Nanganchiuanong (Far end of the Great Lake) Dibayimounan (Narrating of Story)



Members of the Fond du Lac Band and Cloquet EMS addressed the media and the public addressing the situation with the BNSF train derailment Feb. 19.

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Local News

Jason Loons appointed to MIAC's UIAB

By Zachary N. Dunaiski

many Band members appointed to high level positions in 2019. One of those appointments was Jason Loons, who was appointed to the Minnesota Indian Affairs Council (MIAC)'s board for the Urban Indian Advisory Board (UIAB).

The UIAB is made up of a representative from Duluth, Bemidji, two from Minneapolis, and two from St. Paul for two year terms to work with the elected official in the state of Minnesota on what is best for the 11 Reservations in Minnesota. This board's specific focus is on Natives living in urban areas.

"For greater Minnesota it's me and Collette Maxwell," Jason said about UIAB. Collette is the Bemidji Rep. and the way that Collette and Jason met was interesting.

"I met her for the first time at the beginning of February. We know a lot of the same people with what I do working with the DOT, BSU, and DNR, so it was kind of weird, like we knew each other through other people. We had a name dropping contest."

The group has seen a lot of changes over the last couple of months with Dennis Olson Jr., the former executive director of MIAC, being appointed to Commissioner of Higher Education by Governor Tim Walz. But Jason knows that will give this new group a fresh perspective on the work.

"We had our first meeting. For the most part it is a brand new group," Jason said. "I have no historical perspective on what the people before me have done with this Duluth Rep. position. I'm kind of looking at where I want to put my focus on just getting out and talking to people."

Jason has worked a lot of different jobs, currently with the American Federation of State, Country, and Municipal Employees (AFSCME) 5 council, one of the larger public sector unions in Minnesota, as well as MnDOT before applying for

UIAB. He knows all of his past experiences will come in handy in his new work.

"Prior to that work (speaking of working on the AFSCME 5 council), I come from MnDOT. I come from their Indigenous Employee Resource Group. Which kind of ties into this MIAC roll right now, so I'm kind of dipping back into that, which is nice," Jason said.

The new members of the UIAB group have already begun working hard with the members who were already there. Their first major topic was the overly high number of detained Band members across the state.

"We had a really long discussion on private prisons. In Minnesota especially if you look at the number of Natives that are incarcerated, it's extremely out of proportion. There are a lot of Natives locked up," Jason said as they're currently looking at four bills specifically looking at prisons. "If we have non-violent offenders let's find a way to rehabilitate them, instead of getting into this motto of 'lock

evervbody up.'"

Jason, who is currently the only male on the six person UIAB, was appointed by the executive board of MIAC, which is made up of all of the Tribal Chairs in Minnesota.

This position had opened in the past, but Jason felt it wasn't the right time for him as he was busy doing many other jobs, but this time when the opportunity opened up, he felt like he was ready for the challenge.

"I actually had a friend of mine at MnDOT who forwarded me this and said 'You should look at this, it's closing in a few days.' And I read it. I did a little bit of the background of some of the people who are on the MIAC board and I was thinking, boy my background is totally different," Jason said about how he learned about the position.

"I looked at it like 'I can make this work.' I'd like to utilize a lot of the stuff I've been doing like internal organizing and just talking to people, and building relationships." The current UIAB is ready for the challenges ahead. They've already scheduled eight meetings that are open to the public for this year and are open to adding more.

"I'm actually going to host two of the meetings, April and September," Jason said of those eight meetings. The April meeting that Jason will host will be in Duluth. "Not sure what I'll do for the April one yet, but I know through AICHO you can do a walking tour of Chum, Damiano Center, CAIR, just to get a little bit of that perspective. Not sure if that's been done before, but I'm going to push for that to get something more out of it."

Another objective of the UIAB is to work with the NAACP in Duluth also on job fairs and other activities.

"It's going to be neat to do a look-back a year from now and collectively see as a group what we have done, what we have accomplished, what went well, what could be better."

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

BNSF train derails on FDL Reservation

Bv Zacharv N. Dunaiski

n February 16, at approximately 5 p.m., CST, the Fond du Lac Band of Lake Superior Chippewa Emergency Management Director was alerted by a BNSF Railroad representative of a train derailment that occurred southeast of Brookston, Minn.—within Fond du Lac Reservation boundaries—involving some 40 cars carrying coal several hours earlier in the day. It is our understanding that there were no injuries reported at that time.

Fond du Lac officials and Emergency Management personnel are asking for the public's cooperation in avoiding the active accident scene, as it continues to pose a high safety risk because of the derailed train cars, coal product resources, and heavy equipment on-site. As the safety, health, and well-being of the community and natural land resources remains our top priority, access to the active scene is limited to personnel responders only.

The Fond du Lac Band's administration and Emergency Operations Center (EOC) personnel are working closely with BNSF personnel and are prepared to work with investigators and other officials to determine what happened. The Fond du Lac Band's Law Enforcement, Biological and Environmental divisions, as well as governmental leaders, continue to closely monitor the situation and will release more information when additional details become available.

On Feb. 19, Fond du Lac held a press conference to address the situation. Chairman Kevin Dupuis Sr., Cloquet
Representative Wally Dupuis,
Emergency Management Director
Cassie Diver, FDL Chief of Police
Herb Fineday, Cloquet Area Fire
District Chief Kevin Schroeder,
and Fond du Lac Resource
Management staff, Natural
Resources Director Reggie DeFoe
and Environment Program
Manager Wayne Dupuis, spoke
to members of the media and
community.

"We have authority and we should be the lead agency in this cleanup process. And there has been very little communication with the Band," Chairman Dupuis said during the press conference about the Band's frustration with the BNSF's efforts to include Fond du Lac.

The derailment happened at 11:28 a.m. Saturday Feb. 16, several hours before anyone had been notified of the incident.

"We immediately opened our emergency operations center, when we found out about this incident," FDL Chief of Police Herb Fineday said. "We got information that the derailment occurred at 11:25 a.m. Our Emergency Management Division and I did not get the notification until 5 p.m."

It was several more hours until Chairman Dupuis was able to see the situation up close.

"Dewey Dupuis and I were there early Sunday morning. We went down there, and they had all the equipment moved in," Chairman Dupuis said about after FDL was notified. "Our concern was that we didn't want them to deal with anything on the river side because that's the biggest environmental impact area. Well they were already moving equipment, they were

already scraping the bank, they were already pulling coal. There are cars remaining on the ice right now that they don't know how they're going to get them off."

BNSF is stating that coal is not a hazardous material, but Fond du Lac Resource Management staff is still concerned about the impact of the coal.

"From the environmental perspective we're concerned about the heavy metals that coal can leech into the water system. Also there is a possibility of mercury impacting our ecosystem on the East St. Louis River as well," Wayne Dupuis said during the press conference of the environmental concerns of the incident, "Lack of collaboration when the incident began leaves us kind of guessing what they're going to do, and how they're going to respond and clean the area up."

The following is the letter sent out from Fond du Lac Chairman Kevin Dupuis Sr. to Amy Hawkins, Vice President, Government affairs for the BSNF railroad on Feb. 19, 2019. The letter can also be viewed on the fdlrez.com website.

Dear Ms. Hawkins:

On behalf of the Fond du
Lac Band of Lake Superior
Chippewa, I write to express our
continuing concerns and deep
disappointment with BNSF's
intentional disregard of the
Band's sovereign, regulatory
authority and our established
Emergency Operations Plan,
which applies to disaster
responses on the Fond du Lac
Reservation.

Since the massive BNSF coal train derailment which

occurred within our Reservation boundaries on February 16, 2019. BNSF has avoided appropriately interfacing with our Emergency Management Personnel and Tribal Administrators, apparently appointing its regional spokesperson, Amy McBeth. as the sole managing point of contact with our government leaders. One of many upsetting facts is that we were not appropriately notified of the derailment by Ms. McBeth—or any other representative of BNSF—until approximately five (5) hours after the actual. occurrence on our tribal land.

Of deeper concern, BNSF initiated its own operations and heavy equipment missions on and around the derailment site without any contact with us whatsoever, blatantly disregarding the jurisdictional government authority of the Fond du Lac Band, our established Emergency Operations Plan, and our ordinances. BNSF personnel onsite have continued to operate in a non-cooperative and disrespectful manner, willfully leaving our administration, government department leaders, and critical responders out of site management communications and planning meetings, while attempting to actually restrict our personnel's access to the site and essential information.

Because this incident occurred on Reservation land, BNSF's cleanup operation is subject to the Band's regulatory authority, ordinances, and policies. We require site access in order to enforce the Band's water quality standards and employment laws. We require BNSF's cooperation in order to implement the Band's Emergency Operations Plan.

Over the past 72 hours, we have demanded access to the site and to be provided with BNSF's plans for the emergency response. We have attempted to establish a cooperative relationship in order jointly respond to this incident. BNSF has failed to provide an acceptable response and we have been unable to access the site

We believe it is in BNSF's interest to immediately accommodate these demands. BNSF should make arrangements and should recognize the Band as the lead agency for this incident. If BNSF fails to do so, we will review all of our options, which may include stopping work on the project or filing a lawsuit to obtain site access.

To be clear, the Fond du Lac Band of Lake Superior Chippewa will endeavor to work with BNSF to achieve optimally positive outcomes from this unfortunate event; however, we will not tolerate willful disregard of our authority on our own lands from any outside agency, interest, or individual.

I extend my thanks, in advance, for your cooperation, and welcome positive dialogue moving forward.
Sincerely,
Kevin R. Dupuis Sr.
Chairman

This is an ongoing situation that Fond du Lac is working diligently with many of our departments and outside agencies to get taken care of correctly and in the best possible way to protect the environment.

RBC Thoughts

Bruce Savage

Sawyer News

Boozhoo,

The historic snow has really made this an eventful winter. As a

kid I remember the mountains of snow along the streets in Duluth and sliding until it was too dark to see outside. I hope that families have been able to enjoy the winter activities that

the community has to offer. Soon enough, it will be sugaring season and we will start to feel the warm up begin.

