

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops

## FDL cannery adds Native art



Sarah Agaton Howes (pictured) creates mural for the Na'enimonigamig cannery building in Sawyer.

Local News . . . . .	2-3
RBC Thoughts . . . . .	4
From Pole Barn & Trailers to Washington DC for a Wonderful Ojibwe School – 2000 . . . . .	5
More Local . . . . .	6-11
Etc. . . . .	12-15
Health News . . . . .	16-17
Community News . . . . .	18-19
Community Events . . . . .	20

Presort Std  
U.S. Postage  
PAID  
Permit #155  
Cloquet, MN  
55720

1720 BIG LAKE RD.  
CLOQUET, MN 55720  
CHANGE SERVICE REQUESTED

# Local News

## MDA meets with Tribes as part of AGREETT

By Zachary N. Dunaiski

Representatives from the Minnesota Department of Agriculture (MDA) met with leaders and experts in Indian Country at the Black Bear Casino Resort (BBCR) as part of the Agricultural Research, Education and Extension Tech Transfer (AGREETT) program per new legislation that requires Tribal input.

This significant step toward protecting wild rice on the Reservation, in the 1854 Ceded Territory, and the surrounding area, MDA sought input from Tribal leaders to preserve the cultural significance of wild rice. Tom Howes, Natural Resource Program Manager, was at the meeting (July 24), and knows just how important these meetings are.

"It's movement in the right direction," Howes said of being able to have Tribal representation on the agricultural council. "In that same bill is some wild rice research funding and one of the stipulations was that they (Agricultural Council) would get the approval from Tribes to release the funds to the University of Minnesota and their College of Food and Agriculture. They do research on agricultural matters and

they have this wild rice breeding program that Tribes have had an issue with for 50 years. So that's certainly favorable to Tribes to at least have a say in it."

Appointing a person to be on the council for Tribal representation was a topic of discussion during the meeting, but with so many people from all of the Bands, choosing one will be a challenge in itself. There were also concerns that the chosen representative might face difficulties advocating for Tribal interests with how outnumbered the Tribal representation will be on the council.

This meeting is just one of many examples of the changes we've seen over the past handful of years where Minnesota Legislature is meeting with and working with Tribal leadership. Those efforts are having an impact across the state, which is important because as Howes points out, it affects what happens here too with our tradition hand-harvested wild rice.

"Over in Aitkin and Grand Rapids, are these cultivated wild rice patties and if the wind blows, that pollen mixes back in with a natural stand," Howes said about the Band's efforts to protect our own wild rice resources. "If there's something weird about those

genetics, the way they've hybridized that plant, and if that carries into the natural stands, it sort of contaminates it."

"What's most interesting to the Band members is that wild rice breeding funding and that we may be able to stop some of the breeding program," Howes added about why this legislative change to allow Tribal representation is so important. "Because we've always objected to it because it's undermined the hand harvested wild rice economy for the last 50-60 years."

The allocation of taxpayer dollars to the university's research was also a point of contention during the meeting, as the data and resources generated often benefited private industry rather than directly aiding the natural stands of wild rice. Tribal leadership believes that those funds should be used to protect the resource, not risk its degradation for private gain.

Not all of the research being done across the state hurts FDL's protection of wild rice, as Howes pointed out it's a small amount of research, and more research is being done that aids the Band in their fights.

"The universities don't do just

bad research.

This is just one college that's doing some research we object to. Other parts of the University of Minnesota system are doing research that we're using," Howes said of the other aspects of research at MN colleges. "We use it to fight mining projects and understand water quality interactions and the sediments of all rice lakes which help actually bolsters our arguments. It also increases our understanding locally and then the university people get it written up and then when we go to court, we can cite research that's been peer reviewed. And then we have the science on our side."

While more meetings are still necessary, this meeting with the MDA has instilled hope among the



Tribes that we are making progress in our efforts to preserve our vital cultural resource. As Tribal leadership continues to exert their influence on state processes, the future looks brighter for wild rice and our communities that depend on it.

## Nagaajiwanaang Dibaajimowinan

*Translation: Stories from where the water stops*

### TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts .....	4
From Pole Barn & Trailers to Washington DC for a Wonderful Ojibwe School - 2000 .....	5
More Local .....	6-11
Etc.....	12-15
Health News.....	16-17
Community News.....	18-19
Community Events .....	20

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

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

## Heart Berry covers community in Ojibwe Art

On a steamy 98 degree day, over 24 volunteers, 4 youth hired artists, and Heart Berry's Giizh Agaton Howes created the Mazini-Miikana (Painted Trail), a large scale mural on the Springboard for the Arts building in St. Paul. Colorfully painted with trillium, berries, our beloved wild rice, oak leaves, and the vine that connects all covers the entrance to this dynamic artist hub. "Celebrating our beautiful foods and art with this outpouring of support really shows how powerful our art is. Community, art, and entrepreneurship, is the heart of what Heart Berry is about."

Following the collaboration with Holly Young (Standing Rock) wrapping the whole building with a stunning art installation of Dakota and Ojibwe women sharing their florals with each other. "We set out to show the exchange and beauty we share as Native people here, Holly's work is so intricate and beautiful it was amazing to work with her here in Dakota territory." Following up, Heart Berry worked with Nedahness Greene (Leech Lake) to coordinate a community hall emblazoned with images of all

the tribal communities in Minnesota. If you look closely, you can see Fond du Lac's own Rita Karpinnen!

Fond du Lac's beautiful Gigitaning has a new art installation! Thanks to the Planning Division and the leadership of Jason Holliday, the Seed Savers followed Heart Berry's interviews with local growers Arianna Northbird, Erika Resendiz, Naawakwe Howes, and more about their journeys learning about growing food, gardening, and seed saving. Telling the story of intergenerational sharing and the power of seed saving, you can see this in the lobby of the cannery on 927 Cary Road. While you're there, meet the staff and walk around the beautiful gardens. "Talking with growers, they kept sharing about how important seeds are, and how we live in this reciprocal relationship with everything and everyone. It was so wonderful to spend time learning while making these images." The figures are directly from photographs of growers and harvesters across a bandolier bag.

*To learn more about Heart Berry follow them on their socials, @heartberryco heartberry.com or email at info@heartberry.com*



### Notice: seeking committee member

The Fond du Lac Ceded Territory Conservation Committee is seeking an FDL Band member to serve on the committee. The purpose of the committee is to advise the Reservation Business Committee (RBC) with respect to management, preservation, and protection of the fish, game, wild rice, woodland resources, and all natural resources of the ceded territories of the Fond du Lac Band in a manner that is consistent with the objectives and regulations prescribed by the RBC in the Fond du Lac Ceded Territory Conservation Code and in the Fond du Lac 1837 Ceded Territory Conservation Code. Interested individuals should contact Jack Bassett (218) 878-8043 or by email jackbassett@fdlrez.com. Requests must be received by September 15, 2023.

# RBC Thoughts

## Cloquet News

Hello all

It has been another busy month here at FDL. Our new Executive Director, William (Bill) Thompson, started recently and is in the process of learning his new role. We would like to congratulate Bill and we wish him well in this new endeavor.

We also learned that Maurice Ojibway will be retiring as the General Manager of the Fond-du-Luth Casino. I think Morris has been with the Fond-du-Luth Casino since it started. He has many years of successfully operating the Casino in Duluth. Thank You Maurice, for your service, and congratulation on your retirement.

We were also notified that Wayne Dupuis will be retiring at the end of the month. Wayne has been involved with the environmental program as the Environmental Department Manager at natural resources and has been part of the many accomplishments made by the Band as it relates to the environmental issues the Band faces daily. Thank you for your service and congratulations on your retirement.

I know that we have received notices of retirement from a few others also. Some from each of our divisions. I want to congratulate all of you and wish you a happy retirement.

From oldest to youngest, Tara Dupuis was named superintendent of our school. After many years of teaching and earning her degree and certificates she'd has worked up to this position and will do a fantastic job. I'm very proud of my siblings.

The childcare building is near completion, the parking lot is black topped now and the facility really looks nice. Hopefully we can have this up and running soon.

Also, currently we have a company in replacing the roof on the entire Tribal center. I know this has caused many interruptions to staff and visitors but will be completed soon. This has been a long overdue replacement and should be now good for many years. Just want to say thanks to staff and visitors for your cooperation in working around this project.

The annual Lacrosse camp was held here in early August and approximately 40 youth, male and female, were involved with a weeklong camp that stressed leadership, as well as team building, history, and sportsmanship. The youth loved the camp and already want to come back next year.

