

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



The best part about the language camp is sharing stories and laughs with many friends and family. Janis Fairbanks speaks to get the language camp started by welcoming guests and reminding them the purpose of the language camp.

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Local news

Goodbye from Chuck Walt

Boozhoo,

Last March I informed the Reservation Business Committee that after working for almost 33 years with the Fond du Lac Band it was my plan to move on from my position as Executive Director of Tribal Programs. Recognizing that the Band was already in the process of recruiting an Executive Director for Enterprises, I offered to stay in my position until a new Executive Director could be hired. I am happy to report that Ms. Miyah Danielson was hired to replace me and she began working with the Band on July 17. I was able to spend some time with Miyah until my final day in the office which was August 17.

My career at Fond du Lac began in 1984 with the Human Services Division where I spent 25 years working alongside Phil Norrgard as an Associate Director. I was fortunate to be part of a team of dedicated staff who developed one of the finest health and human

service programs in Indian country. For the past 7 years I have worked in the Executive Director position for the Band and once again had the opportunity and privilege to be part of a period of growth in Fond du Lac history that is unprecedented. Our accomplishments are many and I am proud to have played a small part in the success we all have experienced during my tenure as Executive Director. As I look back over the past 7 years it is most gratifying to see all of the fine work our staff has been involved in and completed. I am most proud of the continued expansion of our Human Services Division, including new facilities, additional services, and a financially independent operation that has the ability to be sustained even during tight budget times and difficult economic conditions.

Our commitment to education is stronger than ever and the Band has made significant strides toward educating our children from the time they

enroll in early Head Start until they graduate from college. Revitalizing and preserving the language and culture remains a top priority and we continue to add resources to this initiative.

Our radio stations, newspaper, and web presence are signs of the Band's ongoing efforts to elevate our media presence and keep the community informed about the good things that are happening at Fond du Lac. Our Reservation infrastructure continues to expand water, gas, sewer, internet, public transportation, roads, and housing, all critical elements for a community to grow and thrive.

Our police force is expanding and we are doubling our efforts to implement a community policing model while continuing to address both crime and the ever present threat of drugs in the community. Our legal department is fully staffed and our Tribal Court system continues to expand, this is another sign of the Band's commitment to exercising

Tribal sovereignty, promoting good governance, and the development of a credible court system.

Creating sustainable environmental initiatives that utilize solar, biomass, and other energy conserving programs is a legacy we can all be proud of at Fond du Lac. Protecting the environment and defending treaty rights remains a top priority for the Band and our Resource Management staff are well prepared to carry out the necessary steps to assure we are creating a better Reservation and planet for future generations.

Moving forward there is much more work to be done as we continue to create jobs and opportunities for diversification and economic development at Fond du Lac. While gaming remains the cornerstone of our revenue stream, there are many exciting opportunities ahead as our planning staff and newly formed economic development committee explore new business and employment opportunities. Our employees

continue to be the key to our success and represent the best this region has to offer, our workforce is second to none and I am extremely proud to say I was able to manage and work alongside this fine group of individuals over the past 7 years.

It is with both thankfulness and gratitude that I leave my position knowing that in spite of the many challenges ahead, the Band is well positioned to overcome any obstacles that we may face in the future. As I move on to the next chapter in my career I would like to extend special thanks to the Fond du Lac RBC, our dedicated staff, our Band and community members, and especially to my family, your ongoing support is truly appreciated. It has been a privilege to serve as your Executive Director and an experience I will forever be grateful for.

*Chi Miigwech!
Chuck Walt*

Nahgahchiwanong Dibahjimowinnan

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

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

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

end, we do not publish editorials, opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

*Corporate Member of the
Native American Journalists
Association*

Local news

33 Years of Service

In 1984, Chuck Walt started 33 years of service with a letter from Phil Norrgard asking him to sign a contract joining Fond du Lac Human Services as a nutritionist (although he may argue that his service started before then as an intern). Chuck was just finishing up his Master's degree at the University of Minnesota and could have chosen from a wide variety of career paths

but chose to head home and work for the Fond du Lac Band. When he started, his office was in a small building/mobile home located near Transit and the Public Works Garage. We have come a long way since then as a community and Tribal

Government. Chuck was promoted to the Assistant Director of Human Services and together, Chuck and Phil worked

to build a world renowned health care system, not only for Fond du Lac Band members, but for all Tribal members living within the service area.

In 2009, Chuck was asked to take the position of Executive Director of Tribal Programs. His entire career, to date, had been dedicated to health care, but as good leaders do, when asked to step up, they make the move, even if it is going into the unknown.

