

Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



Volunteers hard at work, ready to deliver free garden goodies to Gitigaan Plant & Seed Giveaway 150+ Fond du Lac community members and families! Photo Courtesy of Alyssa Johnson

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Local News

FDL wins case to protect environment

By Zachary N. Dunaiski

The Army Corps of Engineers has revoked the Section 404 wetlands permit for PolyMet Mining, Inc.'s proposed NorthMet mining project. This marks a significant victory for the Fond du Lac community, the 1854 watershed, and all downstream areas of the proposed mining location and safeguards the delicate waters that we call home to our Wild Rice among other resources. The ruling comes as a result of years of hard work by Nancy Schuldt, FDL's Water Project Coordinator since 1997.

"It means that what Tribal leadership and the environmental program has invested in over the last 20 plus years in taking on this federally delegated authority to protect our water resources has paid off in a really substantial way," Schuldt said a week after the court ruling came in. "This is an example of why Tribes should think hard about taking on these opportunities under EPA's oversight of the Clean Water Act."

The mining permit, that the Corps had previously granted to PolyMet for operation in the heart of the 1854 Treaty area where we maintain the right to hunt, fish, and gather (on the eastern edge of

the Mesabi Iron Range and about 6 miles south of Babbitt according to the Department of Natural Resource's (DNR) website), has been contested by Fond du Lac for years under our sovereign authority as part of the Clean Water Act (CWA). The project as proposed was an assault on our way of life.

"It takes a real vision and a real commitment on the part of Tribal leadership to support and direct their staff, to continue to move forward because you have to make the legal determination, but you also have to have the capacity with your staff to actually be able to do the technical work," Schuldt said of the work of so many people over the years.

PolyMet is not from Minnesota and does not have the interests of Minnesotans (or Americans) in mind. PolyMet is controlled by Glencore, a mining conglomerate headquartered in Switzerland. Glencore has a long history of corruption, human rights violations, and criminal convictions. In 2015, United Steelworkers awarded Glencore second-place for the most irresponsible companies on the planet. More recently, Glencore pled guilty to paying over \$100 million in bribes to win business or avoid audits.

Fond du Lac wasn't the only Band working to protect our waters; the Bois Forte Band and Grand Portage Band, along with GLIFWC and the 1854 Treaty Authority were also our partners in the fight to protect our natural resources.

"In fact this is something that the three Bands, Fond du Lac, Bois Forte, and Grand Portage all publicly affirmed when there was a public meeting over the Environmental Impact Statement (EIS) for PolyMet," Schuldt said "The Bands are not saying that we're opposed to economic development. We're opposed to pollution. We're opposed to the permitting of actions that degrade our shared environmental resources. That's always our position and there have been times over my tenure here where we have gotten to that point where we've said all we could say and we have been ignored and our only recourse is through the courts."

Schuldt has been very grateful over the years of battles she has taken for our environment to have leadership that sees and understands how important these battles are.

"To their credit, the RBC has supported our taking on those very specific targeted legal chal-

lenges where we think we've got a pretty good case. And every time we've done that, we have prevailed," Schuldt added about needing that support from leadership to make any of this possible.

While this decision is a massive victory for the Bands, many people may just be learning about it, but Schuldt recognizes the years of effort by Bands and how it played a role in reaching this decision.

"It means that we've played a long game here. We had these water quality standards in place. We had this environmental staff capacity that was growing and developing over time, we had essentially earned a seat at the table during the environmental review process, but at every step of the way, we had to keep pushing, and it felt like screaming to be heard," Schuldt said. "It wasn't like at the end of, you know, 10 years of environmental review and three years of permitting that all of a sudden, the agencies were hit with this out of left field by the Band. We had been bringing these same concerns and issues to the table every step of the way, both in face to face meetings and extensive written comments with our own analysis of environmental impacts and cumulative im-

pacts and water quality impacts."

Constantly going to bat for the environment didn't just mean meeting with PolyMet, but FDL met with other agencies and entities to help protect the environment.

"We had specific communications with the Army Corps along the way about what it meant when we said you have to consider our downstream water quality standards. We had explicit written communications documenting that issue and those concerns being raised," Schuldt said. "When we got to that point, where the EIS was wrapping up and we'd said all we could say and documented all of our concerns and our objections to the project as it was being laid out, at that time the person in the White House had directed his EPA to essentially ignore our concerns."

The biggest concern during this process was the state's agencies, like the DNR and the Minnesota Pollution Control Agency (MPCA), seemingly not doing what they've been directed to by the EPA which is to be stewards of the environment.

"At the end of the day the DNR and the MPCA, in my opinion, did not uphold the state's regulations. They did not act on behalf of the

Nagaajiwanaang Dibaajimowinan

Translation: Stories from where the water stops

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

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

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

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

*Corporate Member of the
Native American Journalists Association*

Local News

public interest, they acted on behalf of the mining interests and I think a lot of that has evolved slowly over decades,” Schuldtsaid of having to work with these agencies to make sure PolyMet didn’t harm the environment.

While Minnesota has great environmental protections in place, for too long it appeared that PolyMet was going to get this permit despite the concerns brought forth by environmental experts via the EIS.

“The Band, Tribal leaders, and Chairman sent three separate communications to the EPA regional administrator in Chicago and to the Army Corps,” Schuldtsaid. “We sent letters to them requesting consultation under the Clean Water Act section 401(a)(2). It sounds really obscure, but it’s another authority that the Band has in association with our water quality standards. Our water quality standards apply to waters of the Reservation. But 401(a)(2) means that if there is a federal action, like an Army Corps 404 permit, that would enable a project to happen or an action to take place, that may affect our downstream water quality and not be in compliance with our water quality standards, EPA has a responsibility to notify us. Give us an opportunity to make our case and determine whether it will affect our waters. They should have done that of their own accord. It is on them. It is not discretionary and they blew

us off. They didn’t even acknowledge those three separate communications.”

The Army Corps, which initially gave the permit to PolyMet, plays a part in this whole issue too, but the onus is on the EPA as the overseeing authority in all Clean Water Act matters.

“It’s their permit (Army Corps) but with this 401(a)(2) process, EPA is kind of at the Nexus. It’s on them to determine. So when that permit got issued and we got dissed three times, we sued,” Schuldtsaid. “The court that heard our complaint agreed with us. In fact, it sticks out to me that the administrative law judge who heard our case said ‘it sure looks like the Band has a slam dunk case,’ judges don’t usually say that.”

The Tribe’s scientific analysis showed just how damaging allowing PolyMet’s NorthMet mine, as proposed, would be to the watershed and that is why Fond du Lac, Bois Forte, Grand Portage, and our intertribal agency partners went to work to protect the area from further chemical harm.

“In the context of PolyMet we have enough data to be able to look at that Polymet project and what it proposed to do and make the case, and the EPA agreed with us, that what they were going to do way up there in the watershed upstream of us would contribute measurably to that existing mercury impairment, and when you have an impairment that is

known, you can’t make it worse,” Schuldtsaid, referring to the high mercury levels already found in fish in almost all lakes and rivers across the state of Minnesota. Numbers that get worse the closer you study fish to the mining sites in Minnesota.

“You’re supposed to be going in the other direction,” Schuldtsaid of the damage that mining industry was having on our wildlife by polluting the air and water with mercury.

“That’s why ultimately, this Army Corps decision was based on the Clean Water Act, the law, and the science. Science that we provided, EPA’s review of our science, and their ultimate agreement with our scientific arguments,” Schuldtsaid about the facts of the legal case that led to the permit being revoked. “There really is nothing that PolyMet can do or conditions that the Army Corps can impose on that permit that would make that project better and make it not contribute to that mercury impairment. So the only decision that the Corps can make at this point is to not issue the permit.”

While Schuldts admits PolyMet can still appeal this ruling, it seems highly unlikely that any court of law would ignore all the science brought before it, or the Band’s authority to protect our waters from upstream pollution. The decision follows the law and protects our waters and our way of life!

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Spiritual Advisor: Ricky Defoe
Host Drum: Around the Earth
Arena Director: TBD

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45TH ANNUAL SOBRIETY POWWOW

August 4-6, 2023
Sawyer, MN

Friday	Saturday	Sunday
Warm ups Open Meeting - 8PM	Sunrise Pipe Ceremony - 6:30AM Flag Raising - 9AM Open Meeting - 10AM & 9PM Grand Entries - 1PM & 7PM Feast - 5PM	Sunrise Pipe Ceremony - 6:30AM Flag Raising - 9AM Breakfast - 9AM Open Meeting - 10AM Grand Entry - 1PM

2nd Annual Richard "John" Morrison Baseball Scholarship will be announced on Sunday!

Mash-ka-wisen Thunderbird - Wren

Anishinaabe Spirit Runners will arrive Saturday evening!

\$5,000 Drum Split
NO PETS

Powwow committee is not responsible for lost or stolen items

RBC Thoughts

Cloquet News

Hello All

I would like to congratulate all graduates from head start students to college graduates. I was able attend a few graduation ceremonies and also a few parties. It is truly an honor to witness the process of folks beginning a new path in their lives. I truly feel our future is looking bright.



Wally Dupuis

As an RBC member, I can say we have been very busy with meetings as well as keeping up on our daily and weekly duties. Our Cloquet Community Center has a number of activities planned and continue to provide activities within the center while working around the construction of updates to the Tribal center. I would like to remind everyone that the planned activities can be found on the Fond du Lac website.

Our Child Care building is coming along as scheduled. They are currently preparing the parking lot and driveway for pavement. I am hoping to have photos of the building posted in this paper soon.

Also, we are in the early stages of the Black Bear Casino Resort expansion of the convention center. This expansion is critical to our weekday gaming and will bring much larger conventions to our facility. Also the upgrade to the current hotel is in process and is coming along as scheduled. This upgrade includes painting, carpeting, some new furnishings, and wallpaper upgrades. I believe they are starting on the top floor and working their way down. If you are staying at the hotel while this work is in progress please excuse any inconveniences you may run into while visiting.

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



The crew hard at work putting in the parking lot for FDL's new day care facility.

RBC weekly updates

The Fond du Lac Reservation Business Committee is committed to increasing transparency for the citizens of the Band. Administration provides a weekly recap of RBC Member activities. The week of June 5-9, 2023 the Band elected officials completed the following:

Monday

- Attended the Nation Congress of American Indians Mid-Year Convention & Marketplace in Shakopee, MN. To review the convention's full agenda please visit: Mid Year 2023 - Full Agenda - PUBLIC - v2 (cloudinary.com).

Tuesday

- Attended the Nation Congress of American Indians Mid-Year Conven-

tion & Marketplace in Shakopee, MN.

Wednesday

- Attended a meeting at Black Bear Casino Resort about the Event Center Project.
- Attended the Nation Congress of American Indians Mid-Year Convention & Marketplace in Shakopee, MN. Presented Fond du Lac victory to the entire delegation of Tribal Leaders of the results of the United States Army Corps of Engineers revocation of permit to NorthMet (Polymet) mine project. To read the Band's full press release, visit: FDLRespondstoRevocationofPermitPR_20230607.pdf (fdlrez.com).

Thursday

- Had a meeting at Sandy Lake with

the U.S. Army Corps

- Representative Smith met with Attorney Native American Rights Fund, Indian Affairs Executive Director, Secretary of State Steve Simon, NCAI Staff to discuss voting right and changes in Minnesota Law.

Friday

- Attended the Black Bear Casino Resort Meeting



More Local News

Preserving history through storytelling

By Zachary N. Dunaiski,
Photos courtesy of
Rita Karppinen

Fond du Lac is a community steeped in history and cultural heritage, and now the Fond du Lac Tribal Historic Preservation Office (THPO) has embarked on a storytelling project that aims to document and celebrate our collective past. This fantastic endeavor, led by passionate individuals and will be collaborated on with the Fond du Lac Historical Society, seeks to capture the untold stories and memories of community members through oral history interviews.

Earlier this month, Chi-aya'aag Dibaajimowaad, the kickoff event was held at Black Bear Casino Resort, which brought together community members, inviting them to share their memories through the importance of storytelling. Many members of the community spoke, recounting historical pieces and highlighting the significance of preserving our. The event served as a platform to introduce the broader storytelling project and

engage community members in contributing to the Oral History Project.

"We're kind of hoping to engage the Elders and different community members to set up interview times throughout the year and basically get people interested in telling stories and contributing to the Oral History Project," Evan Schroeder said of the kickoff event. "Trying to raise awareness about what we're doing to document our history."

Alex DuFault, a key member of the group documenting this information, shared the details and his desire to involve Elders and various community members in the interview process. The project aims to provide interested individuals with an opportunity to sign up for one-on-one interview slots to share their personal stories with the group. These interviews, which can be scheduled with Alex in one-on-one sessions and future group projects planned, will be audio-recorded, preserving the authenticity of their stories.

Chi-aya'aag Dibaajimowaad kickoff event had around 50 participants showing the interest

around FDL to preserve these stories.

"There's just a lot of the information being lost with the older members of the community passing away," Schroeder said. "But also the purpose of our office is to protect cultural resources, not only on the Reservation, but throughout the Ceded territories and ancestral homeland of the Band. We want to make it a community effort to collectively work together to protect these resources. The best way to do that is by documenting our connection to the landscape and we do that through telling stories."

Many Band members may be interesting in sharing their stories but be more interested in one-on-one or group sessions and that is why every effort is being made to include both options so that people will be comfortable telling their stories.