August 25, the Thirteen Moons golf tournament was held at the Black Bear golf course. Youth Firearm training was also held August 21-26 at the Resource Management building.

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



Wally Dupuis



Roger "Bouda" Smith Sr., Brookston Representative, celebrating with the community and thanking staff for their years of dedication in the battle with PolyMet.



Brad "Raff" Blacketter, Sawyer Representative, welcoming the community as we broke ground for the ceremonial building in Sawyer.

# From Pole Barn & Trailers to Washington DC for a Wonderful Ojibwe School - 2000

By Christine Carlson

Getting funding for this school was no easy task. It took 10 years of lobbying and earlier years of planing to get this accomplished. FDL Chairperson Sonny Peacock and Superintendent Mike Rabideaux were dedicated warriors of the FDL Band. They made several trips to Washington DC to meet and speak before the House of Representatives and Senate, the Department of

the Interior and the Bureau of Indian Affairs. The Tribal Council and School Administration as well as the law firm of Sonosky, Chambers, Sachfe, Perry, LLP were also very helpful in leading the way for their success.

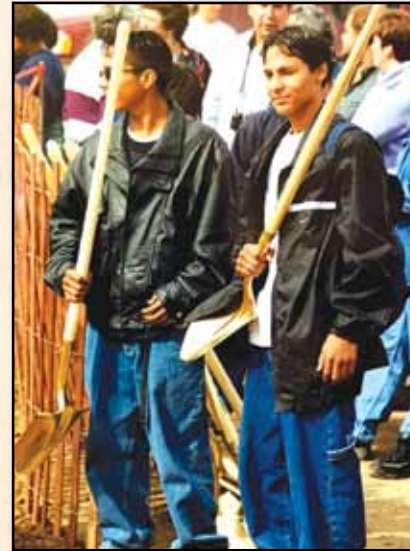
In Washington, their important mission was twofold. They were also there to secure a gaming license for the band and funding for this much

needed school. Their commitment and dedication were monumental to the success of the Fond du Lac Band. It also took an entire village of fine people to accomplish these goals and hope one day there will be a continuation to this important story.

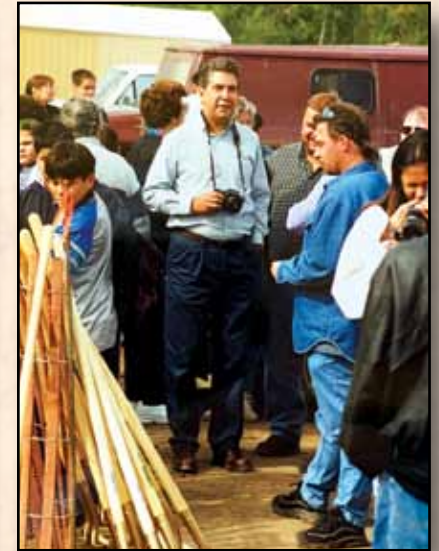
**Chi Miigwech**



*Butch Martineau, Pete Defoe, ? girl, George Dupuis, Jean Mulder, Sonny Peacock, Clifton Rabideaux*



*? Martin, Frank Martin*



*Dan Anderson with his camera*



*Randy Wagner, Sara Montgomery, Dan Anderson, Mike Rabideaux, Mindy Juzurski, ?, Terry Portra, Dennis Olson*



*Mike Rabideaux and boy in striped jacket is Pokey Paro*

# More Local News

## Did you know?

**Fond du Lac Delegates – Cheryl Edwards, Wayne Dupuis, Carol Janick, Debra Topping, Tara Dupuis, Julia Lintgen**

The Supreme Court of the United States has declared treaties are the supreme law of the land.

The Treaty of 1847 between the Lake Superior Chippewa and the Mississippi Bands stipulated in Article IV that the half-breeds and mixed-bloods that reside among them shall be considered Chippewa.

The United States coerced the Minnesota Chippewa Tribe into a blood quantum criteria for membership in 1962.

Did you know that between 1936 and 1965, the MCT enrollment criteria was lineal decent.

Did you know the Minnesota Chippewa Tribe, Tribal Executive Committee voted in 1965 to rescind the 1/4 blood requirement by a vote of 8-2. This was overruled by the Bureau of Indian Affairs regional Superintendent Krause.

Did you know the 30% requirement to amend the constitution of the Minnesota Chippewa Tribe has never been met, even in the vote to assert blood quantum?

Did you know the Secretarial vote in 2005 to insert language that forbid anyone with a felony from holding office did not meet the 30% threshold (the number of voters was 6552 of a population of 40,000, whereby 4127 voted to adopt the language and 846 voted against the language) and it was adopted and implemented.

Did you know that in the June 20, 2021, Tribal Executive Com-

mittee meeting Attorney Phil Brodeen stated: If a positive vote occurs at a Referendum-then we will go into a Secretarial Election which then 30% is required. Secretary-Treasurer Martineau summarized so the Referendum would be a vote to see if the membership has interest in voting on this in a Secretarial Election. Phil stated, correct, if the Referendum vote comes back negative, then we go back to the drawing board and try something different.

Did you know the referendum vote taken in July 2022 brought in 7469 to vote and those in favor voted to eliminate blood quantum by a vote of 4350 to 2169?

Did you know that the July 2022 Referendum, the vote of the people, in favor of no blood quantum, has been ignored?

Please see the following letter: Minnesota Chippewa Tribe, Tribal Executive Committee 11-22-2022

The question of membership/citizenship has been ongoing since the change to the Minnesota Chippewa Tribe constitution happened in 1962. This amendment to require 1/4 blood from the Minnesota Chippewa Tribe was forced through coercion by the Bureau of Indian Affairs. In fact, the Minnesota Chippewa Tribal Executive Committee voted to rescind this requirement in 1967, by a vote of 8 to 2 to change it back to lineal descendance. This vote did not go forward as the Bureau of Indian Affairs Superintendent Krause insisted this be placed on an omnibus bill for ratification.

In February 2015 the Tribal Executive Committee voted on a resolution to change the require-

ments and submit these to the Secretary of Interior for a Secretarial Election to decide the issue. This resolution was not acted on by either the Interior Department nor the Tribal Executive Committee.

On June 25, 2021 the Tribal Executive Committee issued a Summary from the Office of the Secretary, April McCormick, Tribal Executive Committee:

RE: Action taken by Tribal Executive Committee regarding the topic of Enrollment/Membership the Tribal Executive Committee (TEC) hosted a special meeting on June 22, 2021 called for by a memo from President Chavers.

The Committee heard perspectives from the constitutional delegates present and discussion centered around changing Enrollment Criteria within the Minnesota Chippewa Tribe Constitution. Currently, the MCT Constitution requires that in order to be eligible for MCT membership, a person's combined blood quantum from their parents must be at least 25% in order to be eligible for enrollment. During the TEC meeting, a motion was made to begin a process that would allow MCT members to weigh in on whether the Constitution should be changed to allow each of the six Bands to adopt their own Enrollment Eligibility Criteria, instead of being required to follow the 25% blood quantum. The motion was made and passed. What this means for members is that the TEC would like all Minnesota Chippewa Tribe members whom are eligible to vote to participate in a referendum election. The purpose of this MCT Referendum will be to

understand what members want to happen by asking members to answer a defined question. In this case, the defined question would be whether members want to be able to vote on whether to change the enrollment criteria in Article II of the current MCT constitution to allow the six sovereign Bands to determine Tribal membership of their Band, possibly through Band Enrollment Ordinances. It is important to be clear with our voters that participating in a referendum vote does not change the constitution. However, a referendum is the first step that will guide the TEC's decision about whether to request a Secretarial Election about changing the constitution (by an amendment). A Secretarial Election is the only way to make this change under our current constitution. The results of a Secretarial Election can change the constitution if enough MCT members vote to pass an Amendment. Referendums and Secretarial Elections are distinct and defined in Article XIV: Referendum and Article XII: Amendment, of the Minnesota Chippewa Tribe Constitution. This will likely be a lengthy process and members should expect to receive more information about this topic in the future from their TEC members and the Minnesota Chippewa Tribe as we progress toward addressing membership and enrollment criteria together.

On Wednesday, July 20, 2022, MCT staff and Constitution Reform delegates met at the MCT Headquarters to count the number of ballots received for the non-binding referendum on enrollment criteria. The total number of votes cast was 7,470.