The basketball season is in full swing. We have some very talented youth and dedicated

fans out there. It is nice to see the turnout at games and also see parents and grandparents showing their support.

The Fond du Lac State of the Band had a great attendance this year. There was various program

> staff sharing what their services had to offer again this year, which is very encouraging watching the very positive interactions. The outreach to others is important, the Band is very proud to offer high quality services.

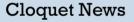
Miigwetch to the staff that worked long hours that week to prepare reports and handouts, along with also being involved with daily meetings at the command center for the BNSF railroad derailment emergency.

Our Emergency Operations Command team did a great job coordinating communications and efforts to start to oversee the clean-up process. Additionally, we also had power outages in Sawyer during the coldest days yet this winter. The Band continues to refine the process of emergency response.

This past month we also had the loss of elders in our community. My condolences to the families during this time of grief.

The next Open RBC Meeting at CAIR on March 21st at 5:30 pm, hope to see you there.

Miigwetch, Bruce M. Savage District II Sawyer Representative (218) 393-6902 email: BruceSavage@fdlrez.com



Hello All

ver the past few weeks, we first dealt with a snow storm dropping a heavy blanket of snow. After the snow storm, we dealt with extreme cold weather here with temps reaching 35 degrees below zero. This caused a number of freeze ups, from water lines freezing to furnaces not working or not keeping up. We also had a power outage

which affected over 200 people in the Sawyer area at the same time. Our

Emergency
Management
Team was
dispatched and
efficiently and effectively be thandled the entire crisis.
Great job to all for your services protecting as we people and property.

On a different note, a few weeks ago it was brought to our attention that the sauna in the Cloquet Community Center pool area had some major issues and was no longer operable. Our special project crew came in and built us a new and updated sauna. I am glad to tell you the new sauna is up and running. Thank you to the special projects crew,

you all really did a nice iob on the sauna.

A couple of updates regarding some development progress for the Band, we are working with the planning division on a Cultural Center which will likely be placed just across Big Lake Road north from the Tribal Center. This is in the early stages and a number of decisions need to be made before any work begins.

Also, our purchasing department has been working toward the

purchase of the AmericInn & Suites located in Carlton, just a few blocks east of the Black Bear Casino and Resort. Upon purchasing this property, we will

be tying together some other pieces of property that we already own, as well as, be a great amenity to the BBCR. We will keep you informed of where we are at with these developments.

As always please feel free to call or write to me with any questions concerns or ideas.
Email -wallydupuis@ fdlrez.com, office- (218) 878-8078 or cell (218) 409-5314



The Grand Portage Band and Minnesota Chippewa Tribe suffered a great loss this past week. One of our long time leaders, Norman Deschampe passed away. He had served the Grand Portage for the past

45 years as Secretary/ Treasurer and Chairman. He was also a member of the Tribal Executive Committee and the President for several years. Norm started out in the political arena at the ripe old age of 21. Over the years he served

on many boards and organizations that focused on the Indian community. He was a husband, a father, a friend, and a leader who will be missed by all that knew him.

I have been chilled to the bone the past month due to the cold weather we have been

experiencing. I am not sure if it is my age or the fact that we have been spoiled by the lack of subzero weather but this stretch has been brutal. I don't remember it being this cold when I was a kid playing outside or checking my rabbit snares. I remember wanting it to cool off and snow

> so I could track deer. I remember last week wondering when is it going to warm up? Not sure if it's my age or...

I hope you have been following the Line 3 saga. The state has now decided to pursue the appeal for the Certificate

Of Need issued by the Public Utilities Committee. This means that all work is halted on the pipeline and opportunities with the pipeline for work also are on hold until the court rules on the case. I am not sure how long the process will take but I

will try to keep you up to date with the progress. I hope you were free on the

evening of the 21st of February at 5:30 p.m. to come over to the Otter Creek Convention Center and listen to the State of the Band presentation. I went over last year's performance and some projections for this year. As has been the case in the past, the finances of the Band remain secure but with the leveling off of our income it has made the challenge of meeting our ever increasing needs more difficult than it has been in the past.

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.



Ferdinand Martineau



Crew works to clean the Sawyer Elderly Complex roof of snow

A crew worked all day to remove the snow off the roof of the Sawyer Elderly Complex Feb. 22.









More Local

FDL Band member receives 2019 Donaldson STEM award

Courtesy of the Science Museum of Minnesota

Pery Afias, a sophomore at Cloquet Senior High School, was nominated for the Donaldson STEM Award by his Science Research teacher, Dr. Cynthia Welsh. Dr. Welsh and Pery have been working together since Pery was in seventh grade.

Over the years, Pery has won numerous awards for his science research projects, with topics ranging from crayfish eating preferences to the effects of road run-off on romaine lettuce plant growth. As a participant in the National American Indian Science and Engineering Fair, Pery has presented his work to Science Museum visitors during past Science Fusion events. He is particularly interested in aquatic plant science.

This year, he is studying the drainage ponds on middle school grounds, a project for which he is cultivating his programming and ArcGIS Online skills in order to write a program that will digitize photos of Lemna minor (duck weed) to evaluate plant health, as well as create a map that evaluates the water drainage in different ponds. He conducts his sophisticated research on top of his challenging academic and extracurricular schedule, which includes student council, pep band, soccer, and church choir. Plus, he gives back to his community as a volunteer mentor of middle school students.

Pery also takes great pride in his Ojibwe heritage, participating in cultural events and attending after school culture and language classes.

Pery is part of the Trio College preparatory program based out of the College of Saint Scholastica. He plans to do his post-secondary education at the Fond du Lac Tribal College, where he will earn an associate degree and an ArcGIS certificate. He hopes to become a landscape architect, specializing in ArcGIS mapping.



Pery Afias and Dr. Cynthia Welsh by Tami Boyd-afis

FDL Constitution Reform meetings

he Minnesota Chippewa Tribe (MCT) has initiated Constitution reform. The Bands have set up delegate conventions to ensure that the individual Tribes that make up the MCT can work together to reform/revise our constitution. The meetings listed below are hosted by Fond du Lac delegates to get community input as to what changes the people would like to see and to bring those ideas to the delegate conventions. Everyone is welcome to attend the meetings.

The next meeting hosted by FDL will be Mar. 7, 5-7:30 p.m. in the MCT Building. The meetings currently scheduled will be 5-7:30 p.m. on the following dates and locations. Mar. 12-SCC, Marc.26-CCC, Apr. 9-BCC, Apr. 23 SCC, May 14-CCC, and May 28-BCC.

SMALL BUSINESS AND ENTREPRENUERSHIP TRAINING

Taking it to the next level

Do you have a business idea? Do you want to learn more about business plans, loans, loan applications and business training?

Watch for an upcoming training session in March.

The training will be held by:

Entrepreneur Fund Northland Foundation The Northspan Group UMD's Center for Economic Development

Dates, Time and Location are TBD

Please keep your eye out for posters or find information at www.fdlrez.com

Any questions please call Tammy Anderson at 218-878-2642









2019 Gitigaan



Seed Packets are available at Classes

Sign up for Tilling By

May 13th, 2019

Plant Packaging

May 31st, 2019

Plant Give Away

June 1st, 2019

8:00-Noon

Schedule of Classes Cloquet Community Center

Pot Luck Dinner @ 5:00p.m. Class @ 5:30p.m.

March 12th Seed Documentary (5:00-6:30) *Dinner Provided* March 19th Seed Starting & Garden

Planning **March 26th** Soil Health

April 2nd Cover Crops

April 9th TBD

April 16th NO CLASS

April 23rd Cooking with Seeds

April 30th Local Foods

May 7th Grants for your Garden

May 14th Cooking with Fish

May 21st Mindful Eating with Lynn

Rossy @ Black Bear Casino (4:30-7:30) *Dinner Provided*

May 31st Plant Packaging

June 1st Plant Giveaway

Contact the Planning Division at 218-878-2642 for more information or with questions.

Fond du Lac Ojibwe School students attend the Northern Indigenous Winter Games

n Feb. 2, a group of twelve Fond du Lac Ojibwe school students, five staff persons, and one grandfather attended the 1st Annual Northern Indigenous Winter Games at Virginia High School.

Maaji opened in a large circle with a prayer and specific instructions to have fun. Theresa Knifechief separated all the students into three different groups by grade level; K-2, 3-6 and 7-12. Even though the students' faces showed fear of the unknown; within minutes all of the students participated. Their enjoyment was apparent by the smiles and laughter that filled the gymnasium.

The students were instructed in and played Indigenous games both in the gymnasium and outside in a nearby parking lot. The adults even joined in at one point while Dan Ninham demonstrated how to mimic a bird call by cupping both hands together. Some of the games the students participated in were lacrosse, double-ball, snowsnake, high-kick, and the moccasin game. Before playing the moccasin game, Maaji told the story of the game and why the ininiwag, ikwewag, and the community all sat in different positions in the circle.

Skyler Stillday drummed and Travis Beaupre hid the rock while Maaji beamed with pride; he was impressed that the boys already knew how to play the game. The day ended with a meal and prizes in the school cafeteria.



Dan Ninham demonstrates how to mimic a bird call at the 1st Annual Northern Indigenous Winter Games.



participating outside at the 1st Annual Northern

demonstrate their moccasin game skills at the 1st Annual Northern Indigenous Winter Games.