If you're interested in an hour-long story telling session (slots from 9 a.m. until 4 p.m.), or want to learn more about the project, contact Alex DuFault at (218) 878-7138.



Speakers and storytellers enjoying the event.

**ANNUAL
ELDERS PICNIC**

July 7, 2023 | 10 am - 2 pm
FDL Ojibwe School Pow Wow Grounds
(IF IT RAINS, THE PICNIC WILL BE IN THE OJIBWE SCHOOL GYM)

Registration at 10 am
Lunch will be served at 11:30 am
Prize Drawings after lunch

If transportation is needed,
please call the CHR office at 218-878-2128.

*****Must present FDL Tribal ID*****

- To receive tickets for prizes **and** to claim prizes.
- Must be present to win.
- Open to enrolled FDL Band members 52+ and spouses
- **ABSOLUTELY NO Children or Pets Allowed**

Fond du Lac Reservation | Fond du Lac Human Services Division

More Local News



Spirit horses return home

By Zachary N. Dunaiski,
Photos courtesy of Dave Wise

Dave Wise of Native Wise LLC, has already brought Bison back to the area, and now we are seeing a return to the Spirit Horse, and initiative that he has led.

This special breed of horse, which Wise referred to as a “big huge dog” because of its calm and friendly demeanor, once roamed the North American plains in large numbers. Despite facing the brink of extinction for numerous reasons, pockets of these unique horses managed to survive, holding onto their distinct genetic makeup. Now,

a dedicated group in Canada, is hoping to see their return to the area, and that’s why they need people like Wise who will work diligently to ensure the preservation of these extraordinary creatures.

“It could have been disease. It could have been a catastrophic event, and there’s also debate about them going extinct but they’ve always been here. They didn’t go extinct,” Wise said, noting their differences from other horses proving they’re still around. “Some small pockets of them that still existed. It’s got some evolutionary traits now that are separate from all other horses. It’s got a little bit different vertebrae

structure. It’s got different hairy short ears, so it would be good in a real cold climate. It wouldn’t get frostbite.”

Shy Boy, the spirit horse currently grazing the Native Wise LLC farmland, came to them with a bit of an over-eating health issue that Wise said Shy Boy has already overcome.

“He’s healthy, he can run,” Wise said of his quick improvement in terms of his health since arriving on the farm. “He’s healthy and strong, but he just needs a special diet. You got to keep an eye on him.”

But the overall purpose for this animal is to bring it back to prominence and use it to help others.

“We’re trying to do some activities with the youth and with people that are struggling with addiction. Our goal is to have an educational program out here where they can learn about these animals,” Wise said of his overall vision in bringing them back to the area. “Also, mentorships where they can learn how to take care of the horses and interact with them, and then maybe do some riding and skill building and things like that in the

future too.”

One way that Wise knew that the Shy Boy was definitely a spirit horse was in the way he interacted with the Bison upon first arriving at the farm, and how different he was from the other horses.

“When they first saw the bison, they were all nerved out and running around, just pacing back and forth,” Wise said of the other horses before describing Shy Boy. “He came and he just almost had a memory of the bison or something. It’s like they evolved together. He just went down there. All the bison came up to see him and he was just checking them out. The next morning I came out here and they were all laying right next to him.”

Wise also hopes to be able to breed more spirit horses by working with the people in Canada who Shy Boy came from in order to keep the species alive. With many efforts to bring back our connections to the land underway at Native Wise LLC, many of us are excited to see the return of spirit horses, and are excited to see more in the future.



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More Local News

FDL runner completes 100-mile race

By Zachary N. Dunaiski,
Photos courtesy of
Nichole Diver

Nichole Diver, FDL Band member, completes Kettle Marine 100, a 100 mile race, in Whitewater, Wisc.

Diver, who competed in this race for the second time in as many years, was very disappointed in herself to have dropped out a year earlier and it motivated her to finish the race this time around.

“I just felt super defeated, but when registration opened up again, I was like ‘alright, I’m going to try again.’ And I did it and I don’t know how. A hundred miles is really daunting,” Diver said of her second attempt at the race. “But it being my second try was motivating for me. I have 4 kids and I always use running as a tool to show them you can really work hard to do the things that you want and I wanted to show them that we don’t give up. Just because we didn’t get it the first time, doesn’t mean we give up.”

Over the years Diver has learned that running has been a crucial aspect of her mental well-being since she started working toward this achievement more than a decade ago. Recognizing the emotional and mental benefits of running, Diver has found solace and personal growth through each stride.

“My second oldest is going to be 12 in July. I started running when he was about 10 months old. I had postpartum after he was born and so ever since then, running has just been like a really big part of my own mental health.” Diver said about running being more than just for her

physical health. “I just really pull from everything that I learned from running, because for me it’s not just about physical, it’s about the emotional and the mental health and the benefits that I get from those too.”

Running a 100-mile race is something no one can do alone. Throughout the race, Diver received immense support from those closest to her. Her husband, Bud, has been a pillar of support for her along the way, taking care of their four children to ensure she has ample time to train. But what meant the most to her was his support on race day.

“I had my husband come in for the last leg. It was about 7 1/2 miles at the end and he paced for me at the end because I really wanted him in there with me,” Diver said about how much her husband’s support has meant to her over the years and that she couldn’t have done it without him. “To cross the finish line with me because for me that was symbolic. I’ve been running for 11 years and done races, occasionally, but he’s been with me through this whole journey and just having him with me there was so special and important to me.”

That wasn’t the only meaningful moment in Diver’s race as she was met with even more support at the end.

“And then my kids were at the finish line and my mom was there and my cousin came and it was just so awesome,” Diver said of how much the moment meant to her. “How all these people came for me. It was like 6 hours away. And they just came to support me. It was just amazing.”

Additionally, her sisters, friends,

and other family members joined in as pacers and crew, offering encouragement and assistance during various stages of the race. Diver’s mother, Tina Olson, and her cousins’ wife provided invaluable support, while Sophie, Aurora, and Bud played pivotal roles throughout the race, bolstering her spirits.

“I had Sophie, who paced me for about 30 miles. She ran with me through the night, which was amazing,” Diver said of her support system. “And then Aurora came. She drove like 6 hours to come cheer me on. Which was super unexpected.”

Diver isn’t done running just yet as she plans to participate in the Lake Tahoe Half Marathon in October. However, for the rest of the summer, she plans to enjoy running for the pure joy of it, opting for shorter runs and family-oriented races.

While it’s been years of work, the main thing Diver has learned over the years is that people can do anything they set their mind to.

“If they have a goal to not be afraid. Go for it and know that sometimes getting out of your comfort zones and doing stuff that feels really scary is when you’re going to learn the most,” Diver said she wanted others to learn from what she’s experienced. “And when you do, step out of your comfort zones, do the coolest things.”

Diver encourages everyone, especially young people, to pursue their goals fearlessly. She believes that everyone deserves a chance to achieve their dreams, regardless of preconceived notions or limitations.



Diver and her husband Bud crossing the finish line.



Diver celebrating with her medal.

More Local News

MCT Constitution Reform Hot Topics - Q&A

1. Why were Enrollment requirements put in place by the government?

Tribes had determined Tribal status based on kinship, lineage, and family ties. After the allotment period, the United States government mandated that every federally recognized Tribe defines criteria for Tribal enrollment. The government suggested using blood quantum and often provided a step-by-step guide for how Tribes could determine blood quantum and Tribal enrollment. By 1930, "enrollment" was an accepted concept, even though no official membership enrollment lists existed for many Tribes. A few Tribes supervised enrollment lists, usually relating to legal questions in which the federal government owed the Tribe money as determined by the courts. Apart from those special cases, the Superintendents and Agents had been occupied for years with the allotment process, identifying those who were eligible to receive an allotment, and they had been involved yearly in the distribution of goods and money and checking the eligible names off an annuity roll. Many Tribes had accepted Annuity Roll numbers and Allotment Roll numbers, so eligibility for services was equated to enrollment status even if there were no actual enrollment lists. The eligibility questions were tied to allotment lists, annuity rolls, and prior census rolls.

With the passage of the Reorganization Act (IRA) of 1934, also known as the Wheeler-Howard Act, Tribes were encouraged to specifically set up a constitution that gave recognized criteria for determining membership and enrollment. Indian Tribal Constitutions adopt the BIA census as the

base roll for membership.

For the first one hundred years of the United States' existence, and before the enactment of the Allotment Acts in 1887 (aka Dawes Act), the federal government did not define "Indian" based on anything close to "blood quantum." Instead, under federal law and treaties, "Indian" was a political designation signifying citizenship in a Tribal Nation. Indians on Reservations who lacked the requisite blood quantum were not given property, and such lands that would have been allotted to them were made available to whites. Blood quantum rules also diminished the ability of Indians to sell their lands. Mixed-blood Indians were able to sell their lands, but full-blood Indians needed the permission of the U.S. government to sell their properties. The consequences for Indians were the loss of significant property, and diminished sovereignty rights.

The U.S. government did not widely apply the concept of blood quantum until the IRA of 1934, which set up procedures for Tribes to adopt constitutions to define their membership.

ARTICLE 4. of the 1847 Treaty with the Chippewa of the Mississippi and Lake Superior has this language: "It is stipulated that the half or mixed bloods of the Chippewas residing with them shall be considered Chippewa Indians, and shall, as such, be allowed to participate in all annuities which shall hereafter be paid to the Chippewas of the Mississippi and Lake Superior, due them by this treaty, and by the treaties heretofore made and ratified."

The United States' interest in "blood quantum" has been to reach a point where there are

no more Indians. Their view was about helping (and perhaps encouraging) Indian termination and assimilation through the natural interaction of Indians and non-Indians. At some point, the Indians will have so little "Indian blood" that the United States will feel they are no longer legally responsible for providing financial assistance and services, even under their legal duties of upholding treaty obligations. The U.S. government would then absorb all the lands the Indians have left because they hold it "in trust." This scenario is not surprising because we have heard this before.

Thomas Jefferson wrote to William H. Harrison, Governor of Indiana Territory, on February 27, 1803, "You will also perceive how sacredly it must be kept within your own breast, and especially how improper to be understood by the Indians. For their interests and their tranquility it is best they should see only the present age of their history."

More recently, Secretary of Interior Ryan Zinke commented: "The United States never believed it was getting into the Indian business without an eventual exit ramp off that highway."

Zaagibagaang- Anishinaabe Values in Action outlined the history of the Minnesota Chippewa Tribe (MCT) enrollment criteria.

- The original MCT Constitution was approved in 1936 and included lineal descent as a criterion for enrollment.

- Throughout the 1940s, many discussions took place about enrollment criteria, specifically, degree of blood, lineal descent, and residency. By this time, the U.S. government had started using 1/4 degree blood quantum as criteria for many services and was

putting pressure on the Tribes to do the same.

- Although the Tribal Executive Committee (TEC) passed resolutions to continue with lineal descent as the enrollment criteria, the Secretary of the Interior disapproved. Finally, in 1961 the enrollment criteria were changed to require 1/4 degree MCT blood.

The bottom line is that the MCT was coerced into adopting the "blood quantum" requirement. Fortunately, blood quantum is not mentioned in any of the seven mandatory criteria for a Tribe to obtain Federal Recognition. As sovereign nations, Tribes can determine their criteria for enrollment. Blood quantum has led to frequent violations of interference with Indigenous sovereignty and the erasure of Native identity.

With the current use of blood quantum, we are heading toward extinction. A way to prevent this is enrollment through lineal descent. With lineal descent as the basis for enrollment, calculating the percentage of Indian blood and identifying people through a flawed system of inadequate records and Base Roll will stop.

2. What is the 1941 Base Roll?

The Chippewa Indians in Minnesota signed a series of treaties with the United States government. The Treaty of January 14, 1889 (The Nelson Act) was enacted by Congress and amended by subsequent acts. The Treaty provided for the cession of land by the Chippewa Indians in exchange for annuities and other benefits. The 1941 Base Roll is a list of all persons of Minnesota Chippewa Indian blood whose names appear on the annuity roll of April 14, 1941, prepared pursuant to the Treaty with said Indians

as enacted by Congress in the Act of January 14, 1889 and Acts amendatory thereof.

3. What is the importance of the Base Roll to direct lineage?

In the current time and hereafter, we must define who is Native and who belongs by showing that enrollees are connected to that Tribe. The base roll of 1941 is the beginning point that shows who lived in this area, part of the makeup of the Reservation when enrollment processes began. Direct lineage would be anyone now and in the future who can trace the descendency back to the original enrollees of 1941.

4. What are the current enrollment requirements for members of the MCT?

Article II-Membership, Section 1. The membership of the Minnesota Chippewa Tribe shall consist of the following:

(a) Basic Membership Roll. All persons of Minnesota Chippewa Indian blood whose names appear on the annuity roll of April 14, 1941, prepared pursuant to the Treaty with said Indians as enacted by Congress in the Act of January 14, 1889 (25 Stat. 642) and Acts amendatory thereof, and as corrected by the Tribal Executive Committee and ratified by the Tribal Delegates, which roll shall be known as the basic membership roll of the Tribe.

(b) All children of Minnesota Chippewa Indian blood born between April 14, 1941, the date of the annuity roll, and July 3, 1961, the date of approval of the membership ordinance by the Area Director, to a parent or parents, either or both of whose names appear on the basic membership roll, provided an applica-

More Local News

tion for enrollment was filed with the Secretary of the Tribal Delegates by July 4, 1962, one year after the date of approval of the ordinance by the Area Director. (c) All children of at least one quarter (1/4) degree Minnesota Chippewa Indian blood born after July 3, 1961, to a member, provided that an application for enrollment was or is filed with the Secretary of the Tribal Delegates or the Tribal Executive Committee within one year after the date of birth of such children.

