for health reasons as well. There are many industrial opportunities with growing hemp, they range from textiles to building materials. We cannot afford to wait on those representatives whose personal bias will keep our district/reservation from becoming financial power houses. This past year has been especially difficult for the Brookston District with the loss of two young men, and a murdered Brookston elder, the MMIW issue is very alive in the Brookston district as well. It saddens me to see this happening to our people both young and old. As Brookston Representative I will stand up for all people and customs 100%. Police accountability or lack of will be a major issue to come with the recent murder of George Floyd and the civil unrest that followed. Be safe! Miigwech!

## District III Candidate

### Roberta Fox

I apologize for missing the initial election release. (Snail mail is literally that in mahnomen area.)

I would like to begin by saying this has been like no other election, and I am in no way like any politician you have met. During this trying time I found it extremely difficult to campaign. The covid pandemic has been overwhelming for us all and I felt now was not the time to talk politics.

So with that said I would just like to tell you about myself. I am originally a Shabaiash from Sawyer and a benjamin from mille lacs on my paternal side. a Smith and fairbanks from my maternal side. I am a mother of 5, a grandmother of 7, and have opened my home over the past 30 years to many youth that still call me “mama berta”. I had been married for nearly 28 years, devoting my life to my family. I am a mother, aunt, sister, friend, neighbor. I spent my youth in south Minneapolis, after becoming a mother and wife I spent time living on both leech lake and white earth reservations.

our community has always been a part of my life. I cant make a bunch of political promises, but i can tell you that I will always look out and support my community. I have lived in mahnomen for the last 12 years. More than anything i would truly love to see our district be more.

I would like to see an outside area for our youth and families. I would also like to see elder housing put in place. I would like to see more services in our community center. Transportation available to our area and for the whole reservation with more convenient times. Childcare and a food program for our community.

*This statement was edited for length.*



## District III Candidate

### Roger M. Smith, Sr. (Incumbent)

Boozhoo,  
I would like to thank the community for allowing me to Represent District III the last 4 years. It has been very rewarding at what WE were able to accomplish in this time.

- WE have exercised Tribal Sovereignty with finally posting of our Tribal Lands.
- WE have been able to improve our relationships with the Township, City, Counties, State and Federal partners.
- WE have finally been able to take over maintenance of Belich Rd. and placed that into our maintenance inventory and scheduled to be paved.
- WE have met several times with both counties working towards improving day to day working relationships with staff in various departments.
- WE now have quarterly meetings with the City of Duluth and have installed our Band Flag with both Duluth and Cloquet Council Chambers.
- WE have added over 1,000+ acres to the Brookston District, including over 900 acres around Simon Lake.
- By the end of 2020 WE will have built another 3 additional homes in the District.
- WE successfully negotiated the largest pipeline agreement in the history of FDL, with Enbridge that has brought needed jobs, funding and sponsorships and will bring more quality paying jobs and opportunities.
- WE have successfully established our Emergency Response Plan that has proven successful when dealing with natural disasters, a train derailment and COVID-19 pandemic.
- WE have successfully brought in over \$500,000 in grants for combating Sex Trafficking and Exploitation investigations for our Police Department.
- WE have successfully build a Fire Suppression resupply station on Highway 2 that improves fire protection for the District.
- WE have improved safety in the Mahnomen Housing area with a \$750,000+ trail and lighting safety project to be completed this summer.
- WE are working at establishing a Youth Traditional Teaching Camp at Kantonen Rd. cabin, also a \$170,000+ confidence ropes course.



*This statement was edited for length.*



An update to the Covid-19 pandemic and your Fond-du-Luth Casino:

We are working tirelessly on a plan for the eventual reopening of the casino. A reopening we hope is sooner than later, but in any event, will be designed to protect and keep safe our most precious assets – our customers and employees. We are taking safety and sanitation practices very seriously and will continue to improve our processes as needed before our reopening.

In my 30+ years working in the gaming operations for the Fond du Lac Band we have never faced a challenge like the Covid-19 virus. But every day we can all see how we are united in overcoming this threat – and we will prevail.