Above, Fond du Lac students and staff attend the 1st Annual Northern Indigenous Winter Games



1856 Ojibwe Legend About Mandaamin also known as Corn

Research by Christine Carlson

uperior Chronical of October 28, 1856 - Found on Micro-Film at the Superior Public Library

In times past, a poor Indian was living with his wife and children in a beautiful part of the country. He was not only poor but inexpert in procuring food for his family, and is children were all too poor to give him assistance. Although poor, he was a man of kind and contented disposition. He was alwavs thankful to the Great Spirit for everything he received. The same disposition was inherited by his eldest son, who had now arrived at the proper age to undertake the ceremony of the Ke-nish-ino-win, or fast, to see what kind of a spirit would be his guide and guardian through life. Wunzh, for this was his name, had been an obedient boy from his infancy, and was of a pensive, thoughtful and mild disposition, so that he was beloved by the whole family. As soon as the first indications of spring appeared, they built him the customary little lodge at a retired

spot, some distance from their own, where he would not be disturbed during this solemn rite. In the meantime, he prepared himself, and immediately went into it and commenced his fast. The first few days, he amused himself, in the mornings by walking in the woods and over the mountains charming the early plants and flowers, and in this way prepared himself to enjoy his sleep and, at the same time, stored his mind with pleasant ideas for his dreams. While he rambled through the woods he felt a strong desire to know how the plants, herbs, and berries grew without any aid from men, and why it was that some species were good to eat, and others possessed medicinal or poisonous juices. He recalled these thoughts to mind after he became to languid to walk about, and had confined himself strictly to his lodge; he wished he could dream something that would prove a benefit to his father and family, and to all others. "True," he thought, "the Great Spirit made all things and it is to him that we owe our lives. But could he not make it easier for us to get our food

than by hunting animals and taking fish! I must try to find out this in my visions"

On the third day he became weak and faint and kept his bed. He fancied, while thus lying that he saw a handsome young man coming down from the sky and advancing towards him. He was richly and gaily dressed, having on a great many garments of green and yellow colors, but differing in their deeper or lighter shades. He had a plume of waving feathers on his head, and all his motions were graceful.

"I am sent to you my friend," said the celestial visitor, "by the Great Spirit who made all things in the sky and on the earth. He sees what it is from a kind and benevolent wish to do good to your people, and to procure a benefit to them, and that you do not seek for strength in war or the praise of warriors. I am sent to instruct you, and show you how you can do your kindred good." He then told the young man to arise and prepare to wrestle with him, as it was only by this means that he could hope to succeed in his wishes. Wunzh knew he was weak from fasting, but

his heart, and immediately got up, determined to die rather than fail. He commenced the trial, and after a protracted effort. was almost exhausted. when the beautiful stranger said, "My friend, it is enough for once I will come again to try you and smiling again on him, he ascended in the air in the same direction from which he came. The next day the celestial visitor reappeared at the same hour and renewed the trial. Wunzh felt that his strength was even less than the day before, but the courage of his mind seemed to increase in proportion as his body became weaker. Seeing this, the stranger again spoke to him in the same words he used before, adding, "tomorrow will be our last trial. Be strong my friend, for this is the only way you can overcome me, and obtain the boon you seek." On the third day he again appeared at the same time and renewed the struggle. The poor youth was very faint in body, but grew stronger in mind at every contest, and was determined to prevail or perish in the attempt. He

exerted his utmost powers

and after the contest had

he felt his courage rising in

been continued the usual time, the stranger ceased his efforts and declared himself conquered. For the first time he entered the lodge, and sitting down beside the youth, he began to deliver his instructions to him, telling him in what manner he should proceed to take advantage of his victory.

"You have won vour desires of the Great Spirit," said the stranger. "You have wrestled manfully. Tomorrow will be the seventh day of your fasting. Your father will give you food to strengthen you, and as it is the last day of the trial you will prevail. I know this and now tell you what you must do to benefit your family and tribe. Tomorrow, he repeated, I shall meet you and wrestle with you for the last time; and as soon as you have prevailed against me you will strip off my garments and throw me down, clean the earth of roots and weeds, make it soft and bury me on the spot. When you have done this, leave my body in the earth and do not disturb it, but come occasionally to visit the place, to see whether I have come to life, and be careful never to let the grass or weeds

===3

grow on my grave. Once a month cover me with fresh earth. If you follow my instructions you will accomplish your object of doing good to your fellow creatures by teaching them the knowledge, I now teach you." He then shook him by the hand and disappeared.

In the morning the youth's father came with some refreshments, saying, "My son, you have fasted long enough. It is now seven days since you have tasted food, and you must not sacrifice your life. The Master of Life does not require that." "My father." Replied the youth, "wait till the sun goes down. I have a particular reason for extending my fast to that hour." "Very well," said the

old man. "I shall wait till the hour arrives, and you feel inclined to eat."

At the usual hour of the day the sky visitor returned and the trial of strength was renewed. Although the youth had not availed himself of his father's offer of food, he felt that new strength had been given to him, and that exertion had renewed his strength and fortified his courage—life grasped his angelic antagonist with super-natural strength, threw him down, took from him his beautiful garments and plume, and finding him dead, immediately buried him on the spot. taking all the precautions he had been told of, and being confident at the same time that his friend

would again come to life. He then returned to his father's lodge, and partook sparingly of the meal that had been prepared for him. But never for a moment forgot the grave of his friend. He carefully visited it throughout the spring, and weeded out the grass. and kept the ground in a softened pliant state. Very soon he saw the tops of the green plumes coming through the ground, and the more careful he was to obev his instructions in keeping the ground in order, the faster they grew. He was, however, careful to conceal the exploit from his father. Days and weeks passed in this way.—The summer was now drawing to a close, when one day, after a long absence in

hunting. Wunzh invited his father to follow him to the auiet and lonesome spot of his former fast. The lodge had been removed and the weeds kept from growing on the circle where it stood. but in its place stood a tall and graceful plant, with bright colored silken hair surmounted with nodding plumes and stately leaves, and golden clusters on each side. "It is my friend." shouted the lad: it is the friend of mankind. It is Non-dawmin. We need no longer rely on hunting alone; for as long as this gift is cherished and taken care of the ground itself, will give us a living." He then pulled an ear. "See my father," said he, "this is what I fasted for. The Great Spirit has listened

to my voice, and sent us something new, and henceforth our people will not depend upon the chase or upon the waters."

He then communicated to his father the instructions given him by the stranger. He told him that the broad husks must be torn away. as he had pulled off the garments in his wrestling and having done this directed him how the ear must be held before the fire till the outer skin became brown, while all the milk was retained in the grain. The whole family then united in a feast on the newly grown ears expressing gratitude to the Merciful Spirit who gave it. So corn came into the world.

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:

ARRELL, Lavonne
ANKERSTROM, Arthur
BAKKEN, David
BARNEY, Jessica T.
CADOTTE, Steven Blair
CICHY, Gerard
CICHY, Leslie
DEFOE, Richard
FISHERMAN, Leonard J. Sr.

HUCULAK, Daniel A. LAPRAIRIE, Robert MARZINSKE, Larry MCFADDEN, Barbara NELSON, Chester E. PARO, Javis POWERS, Lois A. RAISANEN, Molina RODAKS, Timothy ROSS, Rosemary SAVAGE, Mark SAVAGE, Terry B.

SHABAIASH, Rodney SMITH, James L. SOULIER, Gary YEAZLE, Joann

FDL Law Enforcement News

Chief of Police update

Chief Herb Fineday and Officer Kevin Holshouser received certification as instructors in active diffusion strategies. Through lectures, demonstrations, role play, and practical scenario applications, this course will instruct students and develop instructors in the L.E.A.D.S. Plus T – Law Enforcement Active Diffusion Strategies and Tactical Options One-Day Program.

The course is classroom based to educate instructors in effective communications skills, de-escalation techniques, as well as combat confrontation avoidance training. The course teaches how to recognize aggressive behaviors and keep them from escalating. Students learn Active Diffusion Strategies that can avoid or resolve negative interactions by employing effective de-escalation methods. This course also discusses tactical responses to use when diffusion tactics are inappropriate or ineffective and teaches distraction techniques that promote the success of tactical applications. We utilize

lectures. demonstrations and scenario based training. The Assistant County Attorneys of the Carlton County Attorney's Office and County Attorney Laurie Ketola are committed to prosecution with integrity. On December 3, 2018 Assistant Carlton County Attorney Jeffrey Boucher. enacted a Brady Disclosure

Policy. Brady

v. Maryland is a 1963 U.S. Supreme Court case requiring the disclosure of exculpatory material to Defendants in criminal prosecutions, including misconduct findings involving law enforcement officers.

The new County Attorney's Office policy aligns with that obligation. The fair trial of a defendant depends on complete truthfulness by everyone involved. The Carlton County Attorney's Office is committed to a fair and transparent review of the integrity of all persons impacted during a trial. The Fond du Lac police department has complied with all requests for personal file reviews during this process. Furthermore, the Carlton County Attorney's Office did not find any material that would affect any current criminal prosecutions.

The Police Department collaborated with local Band member artist Josh Whitebird and designed a t-shirt that will be available for sale to the community for \$20. You can stop by the Police Department during business hours to pick up a t-shirt or place an order.



Officer Spotlight: August Reynolds

I'm August Reynolds. I am the newest officer with the Fond du Lac Police Department. I've been an officer for about three months now. I grew up

on Danielson Rd. actually. When I was about 12 vears old or so we moved into town and I graduated from Cloquet in 2010. I just recently graduated the skill program from the Fond du Lac Community College and got hired here. And I am also an Enrolled Band member here at Fond du Lac

I think the community policing model is a great thing. It gives law enforcement a face. It makes us relatable to the community that we are serving.

Something interesting about me is that I enjoy statistics. I like games that involve statistics and math, like poker. Poker is kind of my game.

I wanted to be a

cop because I wanted to help people. I wanted to serve the community, whether that was the one I grew up in or one somewhere else. I just wanted to help people. I don't remember an exact age. I was pretty young when I decided that I wanted to be a cop. Graduating in 2010, it took me a little longer than I wanted to actually become a cop, but I reached

my goal and I'm glad to be serving.

Fond du Lac was gracious enough to give me a job. And it's where I grew up. This is my home, this is my family, what better place to protect than my family and my home.

My favorite part is the people that

I get to interact with day-to-day. There is a wide variety of people. whether it be down at the casino or somewhere else on the Rez. Almost every single day I get to run into someone from my family or someone that I know from the community and just get to talk with them.

