

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



Tom Whitebird (back row third from right), pictured with other Veterans' Voices Award winners.

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Local news

Powwow Royalty

Fond du Lac Chairman Kevin Dupuis and Cloquet District Representative Vanessa Northrup pose with FDL Royalty at the Mille Lacs Traditional Powwow. From Left to right: Fond du Lac Reservation Ogichidaa-Caide Northrup, Fond du Lac Reservation Oshki-Ogichidaa-Charles Badmoccasin Jr, Fond du Lac Reservation Tiny Tot Brave - Jagger Smith, Lil Miss Fond du Lac Reservation - Creedence Diver, Miss Fond du Lac Reservation - Aleisha Fox, Junior Miss Fond du Lac Reservation - Delilah Savage.

For the first time in 30 years, FDL Reservation has royalty.

For the first time ever, FDL Reservation has a full royalty court.

Volunteer Royalty Coordinator Valerie Whitebird brought the project to the Reservation Business Committee and they supported the idea of representation of FDL at powwows and events 100%. The youth selected will represent FDL at area powwows and events as well as traveling to other powwows throughout Minnesota and Wisconsin and elsewhere. They will serve as role models to their peers and the community during their year long reign.



FDL's first royalty princess in 30 years

By Zachary N. Dunaiski

After far too long, Fond du Lac has a Powwow royalty. It's first princess is FDLOJS Senior Aleisha Fox, who's already got a few years of college under her belt earning a few credits at FDLTCC and White Earth Tribal College over the past two years.

"Yeah, it's pretty cool," Aleisha said about being chosen for the powwow royalty.

"I had seen on the powwow flier that they were going to have the royalty," Aleisha said about how she got involved and selected. "Since it was my last year, because I'm going to be 18 next year, I thought 'oh this would be the perfect time for me to run and represent my Reservation.'"

With many great competitors it was hard to choose only a few to represent FDL, but for Aleisha she feels that her years of practice are what helped set her apart from a talented

group.

"I've been dancing since I could walk and powwows have always been in my family, just an every weekend kind of thing. I think the judges noticed that and they've seen



Photo courtesy of Ivy Vainio

me around the powwow trail all year long," Aleisha said, acknowledging an excellent group of contestants.

Aleisha competed by dancing to two songs and then gave a speech in front of everyone who was at the powwow. She, as a very intelligent young woman, gave

her speech on the importance of the position.

"I just talked about how I wanted to be a really good role model for our youth. That I wanted for my last year, because I'm going away to college next year, to represent and change our community for the better, for our youth," Aleisha said.

Next year, Aleisha plans to attend Haskell Indian Nations University in Kansas where she will Major in American Indian Studies and hopes to go into social work. While she has big aspirations while in college, she intends to return home using her skills to help her community grow.

"I am planning on coming back to FDL and helping out our community. Because there is not a lot of Native workers anymore and I just want to help out our youth."

As for those hoping to compete next year and represent Fond du Lac, she had a great message:

"I would tell them to stay positive. Just work hard and stay focused on being a good role model for others," Aleisha said.

It isn't just about dancing, it's about being a good role model. Aleisha hopes to encourage young aspiring dancers to keep striving for their goals.

Nahgahchiwanong Dibahjimowinnan

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

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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

FDL Band member receives Veteran Voices Award

By Zachary N. Dunaiski

Veterans have already done so much for us that it is hard to thank them properly, but on Sept. 11 the Minnesota Humanities Center thanked Fond du Lac Veteran Thomas Whitebird for doing even more for his country and community by honoring him with the Veterans' Voices Award.

Tom was one of 70 nominees and just 21 to be given the award. The Veterans' Voices Award is given to veterans who go above and beyond what they've already done for us, by making their communities better. Tom, as the FDL Veterans' Services Officer, was not expecting this award, or even the nomination.

"When I first got the notice in my email, I thought it was somebody pulling a joke on me. Like yeah right, but then I checked it further with the veteran's association and they said, 'that's a privilege to get that.' So I thought, oh, it's real," Tom said with a chuckle.

He went above and beyond helping many veterans, but one instance is particularly fascinating.

"I go out of my way sometimes. There was a time when a veteran of ours had to go on Tuesdays, Thursdays, and Saturdays for dialysis in Duluth. Four hours he had to sit there, from 10 until 2, he had to get it done. I tried to locate somebody to take him back and forth. I ran into some snags, so I just did it myself. I took him down there Tuesday in the morning and I had to pick him up too. Take him down on Thursday, do the same, Satur-

day do the same thing for about three months. Then his kidneys started working again, so it was all worth it," Tom recalled this as one of the reasons he thought that somebody nominated him.

"He was suffering as it was, because he had cancer too. I just wanted to make it more comfortable for him. That's one of the reasons I did that. At least it made me feel better. But like I said, it was no big deal," Tom added about the memory and satisfaction of helping a veteran in need. It wasn't just one person Tom would do that for.

A person would be dropped off by one person and was supposed to be picked up by another. However they didn't always communicate who was supposed to pick them up.

"So a couple of times I had given rides. There were 19 people from the Cloquet area that were going down there. Occasionally I would see them at pick up and say 'You're still sitting here?' because they were waiting on a volunteer. So I said, 'we're leaving right now, jump in the van and I'll give you a ride home.' Three or four times that happened," Tom said.

The night of the ceremony Tom was given three items from the Humanities Society. One was a gold coin from the Humanity Society that says Veterans' Voices, another was a clear trophy honoring him, and the final was a certificate of the award.

While many people have thanked Tom for all that he's done, he doesn't really see it that way, calling it all part of the job.

"Everyone was saying, well you're going way above your job. I said, 'well what does my

job say? Veteran Services officer.' That's why the judges told me I was being honored. You know, going out of my way. But it's not going out of my way, because it's my job and it's very satisfying," Tom said.

That night, Tom was noticeably excited to be honored with the recognition. And he should've been, he's done many great things to earn the award. Even being the reason many people showed up, Tom was still honored by a few of the guests who came specifically to see him.

"When I got this award, I was just like wow. Especially when the RBC was there, it meant a lot to me for them to be there. And for them to give me what they gave me," Tom said.

The gift the RBC gave him was two beautiful blankets, and it was exciting to watch his pride beam as the council members gave them to him personally.

Tom has been very humble about the whole commotion about him being honored.

"At least I know I'm doing my



Cloquet Representative Vanessa Northrup (left), Chairman Kevin Dupuis (left center), and Brookston Representative Roger Smith Sr. (right), pose with Tom Whitebird and his daughter Erica Whitebird before presenting him with two blankets.

job. I'm the type of person that when I have a job, I stick to it, especially this. It's very satisfying."

But Tom isn't done helping. He wants any Fond du Lac Veteran to contact him.

"Even if they just send me a postcard with their name or call me or whatever, so I can get in

contact with everyone, the whole works." Tom wants to try and stay in contact with as many FDL Veterans as he can, so please contact him by mail at 1720 Big Lake Rd, Cloquet, MN 55720 or by phone (218) 878-2670.



RBC Thoughts

Sawyer News

Boozhoo,

It is nice to see the changing of another season, the air is crisp in the mornings and it's still warm during the day. We were gifted this wild rice season with a good harvest. Harvesters endured hot and humid days which made the breezes on the lake very appreciated. Moose hunters have already headed out to our north forest regions. Deer hunting is also open on the Reservation and Ceded Territory, along with turkey, grouse and duck. It's nice to see the young people planning their moose hunt helping their Elders by providing them with deer meat and wild rice for the winter. The Sawyer Center welcomed the wild rice harvesters and FDL Resource Management staff this season. It was really great to see a very dedicated Ogichidaag Sawyer youth group member wake up early on the first day of ricing (FDL lakes) and handout lunches to the ricers. The Staff at the Sawyer Center has really been busy taking care of the community with feasts and a supportive place for individuals and families. In the

next month, you will notice some construction going on around the center. The biomass system that will help heat the center will be built.

The Sawyer open meeting this past month had a good turnout. Everyone seemed to really enjoy the 2017 wild rice dishes that the cooks made. There was a lot of discussion about community concerns regarding homelessness, foster care, and drug abuse. These



Bruce Savage

problems are not just restricted to the Reservation, these are nationwide problems. We experience greater disparities, which magnify the issues in our lives every day.

The FDLTCC President, Larry Anderson, announced his retirement this month. I would like to thank Mr. Anderson for his years of service to the community and all the encouragement he gave our young men and women to stay in school and keep working on their educational goals.

Miigwetch, contact me if you any questions or input. Bruce M. Savage, Sawyer District Representative, cell: (218) 390-7407 or email brucesavage@fdlrez.com

Boozhoo,

There is a chill in the morning air. I fear that summer is about to end and fall will set in. It is not that I don't like fall because I love it, it's that my summer to-do list is nowhere near being complete. About the only thing on my list that I kept up with was mowing the grass and that was a chore.

There has been quite a bit of activity surrounding the harvest of wild rice again this year. The crop looks like it will be pretty good and we should be able to restock our supply. There were some changes in our procedures this year for purchasing and they seem to be met quite well. The payments were made at the Sawyer Community Center and a small lunch was provided. It reminded me of the old days when everyone would gather up and wait for the rice buyers to show up and bid on the day's harvest. There was plenty of excitement amongst the crowd along with stories of the day's adventure and lots of laughs.

The broadband project is beginning to be implemented. This project has been on the drawing board for several years. The changes that have taken place are tremendous in order for us to accomplish putting the fiber in the ground. We went from owning the project to you can't own it, to, maybe you can own it, to, yes you can own it. We have had fiber supply issue along with worker issues. Now that these issues are behind us we should be able to have high speed



Ferdinand Martineau

internet to the home next year.

The RBC met on the per cap plan for 2018 on September 5 and approved it for next year. The plan will remain the same for 2018. I wanted to share that with you to alleviate any fears or rumors that may be out there.

There is some activity on the Reservation in regards to the Enbridge pipeline. The company has approached the RBC to discuss some of the options they would like to place on the table. The first option was to replace the line in the current corridor on the Reservation. That was rejected by the RBC. Our counter proposal was to remove all the lines running through the Reservation and not replace them. The company obviously did not agree to that. The second option they offered was to build around the Reservation. This was better than the first but we still

have concerns with some of the proposed locations. The last option, which is their preferred option, was the least objectionable for the RBC. The environmental impact statement (EIS) is available for comment and hearings are scheduled also. We are waiting for the decision from the public utilities commission now.

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

Becky Salmon retired from FDL Sept. 14 after 15 years working at the Brookston Center, including the past 10 consecutive years.

She retired as the Adult Activities Coordinator. Thank you Becky for 15 years of hard work. We're sad to see you go. You will be greatly missed and we hope you have a wonderful retirement.



Photo courtesy of Dan Huculak



Erika Legros who has helped provide well over 1,000 pounds of food over the last two seasons.

Photo courtesy of Nikki Crowe.



All this food came from the FDL Garden.

Photo courtesy of Nikki Crowe.