Sec. 2. No person born after July 3, 1961, shall be eligible for enrollment if enrolled as a member of another tribe, or if not an American citizen.

5. Who decides who gets enrolled into a Reservation?

Under our current structure, the MCT handles enrollment procedures, and the Secretary of the Interior conducts the appeals. However, after the IRA of 1934, various court cases tested Tribal membership requirements. From the disputes, American Indian Tribal governments have won the right to determine their membership. The courts have consistently recognized that in the absence of express legislation by Congress to the contrary, an Indian Tribe has complete authority to determine all questions of its membership. Each Tribe, as a distinct political community, has the power to determine its Tribal membership. A Tribe may determine who will be considered members by written law, custom, intertribal agreement, or Treaty with the United States.

6. If blood quantum is removed, what would replace it?

Tribal membership would revert to Lineal Descent. A lineal ancestor means an ancestor of the per-

son's parent. They would include a grandparent, great-grandparent, and any further lineal ancestors. A lineal descendant is a direct descendant of a person in a direct bloodline, including children, grandchildren, and great-grandchildren.

7. What is 32-15 Resolution?

On February 24, 2015, the TEC enacted the 32-15 Resolution that would allow "The Minnesota Chippewa Indian blood of persons enrolled on the effective date of this amendment shall be corrected on the membership rolls of the Tribe by including the verified federally recognized Anishinaabe/Ojibway/Chippewa blood possessed by the member." The TEC has suggested 32-15 be put to a Secretarial Election for the people to vote on. If there is a valid vote, other Chippewa blood would be added to a person's blood quantum to meet the current 1/4 MCT blood quantum requirement.

8. Why can't I support 32-15 and the removal of blood quantum?

The 32-15 Resolution would allow individuals to add other Chippewa blood to meet the 1/4

blood quantum enrollment criteria of the MCT. If you support the removal of blood quantum, it would be inconsistent to support 32-15 because 32-15 continues the federal concept of the 1/4 blood quantum requirement.

9. What is the Washburn letter?

In 2009, the White Earth Band requested guidance on operating under a separate Constitution from the MCT Constitution and how to amend the MCT Constitution to achieve this goal. Their inquiry concluded when Kevin Washburn, the Asst. Secretary of Indian Affairs responded in a 2015 letter to the White Earth Tribal Council that the MCT Constitution provides the method to amend it when requested by 2/3 of the TEC or when a Tribal member petitions for a referendum vote. Washburn said he lacked the authorization to call an election without one of these requests.

10. Why was the Secretary of the Interior put in place?

The Department of the Interior's Office of Indian Affairs (O.I.A.) worked closely with Tribes during their constitutional drafting and ratification processes. Non-

attorney field agents from the O.I.A. traveled to Reservations to promote the adoption of written constitutions. Agents forwarded proposed draft constitutions to the O.I.A.'s Washington D.C. office, where a small team of lawyers ensured the documents were "legally correct." The O.I.A. returned proposed changes to the Indians who had drafted the constitution, who either accepted or resisted the changes.

The Department of the Interior also exerted its influence through a provision, including by many Tribes at the O.I.A.'s urging, requiring the Secretary of the Interior to approve any subsequent amendments to the constitution or ordinances passed pursuant to the new constitution. Although Congress ultimately rejected mandatory secretarial approval of every Tribe's constitution or proposed amendment, many Tribes nonetheless included such provisions in their constitution, whether in part because of BIA pressure or the security of federal support.

11. If the Secretary of the Interior is removed, what kind of checks and balances will be put in place?

The MCT Constitution Reform group proposes an Amended Revised Constitution and Bylaws of the Minnesota Chippewa Tribe. A Grand Council will replace the Secretary of the Interior oversight in the following six (6) Articles in the MCT Constitution.

1. Article II-Membership (Appeals on Adverse Enrollment Decisions)
2. Article V-Authority of Tribal Executive Committee.
3. Article VI-Authority of Reservation Business Committee (RBC).
4. Article IX-Bonding of Tribal Officials.
5. Article X-Vacancies & Removals.
6. Article XV Manner of Review (Resolutions and Ordinances)

12. What is a Grand Council?

A Grand Council is an oversight governing body consisting of enrolled MCT members. Each of the six Bands will select representatives to coordinate the TEC and RBC oversight process.

This article is posted on fdlconstitution.org with full citations.

They learn from watching you...

Eat More Fruits and Veggies

and your kids will too!



This institution is an equal opportunity provider.
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP
Fond du Lac Human Services Division | Community Health Services



More Local News

Gitigaan hosts another wildly popular plant giveaway

By Zachary N. Dunaiski,
Photos courtesy Alyssa Johnson

The annual Fond du Lac Gitigaan program hosted another plant giveaway June 3, with whole boxes for gardens being given out to interested gardeners for their home gardens.

The comprehensive educational Gitigaan classes held in a hybrid format, provide both virtual and in-person options for participants to attend, accommodating various learning preferences and circumstances. The in-person spots are limited, but in either format those who are interested can become better gardeners and more self-sufficient. The classes cover a range of topics, from gardening basics to advanced techniques, and even delve into areas like soil health, catering to beginners and seasoned gardeners alike.

Running from March to the end of May, the Gitigaan program offers a series of twelve educational classes, open to all residents, not just Band members or descendants.

The plant giveaway, which is usually the first Saturday in June starting at 8 a.m., is very popular and has most of the plant boxes given away before 10 a.m. Gitigaan partners with the producer training program to make this event possible every year so that families can grow their own healthy and safe foods.

With 170 prepared boxes for this year's event, the group successfully distributed 144 full garden boxes and 23 salsa garden boxes, reaching a total of 167 households. Additionally, the program offered seed packets to 150 households, ensuring that even those with limited space or resources could participate in the joy of gardening.

This year had a special addition to the plant and seed giveaway. Miinikaanan Nasab Gidinawemaaganag (Seeds Our Relatives) hosted a seed swap and giveaway table during the event handing out many Indigenous seeds including packets of Miami Squash, Bear Island Mandarin, Asemaa, and more!

Miinikaanan Nasab Gidinawemaaganag (Seeds Our Relatives) is a young and growing collection of Anishinaabeg seed keepers, their families, and community members. Their mission is to remember our connection to our ancestors, the land, and food by caring for the seeds. They provide education, mentorship, and access to equipment, and are working to support Indigenous seed and food sovereignty as well as the greater seed commons. If you are interested in learning more about Seeds Our Relatives, contact them at seedsfoodlife@gmail.com.



Volunteer Sue Connor and Vista worker Cami Fischer prepare to deliver a Full Garden plant giveaway to the next car in line.



Upper right: 150+ families received tomatoes in their Salsa or Full Garden Giveaway boxes.



Fond du Lac Resource Management staff Anthony Mazzini prepares a Full Garden box for delivery.



Fond du Lac Band Member Sue Connor helps deliver Giveaway plants to a participant's car.



Jamie Adams from Fond du Lac Planning Division checks in attendees.



Volunteers prepare the next Giveaway boxes for curbside delivery.

More Local News

FDL Health Fair successfully connects people to area health services

By Zachary N. Dunaiski

Since its inception in 1978, Fond du Lac has hosted the Health fair every year with the exception of the pandemic years. After being put on pause for those two years, this year was the second consecutive year the health fair took place at the Black Bear Casino Resort (BBCR) in the Otter Creek Event Center.

The event moved there based on the departments efforts to make the event socially distanced on the tail end of the pandemic. The event began 45 years ago in an effort to promote health services in the area to benefit members of the community.

In response to the community's evolving needs, as well as the pandemic, the organizers relocated the fair to the spacious and accommodating Otter Creek Convention Center. This new venue

not only offers ample space for vendors and attendees but also addresses accessibility concerns that were present in previous years. The transition to BBCR has improved the overall experience for participants, with easy parking, better signage, and a centralized location that makes it more inclusive to the entire community.

In the past, many of the departments within the Human Services division played major roles, but now the whole fair is planned by just a few within the Community Health Department, with a few other departments still playing a factor in the planning portion. This shift has streamlined the planning process, allowing for greater efficiency and continuity from one year to the next. By utilizing online registration systems and digital communication platforms, the department has improved vendor engagement and facilitated smooth

coordination with participating organizations.

The success of this year's health fair was evident in the impressive numbers. With 453 attendees and over 80 vendors, the event saw robust participation from both the community and health-care organizations. The capacity for the vendors was near max, but planning for next year and how to fit even more into the hours long event have begun. The goal however, is to still have the layout be inviting and not overwhelming.

If you or someone you know would like to get a vendor table for next year's health fair, contact Sam Martin (samantmartin@fdlrez.com) (218) 878-2121 or Noel (noelredding@fdlrez.com) (218) 878-3790 to get on the vendor list for future health fairs.



FDL says goodbye to Season Extension Specialist



Story and Photos courtesy
Alyssa Johnson

Please join us as we say a big miigwech to Kaitlyn Walsh. A Fond du Lac descendant whose great uncle Awsawdumiban (Leland Debe) was instrumental in founding the Gitigaan Program, Kaitlyn has brought her tenacity, leadership and broad skills to Tribal food sovereignty work with us the last three growing seasons.

She joined the farm team as Season Extension Specialist right before the first pandemic shutdown in 2020, back when we were still using buckets to water crops at Gitigaaning. Alongside community and co-workers, she ran the Gitigaan Program and countless tours and workshops, established Bimigi-nogaan (the grow dome), helped lay

the groundwork for the new Agricultural Division, grew and delivered produce to tribal programs, started a seed garden, and equipped the seed room at Na'animonigamig. She will cherish the time she spent with elders, community members, and youth in the gardens, particularly her grandma Tempe Debe, a Fond du Lac band member, who planted ancestral seeds right alongside her from the beginning.

She wants to especially thank her supervisors and co-workers in the Planning and Agricultural divisions, as well as the many mentors, friends and community partners who supported her growth as a seedkeeper and producer in the Bimaaji'idiwin Producer Training Program. We wish her so much luck as she continues her path in seed work as Seed Team Leader with our friends at Dream of

Wild Health, a Native-led nonprofit with a farm in Hugo, Minnesota, and foodways programming for Native youth in the Twin Cities. She will guide and support seed sovereignty at Fond du Lac and in the region on a volunteer basis.

"I am so grateful to have contributed to the rapid growth at Gitigaaning and I am excited to continue serving Nagaajiwanaang through seeds," Kaitlyn said. "We as Anishinaabeg have cultivated large-scale gardens to feed the people as long as seeds and fire have been in our hands. It has been an honor to play a small part in revitalizing our matriarchal Ojibwe food system and to learn more about my great uncle's lasting impact that I will keep working to live up to some day."

Chi-miigwech, Kaitlyn, and we'll see you soon!

More Local News

FDL Historic Preservation Office

By Alex DuFault,
Cultural Resource
Management Assistant

Much like our home, Mikinaakominis, the very logo that represents the Fond du Lac Tribal Historic Preservation Office rests on top of the shell of a turtle. Some Ojibwe believe the responsibility of carrying history through the present, and into the future, is bestowed to mikinaak. Perhaps an FDL Tribal Historic Preservation Officer of old, LeRoy Defoe, was inspired by a similar teaching.

LeRoy's gift for art is remnant. His influence persists into the present. Through his original depiction comes a new rendition: a logo to represent the Office's effort to perpetuate reverence for the history of Nagaajiwanaang. The preservation of Fond du Lac's cultural resources is imperative and worthy of being portrayed on the shell of mikinaak. Multiple interpretations of the

symbolism in the FDL THPO logo exist.

We, Evan Schroeder and myself, wish to continue this newspaper series by paying respect to the late and former FDL THPO, LeRoy Defoe. This spring, the current THPO Evan Schroeder found a sketch created by LeRoy. It may look familiar because LeRoy designed both the FDL logo and the FDL THPO logo. Anyone can learn more by visiting the "FDL Logo History" page within the "Culture" tab at fdlrez.com. There, one will discover that the lines around the arrowhead within the FDL logo represent a significant fire. With the help of FDL Communications staff, Evan finalized the FDL THPO logo that retains most elements of the original depiction, with the exception of the fire emanating from the turtle. We chose to do this because that fire will always be represented within the FDL THPO logo as long as our FDL logo rests on the shell of mikinaak.



FDL hosts all Native Basketball Tournament

Photos and article by
Zachary N. Dunaiski

Fond du Lac hosted an all Native basketball tournament, where each team was allowed one non-Native player on their roster. Fond du Lac had 3 different teams in the tournament with an FDL team winning the championship.



More Local News

FDLOS celebrates end of school year

The Fond du Lac Ojibwe School celebrated a long and successful school year by letting the kids kick back, play games, and even compete in a friendly canoe race at the Kiwenz Campground.

It was a beautiful day and a great opportunity for the students and staff to really appreciate their nine months of hard work. Congratulations to the students and staff for another successful school year.



Powwow royalty contest

Attention Fond du Lac youth. The Fond du Lac Royalty Contest will be held on Friday, July 7 during the Fond du Lac Veterans Powwow. Applications will be available at the Tribal Center, from Valerie Whitebird, or by clicking below. Applicants must be FDL enrolled youth, and live within 30 miles of the Reservation. Applications must be turned in by June 30th, either at the Tribal Center, or emailing to Valerie Whitebird. See details in the flyer and application below.