Most satisfying aspect so far is being able to help with the community. Whether that be teaching a class here at the school, doing walkthroughs in the community, and making sure everybody knows that I'm there to help and that they can approach me whenever they need help.

Something that people don't know

about me is that I like to travel. Whether it be on a day trip to the cities or heading out to California or Hawaii. I've been to both of those places and I just love to travel the United States.





SATURDAYS, MARCH 2ND - 30TH, 6 - 9 PM

Start earning entries* on Sunday, February 24th.

- Three (3) winners will be selected each hour.
- Eleven (11) winners of cash prizes \$1,000-\$2,500.
- The final name called during the 9 pm hour will win a Finnleo™ B-820 Infrared Sauna.

GRAND PRIZE NIGHT - SATURDAY, MARCH 30TH

- Four (4) winners will be selected each hour.
- •Sixteen (16) winners of cash prizes \$1,500-\$3,500.
- During the 9 pm hour, one (1) winner will win a Sisu 8' Original Barrel Sauna!

"Slots, Blackjack & Bingo Players Club Mambers earn one (1) entry for every five (5) points earned on game play. See official details & rules on blackbearcasinoresort.com or at the Players Club. Management reserves all rights. Owned and operated by the Fand du Loc Band of Lake Superior Chippewa.

blackbear casino resort.com

See Player's Club or blackbearcasinoresort.com for official rules. Owned and operated by the Fond du LacBand of Lake Superior Chippewa. Management reserves all rights.



Kindergarten News Giminogi' awasaanaanid nitaawigi'angwaa (Raise children in a good way as they arow)

Students at the Fond du Lac Oiibwe School kindergarten have had the experience of

having team teachers this year. Mr. Daniel Franklin and Mrs. Carol Smith have been team teaching since the beginning of the school year.

It works well to share the teaching opportunity and provides consistent staff for the students. Both have had previous experience in teaching various primary and upper grades. We are continuously looking for creative ways to

teach our young learners.

We are thankful for the Fond du Lac Tribal and Community College (FDLTCC) for receiving a grant from the American Indian College Fund and has allowed the opportunity for faculty, teachers, pre-service teachers, the community, and students to begin the work with Anishinaabe ways of knowing throughout Indigenous STEM (Science

Technology Engineering and Math) curriculum and developing projects for young learners.

The project will be ongoing for the next two years. We will be developing seasonal units on maple sugar bush and wild ricing and look forward to working together with families and the community when implementing these lessons.

We invite families with children who will be five years old by Sept. 1, 2019 to attend the Kindergarten Round up at the Ojibwe School Mar. 20 from 4-6 p.m. and again on Apr. 5. There

will be no school for FDLOS kindergarten students that day. Ziigwan celebration will be on

Mar. 20. Please join us!

Fond du Lac sugar bush tapping auidelines

The intent of these guidelines is to assure area sugar bush (iskigamizigan) resources remain healthy and productive now and into the future. These guidelines are based on published research and on the advice of local experts.

Site selection

Choose sites that are accessible throughout the entire tapping season. Dirt roads or woodland trails that may be useable in the beginning of the season can often become muddy and rutted as the frost goes out of the ground and the ground softens. Select sites with good access that do not require crossing wetlands or other sensitive areas that may be damaged, especially near the end of the season.

Choose sites with healthy, large-crowned sugar maples (ininaatig) and/or red maples (zhiishiigimiiwanzh). Avoid selecting areas where the trees show signs of stress or decline (e.g. dead or dying tops, missing bark, trees defoliated by forest tent caterpillars the previous year, etc).

Always make sure you have the appropriate permission to tap the trees or to access the land.

Tree Selection

Select healthy, full-crowned sugar maple, red maple, silver, maple, or box elder trees that

are at least 10" in diameter at chest height. Tapping smaller trees will yield little sap and risk the long term health of the

Expect 9-13 gallons of sap per tree for the season. Flow rates are highest on warm days following cool nights.

Avoid driving ATVs, tractors, trucks, or other vehicles within 20-30 feet of the base of the tree during the tapping season. The ground is soft and the roots can be damaged, affecting the health of the tree. Instead, carry buckets or bags by hand to vehicles, wagons, or other maintenance equipment. Health roots make healthy trees

Spile Selction

Smaller spiles are preferable to larger spiles. Research shows small spiles will deliver as much sap as larger spiles with less damage to the tree.

Use 5/16" or 19/64" spiles if possible. These spiles should not be placed more than 1.5"

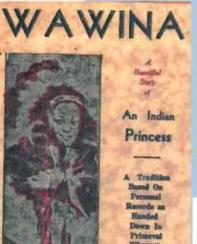
Older style 7/16" spiles are still acceptable but should be replace with smaller spiles when possible. This size spile should not be place more than 2.5" deep.

Do not tap frozen trees as this can cause the bark to split. Only tap trees when the sap has begun to flow.

Use a drill-bit that is the same size as the tap you are intending to use and wrap a piece of tape around the drillbit at the desired depth. This will serve as a guide to help avoid drilling too deep.

Holes should be drilled at a slight upward angle so that sap can flow down and out of the hole.





Time: 5:00-7:00 p.m. Date: 03/04/2019

Cloquet Community Centter Classroom 1720 Big Lake Road Cloquet, MN 55720







Contact person: 218-878-8188 Janis Fairbanks, Anishinaabemowin Coord.

ore, Whiel

Can Bo

More Truth

VERN NORTHRUP

MARCH 4, 2019

By CHIEF NORTHWIND

WAWINA, written by Joseph A. Northrup, is discussed by his grandson Vern Northrup

Tap the spiles in carefully to avoid damaging the tree. Avoid tapping discolored or damaged looking bark as these areas may have fungal infections and tap holes may serve as entry points.

Number of spiles and their placement

The number of spiles per tree should be based on the diameter of the tree at chest height.

- Trees smaller than 10" in diameter should not be tapped
- Trees 10"-18" in diameter should have no more than one tap per tree
- Trees larger than 18" can have up to two taps per tree; no tree should have more than two taps
- Spiles should be spaced at least six inches horizontally and two feet vertically from previous year's tap hole locations; this assures water and nutrients can still flow between the roots to leaves
- Never re-tap existing holes or drill new taps near the end of the season trying to prolong the season
- Spiles should be place in the tree about 2-4 feet above the ground level.

When to start and stop collecting sap

Sap will start to flow when the days are in the 40°F's and the nights are below freezing, typically mid-March in Northern Minnesota. Flow tends to slow or stop when daytime temperatures are cool or below freezing.

Sap will start to taste "buddy" (bad) when the buds start to expand at the end of the season. When you observe buds expanding, cease collecting sap. Red maples

may start to bud before sugar maples.

Be sure to remove all spiles from trees and clean up other equipment from the site at the end of the season.

Be careful when boiling sap outdoors-spring is also wildfire season!

Mahnomen Community Water System – Project Planning Updates By Jordan Vandal,

FDL Water/Wastewater Manager

I often receive questions on the status of the Mahnomen Planning Project from concerned Mahnomen residents, as well as concerned Band members who have family residing in the Mahnomen area as the department conducts day to day field operations. The department welcomes those questions, as it provides an avenue to understanding a complex problem dealing with a precious resource. The questions often revolve around health concerns, what the issues and violations are, project timelines as well as different perspectives on drinking water, and the resource we are required to be stewards of.

In regards to being a steward, the FDL Water/Wastewater Department routinely monitors for the presence of contaminants in the Community Water System as required by the Safe Drinking Water Act. The department is required to report all sampling results for various parameters

to USEPA for review. **Project History:**

In the fall of 2016, the USEPA issued a Maximum Contaminant Level (MCL)

monitoring violation for Disinfection By-Products (DBPs) in the Mahnomen Community Water System (CWS). Since this original violation in 2016, the water system has been required to conduct increased quarterly monitoring of DBPs, and further provide public continued on page 14



Minnesota Chippewa Tribe Finance Corporation

Hone Loan Program: Regular, Moderate, Construction & Renovation Loans

Home loan applicants must be American Indian enrolled in the Minnesota Chippewa Tribe and must be owner occupied. Applicants must also meet other requirements such as; reasonable credit risk, have a stable employment history, and meet State and FHA credit underwriting guidelines.

Business Loan Program: Micro Loans \$500-\$5000, Business Loans \$5000-\$150,000 and Commercial Real Estate Loans \$5,000 - \$150,000

All loans will require security/collateral and personal guarantees for principals and /or third parties. The owner/borrower must have a minimum 10% equity in total business capitalization. Interest is based on risk rating of applications, rates will be between 4% - 7%. Borrowers are required to have a reasonable credit history and a written plan for repayment. All applicants with any type of loan must have a business plan detailing how the business will operate and perform. Technical assistance is available, personal assistance will be required.

Applications:

Applications are taken at our home office located at 15542 State Hwy 371 NW, Cass Lake, Minnesota. Or call for an appointment at 218.335.8582. You may visit our website at www.mctfc.org to download application and requirements. We also provide home-buyer training, assist clients with home inspections and construction counseling.

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notifications should quarterly monitoring continue to be in violation. Since the original violation, the Mahnomen CWS has remained in violation and has been required to provide quarterly Public Notification to area residents as required by the Public Notification Rule with sampling results.

As a reminder, there are

many factors to consider as to why DBPs form in distribution systems, including, type of disinfectant used, concentration of disinfectant, concentrations of organic matter (Total Organic Carbon), water temperature, pH, contact time, and length of distribution network. When taking into consideration these factors, it should be noted that the

Total Organic Carbon (TOC) from the Mahnomen Source Water is very high 12.5, and 10.4 mg/L in wells #1 and #2, respectively. While the TOC are not toxic themselves, they can aid in the pre-cursor formation of DBPs, especially when a disinfectant, such as chlorine is used with high concentrations of organics. Due to the ammonia in the

raw (unfinished) water, the department has added higher concentrations of chlorine to meet its demand and still provide a residual disinfectant in the distribution.