We look forward to welcoming our employees, friends and neighbors back when the time comes. So be safe, watch out for one another, and we will see you soon.

A handwritten signature in black ink, appearing to read 'Maurice Ojibway'. The signature is written in a cursive, flowing style.

Maurice Ojibway, Fond-du-Luth Casino Manager

# Sawyer Town Council Hall at Big Lake

Research by Christine Carlson

## Will Locate Council Hall at Big Lake – Pine Knot of July 23, 1915

G.W. Cross, United States Indian agent for the Fond du Lac reservation went down to Sawyer last Sunday to attend a meeting of the Indians of that vicinity, for the purpose of determining a location for the council hall. Upon consideration it was decided to locate the hall at Big Lake, about two miles out of Sawyer, instead of at Sawyer station as was formerly intended.

## Council Meeting – Pine Knot of July 23, 1915

There will be a council meeting of the Fond du Lac band of Indians at the Indian village Tuesday Aug. 3, 1915. The purpose of the meeting to elect a business committee for the ensuing year and pass on the applications of Indians for enrollment. George W. Cross, Superintendent

## Chippewas in Council; Six Seek Admission – Duluth News Tribune of August 18, 1915

Chippewa Indians living on the Fond du Lac reservation west of the city today held a council meeting with G. W. Cross, agent, in order to consider admission of six Indians to the Chippewa tribe of Fond du Lac and to give them their share of the tribal funds in the hall at the Indian village west of this city.

In order to be admitted to the tribe and a share of the funds an Indian must prove his ancestry so that each member of the Indian council and the agent believe him to be entitled to admission. All competent male Indians of legal age on the reservation are eligible to the council.

## 500 Indians will Open Council House – Chippewas to Give Interesting Program at Fond du Lac Reservation Saturday – Duluth News Tribune of December 13, 1915

The Chippewa Indians of the Fond du Lac reservation will celebrate the dedication of their council hall, erected at Big Lake near this city, Saturday.

The building was erected by the government for use by the Indians in holding their council meetings and also for all tribal gatherings. The hall is 20x36 with a kitchen in the rear.

The opening will be characterized by an old-time woman's dance by the older Indian women, after which the younger Chippewas will participate in the modern dances. Speeches will be delivered by several of the old chiefs and also by Indian Agent G. W. Cross.

After the program a banquet will be served by the Indian women. It is expected that over 500 Indians will be present from the several settlements throughout this part of the state.

## Indians in War Dance Hold Big Lake Festa – Duluth News Tribune of December 21, 1915

Three hundred Indians danced and made merry the opening of their new council hall at Big Lake.

Beside this, the young bloods or returned students, took to the modern dances of today, the majority of which were experts in the art. Music was furnished by a returned students' orchestra. Refreshments were served by the Indian women.

It was intended at this time to smoke "the pipe of peace" but as this had not been prearranged it was dispensed with.

## Indians Celebrate Opening – Completion of New Council Hall at Big Lake Marked by Celebration by Indians – Pine Knot of December 24, 1915

Imposing ceremonies marked the opening of the new \$1,000 council hall at Big Lake, Saturday, December 18, in which several hundred Indians of the Fond du Lac reservation participated. The opening address was made by agent G. W. Cross, who was the principal speaker of the day.

The revival of several of the old time Indian customs and dances were the main features of the program among them being the ancient "war dance" and "women's dance". Those taking part in the war dance were dressed in Indian costumes of former days, representing the life of the red men before the invasion of the pale faces into their territory.

## Chippewa Delegation to Visit Washington – Duluth News Tribune of February 1, 1916

An adjourned meeting of the Chippewa Indians of the Fond du Lac reservation will be held in their council hall at the Indian village north of town, next Wednesday afternoon.

The council held a meeting last Wednesday at their hall at Sawyer, when preliminary arrangements were made to send delegates to Washington, D. C. The meeting was adjourned for a week for final arrangements and selection of four delegates.

The purpose of the delegates will be to gather all new claims of the Indians on the reservation and claims now pending and present them to the officials of the Indian bureau at Washington.