FOND DU LAC RESERVATION ROYALTY CONTEST *2023-2024*

Contest held on Friday, July 7th 2023
at the FDL Veteran's Pow Wow

Miss FDL Reservation	(ages 13-18)
Jr Miss FDL Reservation	(ages 7-12)
Lil Miss FDL Reservation	(Walking to age 6)
FDL Reservation Ogichidaa	(ages 13-18)
FDL Reservation Oshki-Ogichidaa	(ages 7-12)
FDL Reservation Lil Ogichidaa	(Walking to age 6)

Applications will be available at the Tribal Center, on the FDL website, or by emailing Valerie Whitebird at vawhitebird1@gmail.com

Applications due June 30th, 2023

Invitation for bidders

Fond du Lac Reservation Business Committee on behalf of the Fond du Lac Development Corporation and Black Bear Casino Resort is soliciting bids for a photographer to provide digital nature/landscape images that will be used in the framed artwork at the renovation project of the hotel.

The BCCR Hotel Renovation project consists of the following:

The project will include the renovation of the hotel tower (levels 3 through 12) including the elevator lobbies, hotel corridors and all 250 hotel rooms. FDL is looking for a photographer to provide digital images of nature/landscape in the surrounding area of the Black Bear

Casino Resort including Fond du Lac Reservation area.

The photographer will need to provide 5 unique images to be used on each floor that will be used on a given floor. There are 10 floors so the intent would be to have a total of 50 images provided to be printed and framed.

For more information, visit the FDL website (fdlrez.com) for more information.

All questions will need to be submitted in a "Request for Information" (RFI) format to Naomi Northrup through July 5, 23 via email (naominorthrup@fdlrez.com).

Instruction to Bidders

Issue Date: 06/23/2023

Return Date (via hard copy or email): 07/14/2023

RFP Contact: Naomi Northrup
naominorthrup@fdlrez.com

Phone: 218-878-2612

- General Scope of Work Notes:
- Assume bid awarded by the RBC week of 07/14/23.
- Assume a start date of 07/24/23 once awarding of the project.
- Assume a delivery date for all digital image files of 08/xx/23.
- Size and type of digital images to be determined during conversations once awarded.

School News

Guidance Counselor update

Submitted by: Vicki Oberstar, Guidance Counselor

To Fond du Lac Ojibwe School's Graduating Class of 2023, congratulations to the Fond du Lac Ojibwe School class of 2023. Each of you has worked hard for this achievement and each one of you have taken your own path to earn your place as a high school graduate. This year we have one student that is leaving our school with a high school diploma and an A.A. degree from Fond du Lac Tribal & Community College and others that have earned some college credit during high school. By participating in the many opportunities available at our school, this year's graduating class has reached the end of one journey and are starting on another journey.

I would like to share some of the opportunities the graduates have taken advantage of during their high school experience. They include, but are not limited to leadership activities, cultural awareness, career and college awareness, and learning about what their personal strengths are and how to use them. This has been a challenging year as we are slowing returning to pre-COVID-19 activities. Our students have pushed through and shown strength and perseverance to complete their high school education. This has been a joy to watch our seniors become young adults. We wish our students the best as they explore new paths to take.

Congratulations to the Class of 2023!

Quiz Bowl returns to in-person competitions

Brittany and Jodie, your coaches

This quiz bowl year has been a great adventure with our students. We are extremely proud of how hard they worked to get where they are at this spring. It has been a wonderful experience watching them be able to compete in-person this year. We appreciate all the families and communities support with quiz bowl events. It has been amazing to watch the students grow their knowledge of their language and culture. We look forward to having a strong, knowledgeable, fun team next year. If you are in grades 6-12 and are interested in quiz bowl please sign up for After School in the Fall (Quiz Bowl) or let one of the coaches know. Chi-Miigwech!

Library News

Miss Brittany, happy reading

Boozhoo students and families, Summer is here! This has been a wonderful year having classes in the library. I cannot wait to see everyone next school year. I hope everyone has a fun and safe summer. Get outside and read a book for your enjoyment! Our local Cloquet Public Library is always a great place for finding great books to read during the summer. They also have activities for kids and families throughout the summer, you can find these on their website. Reminder, if you have any FLDOS library books checked out you can still drop them off in the front office or give me a call and I can always pick them up. The more books that we get returned, the newer books we can get for the next school year. I hope everyone enjoys their long and warm break!

Computer Science

Dawn, Brittany, and Jodie (Your FLDOS CS Team)

Boozhoo, During the 2022-2023 school year we have made steady progress expanding our Computer Science (CS) program at the school. Teachers have been incorporating computer science into their classrooms all year. One of the most exciting and engaging activities has been our Hour of Code that students participate in on our early-release days. This can continue anytime throughout the year by going to *Code.org*. There are also many resources on the school website under the Computer Science tab for you and your student to enjoy throughout the summer.

We are excited to announce that we have established a classroom that will be dedicated to Computer Science in the fall. This makes it easier for your child to engage in Computer Science/STEAM activities with their peers. Some of these activities will include: digital design, coding, unplugged activities, and engineering. Students will learn how to create projects and products using: the Glowforge, Cricuts, and 3D printers.

We will also be incorporating Ojibwemowin into many of these activities/projects. The CS team is eager to learn and share more about how to incorporate Ojibwe Language and Culture into the field of Computer Science. We look forward to providing more opportunities for our students to share what they are doing with the community during the 2023-2024 school year. Miigwech and have a fun and safe summer,

Ojibwemowin grade 3-6

Miss Jodie

Boozhoo! I would like to say miigwech to families for the opportunity to teach your children our Ojibwe language. Many students have excelled with their language and translation skills this year. To maintain what your child(ren) has learned throughout the school year, students are encouraged to access their Rosetta Stone accounts over the summer. There are also many online and local community resources to help maintain and develop Ojibwemowin skills.

Enjoy your summer. I look forward to seeing students in the fall.

Miigwech

Special Ed News

Special Education staff at Fond du Lac Ojibwe School
Nissa Whipple, Interim Special Education Coordinator
High School Science

Boozhoo Fond du Lac Ojibwe School families!

The special education staff at the Ojibwe School had a wonderful year with all of our students. We have enjoyed seeing how much they all grew and learned this year. We have lots of fun memories from this year and hope everyone has a great summer. See you in the fall!

FDLOS Science news

Holly Pellerin and Liz Granholm

In Science class we had so much fun with our amazing students! Each of our classes spent a lot of time outside in the gardens, at the pond, and out on the trails. We also took an awesome trip to the Aquarium in Duluth! Here are a few experiments that our amazing



students took part in!

Our 8th grade scientists did a lot of hands-on activities by creating weathering and erosion, building a volcano, and they even designed the Ojibwe constellations with toothpicks and marshmallows! Our favorite activity this year was radioactive dating using M&Ms!

The 9th grade architects built working hydraulic bridges and playgrounds that included slides, swings, monkey bars, seesaws, merry-go-rounds and even a full basketball court out of materials in the classroom! Our favorite experiment was playing with magnets and iron filings and creating masterpieces made of the magnetic material!

Our 10th grade biologists designed their own Biome communities. They had to research

School News

a biome in the world and create a community within it. They researched what plants were edible, poisonous, and medicinal, the animals that could be found there, and what resources they would find in that biome that they could trade with other communities within the classroom! At the end of the year the students created DNA double helixes out of toothpicks and gumdrops. Our favorite experiment was separating DNA of a banana and looking at it in a beaker!

The 11th grade chemists did a lot with both Ecology and Chemistry. We learned about how equations changed during lab experiments. Our favorite experiment was when we cut open a lemon and squeezed it into a test tube. Then by adding baking soda to the lemon juice it separated the citric acid from the water by turning it into a gas inside and leaving the water and baking soda separated inside a test tube!

have worked so hard and have made so much progress this year. We have shared many wonderful memories and have also had fun learning!

Keep up the great work! You make teaching the greatest job in the world and we will always remember the year we spent together. You have given your classmates smiles, helping hands, compliments, care, and concern every single day and we are so proud of the people you are becoming.

Always remember... the more you read, the better you read. So READ, READ, READ and don't forget to practice your math facts (especially your multiplication facts).

To the parents, we say THANK YOU for allowing us to be your child's teachers. It has been a wonderful and rewarding year!

Hope you have a great summer!! We will miss you!



What a Terrific Year in Third Grade!

Cassandra Schick, 3rd Grade Teacher

This year was my first time teaching 3rd grade, and the class I had made the learning experience worth it! By the end of the year this class had taught me more about the world around us by asking questions that made me wonder. Our class made huge strides and learned a ton!

Students learned about our solar system. Students were curious and asked questions about black holes in space, and why Pluto wasn't classified as a major planet anymore. We also worked in the garden with our Master Gardener and tried new plants (like edible flowers) that they wouldn't have

gotten to try if we had just stayed in the classroom. We had 7th grade reading buddies, which my kids grew to look forward to seeing (when at first, they were apprehensive because they're the big kids that they don't know).

But one of my favorite parts about this school year is that I grew as a teacher, and was challenged to think of what the next big wonder

might be so that I could help lead the students into that wonder. We grew into a family this year where we showed concern about each other and took care of our classroom community. The kids matured into 4th graders right in front of my eyes and learned the importance of advocating for

one's self.

I will miss this crazy group of 3rd graders, but I'm excited to meet next year's class and continue to learn and grow with them and see what their wondering minds want to know.

Summer Reading Tips for Families



- *Establish a consistent time and place for reading to occur each day.
- *Visit your local library to enroll in a summer literacy camp and/or to check out books.
- *Put the electronics away before bed and read yourself to sleep.
- *Keep a reading log of what you've read and set a goal to reach by the end of the summer.

Encouraging summer reading is an awesome way to help maintain current reading skills, strengthen your brain power and reduce stress. Pick up a good book and read!



Have a great summer~

Mrs. Martin

K-3rd Grade Academic Specialist



4th grade news

Ms. Andrea and Mr. Shawn

Dear 4th grade students, As the school year comes to an end, we just want to say that it has been an incredible journey and we are so proud of you! You

School News

Ready-for-School Checklist

The following checklist, although not exhaustive, can help to guide you as you prepare your child for school. It's best to look at the items on the list as goals toward which to aim. They should be accomplished, as much as possible, through everyday routines or by enjoyable activities that you've planned with your child. If your child lags behind in some areas, don't worry. Remember that children grow and develop at different rates.

Good Health and Physical Well-Being

My child:

- Eats a balanced diet
- Gets plenty of rest
- Receives regular medical and dental care
- Has had all the necessary immunizations
- Runs, jumps, plays outdoors and does other activities that help develop his large muscles and provide exercise
- Works puzzles, scribbles, colors, paints and does other activities that help develop her small muscles

Social and Emotional Preparation

My child:

- Is learning to explore and try new things
- Is learning to work well alone and to do many tasks for himself
- Has many opportunities to be with other children and is learning to cooperate with them
- Is curious and is motivated to learn
- Is learning to finish tasks
- Is learning to use self-control
- Can follow simple instructions
- Helps with family chores

Language and General Knowledge

My child:

- Has many opportunities to talk and listen
- Is read to every day
- Has access to books and other reading materials
- Is learning about print and books
- Has his television viewing monitored by an adult
- Is encouraged to ask questions
- Is encouraged to solve problems
- Has opportunities to notice similarities and differences
- Is encouraged to sort and classify things
- Is learning to write her name and address
- Is learning to count and plays counting games
- Is learning to identify and name shapes and colors
- Has opportunities to draw, listen to and make music and to dance
- Has opportunities to get first-hand experiences to do things in the world to see and touch objects, hear new sounds, smell and taste foods and watch things move

[Helping Your Preschool Child -- Printable \(ed.gov\)](#)

[Learning Resources | Bureau of Indian Education \(bie.edu\)](#)

During the months of *iskigamizige-giizis* and *waabigwanii-giizis*, kindergarten students enjoyed meeting together with their 4th grade reading buddies to practice fluent reading of words and stories. They enjoyed a celebration with ice cream and each student received a book from the generous support of our earlier school book fair in *ziigwan*.



Miigwech to Wendy Savage and Alison Aune, from the Nordic Center for a special bag, booklet and colored pencils that were gifted to the kindergartners. The children colored the floral and geometric designs on the bag. The project was a part of, "Leading With Our Hearts" incorporating Ojibwe, Nordic and Sami

textile traditions. For more information you can view a video at nordiccenterduluth.org/leading-with-our-hearts/

During *ode'imini-giizis*, kindergartners enjoyed a field trip to the Onigamiinsing Children's Museum and Gichigami Zoo.



As families prepare for students entering kindergarten in the fall, a Ready For School checklist is attached to help.

Miigwech to so many who take the time to Share

Photography by Christine Carlson



October of 2011 @ Indian Welcome Center in Duluth – Josephine (Trudeau) Mandamin on the right with her sister Melvina. In 2003, Josephine was founder of the Great Lakes Water Walks and Water Protectors Movement. She walked about 25,000 miles around the shorelines of the Great Lakes and other North American waterways.



August 2002 @ Save the Spirit Mt. Forest from a Proposed Golf Course/Hotel – Warner Wirta teacher and activist spoke at this event and is pictured with his grandson and friend. In his youth he was a champion runner and later wrote letters to the editor and shared his quiet but powerful words. He was a popular speaker for many causes.



August 2002 @ Spirit Mt. Event – Lawrence Murry and his son. Lawrence was telling me all about the sweet grass he found in the area. We first met at a rummage sale in Smithville.



