

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



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*Duane Barney (left) and Greg Nimmo at FDL Resource Management after Nimmo donated this .22 caliber rifle.*

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# Local News

## FDL Conservation receives gun donation

By Zachary N. Dunaiski

July 26, Fond du Lac’s Gun Safety program was gifted firearms from Whitetails Unlimited, a national non-profit organization, to help Fond du Lac teach gun safety to the youth in the community.

Greg Nimmo, a firearms instructor in Cloquet for over 20 years, delivered the donation on behalf to Whitetails Unlimited. Every year Whitetails Unlimited hosts banquets to raise money to then be able to make donations to places around the area.

“They [FDL] use .22 caliber rifles in the firearm’s safety class. I’m still working on a left handed one for the program,” Nimmo said about the donation and how he wants to help FDL continue to grow the program.

Donations like this are always so important to the organization receiving them, and that’s exactly why Duane Barney, FDL Conservation Officer and FDL’s Gun Safety Instructor, was so excited about what the donation means for FDL.

“Some classes are bigger and then we have to split them into bigger groups, and we only had five firearms on hand,” Barney

said of why the gun safety class needed more firearms, in particular .22 caliber which is what they teach the youth with. “Now with this donation, we can put more kids on the line to get them through which makes the day go by quicker.”

Students who took the class, and will take it in the future, will have less waiting for their turn and more time actually getting to train with the firearm which will ultimately make them better and, more importantly, safer.

“Before if we had a group of six or seven, two would have to wait while that group went through. Then the extra kids would come in at the end to do the shooting. Everybody else is just standing there because the rest of the class we can run with unlimited numbers,” Barney said of the donation.

While the other parts of learning gun safety are important, the actual hands on experience is what is important, and now that the students won’t have to wait, the class can move along more efficiently.

“Shooting is the best part of the whole thing,” Barney said of the class. “So now these kids are getting anxious, so everything will

just move more smoothly.”

The donations from Whitetails Unlimited needed to be spent somewhere and so Nimmo looked around the area and when he found Barney’s name, he knew it was the right fit.

“All of the sudden here’s Duane’s name. ‘oh where is this guy, I got to meet this guy,’” Nimmo said of how excited he was at the opportunity to help FDL’s Gun Safety program. “I hope to have an ongoing relationship with Duane as far as ‘if you need something ask for it.’ Shooting mats, or anything that we can help with because the money is there to donate and I want to donate it to something that’s worthy.”

Nimmo said that he has loved the partnership he’s developed with Barney and FDL because of the great level of appreciation Barney and FDL has shown him and the organization.

For more information on Whitetails Unlimited visit their website at <https://www.whitetailsunlimited.com/> and keep an eye out for next year’s FDL Youth Firearms Safety course.

## Government program helps those struggling with internet costs

For those who live on the Fond du Lac Reservation, anyone living on the Reservation Band member or not and you receive your internet through Aaniin, is eligible for an income-based government program to help with the cost of internet.

If you live on Reservation you can qualify for assistance up to \$75 a month (\$30 for off-Reservation), but these amounts are based on household income. Anyone who meets the guidelines qualifies for the funding,

but it is important to note that people who have received free phones won’t qualify as the money for either the phone or internet comes from the same program.

This program is a \$75 credit toward your Aaniin bill, but if you owe more than that a month, you’ll have to cover the difference.

If you have questions or need assistance signing up for this program, contact Aaniin (218) 878-7337.

Household Size	48 Contiguous States, D.C., and Territories	Alaska	Hawaii
1	\$27,180	\$33,980	\$31,260
2	\$36,620	\$45,780	\$42,120
3	\$46,060	\$57,580	\$52,980
4	\$55,500	\$69,380	\$63,840
5	\$64,940	\$81,180	\$74,700
6	\$74,380	\$92,980	\$85,560
7	\$83,820	\$104,780	\$96,420
8	\$93,260	\$116,580	\$107,280
For each additional person, add:	\$9,440	\$11,800	\$10,860

## Nagaajiwanaang Dibaajimowinan

Translation: Stories from where the water stops

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Editor: Zachary N. Dunaiski  
zacharydunaiski@fdlrez.com • (218) 878-2682

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

## Tibbetts completes 100-mile race

By Zachary N. Dunaiski

Sophie Tibbetts, FDL Band member, has been running a lot this summer, and on Sept. 9-10, she capped off the summer by running in the Superior Fall Trail Race, a 100-mile race.

To the knowledge of the Newspaper's staff, Tibbetts is the first Fond du Lac Band member to complete a 100-mile race, which is an incredible accomplishment not only for Tibbetts, but also the Fond du Lac Band.

"For the Reservation, community wide, because this isn't about me, we should have more focus on the adults that are doing really cool recreational activities. I feel that there is a lot of focus on what we can do for the kids. I feel that if people were more aware of what adults were doing it would be beneficial for the kids to see," Tibbetts said, hoping her accomplishment will encourage more greatness within the community. "I feel like if we talked about it more there would be more kids that could reach out to these people and get involved in these things."

The race began with over 200 participants with 148 finishing. Tibbetts came in around 130th with a time of 37 hours 40 minutes and 22 seconds. The time and distance make this run seem impossible, but Tibbetts always knew she would finish.

"I'm just very stubborn and I don't like to quit," Tibbetts said of when she knew she would finish. "Even though I didn't feel prepared, I knew that the only way that I wouldn't finish is if they pulled me off the course or if I broke my leg, or something like that."

The race had a 38-hour time limit, which began at 7:50 a.m. on Friday Sept. 9 and concluded 10 p.m. Saturday Sept. 10, which meant that the runners had to keep going if they wanted to finish.

"You run through the night," Tibbetts said of the time allotted. "I think they have 13 aid stations set up along the way. You have to get to these aid stations by certain times otherwise they cut you from the race. You stop there and that's where you eat, drink, or refill your pack, and then you just take

off."

Naturally to finish such a long race, Tibbetts had to be in great shape, but she wasn't in as good a shape as she'd hoped for. Tibbetts wasn't able to run as much as she wanted to which made it hard on race day, but it was also challenging just to find the time leading up to the race.

"I kind of underestimated how hard it would be to train with a toddler," Tibbetts said of her limited preparation for the race. "It was hard to find babysitters for hours and hours. I ran a lot with him in his stroller but that's not the same as being on the trails."