For question number one: Should the blood quantum requirement be removed from the membership requirements of the Minnesota Chippewa Tribe? Yes: 4,778 No: 2,629

For question number two: Should the six member Reservations (Bands) of the Minnesota Chippewa Tribe be authorized to determine their own membership requirements by Band Ordinance? Yes: 4,236 No: 2,989

In effect, the people have spoken regarding what is expected for a Secretarial Election, which is the removal of blood quantum as criteria for membership/citizenship. By forwarding the resolution 32-15 at this time after a referendum vote by the constituents, the action by the Tribal Executive Committee directly disregards the will of the people, erodes the self-determination of the collective Minnesota Chippewa Tribe, and hinders the work of the Constitutional reform. While the delegates have worked on this issue for the last two- and one-half years, it is but a small part of our work. If a resolution hasn't been acted upon in 7 years, it shows a lack of resolve and undermines our collective self-determination. As delegates working on constitution reform and having heard the wishes of the people, we believe in bringing forward what was agreed to by the referendum vote in a Secretarial Election in the next voting cycle for the Minnesota Chippewa Tribe. Today, we ask you to leave 32-15 on the shelf upon which it has existed for 7 years and move forward with voting on the referendum questions.

# More Local News

## LAX4Life

By Zachary N. Dunaiski

For the second year since the pandemic cancelled three straight camps, the LAX4Life camp had a great turnout among Native Youth from across the region.

For the last two years, this camp has been lead by Indigenous Lacrosse Alliance (ILA), a group that aims to revitalize lacrosse in Tribal and urban Indian communities a goal that Rory Taylor, the Executive Director of ILA, emphasized.

“When I came on board one of the big projects that we were working on was bring LAX4Life camp back so last year was our first year and we had maybe 30 kids and this year we’re at capacity at 45,” Taylor said during the morning practice on the second day. “Our kids are coming from, most of the Tribal communities in Minnesota, a few in Wisconsin and kind of a few others from across the country.”

With the commitment needed for a week-long camp for youth in grades 6-9 across the region, many may think that these are hardcore athletes, but that wasn’t the case for most of the campers.

“Most of them haven’t played lacrosse before, a few of them have but the point really is I think to expose these kids to both the modern and traditional versions of the game,” Taylor said as the goal of camp. “To give a lot of them this unique experience, a lot of them have never had an overnight summer camp experience and just a chance to meet each other and to be connect-

ed to their peers. But also to coaches, mentors, Elders, intergenerationally that they otherwise might not have access to.”

This being the second year of the LAX4Life camp run by ILA, it was amazing to see the remarkable growth from the first year. The core mission of the LAX4Life camp extends beyond teaching the fundamentals of lacrosse.

“I don’t say ‘we have rules,’ we like to say we have expectations. Our three expectations for this group with them coming from a lot of different backgrounds, a lot of different experiences. So our first expectation is to try something new. Which is a big one, I think for all of us,” Taylor said of how he wants to encourage these youth to be more well-rounded. “Our second expectation is just to be kind and our third expectation is to be respectful of our environment and themselves.”

The ILA’s goal, which they have determined through years of strategic planning is to get many of the youth in Minnesota excited and passionate about the game of lacrosse.

“Part of camp for us is really part of like a five-year growth vision,” Taylor said. “We want to have 500 native youth in the state playing lacrosse and really to develop

community youth lacrosse associations in all 11 Tribal communities in the state.”

As the LAX4Life Lacrosse Camp continues to be an annual tradition, we look forward to how it will shape the lives of Indigenous youth. With the help of the ILA, the camp is set to inspire a new generation of Native leaders to make a difference in our communities.



*“There was a picture of us playing capture the flag and I was full-out sprinting, and he was hanging on for dear life. But he and I had these big smiles, so I know he enjoys it.” Veronica said of her 9 month old Sebastian who also takes his morning nap in this carrier.*



# More Local News

## FDL Youth shines at NAIG 2023

By Zachary N. Dunaiski

Cheyenne Olson, an FDL Band member about to start her senior year of high school, was given a remarkable opportunity to represent the Fond du Lac Band and Native Americans across the country when she participated in the North American Indigenous Games (NAIG) 2023. The NAIG is a prestigious event much like the Olympics, except this every four year event is only participated in by Native Americans ages 13-19 across North America. This year's event was held in Nova Scotia, Canada and drew participants from 576 Indigenous communities.

Olson, who played volleyball along with fellow Fond du Lac Band member Layla Nickaboine, was on a team with many Minnesota Natives. She described the experience as "different" but overall "a nice experience," where she had the privilege of meeting fellow athletes from various Bands across the United States and Canada.

While there, Olson met members of different Tribal Nations from across the country including one as far away as New Mexico and Washington. She was honored to be one of the many Native youth who were able to participate, but she wanted to make members of her community proud.

"It felt good knowing that I was out there, in Nova Scotia, representing Fond du Lac," Olson said, reflecting on her experience on an international stage. "I just felt good because I knew there were people watching on TV. Not just watching me, but my whole team. It made me feel good, knowing that I was making people back home proud."

The team Olson was on took sixth out of about 20 teams, and had it not been for a rough quarterfinal game against Saskatchewan, who went on to win the tournament and only lost 1 set in six games, who knows how close to the title they could have come.

While her performance was very important to her in the moment, Olson's focus

remains on her future. She aspires to pursue a degree in biology and eventually attend medical school where she aims to become a dermatologist.

"I want to become a dermatologist. I mean, there's not one here at home. So I mean, I could be the first," Olson said of her desire to become the first when she returns from school which she knows will probably take her away from home. "There is not a dermatologist at either of our clinics let alone a female Enrolled doctor from Fond du Lac. I want to come back home and hopefully get a job at the clinic as a dermatologist."

These young athletes are not only an



*Cheyenne Olson setting the ball at the NAIG 2023*

inspiration to our community but to Indigenous youth across the nation, proving that with dedication and resilience, we can achieve anything while still proudly celebrating our heritage.

## FDL builds ceremonial building in Sawyer

By Zachary N. Dunaiski

Leaders of FDL gathered with members of the community to break ground on a brand-new ceremonial building in Sawyer, diagonally across Moorhead and Mission roads from the Sawyer Community Center.

Members of the community spoke including Chairman Kevin Dupuis Sr. who thanked everyone in attendance, especially those who put so much effort into this project.

"A lot of work went into it, not from us, but from the drum members and members in the community," Chairman Dupuis said referring to the fact that council members approve these projects but it's the work of our commu-

nity that makes these visions a reality. "We're no different than any other community in any other Reservation. We need healing just like everybody else does."

The new ceremonial drum hall, set to be approximately 4,500 square feet, is designed for community gatherings, celebrations, and healing ceremonies. The building will accommodate 100 people, designed to host both intimate gatherings and large events.

This ceremonial building will also have an important tie to our past as recycled pieces to make this building possible well connect us to our past.

"The overall dimensions were constrained by the fact that we were asked to reuse the structural beams from the Black Bear Ho-

tel," Karl Larsen, ARI, said about the building's design. "A couple of members of Fond du Lac had the foresight to salvage those beams when they're being taken down, and so we took the dimensions of those beams and we actually designed the drum hall around those dimensions, so we are reusing that structure, reusing materials."

The drum hall will have a large kitchen and entrances on both the south and east sides. A fire pit, strategically placed to the east of the entrance, adds an additional layer of cultural significance to the space. This healing space will be vital to our community as the chairman pointed out.

"Hopefully bringing the drum back in this manner and a home for Anishinaabe and other drum

societies that exist so that we can continue to move forward in that manner," Chairman Dupuis said. "This will be specifically for the healing that is needed. And it's been a long time waiting, so Miigwech to all of you that spent long hours deciding what you wanted for it."

After all of the speakers, members of the community went to the mound of dirt to flip it with their bare hands. Normally a ground breaking is just those who planned and funded the project, but for a ceremonial building for all of the community, leaders wanted everyone to be able to be involved.





# More Local News

## FDL celebrates legal victory to protect watershed, 1854 treaty lands

By Zachary N. Dunaiski

After winning the landmark case against PolyMet, Fond du Lac set time aside to celebrate the victory with members of the community after decades of battling to protect the land and water that we call home. Nancy Schuldt was the main speaker at the event, and she talked about how most of her career with Fond du Lac has been spent battling for the environment.

"It really started for us in about 2004 and it came to our attention through the work that we were doing on the ground and in the water, that the mining industry in Minnesota was not being well regulated," Schuldt told a crowd of about 40 that joined in person and via zoom. "And the closer we looked, the worse it looked. With

regards to air permits and water quality permits, the way the state was not protecting resources like manoomin (wild rice) through existing water quality standards and so for me I had to educate myself about what the mining industry does and how it affects our world and our resources, particularly this part of the world."