Images from the Taking Care of Things Gathering Gitigaan Fall Feast



School News

A message from the Principal

By Tara Dupuis

Boozhoo! We are off to a good start here at Fond du Lac Ojibwe School. I was happy to see all the children on the first day of school. Everyone seemed well prepared and ready for some learning and fun. It is important that your child gets good rest and is ready for the school day. Our parent teacher conference is October 5th and 6th. Some of our staff are planning to have a chili cook off so come see who can make the best chili!

We welcome any parent/family/community of Ojibwe School students to come to our Parent Advisory Group (PAG) meetings the first Tuesday of every month. Oct. 3 will be the next PAG meeting. We will have a lunch and \$10 gift cards will be given to anyone who attends. We want to give parents/families the opportunity to come and be a part of school planning. Ambe wiisinin! (Come eat!)

All of our teacher's, bus drivers, and most of our staff trained in CHAMPs behavior training. CHAMPs stands for Con-

versation, Help, Activity, Movement, Participation. It provided us with positive behavior strategies for our students. Mino ezhibizi (good behavior) is expected from everyone here.

Our teachers and staff now have the opportunity to have Ojibwe Language class here on Tuesdays from 4-5 p.m. Over the summer some of our teachers and support staff participated in Ojibwe Language learning for 4 days here at the Ojibwe School. Giminitaagoz Ojibwemowin! (You sound good speaking Ojibwe!)

In the past we have had "make up" time from 8-8:45 a.m.. We have eliminated make up time in the morning because it was not being utilized by all students. Parents/families can drop their students off at 7:45 a.m. We will start serving breakfast at 8 a.m. every day.

Something new this year is the Project Lead the Way (PLTW) curriculum we will be offering to the 2nd-4th grade students. PLTW is a hands-on learning curriculum that will address the challenges of problem solving strate-

gies, creative thinking, communication, and collaboration. It looks like a fun exciting program that our students will surely benefit from!

In our high school this year all students will have a study hall period that students can utilize this time to work on assignments with the help of a classroom teacher. We also have several students in the Post-Secondary Enrollment Options (PSEO) program at FDLTCC. Along with high school courses they will be taking courses at FDLTCC. Way to go students!

We have a lot to be proud of here at Fond du Lac Ojibwe School and we will continue to work on creating the best education opportunity for all students. I am very happy to be working with the students and staff. We all make a difference! Nindapiitenimo! (I am proud)

Miigwech for giving us the opportunity to work with your children. It is truly a blessing to be a part of such a great community!!

Superintendent's news from Jennifer Johnson

Aaniin/Boozhoo nindawemaganidok

Biindigedaa nagaajiwanaang gikinoo' amaade wigamig (Welcome back to school!) We hope that everyone had an enjoyable niibin (summer). We kicked off the school year with our 2nd Annual Meet and Greet BBQ, Miigwech staff and school board for organizing it. We are looking forward to an exciting and successful school year. We are grateful to have such a talented and committed staff and school board that enjoy helping every student succeed in school. We can assure you that as a team at Nagaajiwanaang Ojibwe Gikinoo Amaadewigamig (Fond du Lac Ojibwe School), we do everything we can to provide a ayaangwaamizi (safe), jiikendan (happy), miinawaa (and) endazhi-bami'awaasowigamigong (nurturing environment) to make sure your gidaabinoojii (child's) year is a memorable one. There are a lot of outstanding things happening at our school so be sure to check out our school website fdlrezk12.com.

Giikinoo'Amaadiwin (we gain knowledge)

We received the State of Minnesota results from our students MCA assessments taken in the spring of 2017. Our students made growth in reading and math school-wide. We are extremely proud of our student's academic growth because the level and standards our students are expected to learn and demonstrate is very rigorous. If you have any questions about our academic progress and or results

please contact me. This year we expanded our Literacy Policy to include grades 4-6, hired additional instructional assistants, reading and math tutors, and an Assistant Principal. We continue to use a looping strategy for math for grades 2-6, and continue the Reading Buddies program.

As the Superintendent it is important to me that our students and staff are challenged to grow socially, professionally and academically, feel safe and enjoy coming to our school. The Nagaajiwanaang Ojibwe Gikinoo Amaadewigamig staff will continue to work hard to make our school a place where your child wants to come each and every day to challenge himself/herself. As a team we strive to work in an atmosphere of cooperation and collaboration to provide meaningful learning opportunities. We want to extend what we do here at school and work with our students and families at home. Our success relies on a supportive community. Chi Miigwech to everyone that supports our students!

We are fortunate to have a strong community and supportive parents/guardians. I am honored and proud to be your Superintendent and will work tirelessly to make sure we continue living mino-bimaadiziwin.

I am looking forward to another fun and exciting school year.

Giigaawaabamin naagaj,
Jennifer Johnson

School News

Gifted and Talented News

Boozhoo parents, guardians, students and community members. My name is Sharon Belanger and I am the Gifted and Talented Coordinator for the Fond du Lac Ojibwe School. I am so excited to be starting my 24th year at the Fond du Lac Ojibwe School. During the 2017-2018 school year school staff will continue participating in a pilot program designed to improve the identification and services provided for gifted and high potential learners in rural Minnesota. This program, called Project North Star, is part of a three-year federal grant that the Minnesota Department of Education received. Project North Star has provided the Fond du Lac Ojibwe School staff with free professional development created by nationally renowned experts. There are opportunities for teachers and administrators to attend a nationally recognized professional development conference. Also there are free educational, family and community resources. The Fond du Lac Ojibwe School will receive ongoing support for implementing and sustaining effective services for high potential learners. Project North Star is a

wonderful opportunity for teachers and administrators to learn and practice how to provide high quality services to our gifted and high potential learners.

Three staff attended the 2017 Hormel Foundation Gifted & Talented Symposium June 12-15. These staff learned instructional strategies and best practices for differentiating instruction, creating interesting and engaging lessons, plus many other topics related to Gifted and Talented Education. This was an opportunity for Fond du Lac Ojibwe School staff to learn from national experts. They also had a chance to interact with educators from throughout the United States and other countries. This was a wonderful opportunity for Fond du Lac Ojibwe School staff to expand their knowledge of quality instructional practices for gifted and high potential learners.

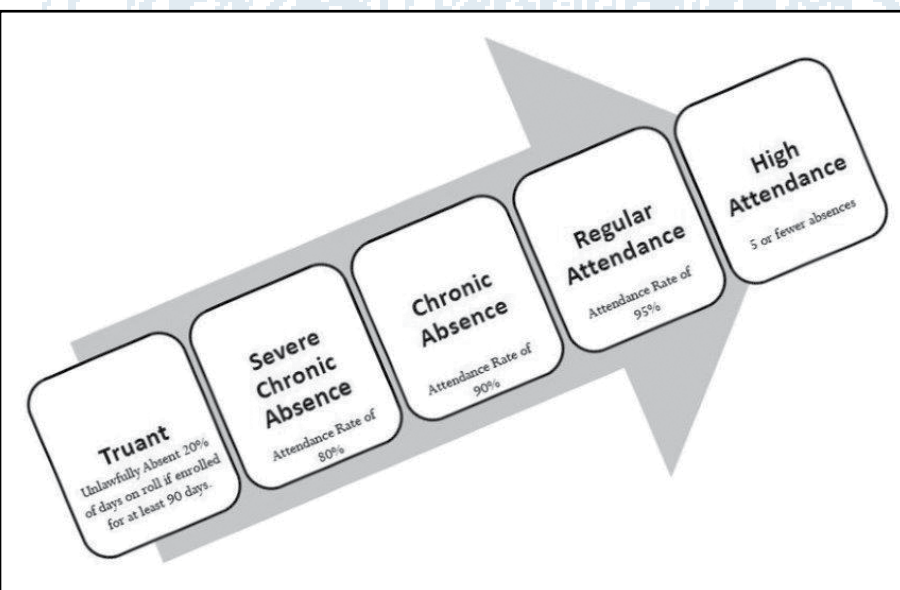
If you would like further information regarding Project North Star please contact Sharon Belanger (218) 878-7274 or sharonbelanger@fdlrez.com
Miigwech

Assistant Principal

Boozhoo! My name is Barry Wolff, and I am the new Asst. Principal at Fond du Lac Ojibwe School. I am very excited to be here this year, and am looking forward to meeting many new students, parents, and staff, as the school year goes on.

I am originally from Hermantown, growing up and graduating from there several years ago. This is my 20th year in education, and 12th as a public school administrator. I am very much looking forward to helping with the process of increasing student achievement, and the overall student experience at the Ojibwe School.

I am the father of four children, three girls and one boy, with ages ranging from 6 to 17! My hobbies and interests include hunting, fishing, camping, various sports, cooking, and recently have enjoyed gathering several different types of wild mushrooms in the area. Again, I am very excited to be working at the school, and hopefully I will have the opportunity to meet, and speak with many of you in the near future as you visit the school. Take care!



Attendance


Boozhoo (Hello),

Welcome to the new school year, our goal for student attendance is 100%. However, we realize students will be absent. Parents are encouraged to stress the importance of good attendance. Also with good attendance the school and the attendance team do quarterly attendance awards for students with 100% attendance for that quarter. For the 2016/17 quarterly awards we had certificates to recognize the students and these items for each of the quarters. Quarter 1 we had school geared hats and bags, quarter 2 was sweatshirts, quarter 3 was movie certificates, and quarter 4 the students who had 100% attendance for the whole year received a tablet. This year is a new year and new gifts for the students to have a chance to get that 100% award; we want to encourage the students to come to school every day.

If you have any questions or concerns with your child's attendance you can call Jerry at (218) 878-7243 or Maggie at (218) 878-7213.

School News

FDL 21st Century After School Activities Sept. 8 - Oct. 25

<u>Monday</u> (Ishkwaa-anama`e- giizhigad)	<u>Tuesday</u> (Niizho-giizhigad)	<u>Wednesday</u> (Aabitoose)
Literacy Skill Building 1st-2nd grade Limit 6	Literacy Skill Building 1st-2nd grade Limit 6	Literacy Skill Building 1st-2nd grade Limit 6
Boys Drum Practice 1st-2nd grade Limit 5	Meditative Exercise 1st- 3rd grade Limit 12	Super Sports 1st- 3rd Limit 12
Tutoring 1st- 3rd grade/4th – 6th grade Limit 8	Boys Drum Practice 3rd – 6th grade Limit 8	Tutoring 1st- 3rd grade/4th -6th grade Limit 8
Super Sports 4th-5th grade Limit 12	Walking Club 3rd- 5th grade Limit 8	Fall Gardening 3rd – 6th grade Limit 6
Girls Regalia Making 4th – 12th grade Limit 8	Boys & Girls Regalia Making 5th-12th grade Limit 6	Boys & Girls Sewing 4th – 12th grade Limit 5
Boys Makizen Game 5th-12th grade Limit 8	Weight Training 9th-12th grade Limit 5	Beading 5th – 12th grade Limit 6
Beading 5th – 12th grade Limit 6		Boys Drum Practice 7th-12th grade Limit 5
Weight Training 9th-12th grade Limit 5	<i>Transportation and Snack are provided to student's registered in the 21st Century Program</i>	No After School on 10/30, 10/31, 11/1

Nurse

The following are a few tips and information for your families in regards to staying healthy and happy for the beginning of the school year.