In short, one exacerbates the other, and the current treatment plant as is, does not filter (remove) the Total Organic Carbons. The department has also made numerous operational modifications in an attempt to mitigate for the increased DBPs; these modifications have not aided in decreasing the DBPs.

Recent sampling results:

The most recent quarterly sampling conducted on Nov. 6, 2018 showed that the Mahnomen CWS exceeds the standard or MCL for Total



SPRING ELDER BANQUET TUESDAY FDL ELDERS RECEIVE: APRIL 16, 2019 4:30pm - 7:00pm*\$25.00 in Free PLAY B.B.C. OTTER CREEK

PLEASE CALL MORGAN (218) 878-2399
TO RSVP BANQUET
AND RESERVE A HOTEL ROOM.



Dinner @ 5:00pm









Trihalomethane (TTHM) and Haloacetic Acids (HAA5). The MCL limit for TTHM is 0.080 mg/L and HAA5 is 0.060 mg/L. The most recent Running Annual Average (RAA) levels for the November 2018 sampling was: Site 1- 0.161 mg/L (TTHM), 0.103 mg/L (HAA5) Site 2- 0.165 mg/L (TTHM), 0.108 mg/L (HAA5)

Project timeline & community meeting:

Lastly, the department understands frustration from community members on the pace of such a project. In general, large infrastructure projects take an immense amount of effort, on a number of fronts, but mainly time and patience. Please remain patient with the on-going

efforts and join us for food and refreshments to better understand those efforts at an upcoming community meeting where additional updates will be provided, and questions can be answered relative to the Mahnomen Planning Project.

The community meeting will be held 5-7:30 p.m. Thursday, Mar. 7, at the Brookston Community Center, 8200 Belich St, Cloquet, Minn.

If you have additional questions or concerns please contact me directly at (218) 878-7595.

Thank you.

Sign-up for Spring Spearing/Netting

The Fond du Lac Resource

Management Division (RMD) will be using the same plan for distributing permits in 2019 as we have the last few years. First thing in the morning, RMD staff will be sending out a mass email/text to all individuals that register for spearing ahead of time (register using the link on the FDL website).

This daily notification will identify the lakes and number of permits available for that night. Band members that want to be included in the daily drawing can either respond to the email or call the RMD office (218-878-7155 or on weekends at 218-721-8317) by NLT 11:00 a.m. Band members that do not have email may still phone in on a daily basis to find out continued on page 16

CELEBRATELIFE as FOND DULAC hosts Aquarium WHEN: MARCH 10th - APRIL 22nd, 2019 WHERE GREAT LAKES AQUARIUM DULUTH MN CONTACT: FOND DU LAC RESOURCE MANAGEMENT 218-878-7101 "Listen to stories from the Fond du Lac "Explore connections between the community about what water means to them anities and water through hands- o MN Humanities Center exhibits, events, and activities. MN Humanities Cent Learn from others how water affects as all in our daily lives and what we WATER IS LIFE

Nagaajiwanaang Genawendangig Anishinaabemowin 2019 Language Program News

Submitted by Janis Fairbanks,

Anishinaahemowin Coordinator

Here is an update to language program activities currently planned for 2019:

DATE	EVENT	PLACE	TIME				
January 30, 2019 Meet the last Wed. of every month	Book Club (books are members choices)	Brevator Language House	12:30 – 1:30 Lunch included				
February 19, 2019	Language Advisory Board and Community Quarterly Meeting	Cloquet Community Center Classroom	5:00 – 7:30 p.m. Potluck Beverages provided				
March 4, 2019 Monday evening	Discussion of the book <i>Wawina</i> written by Joseph L. Northrup, and discussed by his grandson, Vern Northrup	Cloquet Community Center Classroom	5:00 – 7:00 p.m. Light refreshments				
April 6, 2019 Saturday	Hands-on faceless doll making session by artist Joyce LaPorte	Cloquet Community Center Classroom	9:00 – 3:00 p.m. Lunch served – sign up limited to 12 first come-first served				
May 18, 2019 Saturday	Minnesota Indian Affairs Council – Legacy Amendment funded Language Program Project Celebration and release of 4 Ojibwe Language CDs and a youth Youtube video	Cloquet Community Center	10:00 – 3:00 p.m. Lunch served Register by calling 218-878-8188 and leave your name and phone number				
June 14, 15, 16, 2019	Kiwenz Language Camp	Kiwenz Campgrounds	8:00 a.m. – 9:00 p.m. daily Friday and Saturday and 8:00 – noon Sunday				
July 25 & 26 2019 TBD	Hand drum making workshop with Ozaawaagwaneyaash Gresczyk	Brevator Language House	Time 10:00 – 5:00 Thursday Time: 10:00 – 1:00 Friday				
August 2019 Date TBD	Medicine Gathering Field Trip	Location TBD	Time TBD				
September 2019 Date TBD Thursday and Friday	Wild Rice Camp & Festival with Russ and Deb Northrup	Brevator Language House	Time TBD				
October 2019 Date TBD	Hand Tanning Hide Demonstration	Brevator Language House	Time TBD				
November 2019	Native American Heritage Activities	Ongoing through the month of Nov. Places TBD	Time TBD				
December 2019	Winter Solstice Activity	TBD	TBD				

This is a tentative list, and the possibilities are only as limited as your imagination, so please send me an email to let me know what you want to see happen this year with the language program. We will do as much as possible with our budget to deliver information on language, culture, history, native arts, and related areas.

If you have ideas to share, questions or comments about the language program, please contact janisfairbanks@fdlrez.com



Living Well Evidence-Based Programs

Living Well With Diabetes



Learn to:

- Healthy eating, nutrition and exercise strategies for endurance and strength.
- Techniques to address frustration, fatique, isolation and poor sleep.
- How to work effectively with family and health providers.
- Appropriate use of medications.
- To take control, manage the condition and enjoy vour life!



Manage diabetes to stay active and eniov your life.

This workshop guides people with Type 2 diabetes to develop lifestyle strategies to improve overall well-being. Participants learn practical techniques to manage symptoms like fatigue, pain, hyper/hypoglycemia and stress.

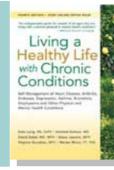
Trained peer leaders facilitate the interactive classes encouraging development of weekly action plans and maintaining goals set. Open to adults with chronic conditions, family members and caregivers.

The workshop is part of the health self-management evidence-based programs developed by Stanford University and offered across the US.

WORKSHOPS:

March 5, 12, 19, 26 and April 2, 9

1:00pm — 3:30pm **Tribal Center Conference Room**



Register today—Space is limited!

Contact Barb Heikkila 218-878-2141 or email, barbaraheikkila@fdlrez.com

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which lakes are open, and if interested, may request to be in the daily drawings. RMD staff will have a daily drawing to distribute available permits to all of those that can participate.

RMD staff will notify the winners daily by 1:00 p.m. If you don't hear from staff by 1 p.m., you were not drawn for that night. RMD will not be keeping a waiting list for the next evening's activities. Winners can pick up their permit at the boat landing. Conservation Officers will have a list of all Band members that have been issued permits for the evening.

Tribal Court notice of name change

In the Matter of the Marriage of: TASHEANA MARIE RULE, Applicant 1, WAYLON JARROD FARLEY. Applicant 2. Case No.: MA-001-19 Notice of name change.

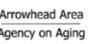
Notice is hereby given that on January 18, 2019 Tasheana Marie Rule and Wavlon Jarrod Farley were united in Marriage in accordance with the laws of the Fond du Lac Band of Lake Superior Chippewa, and on January 18, 2019 a Certificate of Marriage was issued changing the name of TASHEANA MARIE RULE to TASHEANA MARIE TENORIO.

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

- Support parents/primary caretakers in their role as their child's first and most influential teacher
- Strengthen family-schoolcommunity 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 BIEfunded schools. Program services integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal Visits, FACE Family Circle (Group Connections), Screening, and Resource Network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and Parent and Child Together (PACT) Time.

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

If you are interested in



Must meet program eligibility requirements.

Fond du Lac Human Services Division | Diabetes Program

Arrowhead Area on Aging | Duluth, MN | Arrowheadaging.org



FACE program

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

FDLOJS sports update

The girls basketball team is having a good season with a record of 3-13. With only three 12th graders, and the rest underclassmen, they are a very

young team. They made great strides and we are looking for good things to come next year.

The boys basketball team is also a young team, with three 12th grader, four 11th graders, three 10th graders, two 9th graders, five 8th graders and five 7th graders! Their 5-14 record did not reflect how hard they worked, but their improvement shows great promise for the upcoming

years. Their playoff starts March 5, and we hope to see

Track and Field starts Mar.

11! To sign up for Track
and Field contact head
coach Nick Thornton (218)

878-7228 or email him at –
NicholasThornton@fdlrez.com
or contact the athletic director,
Earl Otis at (218) 878-7248.

Spring Elder Banquet 4:30 p.m. Apr. 16 BBCR Open RBC Meeting 5:30 p.m. Mar. 21 CAIR

FDL Elder Activity



"ONE NIGHT

IN MEMPHIS"

ELVIS PRESLEY, JOHNNY CASH, CARL PERKINS, JERRY LEE LEWIS

THURSDAY MARCH 28, 2019 7:30PM @ PARAMOUNT CENTER FOR THE ARTS

ST. CLOUD. MINNESOTA

- BUS WILL LEAVE TRIBAL CENTER @ 8:00am on March 28, 2019.
 - Stop for Coffee/Breakfast in Aitkin (pay for your own)
- Continue on to Mille Lacs Grand Casino/Hotel. Check into rooms @ 12-1pm.
- Supper @ Casino @ 4:00pm. Included with Activity.
- Load bus for St. Cloud @ 5:30pm.
- Return to Casino/Hotel @ 11:00pm.
- Friday March 29, 2019
- Breakfast @ Casino (must pay your own)
- Bus will load and leave Hotel @ 11:00am.
- Arrive back at Tribal Center @ 1:30pm.