October 2014 – Dan LaFave and his two sons at his home. Dan took the time to talk with me and later showed Jeff Savage and I many family photos.



September 2013 – Phil and Roxanne Hunter at their home in Brookton. Phil was a musician and widely known for sharing his knowledge and spiritual teachings with many with his wife by his side.

Etc

Baaga'adowewin

The first Baaga'adowewin "tournament" will be hosted on July 29, 2023 at the Stick Ball Field on Reservation Road Cloquet, MN. Get

a team together! Bring your family/fans! Come play, come watch, come be in community!

For registration or more information email williamhowesiii@fdlrez.com

Saturday, July 29th, 2023

Bi-baaga'adoweyok Nagaajiwanaang!

COME PLAY STICK GAME IN FDL!

Entry Fee: Every player that intends to play needs to bring a meaningful gift.

Divisions: - Youth (12 & under)
- Adult (13 & up) * Teams of 10 players (subs allowed)

Location: Fond du Lac Reservation - Stick Ball Field Reservation Road, Cloquet, MN 55720

Champions of each Division will win a set of sticks and a ball

Schedule:

- Registration 9-10 am
- Skills Demo 10-11:30 am
- Lunch 11:30-12:30 pm
- Tournament Play 12:30-8 pm
- 1st Game starts at 12:30 pm
- Dinner at 6 pm

For registration or more information email: williamhowesiii@fdlrez.com by July 24th

Band members: Advertise with us

Own a business as a member of the FDL Band? We'd like to help you grow your business with advertising to our readership. This is your chance to reach a wide range of Band members. Only a small advertising space will be available (allowing the community to know your business and how to contact you), but it will help our readership know that your businesses exist and that there are Band member owned businesses they can contact.

This is a new opportunity being offered to the community from this newspaper, and we'd like to do what we can to help out. Band members will have this free opportunity to promote with us, but remember that space is limited so we may not be able to highlight everything you do.

If you're a Band member who owns a business and would like to advertise in the FDL Newspaper, contact me at (218) 878-2682 or email at zacharydunaiski@fdlrez.com

2023-2024 Hunting and Trapping Seasons

The RBC has approved the fall hunting seasons for the FDL Reservation and the 1854 and 1837 Ceded Territories of Minnesota. Important dates and information are listed here. Complete copies of the seasons and limits will be available at the Resource Management Division's office and posted online on the Division's webpage.

There will be 70 moose permits available for FDL hunters. Applications for permits are available from July 17 - August 11 with a drawing held on August 14. Moose season opens on Sept. 23 and up to 30 bull moose can be taken by FDL hunters. The season will close when 30 moose are taken or December 31, whichever comes first.

Deer season opens the day after Labor Day on Sept. 5 and closes Dec. 31. Following the severe winter and late spring of 2022-23, conservation measures are in place to protect and recover the Reservation's deer herd. In 2023 Band hunters may only harvest 2 deer on the FDL Reservation. There are no upper limits on deer harvest in the ceded territories and up to 4 ceded territory deer tags are available at a time. Information on 2023 state park hunts will be provided as it becomes available.

Bear baiting opens on August 12 and hunting season on August 26 on the FDL Reservation and in the 1854 Ceded Territory. Bear hunting in the 1837 Ceded Territory opens on Sept. 1. Waterfowl hunting opens on Sept. 1 although closures may be in effect on the Reservation's rice lakes. Hunting for turkey and other species opens the day after Labor Day on Sept. 5.

Veteran's Corner

Boozhoo, update to Tribal Veterans Service Officer's cell phone number (218)461-2937. I have a new location for my office. I am located at the Veteran's supportive housing.

If you have any questions please contact me at the above number.

The latest news the Department of Veterans Affairs (VA) announced that it has lowered the interest rate for VA Native American Direct Loans (<https://www.va.gov/housing-assistance/home-loans/loan-types/native-american-direct-loan/>) from 6% to 2.5%, making access to housing loans more affordable for Native American Veterans.

Through the VA Native American Direct Loan program, VA provides direct loans to Native American Veterans — and to Veterans who are married to Native American non-Veterans — to help buy, build, or improve a home on trust land. These loans give Native American Veterans the opportunity to obtain housing with no down payments, limited closing costs, and no monthly mortgage-insurance costs.

By law, VA is only authorized to provide direct loans through the NADL program—meaning that VA can only provide this decreased interest rate to Native American Veterans or to Veterans who marry Native American non-Veterans. However, VA is able to help all eligible Veterans obtain housing through VA-backed loans.

Veterans who close their NADL loans on or after March 13 will automatically receive the 2.5% interest rate for the life of the loan. Veterans who currently have an NADL loan with an interest rate of 3.5% or higher will be able to refinance the loan to take

Etc

Keeping kids entertained over the summer

It's July and the quiet rumblings of "I'm bored", "There is NOTHING to do", are starting to come forward. Summertime is supposed to be a time for kids to be outside and enjoying the sunshine that is felt so rarely in the winter months in Minnesota.

So here are a few activities that do not cost money (or much money) to keep kids active, and lower your stress level of trying to figure out how to keep them occupied.

1. **Reading** – as it stimulates creativity and problem/decision making skills
2. **Puzzles** – Jigsaw, word, art, riddles, etc.

3. **Kites** – Flying kites and paper airplanes

4. **Collection Building** – Rocks, flowers, etc.

5. **Table games** – Checkers, card games, Monopoly, etc.

6. **Geocaching or a scavenger hunt**

7. **Gardening**

These QR codes lead to some helpful websites for more ideas.

For any FDL or Casino employee, or their immediate family member dealing with work/life balance issues, please call your FDL Employee Assistance/ Employee Relations Program Coordinator at (218) 878-7514.

Have a safe and happy July and August!



50 Ways to Entertain Kids Without Electronics



12 Alternative Activities and Ways to Keep Your Child Busy



101 Things To Do With Kids Besides Watching TV

advantage of the lower rate.

"Native American Veterans are now able to more affordably buy, build and improve homes on trust land," said Executive Director of VA Loan Guaranty Service John Bell III. "We at VA are laser-focused on serving Native American Veterans as they've served our country, and that's what this decreased interest rate is all about."

The 2.5% interest rate is effective as of March 13 and will be available for no more than 24 months. This rate reduction is a part of VA's comprehensive efforts to deliver valuable benefits to Native American Veterans.

VA also continues to work toward publication of a final rule in the Federal Register that would waive certain copayments for eligible American Indian and Alaska Native Veterans. Under the proposed rule, VA would reimburse eligible Veterans for certain copayments paid on or after January 5, 2022.

Native American Veterans who are interested in the NADL program can contact an NADL

coordinator by emailing NADL@va.gov or by calling 888-349-7541. For homes outside of trust land, the VA-Guaranteed Home Loan program is available to Native American Veterans.

Additional news is that I will be starting "Visit with the Veterans Service Officer" at Veterans Supportive Housing every other Thursday from 9-11 a.m., come join me for coffee and donuts.

Veterans POWWOW will be July 7-9 this year. If you would like to work at this year's Veteran's Powwow please contact me and I will start a list. We need volunteers for this, also any vendors that would like to be there please contact me.

FDL Veterans Honor Guard has a lot of events coming up so if you need the Honor Guard please send me an email for your event. Email address is Andrewdepoe@fdlrez.com or call at (218) 461-2937.

If you have any questions, please do not hesitate to call or stop in.

Thank you, Andrew DePoe, USCG (ret), FDL Tribal Veterans Service Officer

Mikwendaagoziwag Memorial

This year's Mikwendaagoziwag Memorial Annual Ceremony is scheduled for July 26th at the Memorial, located at the Army Corps of Engineers Sandy Lake Recreational Area near McGregor, Minnesota.

Schedule:

9:00 a.m. – Morning ceremony at the Savanna Portage State Park Boat Landing on the east side of Sandy Lake.

After morning ceremony – Canoe across lake to the Sandy Lake Recreation Area; bring your own canoe; there may be arrangements for a few canoes to be available at the lake.

Approximately 11:30 a.m. – Arrival at Mikwendaagoziwag Memorial for a Ceremony and Feast.

Directions:

Savanna State Park Boat Landing: Minnesota State Highway 65 North from McGregor for about 6 miles; turn right on County 14 for about another 5-6 miles to the Park/Boat Landing

(Note: don't go all the way into the main part of the state park, which is about 10 miles from Highway 65).

Army Corps of Engineers Sandy Lake Recreation Area: Minnesota State Highway 65 North from McGregor for about 11 miles; turn right at the Recreation Area South Entrance sign.

For More Information: GLIFWC offices (715) 682-6619
Rose Wilmer (715) 209-1610
rwilmer@glifwc.org
Dan Soulier (715) 681-0199
dsoulier@glifwc.org

Staying safe from wildfire smoke

Boozhoo! Did you notice that some days had smoky, hazy air in May and June? These recent air quality events were primarily caused by smoke from wildfires burning in Canada, and illustrate the power of wildfires to impact the air we breathe.

What are wildfires? We can think of wildfires as uncontrolled flames which burn vegetation on a large scale, often in rural

areas. The majority of the time, wildfires are caused by human activities, such as unattended ishkoden (fires), the use of equipment which unintentionally sparks, or discarded cigarettes. These ishkoden can be caused by natural forces too, such as lightning strikes. In recent history, large-scale suppression of ishkode has led to abundances of fuel loads (brush, branches, etc.) in forests, making our natural landscapes more susceptible to big wildfires. Further, studies have shown that larger, more frequent, and intense wildfires can be attributed to global climate change driving hotter and drier conditions (USGS).

Wildfires have some good qualities. They can play a really important role in forest ecosystems, serving as a regenerative force by clearing out dead organisms and brush, bringing nutrients to the soil, and helping with reproduction of certain species, such as jack pines. But wildfires can also be detrimental to human health by destroying buildings and

Etc

homes, creating hazardous environments, and producing lots of bayaashkineyaabateg (smoke). Wildfire bayaashkineyaabateg, largely a suspension of particulate matter, can have a bad impact on air quality and human health. Symptoms of bayaashkineyaabateg exposure can include itchy eyes, sore throat, coughing, wheezing, and shortness of biidanaamowin (breath). Bayaashkineyaabateg can irritate your respiratory system, hurt gishkiinzhigoon (your eyes), and worsen chronic heart and lung diseases. High risk groups include older adults, pregnant women, children, and people with preexisting respiratory and heart conditions. Follow your doctor's advice, and call your medical practitioner if symptoms worsen. You can keep an eye out for dry

weather conditions and ishkode weather alerts; if there's a high ishkode risk or a burn ban, consider reducing your burning practices to avoid causing an accidental wildfire. You can visit the National Weather Service's Fire Weather website at <https://www.weather.gov/fire/> for local ishkode potential outlooks. Here are some tips to help reduce the impact of wildfire bayaashkineyaabateg:

- When driving through bayaashkineyaabateg, use the air recirculation setting on your vehicle's air vents
- Correctly worn N95 face masks can offer some protection
- Avoid outdoor exposure and reschedule or limit outdoor activities.

Stay indoors:

- Keep windows closed and use an air conditioner (turn off fresh-

air intake)

- Change your HVAC air filters regularly
- Use an air purifier with a HEPA filter
- If you don't have an air purifier, you can build one yourself at a lower cost. You can attach an air filter to a box fan, or construct a Corsi-Rosenthal Box, which also involves a box fan but uses more filters. Do not run these DIY filters unattended, and be sure to look online for proper materials/videos demonstrating proper safety and construction methods
- Don't add to indoor air pollutants—Don't burn candles or light fireplaces, reduce vacuuming, limit jilbaakwewin (cooking) fumes, etc. Pay attention to air quality reports and the Air Quality Index (AQI) <https://www.airnow.gov/> You can also view a Fire and

Smoke Map here: <https://fire.airnow.gov/>

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

Water assistance

Even though the energy assistance program is over, there is still money available to help households with water/sewer bills. To qualify you must

- Have applied for the state energy assistance program in MN and received a grant.
- Households where the residents are under 60 must have a disconnect with a disconnect date.
- Households with at least one individual 60 or older may have a current bill paid.

Local households should contact FDL Energy Assistance (218) 878-2658 or (218) 878-2603. For AEOA call 1-844-568-0149. Lakes & Pines clients should call 1-800-832-6082. If you live out of the area, contact your local energy assistance program. This program is available throughout the state through your local energy assistance provider. To request assistance you must have gotten a MN Energy Assistance grant for the 22-23 heating season. Water assistance funding is available through August 31, 2023.

30th Annual Black Bear Golf Tournament

July 15 & 16, 2023

Entry Fee
\$750
Per Team
Includes 1.5 Carts Per Team Per Day



Hole-In-One Contest
Please register by July 12, 2023.

3 Person Scramble
Each team may have one non-Anishinabe (Tribal Identification Required)
Memberships Not Applicable

All golfers must be 18 years of age or older.

Masters Skins Game
\$60.00 per team per day

Men's Tee-Off Times
At Nemadji Golf Course in Superior, WI
Shotgun start Saturday at 7:30 a.m. and 8:30 a.m.
Shotgun start Sunday at 7:30 a.m. for all teams.
Teams will be notified of start time.
Payment must be made at time of registration. We are limited to the first 72 Men's Teams that register. No Walk-in teams will be allowed once we reach the maximum of 72 teams.

Women's Tee-Off Times
At Black Bear Golf Course in Carlton, MN
Shotgun start Saturday at 8:00 a.m.
Shotgun start Sunday at 7:30 a.m.
Payment must be made at time of registration. We are limited to the first 36 Women's teams that register. No Walk-in teams will be allowed once we reach the maximum of 36 teams.