With school in full swing, there's bound to be a few "tag-a-longs", like colds, influenza (flu), stomach flu, and strep. To help combat these sicknesses, please wash your hands often, especially before you eat, and keep your child home when they are sick and yourself, too! Also, try to avoid crowded areas where germs and viruses can spread even more. Moreover, please read the following to help differentiate between the common cold and the flu (may have some or all symptoms listed):

COLD	vs.	FLU
You may have: A productive cough (hacking up mucus) A sore throat Runny/stuffy nose Head congestion		You may have: A dry cough A sore throat A headache Body aches, chills Fever Weakness, fatigue Vomiting, diarrhea

Proper sleep is very important for everyone and even more so when an individual is sick. In general, children need at least 9-11 hours of sleep a night and adults should strive for 7-8 hours. For children, the proper amount of sleep ensures proper growth and development and helps them to be focused at school, sports, and other events. Proper sleep also helps boost an individual's immune system which fights off viruses and other organisms that may cause sickness. Moreover, studies show that those who do not get enough sleep may come down with more sicknesses due to not giving the body enough time to rejuvenate or boost the immune system. So, please mind your Z's!!

*I hope the school year is a success for all! Sincerely, Tara Wolter, RN
FDLOS School Nurse*

Math

Hello, my name is Andrea Johnson and I am the 3rd-5th grade Mathematics teacher at the Fond du Lac Ojibwe School. The year has begun and we are off to a great start! We have completed the 'Beginning-of-Year' testing and student scores were amazing... I'm excited to see what this year will bring!

If you are looking for cheap, easy ways to help your child/grandchildren/foster children/etc. with math at home, flashcards (\$1 at the dollar store) work wonders with fact fluency! Fact fluency refers to the ability to recall the basic facts in all four operations (+, -, x, ÷) accurately, quickly, and effortlessly. When students are able to achieve automaticity with these facts, they have attained a level of mastery that enables them to pick up larger math concepts with ease.

If you have any questions, feel free to contact me at (218) 878-7252.

School News

Playground and Recess News

This year the Fond du Lac Ojibwe School will be implementing more structured activities during the K-6 recess time. Data has shown that the playground is an area where there is a higher level of behavior referrals. Providing more structure and organization during recess time will increase student engagement and decrease behavioral challenges. Students have been requesting more organized games and activities during recess. Students want to be involved and engaged in structured organized activities. SPARK is a research based physical activity program that strives to improve the health and well-being of school aged children. It provides evidenced based curriculum and materials for structured recess activities. Recess staff were introduced and trained with the SPARK program before school started. We have also increased the number of staff supervising during recess. If you would like more information regarding the Fond du Lac Ojibwe School's new recess program, please contact Sharon Belanger at (218) 878-7274 or sharonbelanger@fdlrez.com.

Fond du Lac Ojibwe School K-6th Grade News

Aaniin/Boozhoo,
Welcome to a new school year. K-6th grades have all started the year with the

Wonders Reading program. We began the year with beginning of the year assessments for all grades that included the NWEA maps tests on the computers or iPad. We look forward to parents/families coming for conferences on October 5-6. Biindigen-This is a great time to ask questions and see the classrooms where your children are learning.

The kindergarten students are quickly learning their daily routine and are becoming more knowledgeable each day! They're very excited to be here. We have a big class this year, but that means more friends. Throughout the year we'll be exploring many exciting things. Soon we will be learning all about ricing. We will update you throughout the year to share more experiences with you.

Mrs. Sautbine & Mrs. Smith's 1st grade: We ask for your help with student homework of reading for 20 minutes each night. Some students will need someone to read with them and some will be able to read on their own. This is an important year to develop good study habits and we hope to encourage a student growth mindset - we work hard, it's okay to make mistakes, but we keep trying because we are all learning every day. We will be sending words to practice and small reading booklets that can be kept at home. If you have a shoe box to put all these reading items in, it will create a homework box that they can go

to throughout the year. We are thankful to be having reading buddies at our school again this year for the K-2nd grade students.

The 2nd-4th grade classes have the opportunity to be involved in a new STEM (Science, Technology, Engineering & Math) curriculum called "Project Lead the Way". Watch for more information as we continue through our school year.

Mrs. Martin is looking forward to a productive and successful year! She is excited for her 2nd graders to learn a variety of skills and concepts that will help them gain knowledge in reading, writing, math, science, social studies, and technology. She asks for parent's help and guidance with reminding 2nd graders to complete homework each night and return it daily in their blue daily planner and to establish a routine where students spend at least 20 minutes of independent reading each night. Second graders will participate in sustainability efforts by using the school lunch compost to feed the worms. They will also have the opportunity to establish relationships with the Elders at the Fond du Lac assisted living complex.

Welcome to 3rd grade! Third grade is an exciting time as children come upon new adventures in learning. This is a year of important transitions, as well as gaining new skills. This is also the first year they will be included with the

MN state MCA testing. I hope to make your child's learning experience a fun and exciting one, and I hope to instill a love of learning. So many things happen in third grade! In fact, this year will be full of important transitions. It is tremendously important to keep in mind that we all build on small successes. Each child will progress at his/her own rate, acquiring skills as he/she is developmentally ready. Maintaining each child's self-esteem and building a secure foundation for future growth will always remain a priority in our third grade. Here are some ways you can help: Celebrate your child's success, no matter how small it may seem. This will keep your child enthusiastic about learning and proud of their work! Read to and with your child every day, if possible. We will be working diligently through the Reading Wonders program this year, in class. There will be at least 30 minutes of homework to enrich each third grader's independent learning skills. The more your child is exposed to language, (language arts as well as Ojibwe language) the easier it will be for him/her to incorporate new skills in reading and writing in the classroom.

In homeroom we will also be building skills in life science, physical science, earth science, and space & technology. During social studies we will be learning about different communities across the United State while building our own little

community in the classroom. I am looking forward to working with third grade this year, and helping them to achieve their full potential.-Cortnee Rae Defoe

Welcome Back 4th grade students and parents/guardians. My name is Julia Lintgen and I am a Fond du Lac Enrollee and reside here on the Reservation. I will be teaching 4th grade until a permanent classroom teacher is hired. Virginia Lord, a Fond du Lac Enrollee is the Para-professional assigned to our class. We have a lot of fun and exciting lessons planned this year and the students have told me they are especially excited to complete some science labs. The students will have daily homework and on Friday's I will be sending home a weekly newsletter outlining what we are doing in our classroom. After School Activities forms have been sent home. Permission sheets need to be completed and returned for participation. Our After School Program for 1st quarter begins September 18th. After school activities are on Mondays, Tuesdays & Wednesdays from 3:25-5 p.m. and bussing is provided. Parents and guardians, feel free to contact me with any questions you may have at julialintgen@fdlrez.com or (218) 878-7219.

This year 5th graders will get to do some awesome things! At the end of September they will be attending the 49th Annual Conservation Education Days. They will also get to participate

School News

in ricing!

Boozhoo! I would like to welcome all sixth graders back to class! This year we will work hard to get ready to meet the expectations demanded of us on our journey into high school. We will set goals for ourselves and learn what it takes to meet them. In order to meet our goals we will first learn the routine for each of our subject areas.

The subject areas include the Wonders program in reading, and the Envisions math program. Our students are familiar with both. In social studies, the students will learn all about Minnesota using the *Northern Lights - The Stories of Minnesota's Past* book. This is an exciting book that embeds the

Minnesota state standards for civics, economics, geography, and Ojibwe culture.

The Minnesota Standards for sixth graders is all about physical science. Students will spend the year learning about science and technology, chemistry, forces and energy, and light and sound.

I am looking forward to an exciting new year with many wonderful things happening! I hope you are too! -Kathleen Garsow

Quiz Bowl 2017-2018

Boozhoo, It is that time of year, for our student's to sign up for Quiz Bowl. We held our first meeting this morning. There

were 15 students who attended and signed up and more that will be signing up within the next week. Over the past few years our numbers have grown and students are enjoying and taking pride in, learning their language and culture. Our first meet will be in November at Prairie Island. We are excited to get our teams together and start practicing. We will be meeting on Tuesday's after-school and one morning during the week. We will have a list of upcoming meets when we return from Prairie Island.

Cultural Activities

Boozhoo my name is Sterling Martineau and I do cultural activities with the students and am a 6th grade Para-profession-

al for the school. The students and I are currently making a dancing station to parch the Manoomin. This Dagwaagin (fall) we will be parching the Manoomin, snare waabooz this Biboon (winter), tap trees and gather sap to make zinziibaakwad waaboo this Ziigwan (spring).

High School Math Nissa Benedict

This year in math we are working entirely online. Students have Schoology accounts that allow them to access and work on their assignments from any device. This is something we started doing last year and it worked out well. It helps the kids stay on top of their assignments better and

assignments are never lost or eaten by pets. So far this year, all the students have been doing great!

Parent Advisory Board

The Parent Advisory Group at the FDL Ojibwe School meets on Tuesday, Oct. 3 at noon. The monthly meetings are open to parents, guardians, and community members. A great lunch and gas cards are provided for attending. Join us to learn more about our school and have an opportunity to impact what is happening here. Please contact Maria Maki at (218) 878-7256 or mariamaki@fdlrez.com with any questions.

Ojibwe School operations and maintenance

We had a busy summer in operations and maintenance. New tile was installed in six elementary classrooms; we replaced the school's 400-gallon water heater; ceiling tile was replaced in the school kitchen and cafeteria; playground fencing was repaired along with electrical improvements, boiler repair, and building systems maintenance.

Thanks to our excellent maintenance crew, Devon, Mike, Wayde, and Roseanne for their hard work preparing for the new school year.

On the technology side, the MIS Division installed a new student wireless network system. The upgrade was made possible in part through the FCC's USAC e-Rate program. The robust new system

will help immensely as we deploy 144 new iPads and five new flat panel SMART Boards for curriculum delivery. Those purchases were made possible through a Bureau of Indian Education Enhancement grant.

The school has been awarded a grant from the US Department of Agriculture that will help us with the purchase and installation of an electronic sign. The sign will replace the current sign in front of the school and we will be able to change messages remotely instead of changing letters in the wind, rain, snow, and cold! If the timing is right the sign will be installed this fall.

Dan Anderson



School News

After School Makizen Game

By Jerry Ojibway

Boozhoo
I have been asked to present a short history or telling of makazin. First, some of you may have seen this being played already in and around powwows. Things you should know: some areas have makazin played away from the powwow and some bring it right into the area, some areas have a different way of counting the sticks, and some areas do not even have makazin. What a person needs to know is makazin is played by men only. There is another game called the “bowl” game that women play, this can be taught here too as I have been provided with a “bowl” game a while ago.