Over-night stay

Grand Casino

Mille Lace

\$50 Deposit Due @ Sign Up. Enrollees deposit returned on the bus.

Sign-Up and Deposit Deadline: Monday February 25, 2019 @ 1:00pm.

Contacts for Deposit: Catherine Follett (218) 349-7109 Mary Barrett (715) 409-0054

Dawn Barney (218) 879-8790





March is Colorectal Month

By Denise Houle. Cancer outreach worker

arch is National Colorectal Cancer Awareness Month. Colorectal cancer is the second most common cancer. among Northern Plains American Indians (following lung cancer) – a population with rates 53 percent higher than the general U.S. population.

There are usually no symptoms of colorectal cancer until the cancer is in an advanced stage. 95% of colon cancer starts out as polyps. When caught early, colon cancer is 90% survivable. The American Cancer Society have major guideline changes with the new recommendations stating screening should begin at age 45 for people at average risk and American Indians should also start screenings at age 45.

Colon cancer is also on the rise for younger adults aged 20-39. According to the Mayo Clinic, "Young age of colorectal cancer onset is one of the hallmarks of hereditary colorectal cancer syndromes, and these syndromes contribute disproportionately to young-onset colorectal cancers." Knowing your family history is very important.

Risk factors that you can change are: get your screenings done, quit smoking, increase your physical activity, changing unhealthy diets, limit alcohol use and being overweight or obese.

Risk factors you cannot change include: age, sex, family history of colorectal cancer, personal history of colorectal polyps or colorectal cancer, race, or ethnicity.

You can stop colon cancer with screening. Be vour own advocate.

Remember to talk with your health care provider about what colorectal cancer test is best for you.

Sources: American Indian Cancer Foundation www.americanindiancancer.org, American Cancer Society www.cancer.org, Colon Cancer Alliance: Mayo Clinic Proceedings

National Nutrition Month

By Kara Stoneburner, RDLD, Public Health Dietitian

arch is National Nutrition Month. NNM is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. It started out as just one week in the early 1970's and later moved to incorporate the whole month of March.

This year, and going forward, the main focus will be "to increase the public's awareness of the importance of good nutrition and position Academy members as the authorities in nutrition" according to eatright.org.

Good nutrition starts with a healthy diet. A healthy diet will give your body the nutrients it needs while staying within your daily calorie goal. A healthy diet can also prevent or reduce certain diseases, such as heart disease, cancer and diabetes and it helps with weight control.

Here are some healthful tips to get vou started:

- Eat more vegetables: add veggies to every meal and snack, prewash the vegetables and place in small zip lock baggies for easy grab and go snacks, and add frozen veggies to soups and casseroles
- Drink more water and less pop/ juice/other sugary drinks
- Make half your grains whole grain: how do you know if it is whole grain? Check out the ingredients list, and look for words such as "whole, whole grain or whole wheat"
- Reduce your portion: use a smaller plate or bowl at mealtime

- Eat lean meats, poultry, fish, eggs, beans, and nuts
- Use low-fat or no-fat dairy products
- Start a food journal: write down everything you eat and drink, approximate the amount, and even if no one looks at your journal, you will start to become more aware of what you are eating
- Increase your physical activity: an easy way to do this is to add 10 minutes of walking to your day
- Talk with your healthcare provider.

These are just a few tips to get vou started. Fond du Lac has many programs available to help guide you towards a healthier lifestyle. Check them out!

Here is another quick, easy tip for increasing your veggie intake. Make a salad in a jar. Use a 20-24oz Mason jar with a wide top. Add whatever you like but keep these tips in mind:

1. Layer 1: About 3 Tbsp. of dressing

2. Laver 2: Chunky veggies that won't get soggy from the dressing (tomatoes, cucumbers. onions, celery, peppers, carrots, etc.), meats, grains (rice, noodles, quinoa, couscous) 3. Laver 3: Items

that shouldn't soak in dressing, but will be okay if they get

wet (mushrooms, beans, corn, broccoli), nuts, bacon bits, dried fruits

4. Layer 4: The delicate foods such as eggs, cheese, lettuce, spinach, other leafy greens.

Cap, label and refrigerate. To eat, open lid and empty the salad out onto a bowl or plate. Save time and prepare several jars at once. The salads can last in the refrigerator 5-7 days.

Here's a simple salad to get you started. Place items in the jar in the order they are listed. Enjoy!

- 1. 3 Tbsp. of a poppy seed vinaigrette dressing
- 2. A small amount of sliced red onion
- 3. Chopped cucumbers
- 4. Thickly chunked strawberries
- 5. Cut up cooked chicken
- 6. Spinach
- 7. Shredded cheese
- 8. Slivered almonds





Childhood cancers

By Denise Houle.

Cancer outreach worker

ancer is non-discriminative: it can affect anyone and sadly, it can also affect our children. Childhood cancer makes up less than 1% of the diagnosed cancers each year. Childhood cancers have been rising in the past years. Cancer is the second most common cause of death among children ages 1 to 14, after accidents. Risk factors include: family history, parental smoking, higher or lower birth weight. Signs and symptoms (nonspecific), unusual mass or swelling, paleness or loss of energy, sudden tendency to bruise, persistent pain or limping, rapid weight loss, frequent headaches (often with vomiting), sudden eve or vision changes, unexplained fever or illness, and poor appetite to name a few. Signs and symptoms may vary depending on type of

The types of cancers that occur most often in children are different from those seen in adults. The most common cancers of children are:

- Leukemia: most common childhood cancers & account for about 30% of all cancers in children
- Brain and spinal cord tumors: second most common cancers in children, making up about 26% of childhood
- Neuroblastoma: this type of cancer develops in infants

and young children, rarely found in children over 10; about 6% of childhood cancers are neuroblastomas

- Wilms tumor: most often found in children about 3 to 4 years old, and is uncommon in children older than age 6; starts in one kidney
- Lymphoma (including both Hodgkin and non-Hodgkin): Hodgkin lymphoma accounts for about 3% of childhood cancers, rare in children younger than 5 years of age
- Rhabdomyosarcoma: most common type of soft tissue sarcoma in children; it makes up about 3% of childhood cancers
- Retinoblastoma: cancer of the eye accounts for about 2% of childhood cancers; it usually occurs in children around the age of 2, and is seldom found in children older than 6
- Bone cancer (including osteosarcoma and Ewing sarcoma): cancers that start in the bones occur most often in older children and teens, but they can develop at any age. They account for about 3% of childhood cancers.

Other types of cancers in children are rare, but they sometimes do happen. In very rare cases, children may even develop cancers that are much more common in adults.

Always remember to talk with your healthcare provider Source: American Cancer Society (ACS) www.cancer.org

Congratulations 2018 Years of Service

5 YEARS OF SERVICE

James Barney Medical Social Worker

Heidi Flynn Accounts Receivable Assistant

Lindsey Cook Registered Nurse

Fred Gourley Health Care Assistant

Margarette Farchim Clinical Pharmacist

Stephanie Rodriguez Pharmacy Technician

10 YEARS OF SERVICE

Tracie Berg Dental Hygienist

Julie Chavlier Registered Dental Assistant

Toni Morse Roster Dental Hygienist

Shari Gentilini

Clinical Pharmacist Jamie Kraus Clinical Pharmacist

15 YEARS OF SERVICE

Amber Ahonen Community Nutrition Educator Celeste Ekberg

Public Health Supervisor

20 YEARS OF SERVICE

Carol Deverney
Behavioral Health Assistant Administrator
Chris Davis
Medical Clinic Coordinator

35 YEARS OF SERVICE

Sue Miller Dental Coordinator Louise Sather HIM Specialist Holly Kariala

Credentialing & Accreditation Specialist

Amelia LeGarde ICWA Social Worker

Larissa Littlewolf
Lead ICWA Social Worker

Wylma Minkkinen Child Care Licensing Worker

Clarence Rainy Recovery Case Manager

Jessica Linde Clinical Pharmacist

Wendy Thompson
Pharmacy Administrative Specialist

Nichole Diver Foster Care Specialist

Patti Baker Dupuis Aftercare Counselor

Deb Palonis Rule 25 Assessor

Mollie Stapleton Interim Medical Director/Clinic Physician

Beth Viche Clinic Secretary

Marvel Tjaden Optometric Health Technician Lori Skog Gourley Lead Pharmacy Technician



Thank you for your hard work and dedication to the Fond du Lac community!

Fond du Lac Human Services Division

Ashi-niswi giizisoog (Thirteen Moons)

Onaabani-giizis

The new Onaabani-giizis begins March 6. This is the Hard Crust on the Snow Moon. Other names for this moon are Bebookwedaagime-giizis, the Snowshoe Breaking Moon; Aandego-giizis, Crow moon; Nika-giizis, the Goose Moon and Ziinsibaakwadooke-giizis, the Sugar Making Moon.

Tune in to the Tribal Wellness Radio Show

esting, testing, 1, 2, 3. The time has arrived! Tune in this month to Fond du Lac's community radio station WGZS 89.1 Dibiki Giizis-The Moon for the first episode of the Tribal Wellness Radio Show.

This month's show focuses on 13 Moons and the Robert Wood Johnson Foundation Project. Filled with laughter, stories, and information, the show engages listeners about the programs' work in culture/natural resources/agriculture and tapping into local strengths of wellness. We hope you tune in, you wouldn't want to miss it! Don't worry if you do, look forward to new episodes every month.

As always, we would like to hear from you and welcome any feed-back and ideas on topics, guests, segments. Please reach out to Judy Tan at judytan@fdlrez.com or (218) 878-7142 with your suggestions or any questions. Miigwech!



We Are Water MN begins now

oozhoo! "We Are Water MN" is finally here! On Sunday, Mar. 10, hosted by the Fond du Lac Band of Lake Superior Chippewa in partnership with the Greats Lakes Aguarium, the exhibit will begin with a kick-off event from 1 to 4 p.m. at the Great Lakes Aquarium in Duluth. Featuring speakers, appetizers, and fun, you won't want to miss it! The exhibit will be stationed at the aquarium until Monday, Apr. 22. What is "We Are Water MN"?