For Tournament Information and Registration
218-878-2330

For Casino and Hotel Information and Reservations
888-771-0777

The two (2) day event is back!!!

* NO CHILDREN OR SPECTATORS WILL BE ALLOWED ON THE GOLF COURSES DURING TOURNAMENT PLAY*

Summer Lunch at FDL OS
June 20th - Aug 17th
(Monday-Thursday)
11 a.m. - 12:30 p.m.
Adult meals \$5
No lunch the week of July 4th

FDL Veterans Powwow
July 7-9
Mash ka wisen

45th Annual Sobriety Powwow
August 4-6
Mash ka wisen

YOUTH FIREARMS SAFETY TRAINING

Where:
Fond du Lac Resource Management
28 University Road, Cloquet MN 55720

When:
July 24th - 28th, 2023
5:00pm - 7:15pm & field day on
July 29th, 2023 at 8:00 - 12:00pm

Cost: \$7.50 paid online upon completion

Contact:
Conservation at 218-878-7155
**** Class size is limited****

- This training is open to everyone 11 year and older
- DNR Firearms Certificate is required of anyone born after December 31st, 1979
- 14 and older can complete class and field day online
- Visit www.dnr.state.mn.us/firearms for more information for



Etc

Governor Walz signs bill legalizing adult-use cannabis in Minnesota starting August 1, 2023

Governor Tim Walz today signed a bill legalizing adult-use cannabis and providing for the expungement or resentencing of cannabis convictions. Governor Walz and Lieutenant Governor Flanagan were joined by former Governor Jesse Ventura, legislators, and advocates to celebrate the bill signing.

“We’ve known for too long that prohibiting the use of cannabis hasn’t worked. By legalizing adult-use cannabis, we’re expanding our economy, creating jobs, and regulating the industry to keep Minnesotans safe,” said Governor Walz. “Legalizing adult-use cannabis and expunging or resentencing cannabis convictions will strengthen communities. This is the right move for Minnesota.”

“Legalizing adult-use cannabis is about keeping our communities

safe, advancing justice for Minnesotans, and investing in a strong economic future,” said Lieutenant Governor Flanagan. “Prohibiting the use of cannabis hasn’t worked and has disproportionately harmed communities of color across the state. By expunging nonviolent cannabis convictions, we are removing the barriers that prevent thousands of Minnesotans from fully returning to work, to their communities, and to their lives. This is how we make safer communities.”

Chapter 63, House File 100 legalizes adult-use cannabis and establishes a new Office of Cannabis Management to regulate the new industry. The law also directs for the expungement or resentencing of cannabis related convictions. The bill includes a



10% tax on recreational cannabis.

Cannabis use and possession of certain amounts will be decriminalized beginning August 1 along with the establishment of the Cannabis Expungement Board and provisions related to the automatic expungement of lower-level cannabis offenses. The bill allows sales for legal adult-use cannabis in Minnesota begin in the first quarter of 2025.

The bill also includes grants for cannabis growers; substance use treatment, recovery, and prevention; and communities that have disproportionately suffered the effects of cannabis prohibition.



Minnesota Accessible Playgrounds

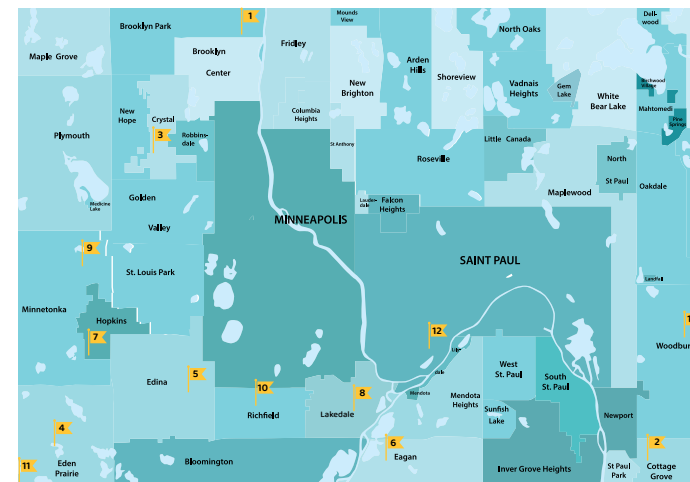
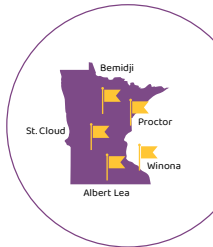
Accessible playgrounds are created to be inclusive to children of different abilities. Including features for children with physical and developmental disabilities, such as wheelchair accessible swings, sensory-stimulating equipment, and safety features. Please contact the park before visiting to ensure it has appropriate fencing, surface, equipment, signage, etc. For your family's needs.

Metro area

1. **Northwoods Park**
7600 107th Ave
Brooklyn Park, MN 55445
2. **Woodridge Park**
9000 90th St
Cottage Grove, MN 55016
3. **Becker Park**
5530 Douglas Dr
Crystal, MN 55429
4. **Miller Park Barrier-Free Playground**
8200 Eden Prairie Rd
Eden Prairie, MN 55347
5. **Cornelia Elementary School**
7000 Cornelia Dr
Edina, MN 55435
6. **Woodhaven Park**
1950 Gold Trail
Eagan, MN 55122

Greater Minnesota

7. **Alice B. Smith Elementary School**
801 Minnetonka Mills Road
Hopkins, MN 55343
 8. **King Park**
18250 Dodd Blvd
Lakeville, MN 55044
 9. **St. David's Center**
3395 Plymouth Rd
Minnetonka, MN 55305
 10. **Augsburg Adventure Park**
7000 Nicollet Ave
Richfield, MN 55423
 11. **Lions Park**
1103 Adams St. S.
Shakopee, MN 55379
 12. **Bridgeview School**
360 S. Colborne St
St. Paul, MN 55102
 13. **Madison's Place**
4125 Radio Dr.
Woodbury, MN 55129
- Greater Minnesota**
- Every Child's Dream Playground
Lake Park Drive
Winona, MN 55987
 - Halverson Elementary
707 E. 10th St
Albert Lea, MN 56007
 - Paul Bunyan Inclusive Playground
US-2 Old Bemidji
Bemidji, MN 56601
 - A Playground for Every BODY
Pionk Drive, Proctor,
MN, 55810
 - Wilson Park
625 Riverside Dr NE,
St. Cloud, MN 56304



ADVO-030 03.23

gillette CHILDREN'S

LEGAL NOTICE – July 2023

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

CICHY, Gerard
CICHY, Leslie
DEFOE, Curtis
DUFALUT, Lavonne
DUPUIS, Donovan
ENGLER, Virginia
FARRELL, Margo J.
KIER, Tresa
LADUE, Michelle

LAPRAIRIE, Robert
LABELLE, Gregory
LEGARDE, Ava
LEGORE, Terri
MARTIN, William
MARZINSKE, Larry
MOELLER, Jeffery
NEWAGO, Dennis
OWENS, Louise K.
PETITE, Benjamin F.
PETITE, Leonard Jr.

SAVAGE, Mark
SEPANSKI, Barbara
SOULIER, Gary
ST. GEORGE, Richard J.
STRONG, Marilyn
THOMPSON, Dennis Jr.
THOMPSON, Kathy
TROTTERCHAUDÉ, Chauncey D.
TROTTERCHAUDÉ, Nicholas
WAKANABO, Thea

Health News

Tagwii Open House

Photos Courtesy of Shawn Carr

Metro Tagwii Recovery Center and Mashkiki Waakaigan Pharmacy in Minneapolis hosted an Open House May 24 with a drum, pizza, wellness screening, and a raffle.

A number of people attended the event on a beautiful day.



Gerard Mauthe making dream catchers



Mike Munnell far left on drum

Air Quality – What does it mean?

Callie Bassett, RN, CLC,
Community Health Services

Minnesota AQI numbers are determined by hourly measurements of five pollutants:

- fine particles
- ground-level ozone
- sulfur dioxide
- nitrogen dioxide
- carbon monoxide

Populations most at risk of health problems related to air pollution:

- people with lung diseases, such as asthma, chronic bronchitis, emphysema, and chronic obstructive pulmonary disease
- infants and young children
- people who work or exercise outdoors
- adults over 65
- people with a cardiovascular disease
- people in poverty; people who lack access to health care
- people who smoke or are exposed to second-hand smoke
- people working in occupations

where there is high exposure to contaminated air

- people who spend a lot of time near busy roadways

Take steps to protect your health

- Know when air quality is unhealthy — Check out the MPCA Air Quality Index and sign up for air quality forecasts and alerts.

- Protect yourself while driving — Close your windows when you're in traffic and set your ventilation system to recirculate the air to avoid breathing vehicle exhaust. Choose driving routes that are less traveled, especially by diesel vehicles.

- Avoid exposure to pollutants — Keep away from wood smoke, vehicle exhaust, tobacco smoke, and other sources of airborne particles, where possible. Avoid prolonged outdoor exertion near busy

roadways or on days when the air quality is poor.

Exposure to air pollution can affect everyone's health. When we breathe in air pollutants, they can enter our bloodstream and contribute to coughing or itchy eyes and cause or worsen many breathing and lung diseases, leading to hospitalizations, cancer, or even premature death. No matter where you live, you can be exposed to air pollution from vehicle exhaust, smoke, road dust, industrial emissions, pollen, gas-fueled yard equipment, chemicals we use in our homes, and other sources.

Text MN to 741741

CRISIS TEXT LINE |

**Northern Minnesota Suicide Prevention
TRIBAL-COUNTY PARTNERSHIP**

Air Quality Guide for Particle Pollution

Harmful particle pollution is one of our nation's most common air pollutants. Use the chart below to help reduce your exposure and protect your health. Visit AirNow.gov for your local air quality forecast (www.airnow.gov).

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good (0-50)		It's a great day to be active outside.
Moderate (51-100)	Some people who may be unusually sensitive to particle pollution.	Unusually sensitive people: Consider making outdoor activities shorter and less intense. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. Everyone else: It's a good day to be active outside.
Unhealthy for Sensitive Groups (101-150)	Sensitive groups include people with heart or lung disease, older adults, children and teenagers, minority populations, and outdoor workers.	Sensitive groups: Make outdoor activities shorter and less intense. It's OK to be active outdoors, but take more breaks. Watch for symptoms such as coughing or shortness of breath. People with asthma: Follow your asthma action plan and keep quick relief medicine handy. People with heart disease: Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.
Unhealthy (151-200)	Everyone	Sensitive groups: Avoid long or intense outdoor activities. Consider rescheduling or moving activities indoors.* Everyone else: Reduce long or intense activities. Take more breaks during outdoor activities.
Very Unhealthy (201-300)	Everyone	Sensitive groups: Avoid all physical activity outdoors. Reschedule to a time when air quality is better or move activities indoors.* Everyone else: Avoid long or intense activities. Consider rescheduling or moving activities indoors.*
Hazardous (301-500)	Everyone	Everyone: Avoid all physical activity outdoors. Sensitive groups: Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.*

*Note: If you don't have an air conditioner, staying inside with the windows closed may be dangerous in extremely hot weather. If you are hot, go someplace with air conditioning or check with your local government to find out if cooling centers are available in your community.

Health News

Bladder Cancer Awareness

The American Cancer Society estimates that over 80,000 cases of Bladder Cancer will be diagnosed this year in the United States. Bladder cancer is the 4th most common form of cancer in men. The risk factor for men is about 70% of cases. Overall, bladder cancer is the 6th most common cancer in the United States. With treatment advances, bladder cancer remains one of the most commonly diagnosed cancers. About 90% of people diagnosed with bladder cancer are over the age of 55. It is caused by the abnormal growth of bladder cells, which develops in the urinary bladder.

Symptoms may include: back/pelvic pain, painful urination, frequent urination, blood in urine, bone pain, rapid weight loss, loss of appetite, swollen feet, extreme weakness, and tiredness.

Treatments by medical professionals that may help are: surgery, medications, chemotherapy and biological therapy, which require lab tests or imaging.

Smokers are at twice the risk as people who do not smoke. Chemical exposure (including arsenic) and people who work with chemicals called aromatic amines are at a higher risk. These chemicals are used to make dye-based products. The risk increases with age, race, gender, family history, and long-term inflammation of the bladder.

Changeable risks may include not smoking, drinking more water, cutting back or not drinking alcohol, a diet of rich colorful fruits and vegetables, and reducing chemical exposures.

Survival rates depend on many factors, including the type and stage of bladder cancer that is diagnosed. The 5-year survival rate of people with bladder cancer that has not spread beyond the inner layer of the bladder wall is 96%.

Sources: Center for Disease Control and Prevention (CDC) www.cdc.gov American Cancer Society National Cancer Institute (NCI) www.cancer.gov World Bladder Cancer worldbladdercancer.org Bladder Cancer Awareness Month www.cancerresearch.org

A message from your Fond du Lac Cancer Prevention Program.

Produce Market Bucks for SNAP customers at the Farmer's Markets

SNAP customers get up to \$10 in produce with a special program for SNAP at Farmer's Markets.

Both Carlton County Farmer's Markets accept SNAP which is the Supplemental Nutrition Assistance Program – formerly known as food stamps. Customers may purchase delicious local foods grown and by friends and neighbors in Carlton County.