Injuries also hampered Tibbetts training. But she was happy that her body had healed and felt strong during the 100-mile race.

"I got a really bad blister at mile 13 and

also stubbed my toe and dislodged my toenail around the same time," Tibbetts said, making her finishing the race even more impressive. "But those were like the only two things that happened."

Now that Tibbetts accomplished her goal of running a 100-mile, she plans to take some time off from the big races.

"This was my biggie, but I feel like I've been in training mode for years. So I'm looking forward to just being really casual about my running and just doing whatever races I feel like I want to do," Tibbetts said of reaching this accomplishment that she's had as a goal for some time now. "I thought about doing the Harder than Hell half marathon next month just to finish off with something light but I might just volunteer."

While Tibbetts

is planning to take some time off of the more challenging races, she already has plans to run again.

"So the whole race I said 'I will never do this again.' But I would run another 100-miler," Tibbetts said. "Now that I did it I'm like '37 hours?' I can do better than that. I know I could do better than that."

Tibbetts does plan to wait a few years for such a lengthy race because she doesn't want to miss out on her kids growing up, who are eleven and two.

Sophie had a crew of people close to her in her life, help her with this amazing accomplishment.

"Aurora LeMay, who ran with me all night long, and Nichole Diver, who ran 30 miles with me, were in my crew and pacers, Cara Walt and John Maio were part of my crew, and my sister Allie was a pacer at the end," Tibbetts said about how this run wouldn't have been possible without them. "I also had people come up there to support me like my sister Hannah and Shala Topping who ran a marathon there that day and stayed to see me finish. I also had a lot of support "virtually" from Jennifer DuPuis, who tracked me the whole way on Life360, and my dad and stepmom, and mom and stepdad, who also watched my son so I could do this. It really was a whole team effort."

Tibbetts also knows that their support is way more important than just during this one race.

"I just would also like to add that I am thankful for all of them, not only during my race, but also just their presence in my life, always," Tibbetts said.

Her support team was so important to her success that Tibbetts hopes that she can be that to a youth in our community.

"I just want a kid to see something that I do and be like 'could I come running with you?' and I would just love to be that person for them. Then I can show them all the cool spots."

If you are a youth in the FDL community or know someone who is and wants to get into running, Sophie would love to meet you and you can contact her via email [sophietibbetts@fdlrez.com](mailto:sophietibbetts@fdlrez.com).



*Sophie Tibbetts about to face the 100 mile trail race.*

# RBC Thoughts

## Cloquet News

Hello all

The harvest season for wild rice is bleak here at FDL.

It is extremely unfortunate but our lakes have produced almost no rice this season. Our natural resource staff has recommended closing all lakes to harvesting on FDL and to let the lakes rest this year. I hope our harvesters will continue the harvest in the ceded territories.

This month a large celebra-

tion was held at the Black Bear Casino to accept the Wisconsin Point land exchange. The governors of both MN and Wisconsin as well as the mayor of Superior and many other dignitaries were in attendance and spoke elegantly of the land transfer. I just want to thank all in attendance for recognizing the significance of this property as it relates to injustices that



Wally Dupuis

occurred to the Native people in years past. We, FDL, can now make plans for memorializing and recognizing those that were dug up and their remains removed as well as other future uses of this property.

On another note, our community centers are starting to open up with activities being planned in an effort to get back to normal programming. Currently the gym floors

are in the process of being refinished so no activities have been started requiring the use of the gym, but they are coming along nicely and will be up in running within the next few weeks. The community center staff have been doing a great job of working around the floor project by providing other activities that keep our youth and Elders busy.

As a reminder, the Fall Elder Banquet will be held Tuesday Oct 18, at Black Bear Casino Resort from 4:30-7 p.m., dinner

to be served at 5 p.m. Hope to see you there.

Also, COVID Emergency Rental Assistance (CERA) funds are available to help pay rent. Please see our FDL website for application process or call the Tribal center for more info on obtaining an application.

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

# ELDER EXERCISE

Please join Community Health Services for our weekly elder exercise program.

**Wednesdays starting September 21st**

**Cloquet Community Center**  
1720 Big Lake Road

**9am - 10am**

Light exercise and a healthy snack will be provided.

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

For transportation, please call CHR's at 218-878-2128.




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

## Fond du Lac Human Services Now Has Pfizer Bivalent COVID-19 Booster Doses

Bivalent vaccines are updated booster vaccines that protect against the original strain of COVID-19 and the Omicron variants currently circulating (BA.4 and BA.5). Updated COVID-19 boosters can both help restore protection that has decreased since previous vaccination and provide broader protection against newer variants.

**People age 12 and older are now recommended to get an updated bivalent booster dose at least 2 months after their final primary series dose or last booster shot.**

- The updated Pfizer booster is authorized for people age 12 and older.
- Everyone who is eligible—including those who are moderately or severely immunocompromised—are recommended to receive one dose of the updated vaccine.

The COVID-19 vaccines and the updated booster are safe and help protect people from getting very sick with COVID-19.

**Call 218-878-2190 to schedule your appointment.**

**Note regarding Moderna:**

- The updated Moderna bivalent booster is authorized for people age 18 and older, however due to ordering delays, we are unable to get it at this time. We will update the community when we receive it at our clinic.



09.19.2022

Fond du Lac Reservation | Fond du Lac Human Services Division



# RBC Thoughts

## Fond du Lac Band of Lake Superior Chippewa Homeowner Assistance Fund (HAF) Program

The Fond du Lac Band of Lake Superior Chippewa (FDL or the Tribe) has received funding from the United States Department of the Treasury to administer a Homeowner Assistance Fund program, designed to provide mortgage, utility, and internet payment assistance relief to Tribal homeowners.