For Chuck, 33 Years of service meant putting in long hours. A 2

hour commute round trip turned a typical 8-4:30 day into a 12+ hour day. Those 33 years of service meant catching up on e-mails in the early morning hours or on sick days and taking phone calls and responding to employees even while on vacation (like on the beach in Mexico or standing in line at Disney World). During his 33 years of service family dinners got pushed back a little later than normal (eating at 8 was not unusual). While the days were long, and the work wasn't always easy, 33 years of service also meant growth and improvement. Those 33 years of service meant relationship building. Chuck had the opportunity to work with several generations of people and he showed his compassion and respect by getting to know his employees, colleagues, and

community members. Chuck always looked out for the best interest of the Band and the community. We thank Chuck for his time at Fond du Lac and the impact he made during his 33 years of service.

Watch the sunrise, watch the sunset, sleep in, stay up late, enjoy the little things, and enjoy the big things. Have a happy retirement and the next 33 years.



Chuck Walt holds up his gift from the RBC.



Bruce Savage, Sawyer Representative, gives Chuck a gift from the RBC.



Karen Diver, former FDL Chairwoman, hugs Chuck to thank him for all his years of service.



Chuck celebrating his retirements with two of his granddaughters, Chloe (left) and Cal-lie. Chuck's two other grandchildren are not pictured, Hayden Durfee and Aria Adams.

RBC Thoughts

Sawyer News

Boozhoo,

The Sawyer Community Center is completing summer projects; new paint on the youth side, Sawyer ENP received a new stove, and a new truck for maintenance was purchased. In August the FDL Natural Resource Department was out on Perch Lake cutting moose ears. They have been working on removal of this invasive species for many years. If you get a chance, be sure and go out to Perch Lake, you can see the differences from year to year.

Senator Al Franken, who sits on the Senate Energy and Indian Affairs Committees and who is also a great advocate for Tribes, came to FDL this past month to tour the solar farm at the Black Bear. I had a great opportunity to spend time with him and point out the importance of renewable energy, cost savings, and benefits for community members. He was excited to hear about our Zero Net Home model that we are trying to develop. The FDL Environmental Department is researching the possibility of creating low energy homes. Franken is a great Senator and real advocate for our Reservation and Indian Country. I am glad he took time from his schedule to visit and speak to our manager and staff in the Environmental program. He also had a chance to hear from Water Protectors about concerns with recent proceedings in Minnesota surrounding Line 3 and Polymet mining issues that will negatively impact communities and pristine lakes/waterways.

The referendum to increase taxes in order to upgrade the Carlton School District Elementary School and High School was voted down. It was a tough loss but it was great to see people

come together to support an important issue. Miigwetch, to the Carlton Indian Education staff and Carlton School JOM Parent committee members who worked hard to campaign for our children and their education. This coming Fall please watch for children crossing in the early mornings and afternoons from their bus stops. Have a great school year kids!

The new Executive Director Miyah Danielson was introduced at the Brookston Open RBC meeting this month. Many topics brought up by the crowd, were topics that the RBC has been working to find resolution. Miyah will be instrumental in creating continuity within our Reservation programs and departments. She will work directly with Directors and Managers. Changes we set in place months ago are making an impact. For instance, we are seeing a difference within our TERO office. It is nice to drive around the Reservation and see Band members working on county road projects within the Reservation boundaries.

The Minnesota Chippewa Tribe Constitutional Convention's first meeting was held in Mille Lacs this past month. I encourage the membership of the MCT to learn the reasons for the constitution and procedures of the MCT, so that we can move forward in addressing what the membership should or should not change. If you are interested in learning more about the constitution you can start by watching short videos that give brief introductions to the history the MCT. "GET INFORMED and GET INVOLVED", you will find the videos and information at <https://zaagibagaang.com/>. The next Constitutional Convention meeting will be September 25-26 in White Earth at the Shooting Star.

Miigwetch, contact me if you any questions or input. Bruce M. Savage, Sawyer District Rep Cell: (218)390-7407 bruce savage@fdlrez.com



Bruce Savage

Boozhoo,

It seems that we are always busy. There are very few days that I can sit back and answer the messages stacked on my phone without being interrupted to sign something or answer a question. I told forestry the other day that with the amount of paperwork that it takes to keep things running that they will never have to worry about a job.

The Tribal Executive Committee (TEC) had a scheduled meeting to discuss constitutional revision on August 21 and 22 in Mille Lacs. We asked our radio people to be there to broadcast the meeting so those that were unable to attend could listen to what was being discussed. It is an exciting time for us, as Minnesota Chippewa Tribe members, to be able to take the constitution and work out some of the problems that exist in the document. I hope that you will be able to participate in person or in writing so your comments or concerns can be addressed in the new document.

The RBC has had a meeting with Enbridge pipeline representatives this past month. They were here the day the Environmental Impact Statement was released to the public. We talked about some concerns we have with the decommissioning of the line that runs through our Reservation and they stated they would remove as much of the line as they can safely. I will keep you

informed as things progress with them.