## Indians Elect Delegation - 1917

The Council was held at the social hall, Fond du Lac Indian Village, Cloquet, Minn., on June

the 5th, 1917. The following delegates were elected to attend the General Council at Bemidji, Minn. to be held there on the second Tuesday in July, 1917.

Delegates: Jas. I. Coffey, Joseph Drew, Wm. Coffey Jr., Frank LeDuc, Frank Connors, Frank LaRose, Johnnie Landry, David Ruttle, Joseph Diver, Wm. Howes and Wm. O. Coffey.

Alternates: Joe Petite, Henry LaPrairie, John Connors, John Ojibway and Joe Defoe.

Chiefs: John Arten, Pete Lemieaux Sr., Mike Diver and David Annomossing.

## Chippewas to Talk of Millions Today – Duluth News Tribune of July 10, 1917

The annual council of the Chippewas of Minnesota will be held here tomorrow and 120 delegates from all parts of the state will be in attendance.

Many important business matters are to be considered including claims against the government amounting to \$10,000,000 which the Indians say is due them for timber on which payment has never been made.

## Chippewa Council Holds Meeting; Delegates Named – Duluth News Tribune of June 19, 1918

The local Fond du Lac council of Chippewa Indians met for the purpose of electing delegates to the sixth annual session of the

general council of Minnesota Chippewas, which is to be held at Bemidji, July 9, 1918.

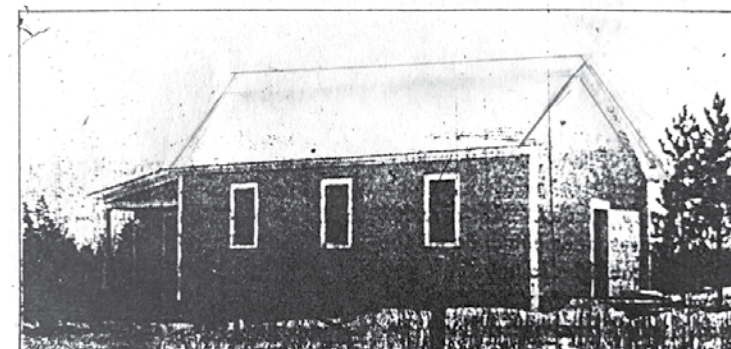
Those elected to attend the meeting were: William W. Coffey, Henry Martineau, William O. Coffey, Frank Houle, William Howes, John Couture, Henry LaPrairie, John Arten, John Landry, Charles Jackson and David Ruttle. Alternates: Henry Couture, Ben Bassette, George Couture, John O'Jibway, Mike Diver and Joseph Diver.

Following this election of delegates, the following officers were elected: Charles Jackson, president; John Landry, vice president; George Windling, secretary and treasurer. Executive committee: Henry LaPrairie, Ben Bassett and George Sheehy.

## Chippewas Call Council at Sawyer, Minn., Oct. 15 – Duluth News Tribune of October 5, 1918

Minnesota full-blood Chippewa Indians, at a general council recently held at the council hall on Fond du Lac Indian reservation, have called a council to be held at Big Lake, Sawyer, for Oct 15, according to an announcement by Joseph Shah-Bab-Yaush, chairman of the council.

Indian matters will be discussed and delegates appointed to go to Washington to consult with government officials regarding the Indian situation in Minnesota.



Sawyer Town Hall at Big Lake

# Ashi-niswi giizisoog (Thirteen Moons)

## Ode-imini-giizis:

*The new Ode-imini-giizis, the Strawberry Moon begins June 23. Other names for this moon are Gitige-giizis, Ode-imini-giizis Gardening moon; and Waawano-giizis, Flowering Moon.*

### 13 Moons FDLTCC Extension Program Mind Body Medicine Workshop

When: June 1st, 2020 5:30pm-7:30pm  
When: June 5th, 2020 10:00am-12:00pm  
Where: ZOOM

Contact: Nikki Crowe 218-878-7148  
nikkicrowe@fdlrez.com

Help the bees, butterflies, birds, bats, and moths.  
Plant a Pollinator Garden!