So many people's efforts over the last two decades is why Fond du Lac can celebrate this huge victory, and that was something that Nancy alluded to at the celebration.

"What we did was create a record for litigation and it took a lot of persistence from a lot of people," Nancy said. "We literally, for 10 years, got sent a couple of 1000 pages to read cover to cover and if we didn't read it cover to cover we might have missed some

really critical things and it came every Thanksgiving and every Christmas for 10 years. It was so that the state and federal agency staff could go on vacation and what we got was 30 days, a lot of times, to read that kind of a volume and provide good comments back and it just couldn't have happened without everybody's support."

While this victory was the work of Fond du Lac, Grand Portage, and Bois Forte, it isn't just our victory as Brookston Representative and Vice Chairman Roger "Bouda" Smith Sr. stated during the celebration.

"We don't look at it as a victory

for just Fond du Lac or Grand Portage or Bois Forte or the Minnesota Chippewa Tribe or the 11 sovereign Tribes of Minnesota, this is a victory for Indian country," Bouda added of the event.

"And I have the honor to relay this information, our victory, to the Tribal leadership from around the country."

Many within Fond du Lac

have really appreciated Nancy's hardwork and dedication over the years, and one of the most honorable praises was what Bouda said to her on the day of the celebration.

"Most of you know that when we look at our membership, and it's given by a number, or a quan-

tum, that would make you a Fond du Lacer. That may be for those purposes, but when we look at the qualities of somebody, about what it is to be Ogichidaa. But as Nancy went through her presentation, she never said the Tribe, or Fond du Lac, or them people, those people. It was our water. Our borders. Our people," Bouda said of Nancy. "You know, I'm just going to say that at times, it's not a card or number to be a Fond du Lacer. It's what you do. And I look at you, Nancy, and there's a Fond du Lacer right there."

This victory for Indian Country validates the work of our people, our staff, our scientists. Our experts have led the way and we will continue to do what is best for our people and our home.

**"This is a victory for Indian country."**

- Roger "Bouda" Smith Sr.



Chairman Dupuis thanks dedicated individuals who worked countless hours in litigation to protect the environment.



Members of the community thank Nancy Schuldt for decades of work to protect Reservation and Ceded Territory lands from mining practices.

# More Local News

## FDL welcomes new superintendent

Aaniin,  
**M**y name is Tara Dupuis. I have been the assistant principal at the Fond du Lac Ojibwe School since 2021. At the Ojibwe School, I have taught Early 5's, fifth grade, fourth grade and eighth grade. I have worked at the school in some capacity since 2004. I left briefly in 2010-2011 to work for Prevention Intervention and Behavioral health, but I ended up coming back to the school.

I attended FDLTCC for my associate's degree, and then went on to earn a bachelor's degree in 2003 with the Gikinoo' amaagejig (the ones who teach) program at UMD. Through this program I also earned a minor in Ojibwe Language. During my time in college, I had the opportunity to visit the Punano Lao Immersion School in Hilo Hawaii. Following the completion of this program I went on to earn a master's degree and received my Administration Principal's license at UMD.

I am particularly proud of the relationship built with FDLTCC and the post-secondary option available for our students. I plan to build on this and help to create as many opportunities as possible for our students and our community. Safety has been our focus and we are working diligently to make our building safe and secure.

It has been more than a pleasure working at the Fond du Lac Ojibwe School and I could never give back what I have taken from being a teacher and administrator here. I will work my hardest to give back as much as I have received to the Fond du Lac Ojibwe School students and community.

## First Witness Child Advocacy Center receives generous gift from the Fond du Lac Band of Lake Superior Chippewa

**A**ug. 15, the First Witness Child Advocacy Center received a generous donation from the Fond du Lac (FDL) Reservation for the agency's Restoring Hope Capital Campaign.

In 2021 the First Witness Board of Directors embarked on a bold journey to find a new home for our child advocacy center. A journey that reflects our desire to be a beacon of hope for children in our region. In 2022, together with our Capital Campaign Committee we set forth a bold goal of raising 3.5 million dollars for the acquisition, renovation, and construction of our new home on 14th Avenue East and 2nd Street. In the fall of 2023, we will be inviting our local communities to join us in this vision and make a donation of any size to the campaign.

First Witness and the FDL Band continue to have a strong partnership, First Witness works with FDL Police Department and Social Services for various reasons such as Forensic Interviews, connecting families with an FDL Tribal Child and Family Social

Workers (FDL TCF) in order to provide culturally appropriate on-going services, to the agency providing other relevant training to FDL Law Enforcement and FDL TCF Social Workers.

"This has been extremely important for the Child Advocacy Center and something we view with utmost importance when scheduling an interview. We ensure a safe and supportive conversation is facilitated to have the best outcome for FDL children," says First Witness Advocacy and Prevention Director Ally Washenesky.



*Fond du Lac Reservation Business Committee and the Fond du Lac Social Services proudly contribute \$20,000 to the First Witness Restoring Hope Capital Campaign*

The contribution made by the FDL Band is greatly appreciated and it will support the renovation of our new home on 14th Avenue East and 2nd Street in Duluth. If the community would like to learn more and consider a donation to our campaign please visit our website at Restoring Hope Capital Campaign ([firstwitness.org](http://firstwitness.org)) or contact Tracie Clanaugh at (218) 727-8353.

"The Fond du Lac Band of Lake Superior Chippewa is proud to donate \$20,000 to renovate the First Witness site. This expansion will continue to provide essential, culturally appropriate services to our community, from child advocacy to forensic interviews and prevention efforts," says FDL Vice-Chairperson/District III

Representative Roger Smith. "The Band's Social Services and Police Department are dedicated to strengthening this partnership and continuing our commitment to protecting our children."

First Witness is committed to integrating cultural humility into our services and spaces. We center and focus this in everything we do to transform our organization into one that acknowledges the validity and necessity of all cultural expressions, thereby contributing to our understanding, compassion, and abilities to serve. With the help of the FDL Band, the new building will be a cultural affirmative space for children and families including the creation of a new cultural and spiritual center.

**Text MN to 741741**

**CRISIS TEXT LINE |**

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

# More Local News

## CHRs provide so much to our community

Fond du Lac has four dedicated Community Health Representatives (CHRs) who are willing to do so much for our community. Brandon Grund, Karen Davis, Terri Ojibway, and Marlee Castellano are the four CHRs Fond du Lac has to help members of the community in need.

While the general role of the CHR is to transport individuals and medications to members of the community who have no other means to do so, their roles go far beyond that.

"It's just pretty much whatever needs to get done in one way, shape or form, then we're somehow involved and we help out and do it," Grund, a CHR for FDL for the last eight years, said of the teams role within the community.

The main duty of the CHRs here on Fond du Lac is transportation, but the team wants to emphasize that they are available for that but only once all other resources have been exhausted. With only a four member team they are not a replacement for public, their services are geared towards those who genuinely need assistance due to limited resources.

"We're basically transport. We're mainly medical transports and meds, but we do so much more than just medical transports and meds," Castellano, the newest member of the CHR team who has been in the role for just over a year, said. They also mentioned how they're deeply involved in Elder exercise, Elder picnic, health fair, milk medicine dinner, the men's and women's health dinner, and so much more.

With a mindset of service and commitment to the community, these CHRs collab-

orate with home health care nurses, public health nurses, and professionals in various medical fields such as optical, dental, and physical therapy.

The CHRs are dedicated members of our community who love the work they do, and they do that work because they absolutely love to help our community.

"It's as challenging as it is rewarding, and that's really at the end of the day what it's about. I mean, we're definitely not doing it for the money," Grund said of his work. "It's a good job and it needs to get done and I'm happy to do it."

Occasionally the CHRs will get thanked for their hard work, and when that happens it really invigorates the team to keep working hard for the community they represent.

"Just telling us how much we're appreciated. It's so amazing to hear that," Castellano said of one of the members who greatly appreciates these

individuals. "So just getting that call from those members and hearing, 'oh, I'm so appreciative,' It just keeps me going."

The daily life of a CHR is characterized by constant adaptability. Each day brings new challenges and opportunities, making it nearly impossible to predict how the day will unfold. The only constant the CHRs encounter is that if their involvement is needed, they will be involved because they are dedicated to the overall well-being of our community. They refer to their schedules with a great title given the ever-changing nature of their responsibilities.

"We kind of have a basis of what it's going to be like, but not really, because it could change at anytime," Castellano said.