The work on the Highway 23 site is progressing slowly. There are new discoveries of bone and artifacts almost weekly. The size of the cemetery is still undetermined and the scope of the damage is unknown. As the research is being done on the current project we are finding that there may be some unknown impact from previous work. The crews involved in this work are being very meticulous to ensure that nothing is missed but are struggling with some of their traditional knowledge of the spirit world. They are smudging and offering tobacco each day but the immenseness of the disturbance of the gravesites is wearing on them. They are in my thoughts and prayers as their work is going to continue for quite some time.

Each year the Wisdom Steps program puts on a fundraiser golf tournament at the Black Bear Golf Course. The turnout has been tremendous over the years. With their silent auction for items donated this has become their largest fund raiser for the year. If you are interested in playing in the tournament or maybe bidding on some of the items please contact the clubhouse for times and locations.

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



Ferdinand Martineau

Talks begin to consider amending MCT Constitution

By Dan Huculak,
WGZS Station Manager

Representatives from the six Bands of the Minnesota Chippewa Tribe (MCT) met Aug. 21-22 to begin discussions regarding the possible amending of the MCT Constitution. The Mille Lacs Band hosted the initial two-day event at the Grand Casino Mille Lacs Event Center in Onamia. Approximately 100 people from the six Anishinaabe Bands attended and participated, including all five Fond du Lac RBC Members.

The amendment process to the constitution is only beginning. Doing so will take time and any possible changes will require the engagement of as many Band Members from the MCT Bands as possible.

After an opening prayer from Joe Nayquanabe, Mille Lacs Spiritual Advisor, Melanie Benjamin, Mille Lacs Band Chairwoman and MCT Tribal Executive Committee (TEC) Secretary and Fond du Lac Chairman and MCT TEC President Kevin Dupuis gave opening statements.

During his opening statement, the TEC President said, "One of the interesting things before I came up here, I was talking to Phil, our Tribal attorney, and he said our grandpa used to say that our Minnesota Chippewa Tribe Constitution would change when the sun stops shining and it's going to stop shining briefly today (with the eclipse of the sun occurring only minutes later). So maybe there's a reason why we're here together at this time and we're trying to go forward with this. But I think we take the opportunity we have right now, put your thinking caps on and let's get this done. Migwech."

The Native Nations Institute and Native Governance Center

facilitated the meetings.

"We've been working with Tribes, trying to gather as much information about what's working and what's not working out in Indian Country," Joan Timeche, Executive Director of the Native Nations Institute and member of the Hopi Tribe said during her opening statement. "What we're going to hopefully do is to lay that foundation as to how others (other tribes) are wrestling with that same challenge. Some have already gone through this process."

"You're going to see that every voice counts. We have these round tables set up so you can talk to each other.

What comes out of it is your input; it's not ours. We're just going to ask you questions."

Fond du Lac Chairman and MCT Tribal Executive Committee President Kevin Dupuis added, "I think it's been a discussion for several

years; to look at the constitution – it's not about changing the constitution, it's about having a convention, learning about the constitution, what's been working, what's not been working; is it something you want to strengthen, modify, or outright change and have a new constitution, so I think that's what this is about."

The first assignment in the session was an incomplete sentence that participants needed

to answer individually. The participants were given a few minutes to finish the statement "I want my children/grandchildren to grow up in a Tribal community where..."

Volunteers shared their responses with the audience. Some of the answers included: the preservation of our language and culture; having a safe, drug-free community; having our treaty rights respected by state and federal agencies; accountability by our elected officials; adequate housing; and meaningful job opportunities for Band Members.

One noteworthy response came from David Morrison,

Secretary-Treasurer of the Bois Forte Band and MCT TEC Treasurer. Mr. Morrison spoke about the importance of teaching young men to live a domestic violence-free lifestyle by never hitting our Native women. He continued to share an emotional message on how he recently lost his wife of 40

years and how he used to kiss her at least ten times a day. His message was simple: "once you lose your loved one, there's nothing you can do about it."

The session continued with shared examples of governance styles that other Native American Tribes incorporated as well as important dates and events in the U.S. – Indigenous Peoples' relationships throughout the past century and a half. The lesson covered the system-

**"This is the people's
(constitution).
This belongs to you.
We didn't get to
write the 1934
constitution.
It was written by
attorneys. By
attorneys – who had
nothing to do
with us."**



atic suppression of Indigenous governance, the Indian Reorganization Act (IRA), the Tribes' becoming more politically active; and Tribes demanding to take over federal programs in order to achieve self-determination.