To qualify for this program, the applicant must be:

- An enrolled member of the Tribe
- The primary (i.e., on the home deed and/or mortgage) homeowner
- Maintain their primary residency at the address for which assistance is requested
- Have incomes equal to or less than 150% of the area median income or 100% of the median income for the United States, whichever is greater
- To be evaluated as part of the application process
- Income limitations will be evaluated using US Department of Housing and Urban Development income data
- Have experienced financial hardship on or after January 21, 2020 due to the COVID-19 pandemic (note, hardship could have begun before January 21, 2020, but also

must have continued on or after January 21, 2020) To apply for this program, an applicant:

- Must complete an application (applications can be completed via online portal at <https://grantsportal.app.baker-tilly.com>, or can be completed via paper application, available to be picked up and submitted at Tribal Administration Building, 1720 Big Lake Rd, Cloquet, MN 55720)
- Provide the following documents:
  - Proof of income
  - Proof of Tribal enrollment
  - Proof of address
  - Mortgage statement (if requesting assistance)
  - Utility bill (if requesting assistance)
  - Internet bill (if requesting assistance)

Applications will be reviewed for completeness and compliance with Treasury requirements (posted online at: Homeowner Assistance Fund | U.S. Department of the Treasury (<https://home.treasury.gov/policy-issues/coronavirus/assistance-for-state-local-and-tribal-governments/homeowner-assistance-fund>)). If applicants have any questions as they complete their HAF application, please contact [FDLHAF@fdlrez.com](mailto:FDLHAF@fdlrez.com).

## FDL job listings

FT: Full Time PT: Part Time

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

### FDL Reservation

- Maintenance Worker, FDL Tribal Center, FT
- Security Guard, FDL Human Services, FT
- Cook Helper, FDL Head Start, FT
- Family Service Worker, FDL Head Start, FT
- Teacher, FDL Head Start, FT
- Teacher Assistant, FDL Head Start, FT
- Dental Hygienist, FDL Human Services, FT
- LP Delivery Driver, FDL Propane Co., FT/PT
- Maintenance II, MNAW, Assisted Living, Supportive Housing, Tagwii, FT
- Maintenance I, MNAW, Assisted Living, Supportive Housing, Tagwii, FT
- Skilled Laborer 2, FDL Housing, FT
- Skilled Laborer 1, FDL Housing, FT
- Maintenance Worker, FDL Housing, FT
- Custodian/Cleaner, FDL Housing, FT
- SUD Treatment Aide, FDL Human Services, FT
- COVID-19 Health Screener, FDL Human Services, FT
- Registered Dental Assistant, MNAW, FT
- Transfer Station Attendant, FDL Transfer Station, FT
- Security Guard 1, FDL Law Enforcement, FT/Temp
- Security Guard 2, FDL Law Enforcement, FT/On Call/Temp
- Tribal Monitor/Field Crew Supervisor, FDL Resource Management, FT/Temp Seasonal
- Tribal Monitor/Field Crew Technician, FDL Resource Management, FT/Temp Seasonal
- Convenience Store Clerk, FDLGG, PT/On Call/Temp
- Custodian, FDL Tribal Center, FT
- ENP Driver/Cook, BCC, CCC, or SCC, F
- SUD Treatment Technician, FDL Human Services, FT
- Maintenance/Security, BCC, FT/PT

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

### Black Bear Casino Resort

- Table Games Supervisor/2nd Screen Pit Boss, FT/PT
- Drop Team Supervisor, FT
- Sous Chef, FT
- Surveillance Operator II, FT
- Food & Beverage Supervisor, FT
- Slot Floor Person, FT

- Cook I, FT
- Golf Course Equipment Operator, FT
- Golf Course Groundskeeper, FT
- Golf Course Triplex Operator, FT
- Golf Course Concession Sales Representative, FT/PT
- Golf Course Pro Shop Sales Representative, FT/PT
- Golf Course Cart Attendant, FT/PT
- Golf Course Youth Cart Attendant, FT/PT
- Golf Course Ranger/Starter, FT
- Engineer/Maintenance I, FT
- Event Center Set-Up, FT/PT
- Surveillance Operator I, FT
- Administrative Secretary/Receptionist, FT
- Motel Room Attendant, FT
- Table Games Dealer, PT
- Hotel Maintenance Worker, FT
- Bartender, PT
- Slot Video Technician, FT
- Sage Deli Cook, FT/PT
- Front Desk Representative/Night Auditor, FT
- Vault Cashier, FT/PT
- Engineer/Maintenance HVAC, FT
- Call Center/PBX Operator, FT/PT
- Bingo Vendor/Floor Worker, PT
- Custodial Associate, FT
- Drop Team Worker, FT
- Gift Shop Clerk, FT
- Slot Attendant, FT
- Steward, FT/PT
- Buffet Wait Staff, PT
- Room Attendant/Housekeeper, FT
- Security Guard/Dispatch, FT
- Buffet Runner, FT/PT
- Steakhouse Wait Staff, FT/PT
- Steakhouse Host/Hostess, FT/PT
- Buffet Host/Hostess, FT/PT
- Cook II, FT
- Players Club Representative, FT/PT

### Fond-du-Luth

- Security Guard/Dispatch, FT
  - Janitor, FT/PT
  - Clean Up Worker, FT/PT
  - Beverage Waitperson/Bartender, FT/PT
  - Cage Cashier, FT/PT
  - Players Club Representative, FT/PT
  - Slot Technician, FT/PT
- FDL Minneapolis listings
- Clinical Pharmacist On Call
  - Pharmacy Technician On Call/Sub



# Etc

## Pumpkin run and walk 5k returns Oct. 22



Get ready for pumpkins! Fond du Lac Tribal and Community College is thrilled to invite the community to the 17th annual Pumpkin Run & Walk 5K on October 22, 2022! The race is only three weeks away, so it's time to lace up your running shoes and start training for Northern Minnesota's oldest Halloween themed race.

Fond du Lac Tribal and Community College is hosting the 17th annual Pumpkin Run & Walk at 10:00 a.m. on Saturday, October 22, 2022. The 5-kilometer (3.1 miles) race will begin and end on the magnificent Fond du Lac Tribal and Community College campus. The event is open to runners and walkers of all ages and abilities.

"We love bringing the community to campus for the Pumpkin Run & Walk 5K!" shared Taylor Warnes, Director of Marketing and Communications at Fond du Lac Tribal and Community College, "The family friendly event is a great way to enjoy the beautiful fall season with new and old friends."

The entry fee leading up to and on race day is only \$25.00 per person, with special pre-registration rates for students and individuals if submitted by October 15 (Current students get the lowest rate of just \$12.00 if they register by October 15).