## NATIVE PLANT KIT SALE



Pre-order your Native Plant Kits for Monarchs, Songbirds, Pollinators, Shady Areas, Raingardens and Shorelines, Deer-Resistant and Pine Mulch Gardens.

Order online by June 5, 2020 at:  
**CarltonSWCD.org**

Pick up your order at SWCD on June 19, 2020

For information on the Northeastern Minnesota Bee Friendly Corridor visit **OACC.US**

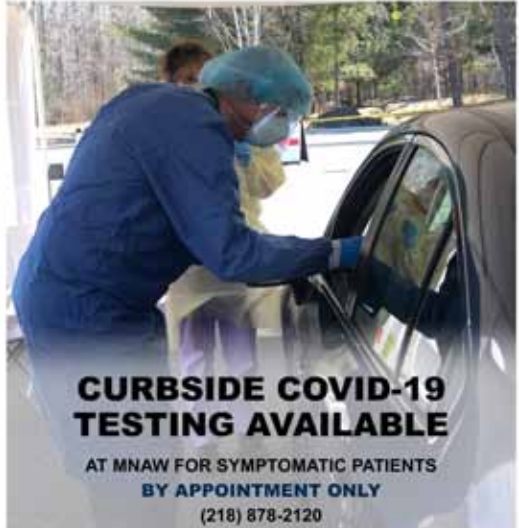


Boozhoo, There are 2 sessions of Mind Body Medicine coming up. Come spend 2 hours in this introductory session learning about Mind Body Medicine (MBM) and practicing MBM techniques. Mind Body Medicine is an evidence-based, transformational training that provides the science and tools needed to make mind-body medicine an integral, foundational part of your personal and professional life.

In this session we will:


- Do an overview of what Mind Body Medicine is, what the practices are and how MBM groups are run
- Learn about the stress response in the body and how MBM tools can help regulate the stress response
- Practice several MBM tools including:
  - Soft belly breathing
  - Autogenics
  - Grounding meditation
  - Safe place meditation

Register by sending an email to nikkicrowe@fdlrez.com  
Please indicate which session you would like to join.  
Miigwech.



**CURBSIDE COVID-19 TESTING AVAILABLE**

AT MNAW FOR SYMPTOMATIC PATIENTS  
BY APPOINTMENT ONLY  
(218) 878-2120



Fond du Lac Reservation | Fond du Lac Human Services Division





# 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

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

AADIZOOKAAN/LEGEND

AAGIMAAK/BLACK ASH

AGWAJIINS/OUTDOORS

ANAAMIBIIG/UNDERWATER

BAAKAAKWENHWIGAMIG/

CHICKEN COUP

BIMIKAWAAN/FOOT PRINT

GIISHKASHKIMOD/CEDAR BARK BAG

GIZHEWAADIZI/GENEROUS

NAABISHEBIZON/EARRINGS

NIINIZIS/HAIR

ODATAGAAGOMIN/BLACK BERRY

OMAKAKI/FROG

WIIDOOKAAZO/HELP

WIIGWAASIMAKAK/

BIRCH BARK BASKET

ZHIIWAABOO/VINEGAR

# Health News

## PSA regarding COVID-19 testing

Christine Davis, FNP,  
Medical Clinic Coordinator

Here at Fond du Lac we were utilizing two tests for COVID-19 testing. Abbott ID NOW is a point-of-care test that provides us test results within 20-minutes (Min No Aya Win only). Mayo Clinic Laboratory is our second testing and they provide us test results in 1-5 days and is being done at each clinic site.

During public health emergencies, the U.S. Food and Drug Administration (FDA) that authorizes all medical devices used in the United States used their Emergency Use Authorizations (EUAs) authority, to help make medical products available as quickly as possible by allowing unapproved medical products to reach patients in need when there are no adequate, FDA-approved and available alternatives. This is the case with all COVID-19 testing.