Several comments and questions were discussed. One gentleman mentioned the separation of powers and governing process the Mille Lacs Band instituted. The subject of removing U.S. Dept. of the Interior oversight was mentioned; another questioned the referendum process, and another mentioned whether the MCT Constitution should be amended separately for each Band, and whether a "Confederated Tribes" constitution should be adopted, as has been done in other parts of the country.

Chairman Dupuis added, "So I think we need to sit down; we listen to what's being said. I really don't want to say anything. This is the people's (constitution). This belongs to you.

We didn't get to write the 1934 constitution. It was written by attorneys. By attorneys – who had nothing to do with us."

It's important to remember that the Aug. meetings were just the beginning stage of the process. If you were unable to attend, it is not too late to participate. The six Bands are each hosting the Constitutional Convention meetings on a rotating monthly basis.

The White Earth Band hosts next month's convention, which will be held starting at noon, Sept. 25-26 at the Shooting Star Casino, Hotel and Event Center, in Mahanomen, Minn. The Mon. session runs from noon – 4 p.m.; Tues. session runs from 8:30 a.m. – 4 p.m.

The Bois Forte Band will host the Oct. convention (Oct. 23-24) at the Fortune Bay Casino in Vermilion, Minn. As was the case Aug. 21-22, the Mon. session runs from noon – 4 p.m. and the Tues. session runs from 8:30 a.m. – 4 p.m.

Language Camp



Members of the community signing up for the festivities.



Chuck Walt speaking and introducing Miyah Danielson, his replacement as Executive Director of Tribal Programs.



All ages of campers signing in to enjoy the weekend.



Intensely focusing on the arts and crafts projects.

Language Camp



An Ojibwe game of Candy Land brought many kids under the tents to play.



A beautiful day to enjoy all the arts and crafts and get back to nature.



Hard work in the hot sun was well worth it and is much appreciated by all those who benefit from it.



A proud camper showing off the final product after all of her hard work.

More local news

Dr. Vainio, Physician of the Year

By Zachary N. Dunaiski

Dr. Arne Vainio, M.D., was honored with the "Physician of the Year" recognition award July 28 at the Association of American Indian Physicians conference. The conference, July 26-29, was held in Shawnee, Okla.

Dr. Vainio has worked for the Fond du Lac Band for the last 20 years at the Min No Aya Win Clinic. It seems as though almost everyone knows him by name and can't help but smile when they see him. The best example of how much everyone appreciates what he does are the words from his wife Ivy Vainio's Facebook page on the night he received the award.

"Arne is one of the most selfless, most giving, and most patient people I have ever known. I know this is true in his role as physician as well. His patients will come up to us in the grocery store and they will thank him for the care he has given them and their loved ones. I can see in them the love and respect that they have for him. His dedicated work with the youth is commendable. He wants all youth to find their way and be successful."

Fond du Lac surrounds itself with many great individuals and it is always an honor when one of its members or employees receives recognition for the great work they do every day.



Arne Vainio, MD, receiving the "Physician of the Year" award, Ron Shaw, MD, (Osage/Creek) the President of the Association of American Indian Physicians presented the award to Arne. Photo courtesy of Ivy Vainio.



Groundbreaking in Sawyer

By Zachary N. Dunaiski

Fond du Lac took another massive step into the future July 27, when the Fond du Lac Communications, with the RBC, broke ground on the Fiber to the Home Project's central office.

The project, which is scheduled to be complete Oct. 2018, will cost \$8.2 million. Fond du Lac, which will be contributing \$2.2 million of its own money, received two \$3 million grants from the USDA, Rural Development-Community Connect program. That money will be put towards the installation of fiber optic cable, central offices, and distribution equipment.

"Bringing high speed internet to our Reservation will help our home based businesses stay competitive," Bruce Savage, Sawyer District Representative, said at the ground breaking event. Businesses need high speed internet to compete in today's highly competitive market and this project, which will bring speeds up to 1 gigabit per second, will do just that.

The Fiber to the Home project covers most of the Fond du Lac Reservation. The installation will install a 160 miles of the main line fiber and 78 miles of drops or connections to the home. Also, there will be two central offices located in Sawyer and Brookston. The project can

provide connectivity to 1000 homes for both Band and non-Band members.

FDL will benefit from this project with more than just business; it will also open up many opportunities such as Telemedicine, home health care, electronic health records, online schooling, and more. Additionally, the system is designed for voice, video, and data.

For more information (including timelines for the project) visit the FDL website www.fdlrez.com or visit the Fond du Lac Communications Facebook page. An interest survey can be found on their webpage by clicking on the banner on the FDL homepage.

More local news

MnDOT holds second meeting for Hwy. 23 project

By Zachary N. Dunaiski

The Minnesota Department of Transportation (MnDOT) hosted a public open house on Aug. 8 at Chambers Grove Park to answer questions from the community about the Hwy. 23 project.