Online registration is available through Tempo Tickets at [https://](https://tempotickets.com/pumpkinrun2022)

[tempotickets.com/pumpkinrun2022](https://tempotickets.com/pumpkinrun2022). Participants can also register by mail in advance or on the day of the race.

To celebrate the fun Halloween theme of the race, participants are encouraged to wear costumes or orange clothing. Prizes will be given for the best costumes.

The Pumpkin Run's five-kilometer course is a mix of the campus ring road, County Road 3 (14th Street), and the residential streets of Valley View Drive and Harner Lane. Essentially flat, the course features a fast downhill stretch with a return trip up the same hill. Mile markers will be posted, and traffic control safety will be conducted by event volunteers.

Every registered finisher will receive a fabulous long-sleeve t-shirt and post-race refreshments from Upper Lakes Foods. Medals and pumpkins will be awarded to the top three overall male and female finishers. Age group awards will be given to the top male and female in each of the following age groups: under 15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+.

Awards will take place in the indoor/outdoor amphitheater on campus. Warm gathering areas will be available inside before and after the race.

For more information or to get an entry form, visit <https://link.fdlccc.edu/PumpkinRun> or call (218) 879-0800.





# Etc

## Veteran's corner

By **Andrew DePoe**

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. Starting October 1, if you have any question please contact me at the above number.

In other news our Veteran's Dinner will be held on November 10, from 5 p.m. to 8 p.m., at Black Bear Casino Resort. I am asking for volunteers to help out with this meal.

If you need the services of FDL Honor Guard please call me at (218) 461-2937, I will put you on the schedule, please give me at least 2 weeks notice.

## Tribal Court notice of marriage

In the Matter of the Marriage of: TASHEANA MARIE TENORIO, applicant 1 and SAVARINO QUINN GARCIA, JR., Applicant 2. Case No.: MA-0002-2022 NOTICE OF NAME CHANGE

Notice is hereby given that on August 26, 2022 Tasheana Marie Tenorio and Savarino Quinn Garcia, Jr. were united in Marriage in accordance with the laws of the Fond du Lac Band of Lake Superior Chippewa, and on August 26, 2022 a Certificate of Marriage was issued changing the name of TASHEANA MARIE TENORIO to TASHEANA MARIE RULE-GARCIA.

## Tribal Court notice

In the matter of: KYRIE ARYAN PETITE, Minor Child, MATIAH OJIBWAY, Petitioner. Case No.: NC-0006-2022 ORDER TO SHOW CAUSE.

On August 25, 2022 a petition

was filed in this Court on behalf of the minor child Kyrie Aryan Petite. The Petitioner seeks an order changing the name of the minor child to Kyrie Aryan Ojibway. NOW THEREFORE IT IS ORDERED:

Hearing in this matter is set for October 25, 2022 11 a.m. at the Fond du Lac Band of Lake Superior Chippewa Tribal Court. Any parent, guardian, or relative of this first degree interested in the matter shall appear for the hearing to show cause, if any there be, why the Court should not enter an order granting the proposed name change.

Any parent, guardian, or relative in the first degree may file a written objection to the proposed name change with this Court prior to the hearing date set out above. Petitioner and the minor child shall appear for the hearing.

## GED Classes return

GED classes will be starting again. Due to the uncertain schedules in the community centers, there will be no set hours at this time. We will meet with students on an on-call basis. To attend a class, students must be over 16 and withdrawn from school.

The official test is given in Duluth at the Area Learning Center. Students must have a login and password before taking any tests. That can be obtained through FDL's GED program. We will also help adults with basic learning skills that they may need to become employed.

The GED program is open to FDL Band members, members of other federally recognized Tribes, FDL family, and employees.

For more information call Joan (218) 878-2658 or Dennis (218) 393-6643.

## Energy Assistance

Energy assistance applications are available at the Tribal Center and other FDL buildings. You can also request one to be mailed to you at the end of this article.

Energy Assistance is an income-based assistance program that can help households pay for part of their fuel, electricity, and water/sewer bills. The income is based on household gross income for the three previous months. A family of four must make less than \$14,698 in the three months. If you are over-income and things change, households are always welcome to reapply.

Grants range from \$300-\$1200. There is also \$600 or crisis money available in case of a fuel emergency. Qualifying homeowners may get help with furnace repairs and replacements. You must contact FDL Energy Assistance before calling a contractor.

Energy Assistance is available in all counties and Reservations in MN and WI. At FDL call (218) 878-2658 or (218) 878-2603. In the Duluth area, the number is 1-844-568-0149. For Lakes and Pines,

call (320) 679-1800 option #2. For Douglas County, the number is (800) 506-5596.

## LEGAL NOTICE – OCTOBER 2022

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:

BOURDON, Robert Bernard  
BULLOCK, Sharon Mae  
CICHY, Gerard  
CICHY, Leslie  
DEFOE, Dale Edward  
DEFOE, Kenneth Larry Jr.  
DEFOE, Steven Joseph  
DOUGLAS, Mime A.  
ENGLER, Virginia  
ERICKSON, Judith Lenore  
HOFFMAN, Cotee Lee  
LAPRAIRIE, Robert  
MARTIN, James Ernest Sr.  
MARTIN, Tina Marie  
MARZINSKE, Larry  
MATHISON, Michael  
OWENS, Louise K.  
OTIS, Doris  
ROY, Lee David  
SAVAGE, Gerald Jr.  
SENNETT, Billie Jo  
SMITH, Karrie Anne  
SMITH, Richard Joseph  
SOULIER, Gary  
ST. GEORGE, Richard J.  
THOMPSON, Dennis K. Jr.  
WHITE (DURHEIM), Mindy



### Fond du Lac WIC Programs located at:

Center for American Indian Resources  
221 W 4th Street  
Duluth, MN 55806

Or

Min No Aya Win Human Services Center  
927 Trettel Lane  
Cloquet, MN 55720

## WIC—Women, Infants & Children Nutrition Program

If you are **pregnant, nursing** or have a **child under the age 5** and are eligible for Medical Assistance (MA) or Minnesota Care, you are eligible for WIC benefits!

When you participate in WIC you can receive: Breastfeeding education/support, nutrition education, milk, cheese, yogurt, juice, eggs, cereal, beans, peanut butter, whole grain items and fresh fruits or vegetables, infant foods.