In mid-May there were concerns about the accuracy of the Abbott ID NOW test results in the national media, causing our medical team to re-evaluate its appropriateness for our patient testing.

Dr. Charity Reynolds, Medical Director and Lisa Holliday, Laboratory Director, researched the information directly with Abbott Laboratories and with the Bemidji Area Indian Health Service. After thorough research and investigation it was decided that the immediate removal of Abbott ID NOW from our COVID-19 testing options was necessary, until further research has been conducted from Abbott Laboratories and the FDA verifying its accuracy of its device.

Not all patients who have received COVID-19 testing with the Abbott device will need to be re-tested. We have called and reassessed all patients who were tested with the Abbott ID NOW over the last 14-day and scheduled additional testing, if appropriate, that will be sent to the Mayo Clinic Laboratory for testing.

For further information about the Abbott ID NOW FDA press release: <https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-informs-public-about-possible-accuracy-concerns-abbott-id-now-point>

The medical care we provide to the Fond du Lac Community is our highest priority and we will continue to evaluate all testing options during this time. If you have symptoms of COVID-19 please contact our triage team at (218) 878-2120 or after hours at (218) 879-1227 to talk with the on-call physician.



5/01/2020

### Tips for Health and Wellness for Elders

As an Elder you are a respected and treasured member of your community. Maintaining your community role as a Tribal elder can be challenging in these times. As knowledge keepers it is also a time vital to preserving and sharing the stories and traditions of your Tribe. We hope this information is helpful to you to live a healthy, balanced life.



### Continue to share your wisdom

Consider ways to fulfill your responsibilities that do not jeopardize your safety, such as using a phone. If you have to be physically present, be sure to wear a face mask and do your best to stay six feet away from other people at all times.

### What can elders do to stay healthy?

- **Take special care to follow prevention guidance:** washing hands frequently for 20 seconds, avoiding physical contact with people you do not live with, staying at home as much as possible, and carefully monitoring for symptoms.
- **Contact your healthcare provider immediately** if you develop symptoms, including a fever or trouble breathing. They may advise you to come to a medical facility.
  - Before this happens, make a plan with family members or your Tribe's public health workforce to make sure you have a way to get to the health center or provider's office if you need to!
- **Develop a plan or routine for each day.** Many elders can feel isolated or lonely even in the best of times, and making friends and family members stay away can be very

### Why are Elders at Higher Risk?

Older people are more likely to have serious COVID-19 illness if they contract the disease. This may be because immune systems change with age, making it harder to fight off diseases and infection.

Older adults also are more likely to have underlying health conditions, such as diabetes or high blood pressure, that make it harder to cope with and recover from illness.

For more information, visit NIHB's National Tribal COVID-19 Response page at [www.nihb.org](http://www.nihb.org)

# Health News

## Meatless Meals

With the recent events of COVID-19, many have seen bare shelves and higher prices. It is a perfect time to think outside of the box for meals. How about saving a few dollars and trying some meatless meals?

The advantages of eliminating meat or reducing meat intake include having a more budget friendly shopping bill and health benefits such as lower heart disease and heart attack risks, lower risk of diabetes, better weight control and lower cholesterol levels.

It is not necessary to become a vegetarian, unless you want to, but why not try 1-2 meals a week that don't include meat. Meatless meals are typically built around beans, lentils, vegetables, nuts or seeds and whole grains. Here are two recipes from [www.thekitchn.com](http://www.thekitchn.com) to try:

### Slow Cooker Veggie Burrito Bowls

Serves 4

Ingredients

For the veggie burrito bowl:

- 1 cup uncooked brown rice
- 2 1/2 teaspoons kosher salt
- 3/4 teaspoon dried oregano
- 3/4 teaspoon ground coriander
- 3/4 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1 medium sweet potato, peeled

& diced

- 1 (14.5-ounce) can diced tomatoes
- 1 1/4 cups low sodium vegetable broth
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1 medium zucchini, quartered lengthwise, then sliced crosswise 1/4-inch thick
- 1 cup diced red or orange bell pepper (from 1 pepper)
- 1 medium poblano pepper, seeded and diced (about 3/4 cup)
- 1 cup fresh or frozen corn kernels

For the lime sour cream:

- 1/2 cup sour cream
- 1 tablespoon finely grated lime zest
- 2 teaspoons freshly squeezed lime juice
- 1/4 teaspoon ground coriander
- 1/2 teaspoon kosher salt

For serving:

- Diced red onion, crumbled queso fresco, diced avocado, shredded red cabbage, cilantro

#### Instructions

1. Combine rice and seasonings. Place the rice, salt, oregano, coriander, chili powder, and paprika in a small bowl and stir to combine.