The project, which stopped on June 7, unearthed human remains at a known Fond du Lac cemetery. Many community members of the Fond du Lac area of Duluth, as well as Fond du Lac Band members, were on hand for the event.

One of the main concerns from many Fond du Lac Band members that spoke with the

newspaper after this first happened said their main concern was that the remains were put back.

“That’s currently happening (putting back the grave sites). The week before the open house, there was already a reburial of some of the remains, so that’s already taking place,” Jim Jones, Minnesota Indian Affairs Cultural

Resource Director, said of the current work being done at the site.

Returning our ancestors to their resting place was very important. It doesn’t change what happened, but it is a step in the healing process that we greatly needed to have happen.

“We had to do that right away, to protect those remains. Protect those burials, so they were

reburied right away because we didn’t want them being washed away.

“There are still areas that have to be evaluated. There are boundaries that have to be determined yet, so that work is still ongoing.” Jim said.

Now it’s just a matter of MnDOT and the Fond du Lac Council working together to make sure that everything is handled correctly.

“The work is progressing in collaboration with MnDOT but the Band is directly involved with the coordination. I’m working directly with Fond du Lac on the treatment and the recovery of the cemetery and the remains that came from

there,” Jim said. “It is coming along slowly, but it is being done carefully. We’re in direct contact with the council and looking at what are the different options that we can look at to be respectful and make sure it is done in the right way.”

The most important thing that Band members should know from the open forum is that MnDOT has stopped work indefinitely and will be starting over with the planning for the road construction in the area. There close work with the RBC should ensure us that it is being handled properly.

“We had to do that right away, to protect those remains. Protect those burials, so they were reburied right away because we didn’t want them being washed away.”

protect those remains. Protect those burials, so they were



Reggie DeFoe and Jill Hoppe speak with Duluth Mayor Emily Larson.



21st Century After School Program

Instructors wanted for the Fond du Lac Ojibwe School 21st Century After School Program

Our programs begin on September 18th and run through the school year. We operate Monday’s, Tuesday’s and Wednesday’s from 3:25 to 5:00p.m.

Areas of instruction can include but not limited to: S.T.E.M., Literacy, Tutoring, Homework Help, Art, Music, Physical Fitness, Dance, Mentoring, Service Learning, Entrepreneurship, Drug Prevention, Violence Prevention, Youth Leadership, Counseling, Beading, Seasonal Activities and more...

If you are interested in working after school

please call 218-878-7239 or email: mariadefoe@fdlrez.com

Müigwech

More local news

Franken, CERTs visit FDL

By Zachary N. Dunaiski

Fond du Lac has been a leader in many aspects, and most recently with their environmental work helping decrease their carbon footprint. Now, FDL is sharing their projects and vision with others about their projects and the benefits they deliver.

First on Aug. 9 when the Northeast Region Clean Energy Resource Team (NE Cert) and the FDL Reservation co-hosted a clean energy tour of the Resource Management LEED (Leadership in Energy and Environmental Design) building and the 1 megawatt solar site.

Less than two weeks later, Aug. 22, Minnesota Senator Al Franken (D) visited the FDL Reservation to learn about the progress Fond du Lac has made over the past several years in

clean energy. He visited the LEED certified building before heading over to the solar site.

“We in the United States want to be ahead of the rest of the world in this and we disinvest in renewables that are peril,” Franken said.

Powerful words as before he left he was met by a group of protesters that had gathered for most of the day to get their opinions heard about both PolyMet mining and Enbridge Line 3.

Senator Franken was very impressed with Fond du Lac’s efforts and loved learning about all the different ways FDL is helping protect the planet, adding, “Well, I have grandkids.” His comments were simple enough, but also a very powerful reason to care about protecting nature.



Wayne Dupuis, Environmental Program Manager, and Bruno Zagar, Environmental Specialist, tell Senator Al Franken all about the solar project.



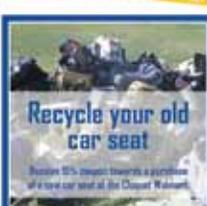
IS YOUR CHILD IN THE RIGHT CAR SEAT?

National Child Passenger Safety Week

Stop by the Car Seat Clinic
September 23, 2017

Children present will receive a gift bag for having their car seat checked.

Saturday, Sept. 23
Cloquet Area Fire District
Station #1
508 Cloquet Ave
9am - 11am

Fond du Lac Human Services Division | Community Health Services Department



The crowd that gathered to speak to Senator Franken about their concerns about the PolyMet and Enbridge projects.