SNAP customers swipe the EBT card for the amount they want to spend and a dollar-for-dollar match for up to \$10 in Market Bucks is available for additional produce purchases. The market bucks are specifically for fresh, whole raw fruits and vegetables. As long as the food is not processed with added salt, sugar, or oil they're eligible for Produce Market Bucks. The extra bonus money is sponsored by Hunger Solutions, a non-profit advocacy program

informing and educating on public policy and helping communities get food in need.

For more information on the farmers market and Market Bucks contact: Carltoncountyfarmersmarket.com or on Facebook and Instagram Carlton County Farmers Market.

SNAP is a USDA program to supplement the food budget of income-eligible persons so they can purchase healthy food and move toward self-sufficiency.

Markets near us that accept SNAP:

Cloquet Farmer's Market
Saturdays at 9 AM to Noon
June 3rd – October 21st.
Premier Theaters Parking lot
904 Hwy 33 South Cloquet

Carlton Market

Tuesdays 4 PM – 6 PM
June 20th – October 17th
McFarland Park MN-33 and
MN-210 E/E Hwy 210 Carlton

Get more fresh food for less!

Triple your SNAP/EBT at your participating farmers market with Market Bucks



How it works:

- 1 Visit:** Go to the Information Booth at the farmers market to get started.
- 2 Swipe:** Swipe your EBT card for the amount you want to spend. We'll match your purchase dollar-for-dollar (up to \$10). You can get up to \$10 in Market Bucks and \$10 in Produce Market Bucks each visit.
- 3 Shop:** Spend your Market Bucks with eligible vendors at the farmers market.

Learn more and find a participating market near you at hungersolutions.org/farmersmarkets or call or text the Minnesota Food HelpLine 888-711-1151.

July is Brain Tumor/Glioblastoma Awareness Month

Glioblastoma (GBM) is one of the most complex and treatment-resistant cancers. GBM accounts for about 50% of all primary malignant brain tumors. Brain tumors, including glioblastoma, represent the highest per-patient initial cost of care for any cancer group, with an annual cost of care approaching \$150,000.

Symptoms may include-headaches, nausea, seizures, changes in mental

function, mood or personality, changes in speech, vision or hearing, memory loss, dizziness or vertigo.

There are ways to prevent or have fewer chances for a brain tumor/ Glioblastoma to occur by avoiding smoking, environmental hazards, and radiation. Tobacco use remains the single largest preventable cause of death and disease in the United States related to cancer prevention.

Source: American Cancer Society www.cancer.org, Mayo Clinic www.mayoclinic.org

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

A message from your Fond du Lac Cancer Prevention Program.

Health News

When you Can't Go...

By Kara Stoneburner, RDN LD,
Community Health Services Dietitian

We've probably all experienced it a time or two... CONSTIPATION. Not fun. By what exactly is constipation? According to Mayo Clinic, constipation is "infrequent bowel movements or difficult passage of stool that persists for several weeks or longer". Normal bowel movements vary by person. Typically, the average range includes having a bowel movement three times a day to, at least, three times a week. Sometimes small changes in habits or lifestyles, such as travel, an older age and pregnancy can cause constipation. Other potential causes for occasional constipation include:

- Medications
- Ignoring the urge to have a bowel movement
- Dehydration
- Lack of exercise/activity
- Not enough fiber in the diet
- Abuse of laxatives
- Problems with intestinal function
- Certain diseases or conditions such as colon or rectal cancer, diabetes, hypothyroidism or a stroke.

Symptoms of constipation may include: difficult or painful bowel movements, fewer than three bowel movements a week, feeling bloated or uncomfortable, abdominal pain, feeling as though you can't empty stool completely, hard and dry stool and excessive straining with a bowel movement. Symptoms can mimic other health issues so it is important to always consult with a Healthcare Provider.

The easiest way to avoid being "constipated" is to prevent constipation from happening, if able. Other tips to help include:

- Eating a healthy diet including fiber sources such as beans, whole grains, bran cereals, fresh fruits and vegetables, limiting meats and dairy, avoiding processed foods
- Drinking plenty of fluids, especially water
- Staying active
- Managing stress
- Going to the bathroom when feeling the

urge.

Most Americans eat less than the recommended amount of fiber. Estimated fiber recommendations are 25 grams/day for women and 38 grams/day for men. When increasing fiber in your diet, move slowly to allow your body time to adjust to the higher amounts. Too much, too quickly can lead to intestinal gas, abdominal bloating, and cramping. Also, be sure to drink plenty of water to aid in producing softer, bulkier stools.

Fiber can also help with weight loss and maintaining weight. It can aid in lowering cholesterol levels and can lower your risk for diabetes, heart disease and certain cancers.

Here's an easy recipe to try that provides lots of fiber and flavor!

Calico Three-Bean Hot dish

Recipe from: A Collection of Family Fun Recipes -MDH and MN Department of Human Services

Serves 6

Ingredients:

- ½ pound ground beef or turkey or venison
- 1 medium onion, chopped
- 1 can (15-16oz) kidney beans, drained
- 1 can (15-16oz) butter beans, drained
- 1 can (15-16oz) pork and beans ¼ cup brown sugar
- 2 Tbsp vinegar
- 1/2 cup ketchup
- 1 tsp mustard

Directions:

1. Cook meat and onion in large pan on medium-high heat until meat is brown throughout and onion is soft. Drain
2. Add kidney beans, butter beans, pork and beans, brown sugar, vinegar, ketchup and mustard. Mix gently
3. Cover and cook on low heat 15 minutes

Other cooking options:

Oven- Pour into a baking dish and bake at 350°F for 35 minutes.

Slow Cooker/Crock Pot- Heat in a crock pot on low for 5-6 hours or on high for 2 ½- 3

hours.

*sources include mayoclinic.org, hopkinsmedicine.org and eatright.org

NIIBIN "Summer" 2023 FDL NAGAAJIWANAANG MINO-WIIDOOKAAGEWIKWEG WOMEN'S WELLNESS GATHERING



Cloquet Forestry Center
175 University Rd

Thursday, August 10

THURSDAY

8:00 am - 9:00 am	Registration & Refreshments
9:00 am - 10:00 am	Opening Pipe Ceremony with Patti Baker Dupuis
10:00 am - 12:00 pm	Morning Presentation with Patti Baker Dupuis
12:00 pm - 1:00 pm	Lunch
1:00 pm - 2:30 pm	Painting / Yoga / War Bonnet in classrooms
2:30 pm - 3:00 pm	Break
3:00 pm - 4:30 pm	Talking Circle / Closing Ceremony with Roxanne DeLille

- Middle and high school girls are invited
- Dress for the weather, as we will be outdoors - weather permitting
- Please do not bring your children - no childcare provided

Please **register** via email by July 29 to MarissaMiller@fdrez.com

If you have any questions, please call Social Services at 878-2145.

Fond du Lac Human Services Division | Social Services Department

Health News

Beet and watermelon salad

Prep time: 20 minutes
Ready in: 1 hour
Serves: 6

Ingredients:

2 cups red beets
1/2 large watermelon, diced
3 cups spinach
1 small red onion
1 cup basil leaves, thinly chopped
1/2 cup fresh mint
1 package crumbled goat cheese
4 tablespoons olive oil
1 orange, halved

Directions:

Preheat oven to 400°F. Wash beets, then slice off just a bit from the tops and bottoms. Wrap beets loosely in foil and roast on the middle rack of the oven for 30-45 minutes or until tender, then let cool. Once beets have cooled, remove skin and dice them to desired length. Combine watermelon and beets together in a large bowl. Chop mint and basil into 1-inch long strips, or smaller depending on desired length. Dice red onion into small pieces. Combine watermelon, beets, onions and herbs together with spinach. Drizzle olive oil over the top of the mixture. Cut orange in half and add juice from 1/2 of the orange to the salad. Add 1 package of crumbled goat cheese. Toss, serve and enjoy! Optional dressings or garnishings can include: Pomegranate seeds

Pistachios

If mixture is too tart, add 1 teaspoon of maple syrup to sweeten

Notes: Inspired by recipes from allrecipes.com, Ally's Kitchen, and Thyme and Toast

Ode'imín (strawberry) Cedar Tea

Prep time: 5 minutes
Ready in: 10 minutes
Serves: 1

Ingredients:

2-3 strawberries
2 cups water
Sprig of cedar

Directions:

Boil cedar in the 2 cups of water until it turns a golden color. Chill until desired temperature or add ice to cool. Chop washed strawberries and add to cedar tea mixture. Let strawberries marinate in tea for twenty minutes before drinking. If you'd like it colder, put it in the fridge or add ice. Enjoy!

Notes:

Cedar tea is a traditional medicinal tonic
Ode'imín is the Ojibwe translation for strawberry
Wažúšteca is the Lakota translation for strawberry
Giizhik is the Ojibwe translation for cedar

COMMUNITY HEALTH SERVICES WELL-BEING ACTIVITIES {July – September 2023}



Car Seat Education

Education will be provided on proper seat installation, as well as how to safely secure the child in the car seat. After education is completed a car seat can be purchased for a reduced fee. In addition, car seat clinics for proper installation are offered once a month at Perch Lake and Cloquet Fire Station. **For more information, call 218-878-2126.**

Community Health Representatives (CHRs)

Community Health Representatives (CHRs) provide transportation for individuals only after all other transportation resources are exhausted. Transportation for appointments should be scheduled 48 hours in advance. **For more information, call 218-878-2128.**

Doula Services

Our Doulas are American Indian women from the community who are specially trained in supporting families in the birth and postpartum period. All FDL Doulas have given birth and have experience with breastfeeding. **For more information, call 218-878-3732.**

Elder Exercise

Please join Community Health Services for our weekly elder exercise program. Light exercise and a healthy snack will be provided. **For more information, call 218-878-3790.**
*Wednesdays | 9 am - 10 am
Cloquet Community Center*

Elder Fall Prevention Classes

Tai Ji Quan *Fall of 2023*
Moving for better balance is a researched-based program designed to improve strength, balance, and mobility to prevent falls in older adults and individuals with balance disorders. Join this fall prevention class to increase balance and strength, and to improve postural control. **For more information, call 218-878-2126.**

Public Health Nursing

Public Health Nurses meet with expecting mothers and parenting families with children under the age of two. Visits can take place at a time and place convenient to the family. Visits may include childbirth education, nutrition, breastfeeding and infant feeding, growth and development, positive parenting, and much more. **For more information, call 218-878-3705.**

Smoking Cessation

Get the support you need to quit smoking! One on one coaching, free medication and other helpful tools.

- MNAW Pharmacy
218-878-2157
- CAIR Pharmacy
218-279-4142
- Quit Partner
1-800-784-8669

WIC Program

The WIC program is a nutrition program for eligible pregnant, postpartum and breastfeeding women, infants and children up to age 5. WIC provides benefits to obtain nutritious foods to supplement the diet and will provide education and information on nutrition and healthy eating. **For more information, call 218-878-2115.**

2ND ANNUAL VETERANS POWWOW 5K RUN / 1 MILE WALK

Saturday, July 8, 2023

Location: Sawyer Center
Registration: 8:00am - 8:45am
Event Starts @ 9:00am

RUN WALK HONOR

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

Community News

Happy birthday

Happy birthday Mom/Grandma/ Great-Grandma **Beanie Savage** (July 4), hoping you have a fun beautiful day with your family and friends.

Love, your family and friends



Happy birthday to my favorite granddaughter **Ivory Dunaiski** (July 5)
Grandma loves you

Happy birthday month to my bestie **Kristie Holmes** (July 6)!

From your favorite person ever!

Happy Heavenly birthday to **Gramma Judy** (July 10)!

Miss you and love you so much Gram!

Love forever, Kristie

Happy birthday to **Dexter DeLille** (July 16)!

Sonny Boy, just wanted to let you know I love you so much and I hope your day is as wonderful as you are!

Love always, Momma and Tom

Happy birthday to **Celena Diver** (July 23)!

Gup, happy birthday and may your day be as lovely as you are!
Love much, Kristie

Happy birthday big brother, **Jay Hooley** (July 23)

Love, Linda, Sue, and Kim

Happy birthday to **Kendall Diver** (July 27)!

Kendall, just letting you know I am wishing you a happy birthday and thank you for all that you do!

Love always, Kristie

Happy birthday to **Samantha Branley** (July 27)!

Sam, you are the bestest friend a girl could have found! Happy birthday! I hope you have a fantabulous day filled with the bestest memories!

Love you, Kristie

Happy birthday to my favorite uncle **Michael Diver** (July 29th)! And happy wedding day! Congrats! I love you!

Love your favorite niece!

Obituary



Clinton Elliot Houle, otherwise called Biiwaabikoma (Iron Bear), 54 of Cloquet, Minnesota, left May 17, 2023 in Duluth, Min-

nesota.

Clinton Elliot Houle was born in Cloquet, Minnesota to Roberta Houle and David DuFault on January 2nd, 1969. Clinton was of the graduating class of Duluth Central High School of 1987. His high school career was highlighted by his passion for boxing provided by the Fond du Lac band. His talents led him to succeed in participating in the Minnesota State boxing championship. Followed by his sportsmanship, Clinton enlisted in the United States Navy during the Persian Gulf War in Kuwait. As an acting Chief Petty Officer, Clinton was in aid of the captain as a right-hand man.

As a veteran, Clinton enjoyed listening to music, gathering in

nature, and exercising tribal treaty rights. From Sugarbush to being a son, brother, father, uncle, and loved one Clinton acted with the pride of an ogichidaa na and the blood of a mukwa.

Clinton Elliot Houle is preceded by Norman Barney, Norma "Punkin" Graves, and David Dufault.