"Yeah, a rough draft," Grund added.

"Yeah, we have a rough draft and then at the end of the day we could tell you how our day went," Castel-

lano said.

For the CHRs it's the relationships they build with their clients that are a major

source of motivation for them. Knowing that their daily efforts directly contribute to the health and happiness of their community members keeps them going day in and day out.

"My favorite part is just interacting with our clients," Grund said of the work he does. "Seeing them get healthier and just being a part of the community and giving back."

Grund, who didn't know it at the time he applied to be a CHR, is the grandson of Dottie Tibbets, the woman who started the CHR program for Fond du Lac in 1978.

Castellano also love the part that she plays for her clients.

"I love everything. I think people really fill my cup so seeing people thriving, doing well in their life, just makes me so happy," Castellano said. "And even the ones that are doing negatively, it makes me so happy to know that they have me there and they always will. I've just gotten so close to some of my clients where I'll even call and be like, 'how are you doing? Haven't seen you in so long.' It's really the clients that are my favorite part, they just they keep me going."

The CHRs' commitment to their community is truly inspiring. They strive to do whatever is need of them to serve the community with their healthcare needs, ensuring that the well-being of our community remains a top priority. So, the next time you see a CHR on the road or at an event, remember that their impact stretches far beyond delivering meds and providing rides.

**"It's as challenging as it is rewarding, and that's really at the end of the day what it's about."**

- Grund said

**"Just telling us how much we're appreciated. It's so amazing to hear that," Castellano said of one of the members who greatly appreciates these individuals. "So just getting that call from those members and hearing, 'oh, I'm so appreciative,' It just keeps me going."**

- Castellano said

## 2023 FDL Reservation Manoominikewin (Wild Rice Harvest)

Get ready and stay tuned for the harvest opening notification. The RBC has approved the harvest structure and purchasing plan for the season. The beginning of harvest is expected to be sometime in early September.

- Harvest of manoomin allowed every other day the first week
- Harvest hours of 9 a.m. to 3 p.m. the first week of harvest
- Harvest of manoomin allowed every day following the first week
- Harvest hours of 9 a.m. to sunset following the first week of harvest. This change has been made to encourage working families and children to spend time on the lakes together learning to harvest and to maximize harvest opportunity. Daily purchase of manoomin will end at 4 p.m. as it has in years past. Harvest after 4 p.m. would be for subsistence and educational purposes.
- The second week of harvest, Band members may bring a non-Band member guest ricing. The non-Band member guests will be required to possess a state license or their respective Tribe's wild rice harvesting license.
- Waterfowl hunting will be prohibited on Perch, Rice Portage, Deadfish, and Mud Lakes until interest in wild rice harvest declines.

The Fond du Lac Band will be paying \$5/pound to purchase manoomin for processing and restoration projects from all willing harvesters. All seed purchases whether for processing or reseeded will be done at the Natural Resource Garage (38 University Road Cloquet, MN) with payment to harvesters distributed at the Resource Management building's Conservation Clerk window as has been done for the past several seasons. Natural Resources Program staff will inspect and weigh manoomin before issuing a payment slip to harvesters. The Band will purchase manoomin from both the FDL Reservation lakes and elsewhere in the region. Upon inspection the Natural Resources Program staff reserve the right to refuse purchase if manoomin is not fresh and clean.

A start date for purchasing and beginning of FDL Reservation harvest will be determined by the FDL rice and posted at lake landings as well as online ([fdlrez.com](http://fdlrez.com)).





## ATTENTION BAND MEMBERS: Recreational Property Lottery 3191 Maple Drive, Cloquet, MN.

The Fond du Lac Development Corporation will be holding a Lottery for a cabin located at 3191 Maple Drive, Cloquet, MN. 55720. Applications from qualified Band Members will be accepted until 2:00 p.m. Wednesday, September 20th, 2023, (applications received after 2:00 p.m. on 9/20/2023 will be rejected).

### Property Details

The cabin is a newly remodeled 1 bedroom, 1 bath, with an additional unfinished building on the property. The cabin will be sold "as is" for the CASH amount of \$60,000.00.

The cabin has a holding tank and can be used for seasonal recreational use only. This is a cabin and cannot be used as a primary residence.

To qualify you must be an enrolled member of the Fond du Lac Band, 18 plus age, be eligible as determined by a background check per FDL Ordinance #02-09, and provide verification of the \$60,000.00 cash or a pre-approval letter from an accredited lender. The cabin is for sale only, Fond du Lac will retain the land and provide a recreational lease as needed.

All applications must include verification of enrollment, a signed criminal history consent form, and verification of the \$60,000.00.

Incomplete applications will be rejected.

Applications, and a virtual walk - thru will be available on the Fond du Lac Website at [fdlrez.com](http://fdlrez.com). Applications must be turned in to the Operations Division and can be emailed or mailed.

An Open House is scheduled for Tuesday, September 12th, from 1:00 p.m. to 6:00 p.m.

Drawing for qualified applicants will be held in the RBC Chambers at the Fond du Lac Tribal Center on Thursday, September 21st, 2023, at 4:00 p.m. Drawing will be open to the public and will be held live on the FDL Facebook site.

The winning applicant will be given 1 week to submit the money to FDL Development.

Contact Raelea Skow at (218) 878-2610, [raeleaskow@fdlrez.com](mailto:raeleaskow@fdlrez.com) or Jack Bassett at (218) 878-8043, [jackbassett@fdlrez.com](mailto:jackbassett@fdlrez.com) for more information about the home and application instructions.

## Etc

## Mindset

What is “mindset”? In simplistic terms it is “a set of beliefs that shape how you make sense of the world and yourself. It influences how you think, feel, and behave in any given situation. It means that what you believe about yourself impacts your success or failure.”

Mindset plays an important role in how each of us face and cope with life’s challenges. When we have a growth mindset there is a hunger for learning and desire to work hard to discover new things. Those with a growth mindset tend to persevere in the face of obstacles. With a fixed mindset we are more apt to give up and just not try when things become challenging.

**Fixed mindset** – comes through “praising” a child’s talents or labeling as being “smart” “talented” etc. and sends a message to a child that they either have the ability or they don’t. There is nothing that they can do about it.

**Growth mindset** – this is “praising” a child for the effort that the child has put into doing a task. It implies their success is due to hard work and effort, not talent and ability. With this type of praising it states to the child that they can control and improve over time.

With either children or adults, it is important to praise the efforts (process) than the outcome, to develop a mindset that by their own efforts, hard work, and dedication can lead to change, learning, and growth.



Mindset

For more information on how to develop your mindset see the QR code. Remember your FDL EAP can help you to develop your growth mindset. Just call (218) 878-7514.

## Asbestos notification

As a result of federal legislation, the Asbestos Hazardous Emergency Response Act (AHERA) requires each primary and secondary school in the nation to complete a plan of management for all asbestos-containing building materials. The Fond du Lac Ojibwe School’s goal is to be in full compliance with this law and is following the spirit, as well as the letter, of the law. As a matter of policy, the Fond du Lac Ojibwe School shall continue to maintain a safe and healthful environment for our community’s youth and employees.

In keeping with this legislation, all eight buildings (including portables and support buildings) owned by the Fond du Lac Band were constructed and certified to be free of asbestos materials.

The Fond du Lac Ojibwe School’s Asbestos Management Plan is available for review at the school (49 University Road, Cloquet, MN 55720). Copies are available at no cost. Questions related to AHERA should be direct to Maria DeFoe, designated Asbestos Program Manager at (218) 878-7259.

## Energy Assistance changes for the 23-24 heating season

For the 2023-24 heating season the Energy Assistance Programs has several important changes.

In the past, clients were responsible for providing three

months of pay stubs. This year we will require only one. We want the month before the month your application is signed. If you signed your application in November we will need October wages. Not providing wage information makes it impossible for us to complete your application.

We will still need Social Security earnings for everyone in the house who receives this benefit, no matter the age. This can be provided as a copy of the benefit letter dated 2023, or a bank statement. If you are receiving unemployment benefits, a weekly benefit printout is required.

Applications must be postmarked or received within 60 days of the signature date. If it is past 60 days, the applicant will be required to sign a new signature page and provide new wage information. When additional information is requested, the state will automatically deny the application after 30 days if the information is not received. Once clients turn in the information, their application will be reinstated.

The last day to use the State’s Water Assistance Program is Aug. 31. This program will not be available during the 23-24 heating season.

Recertification applications were mailed out beginning Aug 21. Mailing of regular applications will begin on Sept. 5. The link to the online version will be on the FDL webpage Sept. 1. Please make sure your application is signed, dated, is completely filled in, and has all required income information.