More local news

FDL release fish into St. Louis River

By Zachary N. Dunaiski

Since 2013, Fond du Lac Resource Management staff has been releasing lake sturgeon into the St. Louis River, in an effort to restock the river. “Much like a lot of natural resources, they were over fished or their habitats have been degraded. We owe them a debt in a way, because they fed our people in the past and now that they’re struggling, we owe it back to them,” Thomas Howes, FDL Natural Resource Program Manager said of their restocking efforts.

In June, staff released 6,000 1 inch lake sturgeon, or fry, into the river. Aug. 9, another 800 fingerlings (3 inch fish) were released. In a few weeks, FDL will get a couple hundred more advanced stage fingerlings (6 inch fish) to complete the wave for the restocking efforts.

Before 2013, FDL restocked the river in a different way. Starting in 1998, the restocking effort involved mostly eggs and very juvenile fry. Those efforts went from 1998 through 2006 when the efforts stopped from a fish disease in Lake Superior.

“Fish and Wildlife service, and other state agencies like Michigan DNR, that do a lot of working with sturgeon, have found that either raising fish in a big hatchery or these stream side hatcheries, like the one we’re working with, has a really good success rate,” Howes said.

Howes also commented that eggs and fry have success rates in the single digits, whereas the advanced stage fingerlings have a 95 percent chance of making it to adulthood.

Some of the oldest fish in this program were tagged as a

measurement to help staff monitor them. Some of those early fish are now close to five feet in length. Others that weren’t originally tagged are being live captured so they can be tagged as well, to study and aid in their growth.

“To document successful reproduction would be a big benchmark for us to meet,” Howes added as to what they hope to accomplish.

FDL does many things to help support nature and protect the world we all live in. This is just one example of the importance of their efforts in protecting the Earth.

2017 on Reservation Manoominikewin (wild rice harvest) information

The Wild Rice Committee would like to remind all harvesters to respect the gift we have been given. Please avoid areas of green rice, knock with respect, and to think of those who come after you as those who came before you did.

All lakes are in fair to good condition as far as plant density and height are concerned at this time.

- The first two days open to harvest will be for “subsistence” ricing; the Band will not be purchasing wild rice from individuals on the first two days

For the first ten days following the opening of harvest, ricing will be every other day

- For the second week harvest will be allowed from 9 a.m.-3 p.m.
- Gichi-aya’aag Zaaga’igan (Elders’ Lake)- Zhaaganaashiins Odabiwining (Deadfish Lake) will be reserved for parties composed of at least one

individual that is 55 or older; this designation will last for the first two weeks of harvest

- Boat limits
Aatawemegokokaaning (Perch Lake)- 20
Chi-awasonigaming (Rice Portage Lake)- 40
Zhaaganaashiins Odabiwining (Deadfish Lake)- 25
Naawonigami-zaaga’igan (Mid Portage Lake aka Jaskari Lake)- 5
Mashkiigwaagamaag (Mud Lake)- 15
- All other waterbodies within the Fond du Lac Reservation with wild rice are subject to the above hourly and daily restrictions; no purchase of wild rice will be made at any other waterbodies other than those explicitly listed above with a boat limit
- The 5 lakes listed above are off limits to waterfowl hunting at all times during the first three weeks of harvest. This prohibition is meant to minimize the amount of boat traffic through the wild rice beds. The lakes are open to waterfowl hunting during non-ricing hours following the third week of harvest, and maintain that schedule until the general wild rice harvest is completed for the year.
- For the first week harvest will be allowed from 10 a.m.-2 p.m. Eligibility to harvest from on Reservation lakes
- Fond du Lac Band members
- “Other Indians” as defined in the Fond du Lac Conservation Code “any Indian who is an enrolled member of any federally recognized Tribe and is a permanent resident of the Fond du Lac Reservation”
- Spouses of Fond du Lac Band members that reside on the Reservation. A special landing access permit must be obtained from FDL Conservation.



Dagwaagin: “Gaagige Gikendaasowin”

“Knowledge for a Lifetime”



Presenter: Benace
(Ron Winters)
LCO Anishinaabe



Traditional Opening
at 9:00 a.m.:
Gwizans
(Ricky DeFee)

Niwin gagwedwewinan giwii-gagwejimig
(Four questions he will ask you.):

1. “Awenen aawiyaa?”
 (“Who are you?”)
2. “Aandi wenjibaayan?”
 (“Where did you come from?”)
3. “Aandi izhaayan?”
 (“Where are you going?”)
4. “Aanin waa ezhi-izhaayan imaa?”
 (“How will you go there?”)

Bawaajigewinan dakonan gikinoo’amaagoowinan miinawaa odizhi’on naa ge odisiins gekinoo’amaageng.
(Dreamcatcher teachings and he will tell you about umbilical teachings.)