Survived by his Mother Roberta Houle, Sister Marie Houle, Phillip "Mudd" Houle, Sister Lisa Northrup, and his children Clinton Houle Jr., Dennis Houle, Reanelle Houle, and his significant other Donna Peltier.



Sharon Sue Nystrom, age 79, of Cloquet, MN entered the spiritual world on Tuesday, May 30, 2023. She was the daughter of Wilfred Rondell,

Julia Whitebird Rennquist and adoptive father, Earl Streeter Rennquist.

She graduated from Wrenshall High School, and Rasmussen Business College, then lived and worked in the Twin Cities area before moving to Cloquet, MN.

Sharon was an enrolled member of the Fond du Lac Band of Lake Superior Chippewa and is survived by her son, Jon W. Nystrom Jr. (Kieren); 5 grandchildren, Alexandra, Natasha, Zachary, Miles and Lucy; 1 great-grandchild and her faithful friend Tom Mattila.

She had an infectious laugh, a passion for animals, knitting and crocheting and visiting with friends at the Brookston Center.

Sharon is remembered by her siblings, Lola Overland, Terry (Brian) Hurd, Rocky Rennquist, Sandra Swenson and Dawn (Jeff) Sadler.

Her family would like to thank Tom Mattila, Dr. Arne Vainio and the Fond du Lac Assisted Living

staff for the love and support they shared with Sharon.

FDL Employment Opportunities

Fond du Lac offers many great employment opportunities. The following are all the jobs currently open with closing dates in July, permanent postings, or open until filled positions. Please visit the FDL website for any new postings or more information.
Fdlrez.com/HR/employment.htm

Maintenance/Security, BCC, FT/PT, Permanent
Custodial/Security, BCC, FT/PT, Permanent
Substitute Teacher, FDL Education, On Call/Sub, Permanent
Cook Helper, FDL Education, On Call/Sub, Permanent
Secretary/Receptionist, FDL Education, On Call/Sub, Permanent
Reading Buddies, FDL Education, On Call/Sub, Permanent
Instructional Assistant, FDL Education, On Call/Sub, Permanent
Custodian, FDL Education, On Call/Sub, Permanent
Convenience Store Clerk, FDLGG, PT/On Call/Temp, Permanent
Deli Clerk, FDLGG, PT, Permanent
Store Clerk, FDLGG, PT, Permanent
Convenience Store Gas Attendant, FDLGG, PT, Permanent
Cook Helper, FDL Head Start, FT, Permanent
Family Service Worker, FDL Head Start, FT, Permanent
Teacher, FDL Head Start, FT, Permanent
Teacher Assistant, FDL Head Start, FT, Permanent
Head Start Substitutes, FDL Head Start, On Call, Permanent
Skilled Laborer 2, FDL Housing, FT, Permanent
Skilled Laborer 1, FDL Housing, FT, Permanent
Maintenance Worker, FDL Housing, FT, Permanent
Custodian/Cleaner, FDL Housing, FT, Permanent



Devon Martin, a FDL Band member, ran in the 2023 Grandma's Marathon. Devon, who finished the 26.2 mile race in Duluth, has been a living embodiment of this motto "Ind-ani-minobimaadiz" which means "I'm running towards the good life." Congratulations Devon, your family and community are proud of you!

Community News

Dental Office Manager, MNAW, FT, July 12, 2023
 Mental Health Counselor, FDL Human Services, FT, Permanent
 Patient Resource Specialist, MNAW, FT, Permanent
 Patient Advocate, MNAW & CAIR, FT, Permanent
 Prevention Intervention Specialist, Tagwii, FT, Permanent
 Brainwave Optimization Trainer, MNAW, FT, Permanent
 Mental Health Case Manager, MNAW & CAIR, FT, Permanent
 SUD Lead Recovery Case Manager, FDL Human Services, FT, Permanent
 SUD Recovery Case Manager, FDL Human Services, FT, Permanent
 SUD Secretary, FDL Human Services, FT, Permanent
 Alcohol & Drug Counselor IV, FDL Human Services, FT, Permanent
 Alcohol & Drug Counselor III, FDL Human Services, FT, Permanent
 Alcohol & Drug Counselor II, FDL Human Services, FT, Permanent
 Alcohol & Drug Counselor I, FDL Human Services, FT, Permanent
 Secretary/Receptionist, MNAW & CAIR, FT, Permanent
 Maintenance II, MNAW, Assisted Living, Supportive Housing, Tagwii, FT, Permanent
 Maintenance I, MNAW, Assisted Living, Supportive Housing, Tagwii, FT, Permanent
 SUD Treatment Aide, FDL Human Services, FT, Permanent
 Registered Dental Assistant, MNAW, FT, Permanent
 ENP Driver/Cook, BCC or SCC, FT, Permanent
 SUD Treatment Technician, FDL Human Services, FT, Permanent
 Nursing Assistant, FDL Assisted Living, FT/PT Permanent
 Clinical Pharmacist, MNAW, CAIR & Mpls, On Call, Permanent
 Pharmacy Technician, MNAW, CAIR & Mpls, On Call/Sub, Permanent
 Health Care Assistant, MNAW, Assisted Living, Home Care, FT/PT, Permanent
 Security Guard 1, FDL Law Enforcement, FT/Temp, Permanent

Security Guard 2, FDL Law Enforcement, FT/On Call/Temp, Permanent
 Propane Customer Service Representative, FDL Propane Co., FT, Permanent
 LP Delivery Driver, FDL Propane Co., FT/PT, Permanent
 Operator/Laborer, FDL Public Works, FT, Permanent
 Transfer Station Attendant, FDL Transfer Station, FT, Permanent
 General Maintenance Worker I, FDL Public Works, FT, Permanent
 General Maintenance Worker II, FDL Public Works, FT, Permanent
 Tribal Monitor/Field Crew Supervisor, FDLRM, FT/Temp/Seasonal, Permanent
 Tribal Monitor/Field Crew Technician, FDLRM, FT/Temp/Seasonal, Permanent
 Transit Coordinator, Transit Garage, FT, July 12, 2023
 Fleet Mechanic, Transit Garage, FT, Permanent
 Transit Dispatcher, FDL Transit, FT/PT/On Call, Permanent
 Transit Driver, FDL Transit, FT/PT/On Call, Permanent
 Transportation Driver, FDL Transportation, FT/PT, Permanent
 School Bus Driver, FDL Transportation, FT/PT/On Call, Permanent
 Maintenance Worker, FDL Tribal Center, FT, Permanent
 Custodian, FDL Tribal Center, FT, Permanent
 Maintenance II, Mpls, FT, Permanent
 Maintenance I, Mpls, FT, Permanent
 Alcohol & Drug Counselor III, Mpls, FT, Permanent
 Alcohol & Drug Counselor II, Mpls, FT, Permanent
 Lead Recovery Case Manager, Mpls, FT, Permanent
 SUD Department Secretary, Mpls, FT, Permanent
 Clinical Pharmacist, Mpls, On Call/Sub, Permanent
 Pharmacy Technician, Mpls, On Call/Sub, Permanent
 Table Games Dealer/2nd Screen Pit Boss, BCCR, FT/PT, Open Until Filled
 Inventory Control Associate, BCCR,

FT, Open Until Filled
 Groundskeeper BCCR, FT, Open Until Filled
 Table Games Supervisor/2nd Screen Pit Boss, BCCR, FT/PT, Open Until Filled
 Sous Chef, BCCR, FT, Open Until Filled
 Surveillance Operator II, BCCR, FT, Open Until Filled
 Food & Beverage Supervisor, BCCR, FT, Open Until Filled
 Slot Floor Person, BCCR, FT, Open Until Filled
 Cook I, BCCR, FT, Open Until Filled
 Engineer/Maintenance I, BCCR, FT/PT, Permanent
 Event Center Set-Up, BCCR, FT/PT, Permanent
 Surveillance Operator I, BCCR, FT/PT, Permanent
 Motel Room Attendant, BCCR, FT, Permanent
 Table Games Dealer, BCCR, PT, Permanent
 Hotel Maintenance Worker, BCCR, FT, Permanent
 Bartender, BCCR, PT, Permanent
 Slot Video Technician, BCCR, FT, Permanent
 Sage Deli Cook, BCCR, FT/PT, Permanent
 Front Desk Representative/Night Auditor, BCCR, FT, Permanent
 Vault Cashier, BCCR, FT/PT, Permanent
 Engineer/Maintenance HVAC, BCCR, FT, Permanent
 Call Center/PBX Operator, BCCR, FT/PT, Permanent
 Bingo Vendor/Floor Worker, BCCR, PT, Permanent
 Custodial Associate, BCCR, FT, Permanent
 Drop Team Worker, BCCR, FT, Permanent
 Slot Attendant, BCCR, FT, Permanent
 Steward, BCCR, FT/PT, Permanent
 Buffet Wait Staff, BCCR, PT, Permanent
 Room Attendant / Housekeeper, BCCR, FT, Permanent
 Gift Shop Clerk, BCCR, FT, Permanent
 Security Guard/Dispatch, BCCR, FT,

Permanent
 Buffet Runner, BCCR, FT/PT, Permanent
 Steakhouse Wait Staff, BCCR, FT/PT, Permanent
 Steakhouse Host/Hostess, BCCR, FT/PT, Permanent
 Buffet Host/Hostess, BCCR, FT/PT, Permanent
 Cook II, BCCR, FT, Permanent
 Players Club Representative, BCCR, FT/PT, Permanent
 Equipment Operator, BCCR Golf, FT, Permanent
 Groundskeeper, BCCR Golf, PT, Permanent
 Triplex Operator, BCCR Golf, FT, Permanent
 Cart Attendant, BCCR Golf, PT, Permanent
 Youth Cart Attendant, BCCR Golf, PT, Permanent

Concession Sales Representative, BCCR Golf, PT, Permanent
 Pro Shop Sales Representative, BCCR Golf, FT/PT, Permanent
 Ranger/Starter, BCCR Golf, FT, Permanent
 Maintenance Manager, Fond du-Luth, FT, July 12, 2023
 Security Guard/Dispatch, Fond du-Luth, FT, Permanent
 Janitor, Fond du-Luth, FT/PT, Permanent
 Clean Up Worker, Fond du-Luth, FT/PT, Permanent
 Beverage Waitperson/Bartender, Fond du-Luth, FT/PT, Permanent
 Cage Cashier, Fond du-Luth, FT/PT, Permanent
 Players Club Representative, Fond du-Luth, FT/PT, Permanent
 Slot Technician, Fond du-Luth, FT/PT, Permanent



Congratulations

The Cloquet Trap team recently competed in the 2023 State Championship tourney in Alexandria. Jasper Loons, a 7th grade student, placed 3rd overall in the state shooting 92 out of 100. He also had the overall top score for Cloquet.

Here is a caption from the Duluth News Tribune detailing the tournament:

ALEXANDRIA – High school athletes and teams representing schools from across the state are competing in the 2023 Minnesota Sate High School Clay Target League Clay Target Championships that started June 12 and will run through June 20. The officially sanctioned league's clay target sports program is one of the most popular high school activities in the state, having more participants than both boys and girls high school hockey combined, according to the Minnesota State High School League.

This year's tournament features a whopping 8, 119 athletes from 333 Minnesota high school teams. It is the largest trap shooting event in the world each year.

FOND DU LAC RESERVATION

VETERANS' POWWOW

July 7, 8 & 9, 2023

MASH KA WISEN POWWOW GROUNDS • HWY 210 & MISSION ROAD • SAWYER, MN

*Photo By Ivy Vaino

Schedule of Events

Friday, July 7

7:00pm Grand Entry
1st Round of Specials

Saturday, July 8

1:00pm Grand Entry
1:30pm Honoring of Veterans
5:00pm Feast
7:00pm Grand Entry

Sunday July 9

10:00am Breakfast
1:00pm Grand Entry
3:00pm Fallen Veterans Honoring

SPECIALS

Men's Traditional (No Woodland or Chicken)

1st—\$1000 • 2nd—\$500 • 3rd—\$300 • 4th—\$100 • 5th—\$50

Women's Old Style Jingle Dress

1st—\$1000 • 2nd—\$500 • 3rd—\$300 • 4th—\$100 • 5th—\$50

Singing Special

Powwow Committee Special • Start Friday Night

1st—\$3500 • 2nd—\$2000 • 3rd—\$1000

Makazin Tournament

1st—\$600 • 2nd—\$300 • 3rd—\$200

All Specials Must be Approved by Powwow Committee
and Must Be Completed by Grand Entries.

Host Drum • Cedar Creek Invited Drum • Little Otter

M.C.
Les Gibbs
Chi Maāigan
Naawakwe

Arena Directors
Jamie Petite
Jay Smith
Nigigoonz Martin

Head Dancers
Giizh Agaton Howes
Ernie Diver

FDL Royalty

Spiritual Advisors
Charlie Smith
Specials Coordinator
Brian Stillday, Jr.

Traditional Powwow.
Honarium for 1st 30 registered Drums.

Fond du Lac Reservation Royalty
Applications available at
Fond du Lac Tribal Center or fdldp.com.
Information: Valerie Whitebird • Vawwhitebird@gmail.com



FOR MORE INFORMATION AND VENDOR INFORMATION
CONTACT JARVIS PARO AT jarvisparo@fdldp.com or
ANDREW DEPOE —218-879-4593

*Powwow Committee is not responsible for lost,
stolen or damaged items or financial hardships.*

ALCOHOL AND DRUGS PROHIBITED