A short and informed HISTORY of Makazin...Makazin came to the Anishinabeg thru Makwa (Bear). I'll begin with a short sharing of what has been shared with this writer:

Makazin is a “Healing” and culturally educational teaching. Long ago as the “telling” goes, a man was very distraught and did not have a need to go on with his life. One day he left the village, he left because he was going to the woods and die. You see this man had lost everything, his family, his wife, and his children, before all of this happened to him he was a great warrior amongst

his People. The man left and traveled day and night and was very far away from his village when he said to himself, “I am done now I am ready to cross the river and be with the “everlasting happiness”. He was just going to lie down and a man came walking out from the woods. He asked the distraught man what was the matter and this man told him. This man looked strange thought the distraught man. Then, the man that appeared, asked him to sit down, and hear and see what he had for him, then, they began to play “makazin”. There is more and it is shared as makazin is played.

Makazin has been established within this community for years, Elder men whom have journeyed on to “everlasting happiness” have been instrumental in keeping makazin going, this demonstrated by the history provided by them (Elders) to this writer, this occurred in the mid-80s when the initial interview/meeting/visit(s) came to be. Prior to this knowledge being obtained, makazin was taught to me in Mille Lacs Reservation in 1986 at the Mille Lacs Halfway House, I was honored to be taught by several of the Elder men from the Mille Lacs area and they (Elders) also were much respected in their community, as “drumkeepers”. Makazin is part of Our “way



Jerry Ojibway playing makizen in 1984 at the Nimiwin Powwow at Spirit Mountain. Photo courtesy of FDL Museum.

of life”, when presented to beginners; instruction occurs from verbal and physical cues, however, listening is a key factor at this time. Makazin has been viewed as “game”; this term (game) did not originate with the Anishinabeg but with non-Indians, they were unable to describe makazin.

Makazin within the Fond du Lac area has been tracked to the early “logging era and Anishinabeg would partake in makazin to the enjoyment of all involved and to all that viewed makazin, this usually occurred during lunch-breaks and during the evening at the logging camps”.

To give history of further back

(before the white man came) Makazin was and has been part of our culture for eons, trips from Fond du Lac to Red Cliff, then turn south to LCO and then, even go further south to Red Wing, Minn. area(s) and then back towards Mille Lacs and up to White Earth then across to Ball Club, Minn. and finally home. This is just one of the routes followed by our ancestors.

Makazin has continued to be in this area due to the verbal history being handed down and by some individual(s) actively seeking makazin because of the history of makazin. Current attempts to re-establish makazin have been slowly progressing.

Currently, makazin is being offered at the Fond du Lac Ojibwe School and the Tribal and Community College. Please contact Jerry Ojibway at (218) 878-7243 for further information. A growing interest from a number of Band members and others are participating in this action. Makazin tournaments were held on FDL during the Sobriety Powwow in the mid-80s at Mashkawizen; at that time the Elders from Mille Lacs that were involved with teaching of makazin came to enjoy themselves and the powwow, it brought back meaning to them just to be here and participate in makazin.

1912 - National Boy Scouts and the Fond du Lac Reservation

Research by Christine Carlson

Boy Scouts of America

The Boy Scouts of America was inspired and modeled after the Boy Scout Association which was established by General Baden-Powell in Britain in 1908. In the early 1900s several youth organizations were active and many became part of the Boy Scouts of America.

The Boy Scouts was founded in 1910 and grew rapidly and became the largest youth organization in the United States.

Young Indians as Scouts – Emporia Gazette of November 15, 1912

All of the activities of the North American Indians, excepting those of actual warfare, are imitated by the boy scouts, and there is so much of the Indian life of the days before this country was settled included in boy scout lore that is no wonder that real little Indians, actual descendants of some of the scouts of other days, have become interested in the boy scout movement and have formed patrols of their own, says the Washington Herald.

The first of these real Indian boy scouts' patrols was organized in the Indian village of Fond du Lac reservation, near Cloquet, Minn. The Northwest organizer of the boy scouts of America visited the public school which is attended by the Indian boys of the reservation. Many of the boys were out in the forest when the organizer arrived in the village, but the school teacher, who is much interested in the Indian boys and who believes that the scout movement will be of great help to them, had the schoolhouse bell rung so that the boys would come to hear about

the nation-wide organization of the boy scouts of America, the Herald says further.

At the call of the bell the boys came from all directions. They listened quietly while the organizer explained what the organization of boy scouts really means and told them how they could belong to it and learn how to track game and follow trails in the forest like their ancestors had done; how they could play at the game of sturgeon spearing and learn about the habits of the forest birds and animals and of the trips that they could take for miles around their homes, familiarizing themselves with every road and bypath an acquiring the arts of the open in which their ancestors have so excelled.

During the talk the Indian boys betrayed no signs of interest in what the organizer was saying. They listened attentively and gravely to his remarks, but they smile neither at him nor at one another when he dwelt upon the more amusing side of the boy scouting. The organizer was at a loss to understand their attitude. He had never failed to arouse the interest of audiences of boys whom he had addressed before, and he decided that to enlist the enthusiasm of Indian boys some other form of approach was necessary.

At the end of the address the organizer asked the boys whether they were interested in what he had been saying to them and received only the most perfunctory nod in reply. The attitude of the boys was so exceedingly cold that he was in despair over enlisting a sufficient number to organize a patrol. However, he decided to appeal to the boys individually, and in the most indifferent manner they one by one signified their desire to

become scouts. It did not seem like an auspicious beginning, however, for, judging from other than Indian standards, an onlooker would have said the boys did not care at all about the scout idea and were only consenting to join the patrol out of politeness.

The organizer persisted, however, and asked the boys what their patrol should be named, to which he received various replies: stag, lion, eagle and beaver being among the names suggested. Eagle was finally adopted for the scout patrol name. Then the organizer taught the boys the scout salute and take them to meet him next day for completing the further details of the organization. This they promise to do, but they left the building so quietly and displayed so little enthusiasm over the new project that the organizer was quite discouraged.

But the next day an astonishing change had occurred. To the amazement of the organizer, the boys already had learned the salute so that they were able to give it in perfect unison, an also had acquired from leaflets that had been distributed among them enough letters of the semaphore signaling to spell out the name of their patrol. Since that time, this and other Indian patrols have been among the most successful and enthusiastic of those which are organized under the national boy scouts of America. The apparent indifference of the boys was merely their racial stoicism, which successfully hid from the organizer their instinctive interest in the scout movement.

The Boys of Fond du Lac

I wonder if the Fond du Lac boys were thinking "we've got

this". We've been familiar with the woods, following trails, hunting and fishing for years. Little did the Boy Scouts of America know that the boys of Fond du Lac were already familiar and successful in the love and life of the "great outdoors".

Newspaper Photos

I have included 2 newspaper photos of rather poor quality but really wanted to use

them. The one with the boy in uniform was of interest. In looking through old photos at the Fond du Lac Historical Society, I think I have seen one of a boy wearing a Boy Scout uniform. Does anyone have any relative who was a Boy Scout here on the Reservation? Does anyone recognize any of the people in the photos or have any other information about the Boy Scouts?



"Scout Salute" Indian Boy Scouts of America, Cloquet, Minn.



One of Our Scouts Beside an Old Indian Scout's Daughter

OTTER CREEK EVENT CENTER

NOVEMBER 1, 2017

**KALPULLI
KETZALCOATLICUE**

FREE CONCERT!

DOORS OPEN 6 PM | CONCERT 7 PM



**A TRIBE
CALLED
RED**

NOVEMBER 3, 2017

FREE CONCERT!

DOORS OPEN 6 PM | CONCERT 7 PM



NOVEMBER 17, 2017

BRULÉ

FREE CONCERT!

DOORS OPEN 6 PM | CONCERT 7 PM



FDL Law Enforcement news

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

- Aug. 1 Request to assist in removing unwanted people at a residence, the party involved left the property
- Aug. 2 Traffic on Highway 210/Lind Rd, driver warned for speeding
- Aug. 3 Extra patrol at the Sawyer Community Center, all was quiet
- Aug. 4 Traffic stop on Highway 210 and Buscko Rd, driver warned for the headlight out and rear plate light out
- Aug. 5 Children tipping garbage cans over, checked the area, could not locate the children
- Aug. 6 Report of alarms, turned out to be an accidental alarm
- Aug. 7 Report of a suspicious person running through yards on Jarvi Rd, checked the area unable to locate the individual
- Aug. 8 Extra patrol at the Cloquet Elderly Complex, all was quiet
- Aug. 9 Traffic stop in the Casino parking lot, driver warned for driving on the wrong side of the road
- Aug. 10 Driver warned for parking in the middle of the road and shutting the lights off
- Aug. 11 Traffic stop on Highway 210 and Hanratty Rd, driver warned for broken tail light
- Aug. 12 Vehicle reported to be speeding and all over the road, checked the area and unable to locate the vehicle
- Aug. 13 Report of a dog found by two individuals, dogs transported to the animal shelter
- Aug. 14 Report of vandalism at the Veterans Housing, children damaging the gazebo and picnic tables; extra patrol will be done
- Aug. 15 Walk through at the FDL Tribal Center, all was quiet
- Aug. 16 Gas drive-off reported at FDLGG
- Aug. 17 Report of a loud banging noise, believed to be fireworks
- Aug. 18 Traffic stop on Danielson

- Rd and Jarvi Rd, driver warned for speeding
- Aug. 19 Traffic stop on Big Lake Rd/Brookston Rd, driver failed to make a complete stop at the stop sign
- Aug. 20 Removed tree branches in the roadway on Big Lake Rd/Brevator Rd
- Aug. 21 Traffic stop on Brevator Rd/Jarvi Rd, driver warned for speeding
- Aug. 22 Found a bike in the roadway of Airport Rd/University Rd; bike was removed and taken to the police department
- Aug. 23 Located a vehicle unoccupied, the hood was open, vehicle off the roadway, not affecting traffic
- Aug. 24 Conducted a presentation on bullying, safety, and calling 911, handed out stickers, jump ropes, and bracelets to kids
- Aug. 25 Report of a domestic assault,

- one individual was arrested and charged
- Aug. 26 Traffic stop on Highway 210 & County Rd 5, driver warned for speeding
- Aug. 27 Vehicle in the ditch on Danielson Rd, nobody around, vehicle was towed
- Aug. 28 Extra patrol at Black Bear Casino Resort, all was well
- Aug. 29 Traffic stop on Jarvi Rd and Danielson Rd vehicle did not have a license plate, there was a temporary sticker in the back window, the window was dirty and unable to see
- Aug. 30 Traffic stop on Cary Rd and Magney Dr, driver warned for speeding
- Aug. 31 Report of a gas drive-off from FDLGG, party returned and paid.