17 Years Experience in Human Services:

- ~Ge-gagaamzonged (Counselor)
- ~Nendaw’iwed (Therapist)
- ~Ganawenjiged (Respite Care)
- ~Bami’aawaasod (Parenting Skills)

Please Register Early to ensure enough craft supplies by sending your name and the number of guests to:
janisfairbanks@fdirez.com

**Saturday, September 23, 2017
9:00-2:00 P.M.**

Wiisiniwin miinawaa minikwewin da-atewan.

(Food & Beverages Served)
Cloquet Community Center ENP

Sponsored by:
FDL Language Program
Nagaajiwanaang Genawendangig
Anishinaabemowin

For more information, contact: Janis Fairbanks
Anishinaabemowin Coordinator
janisfairbanks@fdirez.com



Fond du Lac Reservation
1720 Big Lake Road
Cloquet, MN 55720

Etc.

Development committee meeting

The Fond du Lac Economic Development committee met on July 26, 2017. Jason Hollinday, Planning Director, arranged for four guest speakers to talk with the group, presenters included; Mary Lundeen and Gavin Herrera Business Consultants from the University of Minnesota Duluth and Bemidji Campus's; Bob Palmquist Senior Business Developer Northspan; Shawn Wellnitz Representative from the Entrepreneur Fund Offices, and Michael Colclough Northland Foundation Business Finance Director.

Mary Lundeen gave a presentation on the UMD Center for Economic Development; who

they are, economic contributions of small businesses, the program and why the services they offer are so important. Mary shared a handout for any perspective business owner on the "Steps to Starting a Business" which we would like to share.

Steps to starting a business

Starting a business involves planning, making key financial decisions and completing a series of legal activities. These steps can help you plan, prepare and manage your business.

Step 1: Write a business plan

This written guide will help you map out how you will start and run your business successfully.

Step 2: Get business assistance and training

Take advantage of workshops

and free consulting services from UMD CED.

Select an accountant, bank, insurance, and legal professional to help you. <http://www.positive-lyminnesota.com>

<http://www.irs.gov/publications/p334/index.html> and mniba.org

Step 3: Choose a business location

Get advice on how to select a customer-friendly location and comply with zoning laws. Home based, lease or rent space, and obtain the necessary furniture, fixtures, and equipment.

Step 4: Finance your business

This will include your personal cash and business assets, business loans and investors.

<https://mn.gov/deed/business/financing-business/deed-programs/indian/> and <http://www.mctfc.org/>

Step 5: Determine the legal structure of your business

Decide which form of ownership is best for you: sole proprietorship, partnership, limited liability company (LLC), corporation or S-corporation.

Step 6: Register a business name ("doing business as")

Register your business name with your state government. www.sos.state.mn.us

Step 7: Obtain a Federal Tax Identification number (if appropriate)

Obtain from the IRS at www.irs.gov using form SS-4. (800-657-3777)

Step 8: Register for state and local taxes

Register with your state to obtain a tax identification number, workers' compensation, unemployment and disability insurance at www.taxes.state.mn.us. (651-282-5225 or 800-657-3605) Call 1-800-657-3858;

Step 9: Obtain a sales and use tax permit (if applicable)

Obtain this at www.revenue.

state.mn.us (651-296-6181 or 800-657-3858)

Step 10: Obtain business licenses and permits

Secure the appropriate federal, state, and local licenses and permits required for your business.

<http://www.sba.gov/category/navigation-structure/starting-managing-business/starting-business> and click on "Learn about Business Law and Regulations."

For a Food Manager's Certificate contact www.health.state.mn.us

Step 11: Set up your business accounting/bookkeeping system

Step 12: Create a website and secure a domain name

Step 13: Create your marketing plan

Step 14: Create any necessary contracts and service agreements

Step 15: Register your trademark at www.uspto.gov

Step 16: Create business cards, letterhead, envelopes, etc.

Step 17: Understand employer responsibilities

Learn the legal steps you need to take to hire employees. Go to www.irs.gov and www.positive-lyminnesota.com.

Establish job descriptions and training programs. Recruit the right personnel. Report your new employees at www.mn-newhire.com. Ensure you comply with government requirements for unemployment insurance, worker's comp, OSHA, payroll tax and self-employment tax etc.

Climate Change Vulnerability Assessment and Adaptation Plan

By Philip DeFoe,

Air Quality Technician

Natural resource and environmental staff from the Fond du

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

Air Quality

One of the first gifts of life given to us is our first breath. As Anishinaabeg we are responsible for making sure the air our children and their grandchildren breathe is clean. In the Air Quality section of the climate change and adaptation plan visibility, ozone levels, and extreme heat and precipitation (both excessive precipitation and drought) events are investigated in order to look at how air quality is being affected by climate change.