## Notice: Probate Petition

In the Matter of the Estate of:

DORIS MARIE OTIS, Decedent.  
Case No.: PR0004-2023 NOTICE OF HEARING ON PROBATE PETITION.

TO THE HEIRS, BENEFICIARIES AND ALL OTHER INTERESTED PARTIES: Carol Wuollet has petitioned for appointment of Beverly King as personal representative of the Estate of Doris Marie Otis.

THIS MATTER HAS BEEN SET FOR HEARING ON THE PROBATE PETITION FOR: Monday, October 2, 2023 at 11:00 a.m. at the Fond du Lac Band of Lake Superior Chippewa Tribal Court, located at 28 University Road, Cloquet, Minnesota 55720.

## Notice: Probate Petition

In the Matter of the Estate of: DARWIN L. BISHOP, Decedent.  
Case No.: PR-0005-2023 NOTICE OF HEARING ON PROBATE PETITION.

TO THE HEIRS, BENEFICIARIES AND ALL OTHER INTERESTED PARTIES: Guy D. Bishop has petitioned for appointment as personal representative of the Estate of Darwin L. Bishop.

THIS MATTER HAS BEEN SET FOR HEARING ON THE PROBATE PETITION FOR: Thursday, September 14, 2023 at 11:00 a.m. at the Fond du Lac Band of Lake Superior Chippewa Tribal Court, located at 28 University Road, Cloquet, Minnesota 55720.

## Upcoming Powwows Sept. 1-4

O-Bah Shiing Labor Day Powwow - Traditional  
Location: Ponema, MN.  
Info: Wayne Johnson (218) 556-8329  
MC(s): Kevion Kingbird and Howie Thompson  
AD(s): Mark Kingbird Sr.

Host Drum(s): Young Kingbird, Motown, Ptown

## Sept. 8-10

Mendota Traditional 26th Annual Powwow - Traditional  
Location: Mendota, MN. St Peters Church, 1405 Sibley Memorial Hwy  
Info: Sharon Elizabeth Lennartson (952) 239-9969 (651) 452-4141  
MC(s): Jerry Dearly  
AD(s): Darwin Strong  
Host Drum(s): Scotty Brown Eyes  
Cost: Free \$10.00 donation for button  
Contest Info: Dancers payout depends on the grants we get.  
Additional Info: Mostly a traditional Powwow, with a few competition dances. Not including the host and cohort drum. Each additional drum get \$400.00. Must signup early by Sept 1, 2023.

## Sept. 9-10

Harvest Fest Powwow - Traditional  
Location: Naytahwaush, MN.  
Info: Greg Blue (218) 261-1048  
MC(s): Frankie Graves & Frank Stech  
AD(s): Thompson Mason & Lucas Hisgun  
Host Drum(s): PTown, Lake Vermillion, & Stone Bridge  
Additional Info: Drum payouts to the first 6 drums registered

## Sept. 15-17

Mankato 51st Annual Powwow - Traditional  
Location: Mankato, MN. Dakota Wokiksuye Makoce (Land of Memories Park), 100 Amos Owen Lane  
Info: General – Dan Zielske (507) 387-3572, Vendors: Jim Petroff (612) 978-0964  
MC(s): Jerry Dearly and Galen Drapeau Jr.  
AD(s): Londel Seaboy  
Host Drum(s): Maza Kute  
Cost: \$7.00 per button, good for

entire weekend. Children 12 and under are free.  
 Additional Info: Grand Entries – Friday at 7 p.m., Saturday at 1 and 7 p.m., Sunday at 1 p.m. Moccasin Tournament, Princess Contest, All Specials are 9 a.m.-12 p.m. Education Day for District 77's 6th graders will begin on Friday morning at 9 a.m. on powwow grounds. No drugs, alcohol, or weapons allowed. Camping and visitor information on website.

**LEGAL NOTICE – SEPTEMBER 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  
 DUFAULT, Lavonne

FARRELL, Margo J.  
 KIER, Tresa  
 LABELLE, Gregory  
 LADUE, Michelle  
 LAPRAIRIE, Robert  
 LEGARDE, Ava  
 LEGORE, Terri  
 MARTIN, William  
 MARZINSKE, Larry  
 MOELLER, Jeffery  
 NEWAGO, Dennis  
 OWENS, Louise K.  
 PETITE, Benjamin F.  
 PETITE, Leonard Jr.  
 SAVAGE, Mark

SCURLOCK, Patricia  
 SEPANSKI, Barbara  
 SOULIER, Gary  
 ST. GEORGE, Richard J.  
 STRONG, Marilyn  
 THOMPSON, Dennis Jr.  
 THOMPSON, Kathy  
 TROTTERCHAUDE, Chauncey D.  
 TROTTERCHAUDE, Nicholas  
 WAKANABO, Thea



**Fond du Lac Enrolled Elders Trip to the Chanhassen Theater**

Wednesday, September 20th, 2023

**JERSEY BOYS**  
*(Story of Frankie Valie & the Four Seasons)*

**Dinner at 6:00 p.m.**  
**Show at 8:00 p.m.**

\$50 deposit required (checks preferred), enrolled elders will get checks returned. Please provide phone numbers at sign up.

**\*No cancellation list\***

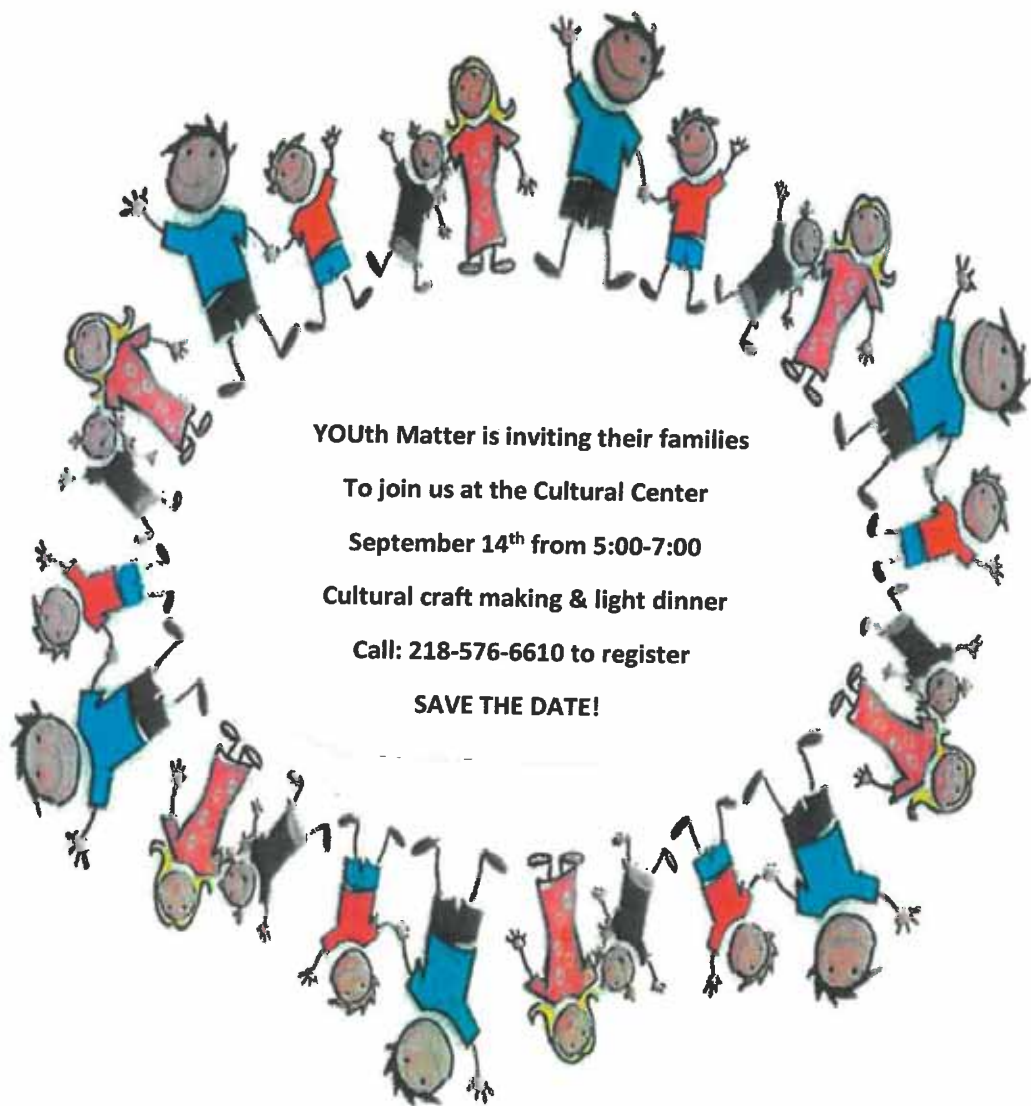
Lodging will be in Shakopee, MN - Rooms based on double occupancy

**To sign up, call :**  
 Mary Barrett (715) 409-0054  
 Catherine Follett (218) 349-7109

**Last day to sign up:  
 September 6th**



\*Tickets were based on availability, not on choice of day\*



**YOUTH Matter is inviting their families**

**To join us at the Cultural Center**

**September 14<sup>th</sup> from 5:00-7:00**

**Cultural craft making & light dinner**

**Call: 218-576-6610 to register**

**SAVE THE DATE!**

# Health News

## September is Ovarian Cancer Awareness Month

Ovarian Cancer has slowly been falling in the last 20 years. About half of the women diagnosed are over 60 years of age. About 25,000 women in the United States will be diagnosed with Ovarian Cancer.