More information please contact us at 218-878-2115 or apply online: <https://www.health.state.mn.us/people/wic/>

This institution is an Equal Opportunity Provider.

Etc

**FALL SPECIAL**

**\$49.00**  
+TAX

18 HOLES  
WITH CART



MY PLACE  
*for golf!*

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

NOW THROUGH SEASON CLOSE

**Fall Golf Shop  
SALE!**

Apparel 30% off

Equipment 20% off

Putters 30% off

Bags 20% off

Gloves 30% off

Shoes 25% off

Hats 25-30% off

NOW THROUGH SEASON CLOSE



**FDL ELDER FALL**

**BANQUET**

**@ BLACK BEAR**

**TUESDAY OCTOBER 18, 2022**

**4:30-7:00PM**

**DINNER SERVED AT 5:00PM.**

**EACH ELDER WILL RECEIVE:**

**\*\$25 CASH COUPON**

**\*A HOTEL STAY**

**PLEASE CALL BBCR Hotel (218) 878-2327**

**to reserve room, 1st come 1st served.**



Etc



**Attention Fond du Lac Community**  
Please keep your address current to ensure delivery of important information related to Fond du Lac Reservation topics and elections.



**Please send address change to:**  
Linda Nelson, Enrollment Officer  
1720 Big Lake Rd.  
Cloquet, MN 55720

## Honoring those Affected by DOMESTIC VIOLENCE



*Join us as we honor those who have survived and remember those who have lost their lives to Domestic Violence*

**Monday, October 17, 2022**  
**Cloquet Community Center**  
**ENP Room**  
5:30pm - 7pm



*Round Dance, Pipe Ceremony, Speakers, Refreshments*

If you are experiencing Domestic Abuse, please call our After Hours Crisis Line at (218) 348-1817.

Fond du Lac Human Services Division | Social Services Department

**This month's deals at the Fond du Lac Gas and Grocery**

**DOVE CHOCOLATE BARS**  
2/\$2.50  
SINGLES

**GIANTS CASHEWS**  
2/\$10  
4 OZ

**HOSTESS BAKERY SNACKS**  
2/\$3.50  
2.5 OZ - 5.5 OZ

**DELI EXPRESS XXL SANDWICHES**  
\$3.99  
9.5 OZ - 9.9 OZ

# Health News

## October is Breast Cancer Awareness Month

**B**reast cancer is the most common cancer among American women, except for skin cancers. About 1 in 8 (12%) women in the US will develop invasive breast cancer during their lifetime. Most breast cancers are found in women 55 or older (but can be much younger or much older). Breast cancer is the second leading cause of cancer death for American Indian women. (Only lung cancer kills more women each year.) The chance that a woman will die from breast cancer is about 1 in 36 (about 3%). Women who use oral contraceptives or Depo-Provera shot have a slightly higher risk for developing breast cancer. Hormones can play

a role in the increase of developing breast cancer. Overweight or obese women are at a higher risk. American Indians living in the Northern Plains region have a much higher cancer related death rate than the general population. Breast cancer screening with regular mammograms can detect breast cancer in its earliest stages before physical signs & symptoms appear.

**Signs & Symptoms** Changes in breast size or shape include swelling of the breast or lymph nodes, skin irritation or dimpling (feels or looks like an orange peel), bumps, or thicker areas with hard lumps for the breast or nipple, sores, inverted nipple, pain in any area of the breast or nipple pain, red-

ness, looks inflamed, or hot to the touch, scaling, flaking, peeling, or crusting or nipple area, distinct vein or vein growth, nipple retraction and nipple discharge/leaking (other than breast milk).

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

**Good News!** There are some risk factors that can be changed and prevention such as: no smoking or quitting smoking, avoiding or limiting alcohol, eating a healthier

diet, getting to and staying at a healthy weight, exercising 3 days per week could lower the risk, breastfeeding reduces estrogen exposure that helps prevent breast cancer, regular breast exams and mammograms, being proactive with screening and early detection (please see below for suggested guidelines for ages).

**Screening and Early Detection** It is recommended for Women 40-44 to have the choice to start a yearly breast cancer screening with a mammogram.

It is recommended for Women ages 45-54 to schedule and have a mammogram every year.

It is recommended for Women 55 and older to switch to a mammo-

gram every 2 years or keep doing yearly screening. Screenings are recommended to continue as long as a woman is in good health and expected to live 10 years or more. Sources: American Cancer Society [www.cancer.org](http://www.cancer.org) and American Indian Cancer Foundation [www.aicaf.org](http://www.aicaf.org)

*Always remember to consult your healthcare provider with any questions or concerns and check with your doctor if you notice any change or abnormality.*

*To learn more, visit [www.cancer.org/cancer/breast-cancer.html](http://www.cancer.org/cancer/breast-cancer.html). A message from your Fond du Lac Cancer Control Project*

## Recipe of the Month: Southwest chicken and beans

Dietitian's tip: this is a great alternative to traditional chili. Serves 4

### Ingredients

- 1 lb. boneless, skinless chicken breast, diced
- 1 package reduced-sodium taco seasoning mix
- 1 15-ounce can unsalted black beans, rinsed under running water and drained
- 1 1/2 cups frozen corn
- 3/4 cup fresh or frozen pepper stir-fry vegetables (onions and green, red and yellow peppers), chopped
- 3/4 cup water
- 3/4 cup reduced-fat shredded cheddar cheese

### Directions

Spray a 10-inch skillet with cooking spray. Add chicken to the skillet; cook over medium-high heat for 2 minutes. Stir occasionally.

Add the seasoning mix, beans, corn, stir-fry mix and water. Cook over medium-high heat for 8 to 10 minutes. Stir frequently until the sauce is slightly thickened and the chicken is no longer pink.

Top with cheese and serve.

### Nutritional analysis serving size:

about 1.5 cups calories 392, total fat 8g, saturated fat 4g, trans fat 0g, Monounsaturated fat 1g, Cholesterol 98mg, sodium 750mg, total carbohydrates 40g, dietary fiber 10g, added sugars 0g, protein 50g

Recipe adapted from: <https://www.mayoclinic.org/healthy-lifestyle/recipes/southwest-chicken-and-beans/rcp-20125118>



Starting Monday, October 3, the Dental Department will be offering clinical services from

**8AM - 4:30PM**

**MONDAY - THURSDAY**

Staff will be available for triage and limited teledentistry from

**7:30AM - 11:30AM ON FRIDAYS**

We hope this change will be temporary.