We Are Water MN is a traveling exhibition and community engagement initiative. It is also a partnership among state agencies and host sites, formed to tell Minnesota's water stories collaboratively, bringing together personal narratives, historical materials, and scientific information. Combining these ways of knowing water strengthens Minnesotans' relationships with and responsibilities to water. From Mar. 10 through Apr. 22, the exhibit will tell the story of our waters and water stories.

The exhibit itself consists of approximately 15 pieces varying in content and interactivity. One piece gives attendees a chance to pin a location and share a water story relating to that location. Another piece is an audio station where there will be five interview clips of people sharing their personal water stories. And yes, there's even a Secchi disc. That's enough for the sneak preview, if you want to know what else is there, come and visit the exhibit!

As a part of our partnership with the Great Lakes Aguarium, they will be offering free admission to the aquarium for Tribal members and their party. Instructions to receive free aquarium admission passes: To receive free admission to the aquarium, please bring your Tribal ID to the aguarium and show it to the front desk attendant. You and your party will receive free admissions passes. Only one person in your party needs to show a Tribal ID.

Additionally, if you would like to schedule a trip to bring a school group, elders group, etc. of 15 or more, please contact George Knutson at (218) 878-7137 and/or georgeknutson@fdlrez.com. FAO

Where is the exhibit located? Great Lakes Aquarium, 353 Harbor Dr, Duluth, MN 55802. The exhibit will be

setup in front of the water wall in the main lobby.

When is the exhibit open? Daily, from Mar. 10 through Apr. 22. Exhibit is open during aquarium hours, 10 a.m. – 6 p.m.

Do I need to pay to explore the exhibit? No, viewing the We Are Water MN exhibit is free, however, to explore the rest of the aquarium, you will need to purchase an admissions pass. Although, as indicated above, presenting a Tribal ID will grant you and your party free admissions to the aquarium.

Does the exhibit including any pieces geared towards children? Yes, there are numerous pieces that children, and adults, can interact with

Are there any other events occurring around the exhibit? Yes, there will be a handful of events around the exhibit. Please visit our Facebook page, titled "We Are Water Fond du Lac Band of Lake Superior", to see a schedule of upcoming events.

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.

Anishinaabemowin Lessons

Basic Oiibwe words and phrases:

Double Vowel Chart

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

"Zh"- sounds like the "su" in measure "a"- sounds like the "u" in sun

"aa"- sounds like the "a" in father

"i"- sounds like the "i" in sit

"ii"- sounds like the "ee" in feet

"o"- sounds like the "o" in go

"oo"- sounds like the "oo" in food

"e"- sounds like the "ay" in stay

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

G	С	W	V	Z	Н	Ε	G	I	E	F	S	U	В	0	N	D	0	I	G
D	N	L	$_{ m L}$	P	С	I	Q	Y	K	N	E	A	A	P	А	L	Z	I	Α
Z	P	A	J	U	N	G	V	М	G	S	I	Z	Α	Α	М	0	0	K	Α
M	U	N	G	E	R	P	М	P	В	M	S	G	Н	E	E	Α	Q	I	G
G	Ε	E	В	I	S	I	N	E	В	0	Q	J	0	P	В	U	E	J	Α
G	Н	I	М	0	M	G	P	0	С	M	J	K	J	0	I	G	Χ	Α	Y
Y	G	С	U	I	K	А	М	I	S	Н	I	I	K	E	N	Н	Χ	В	U
Q	$_{ m L}$	С	F	F	G	I	Α	E	Т	$_{ m L}$	М	P	G	D	S	S	R	I	Z
I	J	F	F	G	С	A	Y	M	P	N	G	V	D	Т	G	S	Y	I	С
E	N	E	Т	0	N	M	Z	В	K	U	V	I	Q	E	J	Q	I	J	Х
M	Y	J	Т	0	L	P	L	S	L	E	E	Χ	Z	G	F	I	J	E	Α
Т	P	K	Q	С	K	R	D	Y	Z	M	В	Z	N	J	Н	С	Р	J	Χ
J	Χ	С	M	P	K	F	R	Q	Y	V	0	Α	J	Z	В	С	I	М	М
M	G	P	R	Q	Y	F	D	S	0	D	Α	L	I	V	G	E	G	Χ	Χ
Z	P	0	В	Н	N	0	D	D	V	М	D	В	Χ	R	I	Χ	В	M	Y
V	K	V	K	L	U	E	С	L	U	N	I	G	D	I	I	N	Р	Q	N
Z	Н	Х	С	E	Н	N	Q	N	Н	Н	G	I	$_{ m L}$	Q	M	Н	J	D	Y
Р	В	I	S	K	М	Т	S	Y	S	N	Z	G	D	$_{ m L}$	Z	Y	K	L	U
D	Z	I	М	K	N	Z	V	I	S	D	Z	I	Т	J	Х	Q	U	J	Y
U	F	С	D	F	Х	D	М	U	I	М	Α	N	R	R	Х	Q	N	I	0

Mishibizhii	lion
Ojig	fisher
Nigig	otter
Gaag	porcupine
Benisi	thunderbird
Maang	loon
Es	clam
Bekwaawigang	camel
Aamoo	bee
Enigoons	ant
Zagime	mosquito
Namebin	sucker
Jejiibajikii	elephant
Mishiikenh	turtle
Ginebig	snake

Word List Source: Nichols and Nyholm 1995, A Concise Dictionary of Minnesota Ojibwe



Community News

Happy birthday

Happy belated birthday my **Riah La'Rose,** you will always
be loved!

Forever-n-always, Uncle Cotee Lee and Josh

Happy belated 10th birthday to my beautiful granddaughter **Mariah Holm girl DeFoe** (Feb. 16)

I Love you, gramma Josa

Happy belated 50th birthday, **Toni Branley** (Feb. 21) *From Jason and family*

Happy belated 33rd birthday to **Sarah Zacher** (Feb. 21)
From Jason and Goward family

Happy 7th birthday to my little hockey player **Houston Spangel** (Mar. 4) *Love, Gramma Josa, Uncle Brian, and Uncle James*

Happy birthday son **Ed Misquadace** (Mar. 5), have a good year and behave. *Love, your mother Jean*

We would like to wish **Phil Savage** (Mar. 7) the happiest of birthdays!

Love, the wifey and kids

Mino dibishkam, **Waase- nibikwe** (onaabani giizis ashii neezh) niwiidigemaagan, nimoshe, niin zagaa'iin.

Happy birthday to my favorite person in the whole world, **Roger Smith** (Mar. 23). I cannot imagine doing life with anyone but you. 30 is going to be your best year yet! I love you so much!

Love, Kristen (Lola and Phoebe too!)

Happy 4th birthday to my beautiful granddaughter **Aviianna Stiffarm** (Mar. 31) We all love you, Gramma Josa, Uncle Brian, and Uncle James

Happy 4th birthday miss **Aviianna Stiffarm** (Mar. 31), always love you my girl. *Love, Uncle Cotee and Josh*

Good Luck

We would like to wish **Kallie Rote** the very best of luck in her future endeavors. She will be deeply missed in Program Accounting. The Program Accounting staff would also like to wish her a happy belated birthday, Feb. 7.

Memorial

Remembering Viola E. Foldesi "Gabby" (Apr.

"Gabby" (Apr. 11, 1939-Mar.05, 2015)
I glance at a dimly lit room. I enter and see your face.
First, I wonder.



'Where is this place?'

All questions are quickly tossed aside

as your eyes once again meet mine.

Has it already been 4 years? 4 years since we last said hello; 4 years since we last said goodbye?

I don't want to know why; why you've decided to visit me

I'm satisfied hearing your voice, ever so softly.

Softly, you whisper your motherly advice.

With your words, I'll never have to think twice.

You made me promise to always take care of the ones I love.

Then the room slowly fades away like a flying dove.
The dim light fades to black, and I'll never forget how I awaken in this cold sweat.

Tears endlessly crawl down my face

as I realize the truth of that place.

It was all a dream, or so it would seem.

It was a dream so real. Thank you for visiting me.

Thank you for letting me hear your voice and see your smile. I've missed it all for a long while.

As you watch on us from above,

I promise to always take care of the ones I love.

Love and miss you with all we are because of you. Rick, Bruce, Tina, Ruth, Tammy and Tom Jr

Obituary

John "Mikwamiiwigaabow" (One Who Is Standing on Ice.) Martin, Jr., 79, died Wednesday February 6, 2019 in his home. He was born on December 4, 1939 to John F. and Dorothy (Tiessen) Martin, Sr. in Cloquet, MN. John was employed with Security for Fond du Lac Reservation.

John was preceded in death by his parents, his first wife, Linda (Northrup) Martin and Myrtle (Soukala) Martin; son, John Martin III; brothers, Phillip and Fred; sister, Darlene. Survivors include his children, Mike, Robert, Shawn, James, Tina, Kim, Shelly, Billie Jo, Serna, Gladys, Birdie and Linda; his brothers, Darwin, Steve and William; sisters, Patricia McGauplin, Cheryl Martin and Betty Lou Nelson; numerous grandchildren, great grandchildren, nieces and nephews.

A Traditional Visitation was held February 9, 2019 in the Sawyer Community Center, and continued until the Funeral Service Sunday, February 10, 2019. Spiritual Leader was Lee Staples and the pallbearers were Charles Aubid, Michael Aubid, Angelo Pitt, Frank DeFoe, Kevin Dupuis, and Jerima Rule.

Donna Marie Langston-Williamson was born on a spring day, May 25, 1956 to the union of Sidney and Antoinette Langston Sr. in Milwaukee, Wisconsin.

Donna, affectionately known as "Lollipop", received her formal education in the Milwaukee Public School System, furthering her education at Concordia University of Wisconsin.

Donna was a loving mother to her boys Leon, Darnell, and Patrick. She was later united in Holy Matrimony to Mr. Marvin Williamson on Dec. 12, 1992 in Milwaukee.