Early warning signs to look out for are pelvic or abdominal pain or cramping, feeling full quickly after starting to eat or lack of appetite, indigestion or upset stomach, nausea, unexplained exhaustion, bloating, and or constipation.

Certain inherited disorders may occur for those that have ovarian cancer, although there are ways to prevent or have less chances for ovarian cancer to occur by avoiding environmental hazards, radiation, and smoking. Tobacco use remains the single largest preventable cause of death and disease in the United States related to cancer prevention.

Ways to reduce cancer risk:

- By living a healthy lifestyle.
  - Get to and maintain a healthy weight.
  - Eat a variety of colors for fruits and vegetables.
  - Cut down on processed meats and red meats.
  - Get regular physical activity and hydrate after exercise.
  - Limit alcohol intake.
  - Avoid commercial tobacco products and second and third-hand smoke.
- Be proactive and learn about your treatment and health plan if given one by your provider. Always remember to talk with your healthcare provider about any questions or concerns.

*A message from your Fond du Lac Cancer Prevention Program.*

*Sources and additional more information:*

- Centers for Disease Control and Prevention cancer/skin (CDC) [www.cdc.gov](http://www.cdc.gov)
- American Indian Cancer Foundation (AICAF) [Americanindiancancer.org](http://Americanindiancancer.org)
- American Cancer Society (ACS) [www.cancer.org](http://www.cancer.org)

## New dietitian/diabetes Coordinator

FDLHSD has a new dietitian and diabetes educator, Brooke Bond. If you are interested in the latest diabetes technology and would like to discuss continuous glucose monitors (CGM's), smart insulin pens, and/or insulin pumps or if you want a refresher on food choices and how you can live your best life with diabetes, Brooke is here to help. You can reach her at (218) 878-2141 to schedule appointments at MNAW or CAIR.

## Keep Nutrition Upfront this Fall

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

No one wants to admit it, but Fall will be here sooner than we know. With the chillier air, shorter days and back to school schedules, nutrition and health can be put on the backside. Maintaining good nutrition and a healthy lifestyle can help reduce certain diseases such as heart disease, diabetes, some cancers and obesity. Good nutrition can also help in reducing common illnesses that seem to increase during the fall season. Try these tips from several health sources to maintain the good nutrition and health goals you've been working on all summer long.

1. Check on any recommended immu-

nizations such as the flu shot and any COVID-19 vaccinations

2. Schedule doctor and dental appointments for preventative services and regular check-ups
3. Wash hands frequently. Teach children proper handwashing techniques as well
4. Brush teeth, at least twice a day, with a fluoride toothpaste
5. Aim for at least 7 hours of sleep per night
6. Practice routine stress reduction techniques such as deep breathes, stretching, meditation, physical activity or counseling
7. Remain sun safe by wearing a long-sleeve shirt, wide-brimmed hat, sunglasses and sunscreen with at least a SPF-15
8. Choose beverages wisely. Drink more water and less sugary and alcoholic drinks
9. Eat healthy by increasing fruits and vegetables, choosing whole grains, lean meats and low-fat dairy products
10. Remain active and reduce screen time (videos, movies, television, social media, games). Recommendations are 150 minutes of moderately-intense activity a week plus, at least 2 days of muscle strengthening activity
11. Don't use tobacco

Try some in-season vegetables such as beets, Brussels sprouts, kale, squash, cabbage, carrots, cauliflower, potatoes,

pumpkins, zucchini, eggplant or carrots this fall. Most can be roasted with a small amount of oil, salt and pepper to taste. Here is one recipe to give a try:

## Roasted Fall Vegetables

**By Laura Fuentes**

### INGREDIENTS:

- 16-ounce bag cubed butternut squash (about 3 cups of fresh)
- 16-ounce bag brussels sprouts, halved (about 4-5 cups fresh)
- 2 medium beets, peeled and cubed
- 2 Tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder

### INSTRUCTIONS:

1. Preheat oven to 400°F. Lightly grease large baking sheet with olive oil or cooking spray
2. Add the vegetables to the baking sheet in separate rows and drizzle with the olive oil
3. Season with salt, pepper and garlic powder. Toss gently (keep beets separate to prevent color changes to the other vegetables)
4. Bake 35-40 minutes until golden brown and tender

*\*Sources include: CDC, Mayo clinic, eatright.org, American Heart Association and NIH.org*

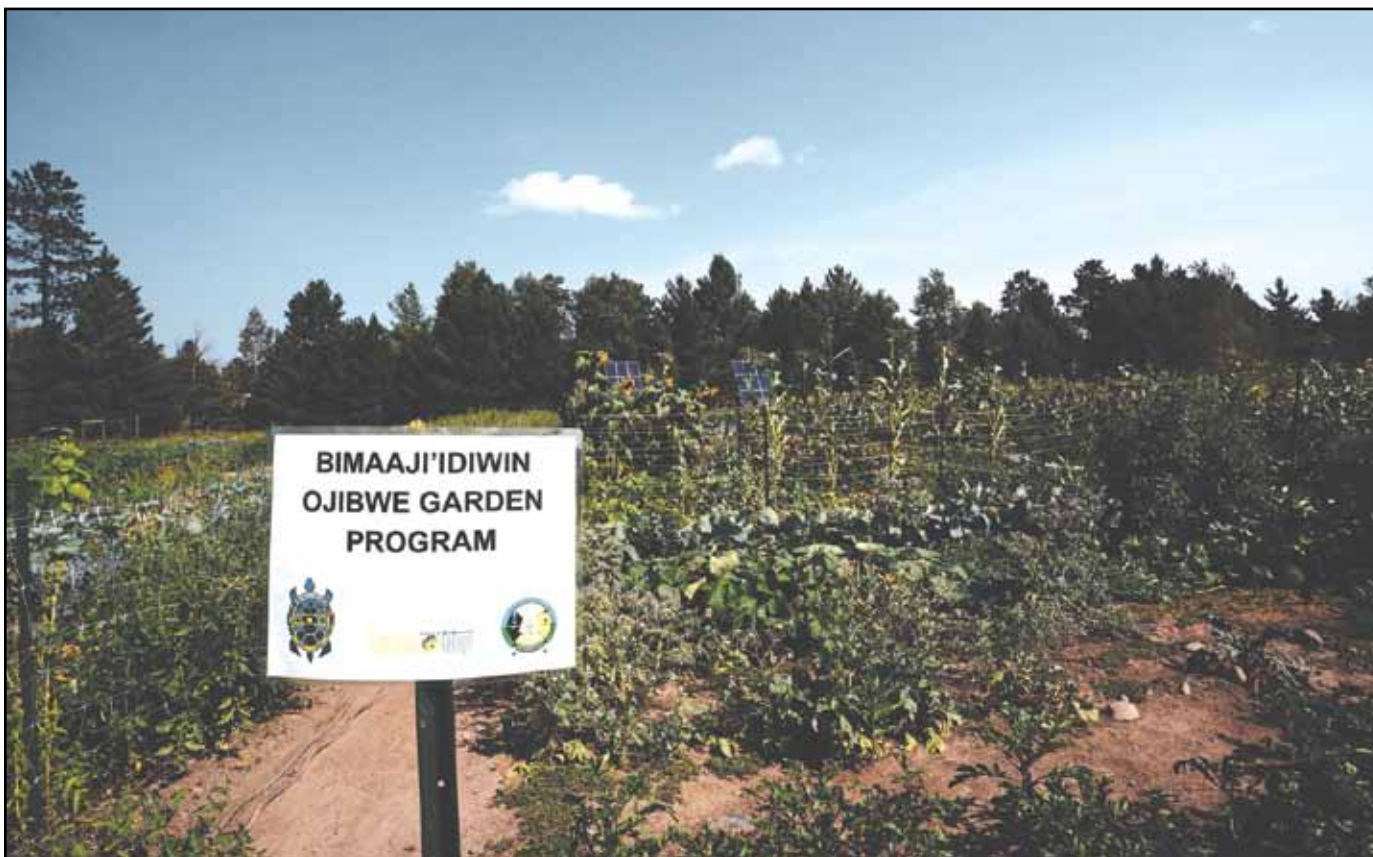




# Health News



*The smoke free garden at Na'enimonigamig cannery*



## Agriculture Division designates smoke free campus

Overall commercial tobacco use rates in our state appear to be declining, however, in Tribal communities conventional cigarette smoking, vaping, and secondhand smoke exposure remains high.