FALL SPECIAL

\$39.99
+TAX
18 HOLES WITH CART

golfatthebear.com | 218.878.2485

NOW THROUGH SEASON CLOSE

Legal notice

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

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

Become a Licensed Child Care Provider

LICENSED CHILD CARE PROVIDERS NEEDED

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

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

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

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

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

Domestic Violence Vigil

To honor our fallen sisters and brothers and to celebrate the survivors of domestic violence.

SAVE THE DATE

Wednesday, October 4, 2017
Lake Room
Black Bear Casino Resort
5:30 pm

Fond du Lac Human Services Division | Social Services Department



Hazard Simplification: A Step Forward!

What:

Hazard Simplification (HazSimp) is a term the National Weather Service uses to explain the simplification of current watch/warning/advisory products.

Where:

The first step to Hazard Simplification will be the consolidation of winter weather products. In addition, the products themselves will use a “What,” “Where,” “When,” “Additional Details,” and “Precautionary/Preparedness Actions” approach in the text where you can quickly find all you need to know about the threat.

When:

Winter weather product changes will roll out on **October 1st, 2017**. Changes to flooding products are expected to take effect by the Spring of 2018.

**Same info remains, it will just be in a simpler package
No impacts to service should be anticipated**

These Products...

Lake Effect Snow Watch
Blizzard Watch

Lake Effect Snow Advisory
Freezing Rain Advisory

Lake Effect Snow Warning
(selected sites)

...Now Found Here

Winter Storm Watch

Winter Weather Advisory

Winter Storm Warning

Specifics now included in the “what” section of winter weather products

For more information, go to: weather.gov/hazardsimplification

National Weather Service Hazard Simplification

Etc.

Nagaajiwanaang Genawendangig Anishinaabemowin 2017 Language Program news Submitted by Janis Fairbanks, Anishinaabemowin Coordinator

Call for Speakers, Artists, Lifeguards, Water Safety Experts, Camp Crew for 2018 Kiwenz Language Camp
Last month, I told you that planning has started for Kiwenz Language Camp 2018. After I wrote that report, I was

notified that a major grant I had applied for to expand activities for the 2018 language camp has been awarded! This means we can put some of your dreams to work. Specifically, we want more artists, speakers, children’s activities, lifeguards, and water safety training, and camp crew on hand to facilitate the much expanded camp that will take place to honor the 10th Anniversary Celebration of the Kiwenz Ojibwe Language Camp. Save the dates: June 13 – 17, 2018.

Please understand that this is a one-time major grant-funded event that will be funded by the State of Minnesota Indian Affairs Council Dakota and Ojibwe Language Revitalization Grant. The grant is specific and states: The purpose of this grant is to provide funding for costs “direct and necessary” to language revitalization. Therefore, all funding will be directed toward the delivery of language revitalization activities at the camp. This is a fine fit, since the camp’s focus from the beginning has been

language revitalization, and the speakers, artists, and participants over the years have all contributed to that effort.

The camp is also sponsored by the Fond du Lac Reservation as the official body under which the Fond du Lac Language Program operates. I would like to thank the Reservation Business Committee for the ongoing support shown to our language program, including their attendance at camp, and Nahgahchiwanong Dibahji-mowinnan newsletter editor Zachary N. Dunaiski for featuring photographs of the 2017 Kiwenz Language Camp in the September edition. This type of support is truly exceptional, and much appreciated!

At this time, I would like to invite all interested categories of people who would like to participate in the 2018 language camp to apply by going to the FDL web site Anishinaabemowin page (fdlrez.com/Tribal Culture/Anishinaabemowin) for the application forms for artists and speakers. Others such as volunteers, lifeguards, water safety experts, camp crew, including food service applicants, may send me a letter of interest with contact information. With the expanded children’s activities, I am especially interested in hearing from Ojibwe language teachers who are accustomed to working with large groups of children ages birth to 17. We would like to prepare age-appropriate culturally relevant language activities for groups of children in several age bundles.

If you are interested in being

on the planning committee for the camp, please send your name, area of interest, and contact information to me.

Send all application materials, questions or comments on language program activities to Janis Fairbanks at janisfairbanks@fdlrez.com

Climate Change Vulnerability Assessment and Adaptation Plan

Natural resource and environmental staff from the Fond du Lac, Grand Portage, Bois Forte Bands, and 1854 Treaty Authority partnered with Adaptation International and Great Lakes Integrated Sciences Assessments to create a living document that not only investigates climate change and how it is affecting our Reservations and the 1854 Ceded Territory, but also has strategies on how we can address changes in our surrounding environment due to changes in climate. Climate change not only affects the living things around us, but also our landscapes and traditions as Anishinaabeg.

Wetlands

In this section The climate change and adaptation plan investigates how changes in climate are affecting three different parts of wetlands: boreal wetlands, vernal pools, and shrub wetlands.

As Anishinaabeg, we believe that all life is connected and that what happens to one type of living being will affect all living beings in a reciprocal way. Wetlands in general are

The Transit Corner

Fond du Lac Transit is proud to announce the arrival of two new buses that have been added to the fleet. Buses 138 and 140 arrived in July and these, much needed buses, have been fitted with more features that include but are not limited to an air suspension system that should cushion the ride for a smoother transport. Also destination signs have been added that will display where each of the buses is operating in.

The zone plan has been a work in progress and that plan has come to fruition with buses operating in one of three zones; Cloquet, Brookston, and Sawyer. This effort will reduce the number of miles buses travel on a daily basis—thus providing a cost saving. Fond du Lac transit is currently in the process of procuring

a third (larger) bus that will be used for special trips such as trips to the Miller Hill Mall and beyond as permitted.

The staff at Fond du Lac Transit wish to thank the planning department for all their hard work in securing the grants needed to purchase new buses. Also thanks to our ridership that have been very patient when it comes to scheduling rides.

The transit dispatch office has made earnest efforts to answer calls in sequence by adding and maintaining two dispatchers. That plan has been working though incoming calls which, at times, overwhelm the system or the availability of two

dispatchers is not always possible.

Transit continues to make the efforts needed to improve its operations—mile by mile.



Etc.

sensitive to changes in water levels and support many species of amphibians, medicinal plants, birds, and food for animals like moose. Extreme weather such as major rain events and increased annual temperatures are projected to increase in the 1854 Ceded Territory and within Reservations.

Increases in extreme rain events are projected to have big impacts for all three types of wet lands. Increased flooding in boreal and shrub wetlands, can strip vegetation, cause faster rates of erosion, and make it harder for them to filter out pollutants which could end up in nearby lakes or streams. Higher rates of flooding in vernal pools could lead to pools that are able to sustain fish populations but no longer amphibians.

The climate change and adaptation plan projects an increase in temperatures for our region. Warmer summer temperatures, can lead to higher rates of evaporation and evapotranspiration for wetlands within the 1854 Ceded Territory and Reservations. Because boreal wetlands are mostly comprised of peat, as they shrink they will release carbon in the atmosphere at higher levels than they normally would. Increased rates of evapotranspiration and evaporation will make it harder for wetlands to recharge ground water sources and may cause some vernal pools to disappear. Rapid shrinking wetlands also make it much susceptible for invasive species to move in and take over. The climate change and adaptation plan points out that

52% of the original wetlands in Minnesota have been lost due to development such as ditching, land use change, logging, agricultural runoff, and mineral mining. There are many impacts human development has already shown to affect wetlands such as species loss due to pollution, loss of shade for vernal pools, and loss of the ability to filter pollutants before they reach streams and lakes.

The vulnerability assessment for shrub wetlands has a medium sensitivity to changes in climate and a medium ability to adapt to these changes. The vulnerability assessment for boreal wetlands and vernal pools has an extremely high sensitivity to changes in climate and a low ability to adjust to these changes. For further detail in the Wetlands section of the Climate Change Vulnerability Assessment and Adaptation Strategy Plan, or any of the detailed strategies associated with this section, please visit the Resource Management page on the Fond du Lac website and review the full document.

Stay tuned for my review on the next section of the plan in November's newspaper.

Miigwech bizindawiyeg.

FDL Elders to visit Northland Senior Expo

Fond du Lac Elders will be taking a trip to the Northland Senior Expo Oct. 18 9 a.m.-3 p.m. at the DECC.

The event will feature over 100 exhibitors, seminars, and demonstrations. FDL has

reserved a bus for FDL Elders to attend. The bus will leave the FDL Cloquet Community Center at 8:30 a.m. and return at 3:30 p.m. Lunch will be on your own.

If you are interested in attending this even please call Velvet Linden, Elder Advocate, at (218) 878-8053 to sign up.

HazSimp

Hazard Simplification (HazSimp) is a term the national weather service uses to explain the simplification of current watch/warning/advisory products.

The first step to Hazard Simplification will be the consolidation of winter weather products. The simplification will include the products using a "What," "Where," "When," "Additional Details," and "Precautionary/Preparedness Actions" approach to find all you need to know about the threat.

These changes will roll out Oct. 1, 2017. Changes in flooding products are expected this spring.

Domestic Violence Awareness Month

The Fond du Lac Band of Lake Superior Chippewa Advocacy Program and the Fond du Lac Human Services Division is starting off Domestic Violence Awareness Month (October) by offering an opportunity to mourn, celebrate, and connect with advocates from state and community based organizations, survivors, and their families and friends.

This year, we will be holding a vigil at the Sophie Lake Room

in the Black Bear Hotel 5:30 p.m. Oct. 4.

The opening pipe ceremony will be done by Roxanne Peterson, followed by a traditional round dance with the solidarity shawls.

Several area and statewide organizations will have informational tables and are willing to answer any questions you may have about Domestic Violence and Sexual Assault.

Speakers will talk about their individual programs and offer a variety of resources. Survivors will also have the opportunity to share their stories.

There will be coffee and appetizers followed by cake during the vigil.

If you have any questions, please contact the Fond du Lac Advocates at (218) 878-2145.

Minnesota Indian Sexual Assault Coalition

The Minnesota Indian Sexual Assault Coalition will host a Coalition membership meeting at Black Bear Casino Resort (BBCR) Oct. 4-6.

The meeting will take place in the Lake Hall room on the second floor of the BBCR.

Brief agenda: Oct. 4, 9 a.m. welcome 9:30 a.m. program updates and the night's events (Human trafficking, ACES study, and resiliency and wellness) 5 p.m. Dinner on your own.

Oct. 5, 9 a.m. check-in. The days topics will be, human trafficking investigation in Tribal communities, Minnesota Navigators-how does this work? and collective grief and

collective healing. 5 p.m. travel song and circle.

Oct. 6, Travel day.

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 integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal Visits, FACE Family Circle (Group Connections), Screening, and Resource Network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and Parent and Child Together (PACT) Time.

Not only do we focus on literacy at school but we also focus on literacy in the home. All actively participating

Etc.

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.

WIC Program

Women, Infants, and Children Nutrition Program (WIC) is a Nutrition and Breastfeeding program that offers tips and advice to help families eat well, learn about nutrition, and stay healthy.