She was employed most of her life with the Wisconsin Telephone Company and later was employed by Supportive Homecare Options as a personal care worker. In her leisure, she enjoyed worshipping at church, watching movies, and spending time with family and friends. She was especially in love with all her grand and great grandchildren, pouring her love into each one.

Donna Maria Langston-Williamson closed the doors to this life on Friday, January 25,2019. She was preceded in death by her mother and father: Antoinette Sartouski-Langston and Sidney Langston, Jr. and sons Jimmie Darnell Langston, Sr. and Patrick Rainer.

She leaves to cherish her memory her beloved son: Wendell Leon (Jennifer) Langston; two dear sisters: Virginia (Clifton) Lee of Milwaukee, Wisc. and Sabring Yvette Langston of Atlanta, Ga.; two adoring brother: Victor Tyrone Langston of Milwaukee, Wisc. and Edward (Bonnie) Langston of Jonesboro, Ga.; Nine grandchildren: Jimmie Darnell Langston Cleveland, Dominique Marie Langston, Sierra Mone' Langston Cleveland, Cheyenne Denise Langston, Charles Jerome Cleveland, Rashaad Rainer, Annivah Rainer, Aiyannah Rainer, and Sidney Curtis Langston; five great grandchildren: Sebastian Akyng Langston Clevelan, Carter Darnell Langston Cleveland, Tre'miyah Rainer, Zamariona Trinity Rainer, and Delilah Marie Manlove: as well as a host of nieces, nephews, and cousins and her girl and mother to three of her



Community News

grandchildren, Terri "Kookie" Cleveland.

Donna will be missed dearly by all who knew and loved her and her real ways.

Steve Charles Tiessen "Baah Daash", 69, of Cloquet, Minnesota, passed away suddenly on Saturday, February 16, 2019. He was born July 12, 1949, in Cloquet to Edward DuFault and Betty Tiessen. Steve was an Enrolled member of the Fond du Lac Band of

Steve worked for Fond du Lac for many years, most recently for Fond du Lac Housing. He enjoyed gambling, ricing, four-wheeling, bowling, and spending time with his grandkids.

Lake Superior Chippewa.

Steve is welcomed to the spirit world by his father and mother, brother Ed, stepdaughter Jana, grandson Brandon, and niece Tanaya. He will be forever missed by his partner Gwen; son Steven; step-daughter Marella; brothers Jeff, Russ, Rick, and John Henry; sisters Candace, Sandra, Cindy, and Roxanne; 12 grandchildren; and numerous nieces and nephews.

Pallbearers for Steve are Keith Diver Jr., Keith Diver Sr., Alvin Reynolds, Daniel LaPrairie, Matthew Petite, and Jason Brown. Honorary Pallbearers are Gary Martineau, Vincent (Butch) Martineau, Albert (Joe) Martineau, John Henry Mcmillen, Russ Rule, Jeff Tiessen, and Rick Tiessen.

Rose Theresa LaPrairie Shotley, "Waabegon", age 100 of Cloquet, Minn., died on February 16, 2019, Rose was born on May 15, 1918, to Henry and Delma (Couture) La Prairie. Preceding her in death are her husband Eugene Shotley and son Gene Shotley. Rose is survived by her children: Naomi Barnard, Corinne Hutman, LaVern Shotley, and Suzanne Lauritsen. Grandchildren are Kristine, LuAnn, Barbara, Stefanie, Michael, John, Michelle, Adam "Bug", Bobby, Christopher, and her special dog Mitzi. Rose has many beloved great-grandchildren and great-great grandchildren.

Rose prayed for all her family and goodness knows we needed them. In addition to doing her rosary she would lay tobacco down for the spirits, just to be sure her prayers got through. She would say, "I love my people" and it showed. In any crisis she would help in any way she could; compassion, empathy and prayer were her strengths.

1918, the year Rose was born, the Great Firestorm of Cloquet happened when she was 6 months old. Her parents, Henry and Delma LaPrairie, put their children in a well and went to fight the fires. Rose's older brother George "Chick" LaPrairie was holding her, and while the fires raged around them Rose sang little baby songs!

Rose attended what she called "Sister School" in Bayfield, Wisc., until the 8th grade which was then considered enough education for girls. She

loved to read, and even in her last days at home would read two newspapers a day. Rosie loved her Elvis and danced into her mid-80's. She had sparkling eyes and a great sense of humor; she loved to repeat her favorite, funny stories about people and laugh again. No one was left untouched by her memories.

Rose was a force of nature in her family, beloved and her loss is profound. She was ready to leave us when she did, and we are grateful to have had her in our lives. Not many people lived to see what she has experienced in her 100 + years here.

Rose was a member of the Fond du Lac Band of Lake Superior Chippewa.

Pallbearers were Adam Lauritsen, Michael Choate, Dan LaPrairie, Clarence Smith, Christopher Abramowski, and Kevin Olson. Honorary pallbearers are Jerome Gahbow, Steven Shotley, and David Smith.

Arrangements by Souder-Handevidt Funeral Services serving Cloquet, Minn.

FDL job listings

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

FDL Reservation

- Substitute Teacher FDL Education On Call/Sub
- Cook Helper FDL Education On Call/Sub
- Secretary/Receptionist FDL

Education On Call/Sub

- Reading Buddies FDL Education On Call/Sub
- Instructional Assistant FDL Education On Call/Sub
- Custodian FDL Education On Call/Sub
- Transportation Driver FDL Transportation FT/PT
- Nursing Assistant FDL Assisted Living FT/PT
- Recreational Aide 1, Sawyer SCC FT/PT
- Recreational Aide 2, Sawyer SCC FT/PT
- Recreational Aide 1, Brookston BCC FT/PT
- Recreational Aide 2, Brookston BCC FT/PT
- Recreational Aide 1, Cloquet CCC FT/PT
- Recreational Aide 2, Cloquet CCC FT/PT
- Clinical Pharmacist MNAW, CAIR & Mpls On Call
- Pharmacy Technician MNAW, CAIR & Mpls On Call/Sub
- Transit Dispatcher FDL Transit FT/PT/On Call
- Head Start Substitutes FDLHS On Call
- Deli Clerk FDLGG PT
- Transit Driver FDL Transit FT/PT/On Call
- School Bus Driver FDL Education FT/PT/On Call
- Health Care Assistant MNAW, Assisted Living, Home Care FT/PT
- Store Clerk FDLGG PT
- Convenience Store Gas Attendant FDLGG PT

Black Bear Casino Resort

- Golf Youth Cart Attendant PT Seasonal
- Cook I FT
- Cook II FT
- Cook III FT
- Beverage Server FT/PT

- Groundskeeper FT
- Buffet Runner FT
- Table Games Dealer PT
- Vault Cashier FT/PT
- Bus Person FT/PT
- Gift Shop Clerk FT
- Buffet Host/Hostess FT/PT
- Golf Course Groundskeeper FT/PT Seasonal
- Steward FT
- Arcade Attendant PT
- Golf Pro Shop Sales Rep PT
- Golf Ranger/Starter FT/PT Seasonal
- Golf Concession Sales Rep FT/PT Seasonal
- Golf Cart Attendant PT
- Slot Attendant FT
- Custodial Associate FT
- Bell Staff PT
- Sage Deli Cook FT
- Bingo Vendor/Floor Worker PT
- Players Club Representative PT
- Restaurant 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 FDL Minneapolis listings
- Clinical Pharmacist On Call
- Pharmacy Technician On Call/Sub

Onaabani-giizis -Hard Crust on the Snow moon- March 2019

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

Tanibi Resource in	magement bivision, s	ce. saw yer communic	y Center, (218)878-818	os, inc. ingwii necove	rry center, rec. mbar	Center Classroom
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wawina - a beautiful story of an Indian Princess 5 p.m. CCC	Open RBC Meeting Mar. 21 5:30 p.m. CAIR	One night in Memphis (Elder trip) Mar. 28 8 a.m. CCC	Rock the Otter Mar. 29 7 p.m. BBCR	Spring Elder Banquet Apr. 16 4:30 p.m. BBCR	Language 5 p.m. SCC	Come & Swim & use the gym
Come & Swim & use the gym	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC Wawina 5 p.m. CCC	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Living well with diabetes 1 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW	Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Foster Care Training 4 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC Mahnomen community meeting 5 p.m. BCC AA Support 6 p.m. CCC	Language 5 p.m. SCC	Come & Swim & use the gym
			•	· ·		
Come & Swim & use the gym Elder movie morning II a.m. We Are Water MN Great Lakes Aquarium	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS Health and nutrition 12 p.m. CCC Living well with diabetes 1 p.m. CCC Gitigaan seed documentary 5 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW Adult game day 1 p.m. CCC GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m.	Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Language 5 p.m. SCC	Come & Swim & use the gym
10	11	12	13	14	15	16
Come & Swim & use the gym Family movie morning 10 a.m.	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Parenting the second time around 1 p.m. CHS Living well with diabetes 1 p.m. CCC Gitigaan seed planning 5:30 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Kindergarten roundup 4 p.m. FDLOJS Language 5 p.m. BCC Women's group 5:30 p.m.	Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC Open RBC meeting 5:30 p.m. CAIR AA Support 6 p.m. CCC	Language 5 p.m. SCC	Come & Swim & use the gym
17	18	19	MNAW 20	21	22	23
Come & Swim & use the gym Elder movie morning 11 a.m. 24 Come & Swim & use the gym	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Health and nutrition 12 p.m. CCC Living well with diabetes 1 p.m. CCC Gitigaan soil health 5:30 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW Book Club 12 p.m. BLH GED 2 p.m. SCC Language 5 p.m. BCC Sobriety Feast 6 p.m. CCC	FDL Elder trip 8 a.m. CCC bus departs Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Language 5 p.m. SCC Rock the Otter 7 p.m. BBCR	Come & Swim & use the gym Wisdom Steps 2 p.m. BCC
31	25	26	27	28	29	30