In an effort to reduce secondhand smoke exposure in outdoor community spaces, the Fond du Lac Agricultural Division has recently decided to implement a smoke-free campus. This would include the Na'enimonigamig cannery and abattoir (meat processing area); root cellar, walking spaces, and fenced farm area (Gitigaaning), including the fruit orchard.

Agricultural Director Marcia Eiyneck stated that, "indoor air is covered under tribal smoke-free policies. However, staff from community health noted the outdoor space with chemical free gardens was a desirable spot to encourage smoke-free outdoors. I agreed that it is a natural fit to have the outdoor spaces clean and smoke free." Not only does this help to reduce secondhand smoke exposure it will also improve the outdoor air quality and reduce litter and clean-up of cigarette butts. Since all the food grown at Gitigaaning uses organic methods, becoming smoke-free makes sense from the food production standpoint.

Deb Smith, a health educator with community health noted "In addition to the clean air benefits we also know that the reduction of places to smoke encourages smokers to hold off on their use and may encourage them to consider quitting." Smith added "We're creating an education point about traditional contrasted with commercial tobacco. At Gitigaaning, many grow *Nicotiana Rustica* – and harvest it for personal gifting and other ceremonial uses.

The idea to implement a smoke free campus rose out of health concerns during the Covid-19 pandemic where it was imperative to create safe spaces for the community to enjoy outdoor air. By prohibiting commercial tobacco use at the farm it's a hopeful effort to create a model for other outdoor places at Fond du Lac.

# 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 September 15, 2023 for the October 2023 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 birthday **Joyce** (Aug. 22), hope you enjoy every min of your day, you are the best boss anyone can have.  
*Love always, your favorite department players club*



Happy 7th birthday, Sweets, **Ayva Marie Ojibway** (Sept. 13)! You are so loved by everyone who is lucky enough to know you and I hope 7 is the best year yet!  
*Love, Mom and Brother*

Happy birthday to **Bobbie Ann** (9/15). Keep it cool, Sis.  
*Love, Carla and kids*

Happy birthday to my grand-kids **Shania** (Sept. 20), **Morgan** (Sept. 28), and **Dustin** (Sept. 27). May your days be happy, shiney, and bright.  
*Love, Grandma Carla*

Happy birthday to **Wanda Mularie** (Sept. 20)  
*Carla*

Happy birthday to my darling daughter **Rita Jaakola** (Sept. 27), have a good day.  
*Love, your Mama*



Happy 6th birthday **Toretto Joseph** (Sept. 29)! I can't believe you're going to be in kindergarten. I hope your birthday is amazing!  
*Love, MOM*

## Thank you

Thank you to **Vicki Smith** and the **Veteran's Security** at the Veteran's Powwow for letting me help and feel good.  
*Carla Houle*

## Obituary

**Joanne Kusch**, 92, Duluth, Minn., died Monday, July 31, in St. Luke's Hospital.

**Lee Ann Nicholson**, age 74 passed away peacefully on July 30th, 2023 in St. Paul, MN.



Lee was born in Cloquet, MN on December 22, 1948, to Everett and Lorraine Bassett. She attended Cloquet High School followed by Minneapolis Business College. She married Morrie Nicholson on December 30th 1967 in Rapid City, South Dakota. She quickly became a mother to two daughters whom she primarily stayed at home caring for before starting her working years. They lived briefly in South St. Paul, MN before settling into their Cottage Grove home for more than 30 years. During this time, she worked a variety of jobs before ultimately retiring from her Data Entry position at 3M. By age 55, she was blessed to retire early, moved to her dream home in Amery, Wisconsin where she enjoyed hosting family gatherings, traveling, camping, attending church and engaging in her many hobbies. She was a proud member of the Fond du Lac Band of Lake Superior Minnesota Chippewa Tribe. She was an avid seamstress, a talented artist and a poetic writer who

thoroughly enjoyed reading, working puzzles, watching TV, cheering on her favorite sports teams, gardening, boating and sharing the stories of her life. She had a kind and generous spirit, an abundant sense of humor, an infectious smile and showed amazing perseverance and resilience when faced with multiple health challenges during her lifetime. She was a 10 plus year survivor of Breast Cancer. She lived her life loving Jesus and we are confident that she is resting safely in His arms awaiting the time when we will see her again.

Lee is survived by her husband Morrie, daughters Lisa (Royce) Opsal, Barbara (Shawn) Girgen, step-son Michael (Kim) Nicholson, brother James (Linda) Bassett, grandchildren Ryan (Margo) Girgen, Dylan Girgen, Garrett Johnson, Olivia Johnson, Courtney (fiancé Ryan) Opsal, Tyler (fiancé Faith) Opsal, Breann Nicholson, Brandy Nicholson, Nick (Missy) Gresafe, great-grandchildren Ryan, Anthony, Giovanni, Michael, Hannah, James, Alaiya, Hudson, Taylor as well as her beloved nieces and nephews, extended family and many special life-long friends.

Lee is preceded in death by her parents Everett and Lorraine Bassett, step-mother Patricia Bassett, her sister Jeanne Polo and their furry companion, Boots.

## FDL Employment Opportunities

Fond du Lac offers many great employment opportunities. The following are all the jobs currently open with closing dates in August, permanent postings, or open until filled positions.

Please visit the FDL website for any new postings or more information.  
[fdlrez.com/HR/employment.htm](http://fdlrez.com/HR/employment.htm)

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  
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

# Community News

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

Graves Registrar, FDL Public Works, FT, Aug. 2  
 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  
 Forestry Aide, FDLRM, FT, Aug. 1  
 Tribal Monitor/Field Crew Supervisor, FDLRM, FT/Temp/Seasonal, Permanent  
 Tribal Monitor/Field Crew Technician, FDLRM, FT/Temp/Seasonal, Permanent  
 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, Per-

manent  
 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, Aug. 13  
 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

## PAG meeting invitation

Boozhoo Fond du Lac Ojibwe School Families and Community!

On behalf of the Fond du Lac Ojibwe School Parent Advisory Group (PAG) we would like to invite you to attend our monthly PAG meetings. Our meetings will be held the last Thursday of every month unless otherwise scheduled. You can find the meeting schedule on the 2023-2024 Ojibwe School Calendar on our website. A \$25 gift card to Fond du Lac Gas and Grocery is given to cover gas costs. You can call Ashley Jaakola at (218) 878-7239; she would be happy to answer any questions, to the best of her abilities, you may have about PAG. Hope to see you at our next PAG meeting!

Sincerely, FDLOS PAG

*They learn from watching you...*

**Eat More Fruits  
and Veggies**

*and your kids will too!*



This illustration 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

# Community Events

## Ganawenjigewin Maawanji'idiwin *Taking Care of Things Gathering*

Tuesday,  
Sept 19th, 2023  
1:00pm - 6:30pm

Pow Wow Arbor  
Behind FDL Ojibwe School  
49 University Road,  
Cloquet, MN 55720



**FDL Resource Management invites you to join us to celebrate taking care of the land and learn about environmental protection, conservation, restoration, and sustainability.**



### Activities for all ages!

Baaga'adowewin - Lacrosse  
Garden Food Demos and Samples  
Info and Vendor Tables  
Raffle Giveaways!

### Interested in having a booth?

To reserve info and vendor tables  
contact Anthony Mazzini,  
*Environmental Outreach Coordinator*  
218-878-7112 | [anthonymazzini@fdlrez.com](mailto:anthonymazzini@fdlrez.com)



Fond du Lac  College