*Miigwech*



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



# Health News

## WIC Changes

By **Kara Stoneburner, RDN LD, Community Health Services Dietitian**

Nutrition is an important part of overall health. Good nutrition can reduce the risk for some diseases, including heart disease, diabetes, strokes and some cancers. Getting off to a good nutritional start happens even before a baby is conceived.

WIC (Women, Infants, and Children Program) is a nutrition and breast/chest feeding program. It is a federally funded, special supplemental nutrition program that provides nutrition education and counseling, nutritious foods and referrals to other health services to eligible pregnant people, new parents, babies and young children.

Because WIC is a nutrition and breast/chest feeding program, it strives to assist parents with successful breast/chest feeding experiences. However, there are some situations when breast/chest feeding is not the route a parent takes when feeding their infant. In those cases, the infant must be offered infant formula in order to grow and develop.

WIC can offer certain iron-fortified infant formulas. The type of formula WIC can offer is determined by a contact the State has with a formula company. This

contract must be sent out for new bids every 5 years. This year, Minnesota WIC was due to renew its formula contract.

For the past several years, MN WIC had a formula contract with Abbott Nutrition (the makers of the Similac formulas). Starting in October 2022, the NEW formula company for Minnesota WIC programs will be Mead Johnson (makers of Enfamil formulas). The new formulas will be: Enfamil Infant Formula, Enfamil Gentlease, Enfamil Reguline and Enfamil A.R. Added Rice. The soy formula will remain Similac Soy Isomil.

Changing companies means infants receiving formula from WIC will need to be transitioned from Similac formula to Enfamil formula. The WIC program is here to help with that transition. Since all standard formulas are nutritionally equivalent and must meet the same nutrient content standards based on government regulations, most babies will transition well.

When changing formulas, it is normal for your baby to experience:

- Some fussiness
- Increased burping, spitting up or gas
- Change in stool color or firmness
- Reaction to a new taste

These symptoms are minor and will likely only last a few days.

Most babies adjust to the new taste quickly. Signs your baby may not be tolerating the new formula include:

- Diarrhea
- Blood or mucus in stools
- Vomiting
- Showing signs of pain (pulling legs up towards abdomen when crying)
- Trouble gaining weight

If the infant is exhibiting any of these signs, stop using the new formula and contact the baby's Healthcare Provider right away.

How to change formulas: If mixing a 4-ounce bottle, mix equal parts of the old formula with the new formula in 4 ounces of water initially.

Larger amounts should be transitioned at slower rate.

Tips:

- Never use home-made formulas
  - Carefully read and mix the formula according to the formula can or your provider's instructions
  - Use a safe water source
  - Baby's stool make look or smell different during the change
  - Call your local WIC with questions (FDL WIC program: (218) 878-2115; Carlton County WIC: (218) 878-2853; St. Louis County WIC: (218) 725-5211)
- Sources include: MDH WIC Program

# Cancer Survivorship Program





## Announcing the 2022 Series!

Join us virtually Tuesdays at 6 pm CT  
**REGISTER NOW at [z.umn.edu/THRIVESeries](https://z.umn.edu/THRIVESeries)**  
 Registration is free but required

<p><b>October 11 - Reconnecting to Your Body And Your Life After Cancer</b> with Kathy Washburn          Explore nine elements of psychological and physical growth to inspire healing and reconnection.</p> <p><b>October 18 - Lymphedema</b>          with Carrie Macosky, OTR/L, CLT-LANA and Renata Braudy, PT, MS, OCS, CLT          Learn about risk factors, management strategies and reducing risk/impact, and treatment updates.</p> <p><b>October 25 - Insomnia: The Basics, Self-Care, and Seeking Help</b> with Thyra Fossum, PhD, LP          Nearly half of all adults experience insomnia over the course of a year. We'll explore some simple tools that can help many of us get back on track.</p>	<p><b>November 1 - Combating Depression, Loneliness, and Grief</b> with Shaunequa James, MSW, LGSW          This session will discuss practical and effective ways to thrive through depression, loneliness, and grief.</p> <p><b>November 8 - Cancer In the Bedroom: Sex and Intimacy</b> with Tara Rick, MPAS, PA-C, Calvin Hauer, MA, LMFT, and JP (Jennifer Pritchett), MS          This anonymous session will explore changes in intimacy and share resources for your sexual health.</p> <p><b>November 15 - BMT Survivorship 101</b> in partnership with the National Marrow Donor Program          In our first Blood or Marrow Transplant (BMT) focused session, get an overview of the unique aspects of BMT survivorship and hear patient stories.</p>
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[Registration is open now.](https://z.umn.edu/THRIVESeries)

As always, registration is free, but required. Visit the website [z.umn.edu/THRIVESeries](https://z.umn.edu/THRIVESeries) for more information.

Thanks to  for their support on the 2022 THRIVE Series.



# Photo Gallery All Around Town Photography by Christine Carlson



2005 Roussain Cemetery cleanup - LeRoy DeFoe (center) and Joe Martineau (right)



Bonga descendants 2013 - Bob Tranholt, Joanie Kunze, and Wanita Whitebird



Wisconsin Pt. descendants at Elder's party 2017 - David Hengel, Karen Gregornik, and Nancy Hengel



Jackie Lemieux - 2002 9th Annual Environmental Resource Fair at Harriet Beecher Stowe School and the Circle of Life



2022 Loonsfoot descendants - U.S. Marine Don Harvey and U.S. Army Jim Harvey visiting at Net Lake



ENP 2011 - Roberta Welper and Betty Dahl



ENP 2011 - Unnamed



ENP 2011 - Joyce LaPorte and Wendy Savage



# Ashi-niswi giizisoog (Thirteen Moons)

## Binaakwe-giizis

*Binaakwe-giizis is the Falling Leaves Moon. The new moon begins October 23.*

## Anishinaabemowin Lessons

### Double Vowel Chart

This is how to pronounce

Ojibwe words.