2. Layer the sweet potatoes, seasoned rice, tomatoes, and pour in broth. Scatter the sweet potatoes in the bottom of a 3- to 4-quart slow cooker. Add the rice

and spice mixture on top of the sweet potatoes. Pour in the diced tomatoes and their juices and vegetable broth.

3. Arrange beans and vegetables on top. Scatter the pinto beans, zucchini, bell pepper, and poblano pepper over the top, but do not stir.

4. Cook on LOW for about 5 hours, then stir in corn. Cover and cook on the LOW setting until the rice is tender and has absorbed all of the liquid, 4 1/2 to 5 1/2 hours. You can stir once or twice toward the end of cooking to make sure the rice cooks evenly. If excess liquid remains once rice is tender, uncover, increase the heat to HIGH, and cook for 5 minutes so the liquid can evaporate. Stir in the corn kernels, mixing to evenly distribute rice, beans, and vegetables.

5. Make the lime sour cream. Meanwhile, stir the sour cream, lime zest, lime juice, coriander, and salt together in a small bowl. Refrigerate until ready to serve.

6. Serve. Serve veggie burrito bowl with lime sour cream and assorted toppings.

### Easy 5-Ingredient Black Bean Veggie Burgers

Makes 4 large patties or 6 small patties

Ingredients

- 2 (15-ounce) cans black beans, drained and rinsed (about 3 1/3 cups)
- 3/4 cup old-fashioned rolled oats
- 1 canned chipotle in adobo chile, plus 1 tablespoon adobo sauce
- 3/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2 large avocados, divided
- 1/4 cup coarsely chopped fresh cilantro leaves and tender stems
- 2 to 3 tablespoons olive or canola oil
- For serving: Hamburger buns, chipotle mayo (see above for a homemade version), sliced red onion, tomato slices, and Bibb lettuce leaves

#### Instructions

1. Arrange a rack in the middle of the oven and heat to 350°F. Spread the beans onto a rimmed baking sheet. Bake until dry to the touch and beginning to split, 10 to 12 minutes. Set aside to cool, about 5 minutes.

2. Place the cooled beans, oats, adobo and sauce, salt, and pepper in the bowl of a food processor fitted with the blade attachment. Process until the beans and oats are broken down and mixture begins to come together, scraping the sides as needed, 15 to 20 seconds; set aside.

3. Place half of 1 avocado in a large bowl and mash with a fork

until smooth (you should have about 1/2 cup mashed avocado). Reserve remaining half for topping the burgers. Add the bean mixture to the bowl and stir and fold with a rubber spatula until a cohesive mixture forms. Add the cilantro and stir to incorporate.

4. Shape the mixture into 4 (2/3 cup) patties or 6 smaller (1/2 cup) patties. Let rest for 5 minutes, or refrigerate for up to 3 hours.

5. Heat 2 tablespoons of the oil in a large skillet over medium-high heat until shimmering. Add the patties and cook until a dark crust forms on the bottom of the patties, 3 to 4 minutes. Flip and cook until crisp on the other side, 3 to 4 minutes more (if making 6 burgers, work in batches, adding 1 tablespoon oil to pan for second batch). Coarsely mash the remaining avocado half and as much of the second avocado as you desire. Spread mashed avocado onto buns. Serve burgers on buns with chipotle mayo, onion, tomato, and lettuce.

When meat is included in your meal, choose leaner and smaller portions, not more than 3oz (the size of a deck of cards). Remove all visible fat before cooking and cook in a healthy way. Enjoy!