The WIC program provides:

- Nutrition education
- One-on-one counseling about nutrition
- Vouchers to buy food (Range

between \$62.00 - \$190.00/month)

- Support and help with breastfeeding
- Referrals to health care, immunizations, and other programs.

Who is WIC for?

- Women who are pregnant, breastfeeding, or who recently had a baby
- Infants from birth to 1 year of age
- Children from 1 year of age to their 5th birthday.

To qualify for WIC you need to have a nutritional and/or medical need and meet the WIC income guidelines. All WIC participants must have an initial appointment to determine eligibility for WIC. For example, a family of 3 making \$37,777.00 or less a year would qualify. If your child is

enrolled in Early Head Start or Head Start or currently receiving Medical Assistance income guidelines do not apply.

Contact the WIC office for further information: Laura Garza, PHN, CLC, MNAW/CAIR at (218) 878-2147 or Kara Stoneburner, RDN LD, CLS, MNAW/CAIR at (218) 878-2183. Or go to <http://www.health.state.mn.us/divs/fh/wic/index.html>, for more information.

WIC Program is an equal opportunity provider and employer.

First-time home-buyer class

The Minnesota Chippewa Tribe Finance Corporation is hosting a first-time homebuyer education class.

The class will be held Oct.

21 8:30 a.m.-4:30 p.m. in the Minnesota Chippewa Tribe Building (15542 State Hwy 371 NW, Cass Lake, MN). First-time homebuyer education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

To reserve a spot in this free class contact Cyndi Cwikla at (218) 335-8582 extension 150 or email ccwikla@mnchippewatribe.org no child care will be provided, please make other arrangements.

Fond du Lac Ojibwe School Board

Regular Meeting Tuesday August 1, 2017 Fond du Lac Ojibwe School Board Room 3 p.m.

Call to Order: 3:07 p.m.

Roll Call: Debra Johnson-Fuller, Joyce LaPorte, Carol Wuollet, Betty Anderson, Robert Peacock entered at 3:37 p.m., Michael Diver entered at 4:44 p.m.

Others present: Jennifer Johnson, Superintendent; Vicki Oberstar, Counselor; Michael Busch, Busch Aero Works

Betty Anderson read the mission statement

Motion to approve the agenda with changes: Move Mike Busch to the first item Betty Anderson, seconded by Carol Wuollet, all in favor, 0 opposed, motion carried.

Motion to approve the July 11, 2017 regular meeting minutes - Betty Anderson, seconded by Carol Wuollet, all in favor, 0 opposed, motion carried.

Review of the ledger - no discussion

Old business:

I. Airplane update - Michael Busch with Busch Aero Works introduced himself and his

background. FDL Reservation Business Committee approved the Reservation will own the plane upon completion. Students will also need to be involved with completion of the plane on a limited bases. The project is at a technical stage. Students can observe. FDL Natural Resources interested in the plane.

120 hours of ACTUAL working hours to complete the project. Estimated \$18K + labor to complete the project.

Discussion regarding student involvement and a plan to move forward, plans to investigate inventory, schedule work times, observations of students, etc. Continued discussion regarding the hanger and converting the garage into a hanger.

Robert Peacock entered 3:37 p.m.

New business:

I. 2016-2017 Parent Student Handbook - Replace Behavior Manager with Administrator on Duty throughout the handbook. Discussion regarding Behavior Manager job description.

Motion to Table the 2016-2017 Parent Student Handbook, Joyce LaPorte, 2nd by Betty Anderson, all in favor, 0 opposed, motion carried.

II. National Board Certification - Jennifer Johnson explained National Board Certification. The Bureau is willing to pay for the cost of licensed staff to become certified.

III. Cloquet Representative Letters of Intent - Letters submitted by Don Wiesen and Jeff Tibbetts.

The board discussed the school board bylaws and the process for filling the seat. Chairperson Debra Johnson Fuller will recommend both interested persons.

Fond du Lac Historical society



The FDLREZ Historical Society meets the second Friday of each month at the FDL Resource Management building 10 a.m. to 2 p.m. through the June 2018 meeting. They will have a booth at the 2018 Enrollee Days as they have for the last several years, but won't meet over the summer. The November meeting will be the Nov. 17, a week later, to accommodate for Veteran's day.

Check out their Facebook page to keep up with all that the society is doing. If you can't get in the "closed" group on Facebook, please request permission. Some-

one will let you join. If you have any questions about the FDLREZ Historical Society, contact Carol Jaakola (218) 879-9296.

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

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

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

We are the chosen.

Etc.

Old Business:

II. Sub-committee updates - Review and update sub committees at the September 2017 regular meeting.

Parent Involvement Committee - Betty Anderson and Joyce LaPorte will represent the School Board at the back to school barbeque. Betty is requesting the 7 values on the brochure as well as updated pictures.

III. FDL Ojibwe School Board Bylaws - Brookston seat discussion. Discussion regarding "proviso" or "provision". Discussion regarding the Secretary duties. Discussion regarding adding a signature line for the Chair and Secretary to the minutes. The Secretary shall sign the approved recorded minutes.

Motion to approve the changes to the charter: Joyce LaPorte, seconded by Betty Anderson,

all in favor, 0 opposed, motion carried.

Supervisor reports:

BIE Leadership Training - Jennifer Johnson discussed the training attended by Principal Dupuis and herself.

Michael Diver entered 4:44 p.m.

Principal Dupuis reported on new staff for SY 2017-2018. Superintendent Johnson discussed upcoming interviews.

Motion to adjourn, Betty Anderson, seconded by Robert Peacock, all in favor, 0 opposed, motion carried.

Adjourned 4:47 p.m.

Recorded by Jennifer Trotter-chaude

Betty Anderson, Fond du Lac Ojibwe School Board Secretary



Passionate members of our community speak with Senator Al Franken about protecting our water.

Protecting our water

By Zachary N. Dunaiski

Last month, when Senator Al Franken stopped by the Fond du Lac Reservation, a group gathered to speak directly with the Senator and I mistakenly referred to them as protestors.

The group wasn't protesting. They met with Senator Franken to discuss with him their efforts to protect clean water. Their efforts are crucial to protect one of the most important necessities to all of humanity, and we all greatly appreciate their efforts.

Attention Fond du Lac Band Members

Your form for the 2018 Distribution has been sent to your last known address.

Please complete and return this form by Dec. 1, 2017 if you would like a monthly payment in January 2018.

If your address has changed and you have not received a form please contact the Payroll Department at: (218)878-8021 or 1-800-365-1613.

Lost Forester Adventure run

While many of us enjoyed a relaxing Labor Day with barbecues, spending time with families, and many other festivities on the unofficial end of summer, some Fond du Lac Band members spent their days on a rigorous run.

The Lost Forester Adventure Run held its inaugural 20k race this year on Labor Day, and one group of ten FDL Band members signed up as a team, with many other individual runners from FDL participating.

The idea behind the Lost Forester Adventure Run was to have each runner find 6 plot cards leading to the lost forester.

The lost forester then gave each runner a map with the trails leading back. There was also a 5 minute bonus taken off a runners time for those wearing flannel.

"I think it was super fun, and a pretty cool cause. All the profits went to a girls orphanage in Uganda. That was pretty cool," Nichole Diver, one of the members of the 10 person

FDL team said of the event.

Running a 20k through the woods would be an impressive enough feat on its own and Nichole was okay with her results.

"The race guideline said if you did it in three hours or under it was considered a 'clean

finish' and anything over 3 was a 'dirty finish.' I'm pretty sure I got a dirty finish, cause I finished over three hours," Nichole said with a laugh. While many people would finish (and at this particular event some did finish) over the three hours, that wasn't why Nichole participated.

"I think I did okay, I didn't really have a goal I just wanted to go out there and see how it was. It was

fun. I just had a baby and it was my first race I had signed up for since having her," Nichole said.

Her teammate however had a great run as Naomi Defoe got a clean finish and finished 2nd out of all the women. Congratulations to all of the runners who participated in the event.



Front L to R: Amelia Legarde, Edye Howes, Janelle Zuech, and Nichole Diver.

Back L to R: Annette Rennquist, Nashay Baker, Alicia Cyr, Sarah Agaton-Howes, and Billie Diver.

Photo courtesy of Mark Rodwogin



Health News

October is Breast Cancer Awareness Month

By Denise Houle, Cancer outreach worker

Breast cancer is the most common cancer among American women, except for skin cancers. About 1 in 8 (12%) women in the US will develop invasive breast cancer during their lifetime. Breast cancer is the second leading cause of cancer death in women. (Only lung cancer kills more women each year.) The chance that a woman will die from breast cancer is about 1 in 36 (about 3%). Women who use oral contraceptives or Depo-Provera shot have a slightly higher risk for developing breast cancer. Hormones can play a role in the increase of developing breast cancer. American Indians living in the Northern Plains region have a much higher cancer related death rate than the general population.

Breast cancer screening with regular mammograms can detect breast cancer in its earliest stages before physical signs and symptoms appear.

Signs and symptoms include swelling of the breast, skin irritation or dimpling, breast or nipple pain, redness, scaliness, or thickening of the nipple or breast skin, nipple retraction and nipple discharge (other than breast milk).

Risk factors that can't be changed are: being a woman, aging, history, or race. Women who have a blood relative or first-degree relative (mother, sister or daughter) doubles a women's risk or having 2 first degree relatives increases the risk 3-fold for developing breast cancer.

Good news! There are some risk factors that can be changed such as: quitting smoking-(or better yet-don't start), no alcohol use (drinking alcohol is clearly linked to an increased risk of developing breast cancer), eating a healthier diet, and increasing your physical activity.

Sources: American Cancer Society www.cancer.org
 Always remember to consult your healthcare provider with any questions or concerns.
 A message from your Fond du Lac Cancer Prevention Program

Get the shot, not the flu!

By LeeAnna Stock RD, LD, CDE

Influenza, or the “flu,” is a respiratory infection that can cause serious complications, particularly in young children, older adults and people with certain medical conditions including diabetes. Shots are the most effective way to prevent influenza and its complications. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age or older be vaccinated annually against influenza.

Before the flu season begins, new flu shots are prepared. They are made from inactive flu viruses, which cannot cause infection. The preparation is based on the viruses that are in circulation at the time and on viruses that are expected to circulate the following winter. You must get the flu shot every year, because the vaccina-

tion changes every year as the viruses change.

People with diabetes (type 1 and type 2), even when well-managed, are at high risk of serious flu complications, often resulting in hospitalization and sometimes death. Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications.

Each fall and winter, millions of people suffer from the flu, which is highly contagious. It spreads easily from person to person, mainly when an infected person coughs or sneezes. The illness is usually a mild disease in healthy children, young adults, and middle-aged people. However, it can be life-threatening in older adults and in people of any age who have chronic illnesses such as diabetes. Other chronic medical conditions that can also

increase your risk of influenza complications include: heart disease, asthma, kidney or liver disease, cancer or cancer treatment, chronic obstructive pulmonary disease (COPD), cystic fibrosis, HIV/AIDS, and obesity.