All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in

father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in

food

“e”- sounds like the “ay” in stay

### I am...

Afraid--Ningotaa

Cold--Ningiikaj

Crazy--Ningiwanaadiz

Hungry--Nimbakade

Mad--Ninishkaadiz

Resting--Nindanweb

Sad--Ningashkendam

Sick--Nindaakoz

Sorry--Nimaanendam

Thirsty--Ninoondeminikwe

Tired--Nidayekoz

Warm --Ningiizhooz

Well--Niminoayaa

Working—Nindanokii

*Source: [www.ojibwe.org/home/pdf/ojibwe\\_beginner\\_dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)*

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

OGICHIDAA/warrior

OGIDIBIIG/on top of water

OJIIM/kiss

OKIJ/pipe stem

ONAAGAN/dish

ONDAADIZIIKE/give birth

ONDAMIZI/be busy

ONDENDAM/strongly desire

ONZAAM/too excessive

ONZAAMINGWAAM/over slept

OPWAAGAN/pipe

OZHICHIGE/make things

OZHOONIYAMMI/have money

OZOSODAM/cough

# Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on October 17, 2022 for the November 2022 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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

## Happy birthday

Happy 21st birthday to **Molly Fineday** (Oct. 2)!

*Love, Mom, Josephine, Greenlee, and Mac*

## Thank you

We would like to take this opportunity to thank Drs. Levar, Richardson, Stapleton of Mino-aya-win Clinic, Tynor of St. Lukes, the nursing staff at Cloquet Memorial and St. Lukes. Without their caring and dedication the outcome could have been different. We struggled through a tough bout of COVID.

We would also like to thank all of you who sent flowers, cards, prayers, and well wishes. It is nice to know how much this community supports and cares for us.

*Thank you, Ferd and Betty Martineau*

## Obituary

In the August issue of the newspaper, Jeannette Woodhull's photo appeared next to Mary Davis by mistake. We apologize to the families during a difficult time in your lives. Here are the two obituaries as they should have appeared.

**Mary Davis**, 87, of Cloquet, passed away June 19, 2022, at Inter-Faith Care Center in Carlton. She was born June 14, 1935, in Cloquet, the daughter of Frank and Flora (Pineau) Whitebird. Private services were held June 24.

Missed by her loving children Peg, Jim, Bob, Barb, and Mike.



**Jeannette L. Woodhull**, 81, longtime area resident died Friday, June 3, 2022, in Poplar, WI. She was born in Superior, WI on August 26, 1940, the daughter of Mervin C. and Irene E. (Smith) Woodhull.



She graduated from Northwestern High School, class of 1958 and worked as a CNA at the former Middle River Health and Rehabilitation Center for many years.

She was a member of New Life Community Church in Carlton, MN. Above all, Jeannette was a loving mother and grandmother and will be dearly missed.

She is survived by her children, Mary Rich, Poplar, WI, Dean Moore, Lebanon, OR, Robin (Jeff) Means, Oklahoma City, OK, Jeff (Teresa Wallace) Moore, Poplar, WI, Edward (Jodi) Moore, Princeton, MN, David Moore, Proctor, MN, Arthur (Wilma Anderson) Larson, Cloquet, MN, and Evelyn (Robin) Bellenger, Cloquet, MN; thirty-five grandchildren, and several great-grandchildren.

She is preceded in death by her son, Allen Moore, grandchildren, Nick, Andrew, Joshua, and Annika; sister, Rebecca Pattee Woodhull, and her parents.

**Roxanne S. Smith**, age 65, passed away on Sunday, August 7, 2022, at her home in Milwaukee, Wisconsin.

**Leonard Charles DeFoe Jr.**, 69 of Cloquet passed away on Monday, August 29, 2022. He was born on October 6, 1952 to Leonard Charles DeFoe Sr. and Edith Peterson in Cloquet,

MN. He was a proud member of the Fond du Lac band of Lake Superior Chippewa.



Leonard served in the U.S Army. He enjoyed going to the casino and playing his slot machines and having good conversations with his friends. Leonard, a boxer himself, enjoyed boxing on T.V and attending live events. He also kept up on all current affairs worldwide, in the U.S.A and particularly with Tribal affairs. Leonard especially loved visiting and telling stories of family history.

He was preceded in death by his parents, Leonard DeFoe Sr. and Edith Peterson; his brothers, Terry A. DeFoe and Melvin J. DeFoe; his sister, Cheryl L. DeFoe.

Leonard will be deeply missed by his daughters; Amanda Lee DeFoe and Nancy Marie DeFoe; The love of his life for 28 years, Susan O'Leary; brother's, Reggie DeFoe, Ricky W. DeFoe and Michael D. DeFoe; sister, Cindy Lee DeFoe; like a sister, Violet Reynolds; and many nieces, nephews, cousins and friends.

**Renee Lees**, 71, died unexpectedly August 30, 2022 with her family by her side.

Renee married the love of her life Warren Allen Lees on June 14, 1969. She worked for the State Hospital as a Human Services Technician for many years. Renee loved to play bingo, play games on her tablet, also known as "that stupid machine", reading, her shows and people watching. She also loved going out to eat with friends and relatives. Renee

was preceded in death by Allen. She is survived by her children; Warren "Bubs" Lees, Chris Lees (Carolyn Wilson), and Jessi Lees. Grandchildren; Christine (Patrick) Noonan, Ziegwan Lees, Genevieve Lees, Zander Lees, Caleb Kimmell, Carsen Kimmell, "them darn dogs" Oog and Pua. Great-grandchildren; Connor Noonan and Colton Noonan and extended children Randi Jo and Ari Jo. She will also be missed by many family and friends.

**Suzanne (Suzi) Ellen Monahan**, 75, of Cloquet died at home, peacefully in her sleep on Monday, August 22, 2022. She was born on February 9, 1947 in Minneapolis



to Anthony and Margaret Peggy Iverson) Maciewski. Suzi graduated from Albrook

High School and attended Duluth Vocational Technical College where she studied nursing. She then worked at St. Mary's Hospital in Duluth. After her nursing career, she went on to do secretarial work in different fields. She was a proud member of the FDL Band of Lake Superior Chippewa. In her retirement years she worked hard and earned her Associates Degree at Fond du Lac Tribal and Community College in Cloquet.