\*Sources include Mayo Clinic, Eatright.org and the American Heart Association

## June is National Cancer Survivor Month

A person who has been diagnosed with cancer begins their journey of Cancer Survivorship at that very moment of diagnosis. There are many questions to ask and answers to find. It can be a very long road for the person diag-

nosed with cancer as well as their families which is why it is very important to work closely with your healthcare team.

Resources available to assist you and your family in the Cancer Survivorship journey:

- Fond du Lac Primary Health-

care Team (218) 879-1227

- Fond du Lac Medical Social Workers (218) 879-1227
- Mayo Native Cancer Programs 1 (507) 284-2511
- Native Circle 1 (877) 372-1617
- Spirit of Eagles

1 (507) 266-3064

- Cancer Resource Center-Essentia Health-Duluth (218) 786-3581
- St. Luke's Cancer Center-Duluth (218) 249-5489
- Cancer Legal Care (New Name) 1 (651) 917-9000
- American Cancer Society

1 (800) 227-2345

- Circle of Hope (Breast Cancer) (218) 464-1626

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

# Community News

## Happy birthday



Happy 1st birthday to the sweetest baby girl, **Rita Karppinen** (May 18)! You are loved so much!

xoxo  
*Love Mom, Dad, Kayson, Kade, and Koley*

Happy belated 11th birthday **Desmond DeFoe** (May 19), I love you hugs & kisses & more hugs.



*Love Mom, Sister, and Brother*

Happy 11th birthday Baby Bro, **Desmond DeFoe** (May 19) *Love, ur Sis Kaleena*



Happy 11th b-day **Desmond DeFoe** (May 19) *Love, ur Bro Isaiah and Mom*



Happy 5th birthday Kader Beans, **Kade Karppinen** (June 4)!



You fill our lives with so much happiness. *Love, Mom, Dad, Kayson, Kole, and Baby Reets!*

Happy birthday **Ty Stiffarm** (June 10), I cannot believe you are ELEVEN! Time sure flies. We hope you have a wonderful day son! We love you so much! *Love, Jake, Mom, and biggest rivalries (your siblings)*

## Congratulations

Proud parents **Alyssa Nelson** and **Kendall Diver**



are happy to announce the birth of their little boy **Kendrick Alexander Diver**. Born May 6, 2020 at Cloquet Memorial Hospital. Weighing 7lbs 4oz and measuring 19 1/2 inches long. His siblings Alivia, Kieran, and Kain are happy to have a little brother.



Congratulations on your high school graduation from the Fond du lac Ojibwe School **Jalen Paulson!**



We are all so proud of you and wish you the best in your future. *Love, Mom, Elva, Elijah, and Theo*

## Obituary

The family of **Abanzhiins Ralph Charles Fairbanks** would like to thank the many people



who sent condolences and comments to us following Ralph's passing at age 71. He was a resident of Sawyer District Fond du Lac Band of Lake Superior Chippewa and died Monday March 23, 2020 in his home. Ralph was born August 24, 1948 in Cass Lake the son of William John and Alvina (Robinson) Fairbanks. He earned a bachelor's degree in fine arts from University of Minnesota-Duluth in 1978.

Ralph worked as a founding instructor of the Ojibwe language program at the University of Minnesota-Duluth, an instructor for American Indian Alternative Education in Duluth Public Schools ISD709, independent art instructor for Ojibwe traditional arts,

and consultant on numerous Ojibwe language curriculum and preservation projects. He also served on the Ojibwe Language Advisory Board for the Fond du Lac Reservation.

His full obituary may be viewed on the Atkins - Northland Funeral Home web site. To sign the guest book and offer an online tribute, see [www.atkinsnorthlandfuneralhome.com](http://www.atkinsnorthlandfuneralhome.com) Miigwech to the RBC and community members who showed their support and love during

this time of passage to help Abanzhiins on his journey. Chi Miigwech to Gwiwizens Ricky W. DeFoe who conducted the family wake at the fire and traditional rites for the service.



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