Because pneumonia is a complication of influenza, people with both type 1 and type 2 diabetes should get the pneumococcal vaccine if they have not already had one in the last five years. Immunization provides the best protection against the flu and against vaccine-preventable diseases.

Ask your healthcare professional about getting the vaccines you need.

Do your part to keep yourself, your family and loved ones, and the people around you free from the flu.

Who needs a flu vaccine?

NO!

Even healthy people can get the flu, and it can be serious. Everyone 6 months and older should get a flu vaccine. **This means you.** This season, protect yourself—and those around you—by getting a flu vaccine.

CDC U.S. Department of Health and Human Services
 Centers for Disease Control and Prevention

For more information, visit: www.flu.gov



Health News

Can you get the flu from the flu shot?

Less than 1% of people who are vaccinated with the injectable vaccine develop flu-like symptoms, such as mild fever and muscle aches, after vaccinations. These side effects are not the same as having influenza, but people confuse the symptoms.

Protective immunity doesn't develop until 1-2 weeks after vaccination. Some people who get vaccinated later in the season (December or later) may be infected with influenza virus shortly afterward. These late vaccines develop influenza because they were exposed to someone with the virus before they became immune. It is not the result of the vaccination.

To many people "the flu" is

any illness with fever and cold symptoms or gastrointestinal symptoms. If they get any viral illness, they may blame it on the vaccine or think they got "the flu" despite being vaccinated. Influenza vaccine only protects against certain influenza viruses, not all viruses.

The influenza vaccine is not 100% effective, especially in older persons.

MNAW and CAIR Clinics will send a message through the patient portal once flu vaccines are available. Patients can then schedule a nursing visit to get vaccinated. You can also look for the locations of flu shot community events provided by Community Health Department. Anyone 6 months of age

and older should get a flu vaccine every flu season.

Reasons to get the flu shot:

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

aces

- The flu poses greater risk to young children, Elders, pregnant women, and people with diabetes, obesity, heart disease, asthma, or lung problems.

Even if you are healthy, getting your flu shot can protect those around you, such as Elders and young children from being exposed to the flu virus.

Treating lice

By Jessica Linde, PharmD

Lice are a common problem for school age children. The old way to deal with this was to treat everyone in the household but the treatment guidelines have changed a little. It is now recommended to only treat people who actually have lice. The Over-The-Counter (OTC) treatments only kill the live lice and are part of the reason it is recommended to only treat people who have lice. Treatments usually include using the medication on the first day

and combing through the hair every day for at least 7 days. Combing removes the lice eggs (nits) and is a very important step to get rid of the lice.

Please talk to your pharmacist or provider before using any lice treatment as not all treatments can be used for everyone. Also, it is good to wash all bedding and clothing in hot water and to use the hot/high setting on the dryer. Please talk to your provider or call the Fond du Lac pharmacy if you have any questions.

HAVE YOU GOTTEN YOUR FLU SHOT?

FDL COMMUNITY FLU SHOTS

Wednesday, October 11, 2017
3:00pm - 6:00pm
Cloquet Community Center

Monday, October 16, 2017
4:30pm - 6:30pm
Sawyer Community Center

Thursday, October 19, 2017
4:30pm - 6:30pm
Brookston Community Center

Thursday, October 26, 2017
3:00pm - 6:00pm
Cloquet Community Center

Friday, December 1, 2017
9:00am - 1:00pm
Elders Christmas Party @ BBCR



In order for children in foster care to receive the flu vaccination written authorization will be needed. Contact your tribal social worker for assistance and for questions call Cindy Pattison at 218-878-2149.

Must meet program eligibility requirements.

Fond du Lac Human Services Division | Community Health Services Department



Health News

A healthier Halloween

By Kara Stoneburner,
RDLD, Public Health Dietitian

Halloween, according to Google, is commonly celebrated by children who dress in costumes

and solicit candy or other treats door-to-door. Many families choose to celebrate Halloween. Too much candy and goodies can lead to extra calories and weight gain. Being overweight or obese increases the risk for certain cancers

and other diseases.

Sugar recommendations from the American Heart Association state children 2-18 years should have no more than 6 teaspoons of added sugars in their daily diet. Six teaspoons is equivalent to about 100 calories or 25 grams. Diets high in added sugars are often associated with weight gain, obesity, insulin resistance, high cholesterol, fatty liver disease, and it can increase cardiovascular risk.

So what counts as added sugar? According to choosemyplate.gov, added sugars are sugars and syrups that are added to foods and beverages when they are being processed or prepared. It does not include naturally occurring sugars such as those in milk and fruits. Typical foods that contain added sugars include soft drinks, candy, cookies, cakes, ice cream and pies.

This year, why not plan ahead and be prepared to make it a healthier Halloween for everyone. Some healthier alternatives to candy include: 100% juice, balls, baseball cards, books, bottles of water, bubbles, key/backpack chains, children tattoos, color crayons and books, colored pencils, combs, corn nuts/peanuts/trail mix, coupons for subway/bowling/a movie pass, dental floss, fake teeth, finger paints, flavored milk straws, fresh fruit, Frisbees, fun erasers, fun and colorful plastic cups or water bottles, glow sticks, hair ties/barrettes/clips, jump ropes, little boxes of low sugar cereals, low-fat/low sugar granola bars, mini bottles of fingernail polish, oatmeal packets, packages of sugar-free cocoa, pencils, Play-Doh, playing cards, pre-packaged cheese and crackers, puppets, puzzles, puzzle books, rub-

ber bracelets, rubber spiders/worms/bugs, sidewalk chalk, small individual bags of popcorn or pretzels, small notebooks, small veggie packs, stickers or stars, string cheese, stuffed toys, sugar free applesauce or fruit cups, sugar free flavorings for water, sugarless gum, toothbrushes, toy cars or figurines, or vanilla wafers.

Some items may be a choking risk to small children

The American Institute for Cancer Research also provides tips on how to cut back or avoid the extra calories from the candy:

- Purchase only the amount of candy you think you will need, toss the leftovers
- Place/store the candy out of sight to prevent the temptation to eat it; place the candy in a rarely used cupboard or in a non-see-through, covered container
- Avoid walking by the candy aisle at the store or the candy dish at work; if it is unavoidable, carry other items in your hands so you are unable to grab the candy as you walk by
- Have the child choose 5-7 pieces of candy from their collection and toss out the rest at the end of the night
- Consider other fun activities instead of trick or treating to help reduce the amount of candy the children receive. Kid-friendly fun ideas include hay rides, corn mazes, Halloween carnivals, home parties, pumpkin carving/painting and haunted houses.

Have fun and be healthy this Halloween!

FOND DU LAC
COMPREHENSIVE CANCER PROGRAM PRESENTS...

15th Annual
Women's Health Brunch

#IndigenousPink

Women's Health Topics

Women's Health Displays

Group Activity

Prize Drawings

Saturday, October 21, 2017
Cloquet Community Center
Registration: 9:30 AM - 10:00 AM
Event Time: 10:00 AM - 12:00 PM
For more information, call Denise at 878-2135.

Must meet program eligibility requirements.
Fond du Lac Human Services Division | Community Health Services | FDL Cancer Prevention Program



Health News

Roasted vegetable pasta

Makes 6 servings, about 1 1/2 cups each

Ingredients

1 medium zucchini, diced
 1 red or yellow bell pepper, seeded and diced
 1 large onion, thinly sliced
 2 tablespoons extra-virgin olive oil, divided
 Salt & freshly ground pepper to taste
 2 large tomatoes, chopped
 1/4 cup chopped fresh basil

2 cloves garlic, minced
 12 ounces whole-wheat pasta
 1/2 cup crumbled feta cheese

Instructions

1. Preheat oven to 450°F. Put a large pot of lightly salted water on to boil.
2. Toss zucchini, bell pepper and onion with 1 tablespoon oil in a large roasting pan or a large baking sheet with sides. Season with salt and pepper. Roast the vegetables,

stirring every 5 minutes, until tender and browned, 10 to 20 minutes.

3. Meanwhile, combine tomatoes, basil, garlic and the remaining 1 tablespoon oil in a large bowl. Season with salt and pepper.
4. Cook pasta until just tender, 8 to 10 minutes. Drain and transfer to the bowl with the tomatoes. Add the roasted vegetables and toss well. Adjust seasoning with salt and pep-

per. Serve, passing feta cheese separately.

Nutrition Information

Per serving: 288 calories; 7 g fat (2 g sat, 4 g mono); 3 mg cholesterol; 49 g carbohydrate; 11 g protein; 9 g fiber; 177 mg sodium; 619 mg potassium.

2 1/2 Carbohydrate Servings
 Nutrition bonus: Vitamin C (90% daily value), Fiber (34% dv), Vitamin A (25% dv).

Adapted from:

This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact Fond du Lac Community Health Services' Community Nutrition Educator at (218) 878-3764.

Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

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

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

**For more information please call. (218) 879-1227

"OUR CHILDREN ARE OUR FUTURE"

FDL ELDER FALL

BANQUET

@ BLACK BEAR

TUESDAY OCTOBER 24, 2017

4:30-7:00PM

DINNER SERVED AT 5:00PM.

EACH ELDER WILL RECEIVE:

\$25 CASINO PLAY

2 BREAKFAST COUPONS

A HOTEL STAY

PLEASE CALL (218) 878-2399

TO MAKE YOUR RESERVATION.

Ashi-niswi giizisoog (Thirteen Moons)

Binaakwe-giizis

Binaakwe-giizis is the Falling Leaves Moon. The new moon begins October 19.

Hugelkultur raised beds

By Nikki Crowe

The Bimaaji'idiwin Extension Garden installed a raised bed designed and inspired as a medicine wheel earlier in the 2017 growing season. Ken Hammarlund from Hammarlund Nursery assisted with the installation. A hugelkultur raised bed is used to help build up soil using rotting wood, cardboard, and in this case, horse manure used from a neighbor down Big Lake Road. This type of raised bed accomplishes a few things for the land and soil, including carbon sequestration, uses less water, and provided a use for yard debris, such as the leaves and twigs. In one season, the Bimaaji'idiwin Hugelkultur raised beds provided corn, beans, squash, strawberries, zucchini, tomatoes, and pollinators plants. Photo Credits: Erika Legros



Beginning installation



Final Touches



End of Season Veggies

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

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

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

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

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

I am...

Afraid--Ningotaaaj

Cold--Ningiikaj

Crazy--Ningiiwanaadiz

Hungry--Nimbakade

Mad--Ninishkaadiz

Resting--Nindanweb

Sad--Ningashkendam

Sick--Nindaakoz

Sorry--Nimaanendam

Thirsty--Ninoondeminikwe

Tired--Nindayekoz

Warm --Ningiizhooz

Well--Nimino-ayaa

Working—Nindanokii

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

North American Water Office provides fruit trees and shrubs

Thirty one families on the Fond du Lac Reservation chose to participate in the first distribution of fruit trees and bushes through the collaborative effort between NAWO and the Tribal and Community College. Apple trees, plum trees, blueberries, and raspberries were included in the initial planting.