Suzi worked for many years as a bartender at the Chinese Lantern and Brass Pheonix in Duluth where she was active with the Muscular Dystrophy Annual Ugly Bartender Contest Fundraiser. She even competed and won; the grand prize was a trip to Hawaii!



# Community News

In her early years Suzi loved to travel and would bring back poster souvenirs of the places she went, for her girls. She loved to host parties for friends and family that were famous for her great food and lots of fun. Suzi was famous for her peanut butter bars and annual gifts of homemade Christmas bread care packages. Suzi had a beautiful voice and loved to sing and even sang backup at a gig for her brother's band. She also loved to sew, at first as a necessity making her own clothes and later for fun making dresses and Halloween costumes for her children and then keepsake quilts for her grandkids that they still have thirty years later. This was one of many skills Suzi handed down to her daughters.

She was preceded in death by her parents, Anthony Maciewski and Margaret Peggy Couture; husband, James Manolis; brother, Mark Maciewski; sisters, Marilyn Smith, Cynthia Plachecki, and Elizabeth Connors.

Suzi is survived by her daughters, Jennifer (Ken) Youngs, Cissy (Earl) Otis, and Jaelyn (Todd) Furtman; brothers, Bryan Jon (Shelly) Maciewski; William Maciewski; David (Tammy) Couture Jr.; sisters, Patricia Maciewski and Gail (James) Ford; stepdad, David Couture Sr.; 11 grandchildren; 5 great grandchildren; numerous nieces and nephews; her puppy, Buddy.

**Benjamin (Benny) Perales Jr.**, age 58 of Columbus died peacefully at home with hospice Friday July 15, 2022. Ben was born in Toledo to the late Benjamin A. and Anna M. (née Whitebird) Perales. Ben was vision impaired but thoroughly enjoyed the world through his other senses. He loved music, especially the 60's and 70's but was open to any genre. He was the ultimate thrill seeker in rollercoasters and fair rides. He enjoyed smoking his pipe and a good cup of coffee. He loved a trip to Bath & Body Works to explore all of their scents. Most



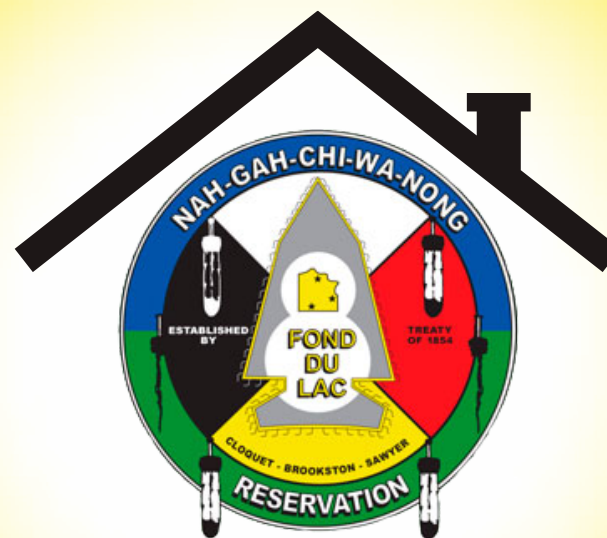
importantly he was the ultimate "foodie" and wouldn't miss the chance to ask what you had to eat for breakfast, lunch, or dinner. In addition to his parents; he is preceded in death by his sister Sheralyn Brown; and brother Michael Perales.

He is survived by his sisters Cynthia Moore and Veronica Martinez; nieces and nephews Mark, Miranda, Erin, Brandon, Ben, Katie, Ryan, Michael, Kyra, Zachary, Adrian, and Conor; great nieces and nephews; and his caregiver "Dream Team" Bob Blazek, Zayn Stephenson, and Patsy Peterson.



**#FDLSTRONG**

## Fond du Lac Housing & Community Needs Assessment



**Madwetaagozin enendaman!**  
(Be heard with your thoughts!)

**It's not too late!**

**There is still time to complete the survey & let your voice be heard! Each household that was randomly preselected to complete the survey gets a \$10 FDL Gas & Grocery gift card. Households also have a chance to win a \$100 FDL Gas & Grocery card and a \$250 Seven Fires Steakhouse gift card (1 per District)! Watch the Fond Du Lac Band Facebook page for announcements.**

**Scan the QR code or visit the link below to get started today at <http://www.fdlrez.com/survey.htm> OR please give us a call or email & we'll help you find your code, drop off a paper copy or assist however we can to help you complete the survey. Field staff are still visiting selected homes in the community.**

**Contact [FDLplanning@fdlrez.com](mailto:FDLplanning@fdlrez.com) or call 218-878-2642.**



# BLAZING TRAILS

OCTOBER 1<sup>ST</sup> - 29<sup>TH</sup>

DRAWINGS SATURDAYS 6 - 9 PM

OCTOBER 1<sup>ST</sup> - 22<sup>ND</sup>:

- START EARNING ENTRIES ON SUNDAY, SEPTEMBER 25, 2022.
- THREE (3) DRAWINGS EACH HOUR. • TWELVE (12) WINNERS EACH NIGHT.
- WINNERS CAN WIN UP TO \$1,500.

GRAND PRIZE NIGHT OCTOBER 29<sup>TH</sup>:

- THREE (3) DRAWINGS EACH HOUR.
- TWO (2) ADDITIONAL PLAYERS WILL BE SELECTED IN THE 9 PM HOUR TO WIN THE POLARIS GRAND PRIZES, SHOWN BELOW.
- FOURTEEN (14) WINNERS ON OCT 29<sup>TH</sup>; TWELVE (12) CASH WINNERS AND TWO (2) GRAND PRIZE WINNERS.
- WINNERS CAN WIN UP TO \$2,500.

2022 Polaris RZR Trail Premium



2022 Polaris Ranger SP 570 Premium

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

See official rules. Owned and operated by the Fond du Lac Band of Lake Superior Chippewa. Management reserves all rights.

LIVE IN THE OTTER CREEK EVENT CENTER

# NORTHERN Star DRAG REVUE

FRIDAY, OCTOBER 7<sup>TH</sup>



DOORS 6 PM | SHOW 7 PM

TICKETS \$20

AVAILABLE AT THE PLAYERS CLUB OR ONLINE AT

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