A gravel bed and raised bed “Hugelkultur” were installed to continue an ongoing distribution program. This gravel bed will be used to start trees that are culturally significant to the Ojibwe people. The impact of climate

change will forever change the composition of forest in the Ojibwe Ceded Territories. Fond du Lac Resource Management is currently adopting management strategies that will help mitigate the coming changes. Demonstrations of good gardening methods will be hosted throughout the growing and harvest seasons. All produce will be used for cooking, nutrition, and herbal medicine workshops as well as community feasts.

The Fond du Lac Tribal and Community College is using the opportunity offered by the Wild Berry project to do more out-

reach on fruit trees and shrubs.

The Fond du Lac Gitigaan Program and Bimaaji’idiwin Extension Program hosted a Fruit Tree and Shrub workshop for the Fond du Lac community. Best growing techniques for the apple, plum, blueberry, and raspberry plants were discussed including preparation, soil amendments, pest management, disease, pruning, training, and winter protection.

For more information about the North American Water Office you can visit their website: <http://www.nawo.org/>

Updated integrated Resource Management plan open to comments

The Resource Management Division has completed a draft of an updated Integrated Resource Management Plan (IRMP). The plan describes Fond du Lac’s Natural Resources and discusses management goals and objectives. The 2008 plan has been updated to include climate change concerns and to reflect changes that have occurred since the previous version was written. You can view the plan using this link: <http://www.fdlrez.com/Inte>

[gratedResourceManagement-Plan.pdf](#)

To submit your comments go to this link: <http://www.fdlrez.com/rm/index.htm>.

Please check the News and Events page at www.fdlrez.com for upcoming presentations on IRMP draft coming up in October and November 2017.



Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Oct. 17, 2017 for the November 2017 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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

Happy Birthday

Happy golden birthday to our big boy **Xavier DeFoe** (Aug. 3)! *Mommy and daddy are so proud of you. Love you son!*



Happy birthday to the world's greatest dad **Russ Rule** (Sept. 28) *Love, Beast, Miah, Jayden, Jolana, and Benson and mom*

Happy sweet 16 to our beautiful daughter **Molly Fine-day** (Oct. 2), you make us proud every day. Love you bunches! *Love, dad and your favorite momma PJ*



Happy birthday **Amanda Misquadace** (Oct. 3) *Love, your mom, Jean*

Happy birthday sista Barb, **Barb Lachapelle** (Oct. 3), we love you! *Lee, Chey, and family*

Happy birthday sis, **Barb LaChapelle** (Oct. 3) *Love ya, your older sista Nita*

Happy birthday to our grand-son, **Matthew St. John-Shabaiash** (Oct. 3) *Love, grandma and Delmar, Christopher, Joanna, and Julie To Matthew St. John-Shabaiash* (Oct. 3) and **Joanna St. John-Shabaiash** (Oct. 24), my

niece and nephew, love you guys. *Auntie Nita*

Happy birthday to my grand-daughter **Joanna St. John-Shabaiash** (Oct. 24), love you. *Grandma and Delmar, Christopher, Julieanne, and Matthew*

Happy birthday to my favorite son-in-law **Steve Swanson** (Oct. 4) *Love you, from your favorite mother and father-in-law Hank and Nancy*

Happy 4th birthday babycakes, **Nathan Alan Pauna** (Oct. 5), we love you to the moon and back. *Great grand-ma and grandpa Seppala, love you sweetie, you mean the world to us!*



Happy birthday to **Wes Bassett** (Oct. 9)! *From, your sister*

Happy birthday **Gina Misquadace** (Oct. 10) *Love, your grandma Jean*

Happy 11th birthday **Zoey Peacock** (Oct. 10) *We all love you very much, mom, dad, Jordyn, and brothers*

Happy 3rd birthday **Sophia Sroka** (Oct. 11) *Love you, aunty Richelle and family*

Happy 2nd birthday to our beautiful little girl **Laila Brown** (Oct. 12)! We love you forever and ever mama's. *Love, mom, dad, and your big brother Travis*



To my ma, **Josie (DeFoe) Smith** (Oct. 14), I think of you every day since you left. *Lotsa love, your daughter Anita*

Happy 11th birthday **Nathan Ammesmaki** (Oct. 18) *Love, aunty Richelle and family*

Happy 2nd birthday **Aubbie Jo Ammesmaki** (Oct. 19) *Love, aunty Richelle and family*

Happy 2nd birthday **Aubbie Jo Ammesmaki (A.K.A. BECKY)** (Oct. 19) *Love you very much, mom, dad, Daniel, Mikayla, and Nate*

Happy 20th birthday **Whitney L. Mayorga** (Oct. 20), we hope you have a great day. *Love ya, mom and Mitch*

Happy 1st birthday **Kole William Karppinen** (Oct. 20)! You bring us so much happiness in our lives. Love you sweetheart! *Mom, dad, Kayson, and Kader*

Happy birthday to our beauty's **Faryn Wilson**



(Oct. 21), **Amara Mohr** (Oct. 4), and **Chilah Wright** (Oct. 10)) *Love, mom and Jon and kids*

Happy birthday **LaLa, Anita DeFoe** (Oct. 30), love you. *Lee, Chey, and family*

Happy Anniversary Happy anniversary to my wife **Marylu Josephson** (Oct. 23)



Happy 6th Anniversary 89.1 **WGZS**: Founded September 7, 2011!

Thank you

A very special thank you to the lawn crew for a job well done. Thank you to the supervisors who are great. And especially to Paulie, who goes above and beyond keeping the machinery up and running. *Val and Karen Turcotte*

Congratulations

Congratulations great grandpa **Val Turcotte** on your 18th great grandchild born Sept. 13, 2017, Carson Daniel Bown *Your family*

Memorial

Anna Marie Locke (Nov. 7, 1926 - Oct. 15, 2012)



Community News

Mom, it's hard to believe that it's been five years without you in our lives. You are thought of every day and missed. Thanks for everything you did for us.

Your children

Obituary

Donald

DeFoe, 76, of Duluth, Minn., died Friday, August 11, 2017, at St. Luke's Hospital.



Don enjoyed going to casinos. He lived life the way he wanted to! He had a handshake that could crush a brick, but a big heart if you were his friend. He will be fondly missed by his family and friends.

He is survived by siblings, Russel (June) DuFault, Margaret (Robert) Lund, Carol (Richard "Skip") Hayward; several nephews, nieces, and cousins, and grandchildren, Greg DuFault and Michael Lund.

He was preceded in death by his parents, Peter DuFault, Sr. and Margaret (Pratl) DuFault; brother, Peter DeFoe, Jr.; sister, Shirley DeFoe.

Bradley Fred Barney, Sr.,

44, of Cloquet, Minn. died Thursday, September 7, 2017 at his home.

Brad is survived by his



children, Bradley, Jr., Susan, and David; grandchildren, Jamie and Adrien; mother, Bonnie Barney; and siblings, Tracey Peacock, Leslie Barney, Jr. (Mary Jane), Angela Barney (Nathan), and Leon Barney.

He was preceded in death by his father, Leslie Barney, Sr.



Five sisters and a cousin gathered together at the Fond du Lac Tribal center



This picture is of the Shotley family who celebrated a 50th anniversary recently.

FDL job listings

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

FDL Reservation

Librarian or Media Generalist/Specialist FT FDLOJS
SUD Treatment Technician FT Human Services
Alcohol & Drug Counselor V FT Human Services
Alcohol & Drug Counselor IV FT Human Services
Alcohol & Drug Counselor III FT Human Services
Alcohol & Drug Counselor II FT Human Services
Alcohol & Drug Counselor I FT Human Services
Nursing Assistant/Activities Specialist FT FDL Assisted Living
Industrial Arts Teacher FT FDLOJS
Occupational Therapist PT FDLOJS
Cook Supervisor FT FDLOJS
Substance Use Disorder Recovery Case Manager FT MNAW
Massage Therapist PT MNAW
MIS Project Administrator I FT Tribal Center
Laboratory Technician FT MNAW & CAIR
Ojibwemowin Teacher FT FDLOJS
Registered Dental Assistant On Call/Temp MNAW
Pharmacy Technician FT CAIR
Foster Care Licensing and Placement Specialist FT MNAW
Clinical Assistant FT/On Call MNAW & CAIR
Instructional Assistant PT/On Call FDLOJS
Mental Health Counselor FT MNAW & CAIR
Custodian FT/On Call/Sub FDLOJS
Pharmacy Technician FT Mashkiki Waakaagan, Mpls
Clinic Physician FT/PT/On Call MNAW & CAIR

Mental Health Case Manager FT MNAW & CAIR
Skilled Laborer 1 FT Tribal Center
GED Teacher PT CCC/BCC/SCC
Reading Buddies PT FDLOJS
Driver's Training Instructor PT Tribal Center
Driver/Cook On Call BCC
School Secretary/Receptionist On Call/Sub FDLOJS
Cook Helper On Call/Sub FDLOJS
Driver/Cook On Call Tribal Center
Substitute Teacher On Call/Sub FDLOJS
Transportation Driver FT/PT FDL Transportation
Nursing Assistant FT/PT FDL Assisted Living
Recreational Aide 1 FT/PT SCC
Recreational Aide 2 FT/PT SCC
Recreational Aide 1 FT/PT BCC
Recreational Aide 2 FT/PT CCC
Clinical Pharmacist On Call MNAW, CAIR, Mashkiki Waakaagan-Mpls.
Pharmacy Technician On Call/Sub MNAW, CAIR, Mashkiki Waakaagan-Mpls.
Transit Dispatcher FT/PT/On Call FDL Transit
Bus Monitor PT/On Call FDL Education
Substitute Staff On Call FDL Head Start
Programs Teacher FDL Head Start
Teacher Assistant FDL Head Start
Deli Clerk PT FDLGG
Transit Driver FT/PT/On Call FDL Transit
School Bus Driver FT/PT/On Call FDL Education
Health Care Assistant FT/PT MNAW & FDL Assisted Living

Store Clerk PT FDLGG
Convenience Store Gas Attendant PT FDLGG

Black Bear Casino Resort

Vault Cashier FT/PT
Room Attendant FT
Bus Person FT/PT
Gift Shop Clerk FT
Buffet Host/Hostess FT
Golf Course Groundskeeper FT/PT Seasonal
Steward FT
Arcade Attendant PT
Golf Course Pro Shop Sales Representative PT
Golf Course Ranger/Starter FT/PT
Golf Course Concession Sales Representative FT/PT
Golf Course Cart Attendant FT/PT
Slot Attendant PT
Custodial Associate FT
Gift Shop Clerk PT
Bell Staff PT
Sage Deli Cook FT
Bingo Vendor/Floor Worker PT
Players Club Representative FT/PT
Wait Staff FT/PT
Hotel Laundry Worker/Hauler FT
Hotel Room Attendant/Housekeeper FT/PT
Drop Team Worker FT

Fond-du-Luth

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