Particles in the air are formed from natural and human activities. Particles can enter the air from sources such as wild fires, dust, and volcanoes or can be introduced from manmade sources like vehicles, factories, power plants, and farms. When these particles interact with sulfur dioxide (SO₂) or nitrous oxides (NO_x), which are emitted mostly from industrial sources or vehicles, they create particle pollution and can impair visibility by creating a haze in the air. Particle pollution and haze due to dense accumulation of particles can have adverse health effects on sensitive populations. Smaller particles referred to as PM_{2.5} can make it past the body's defense system and enter the blood stream, exposing us to many

Domestic Violence Vigil

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

SAVE THE DATE

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

Fond du Lac Human Services Division | Social Services Department

Etc.

chemicals. The climate change and adaptation plan predicts increased temperatures and more frequent drought periods, which could increase particle pollution and the frequency at which wild fires occur.

Ground level ozone is projected to increase in our region with higher temperatures. Ozone occurs naturally in the upper atmosphere. However, when NOx and volatile organic compounds, found in many industrial chemicals and exhaust, mix in the lower atmosphere along with sunlight and heat, ground level ozone is created. Ground level ozone exposure can diminish forests' and crops' ability to store food and can physically harm them. Exposure to ground level ozone has many human health related issues also, particularly in sensitive populations with lung diseases like asthma, COPD, chronic bronchitis, and emphysema.

Extreme weather events are projected to increase in the 1854 Ceded Territory and Reservations, including extreme heat events. These occur when weather is much hotter and more humid than average for extended periods of time. Vulnerable populations like pregnant women, children, athletes, the chronically ill, and the elderly can suffer adverse health effects from prolonged exposure to extreme heat.

Extreme rain events are also expected to increase in our area. Increased flooding due to extreme rain events can cause indoor air quality issues, such as rapid mold growth, in homes affected by flood waters.

The climate change and adaptation assigned air quality a medium sensitivity to climate change and a low vulnerability to adapt to changes in climate.

For further detail in the Air Quality section of the Climate

Change Vulnerability Assessment and Adaptation Strategy Plan, or any of the detailed strategies associated with this section, please visit the Resource Management page on the Fond du Lac website and review the full document.

Stay tuned for my review on the next section of the plan in October's news paper.

Miigwech bizindawiyeg

FDLTCC receives WINHEC accreditation

Fond du Lac Tribal and Community College has received accreditation by the World Indigenous Nations Higher Education Consortium.

After publishing a comprehensive self-study document and hosting an intensive campus site visit in April 2017, the official recommendation for ten-year unconditional accreditation was awarded to Fond du Lac Tribal and Community College during the annual meeting of World Indigenous Nations Higher Education Consortium (WINHEC) member schools in Toronto, Canada, in early August.

Now deemed to have met the criteria established by the WINHEC Accreditation Authority, Fond du Lac Tribal and Community College is a full voting member of the WINHEC Accreditation Authority Board with all rights and privileges.

"This is another tremendous accomplishment and recognition of the quality education and opportunities available at Fond du Lac Tribal and Community College," said Fond du Lac Tribal and Community College President Larry Anderson. "Accreditation is not an easy task to complete successfully, and it is a process we take seriously to ensure our college is a strong, consistent, and vibrant institution of higher

learning within the communities we serve."

Fond du Lac Tribal and Community College is the only college in the nation which is accredited by the Higher Learning Commission and the World Indigenous Nations Higher Education Consortium.

The WINHEC accreditation specifically applies to Anishinaabeg Gikendaasowinan (the People's way of knowing) American Indian Programs at Fond du Lac Tribal and Community College. Anishinaabeg Gikendaasowinan's mission is to promote, honor and value the language, history, worldview, and knowledge of the Ojibwe-Anishinaabe people, thereby ensuring the longevity of the Ojibwe-Anishinaabeg culture.

Specific program areas include the American Indian Studies Associate of Arts degree program, the Environmental Institute's extension and community outreach programs, the Ojibwe language Teach the Teacher Immersion and Fellowship programs, and the bachelor's degree program in Elementary and American Indian Education. The accreditation recognition indicates that the college's American Indian programs have been carefully and thoroughly examined and have been found to be achieving the desired goals, purposes, and outcomes in a satisfactory manner.

"Traditional knowledge and the Ojibwe-Anishinaabe peoples' way of knowing have guided and directed Fond du Lac Tribal and Community College since our inception," said Roxanne DeLille, FDLTCC faculty member who coordinated the college's WINHEC accreditation proposal. "The use of indigenous knowledge can be seen throughout the campus, from the architecture of the building to weekly and seasonal events, to programmatic

and course design to the strategic plan. Every program and course acknowledges the indigenous people of this region."

"What differs between this review process and others is that accreditation by the WINHEC Accreditation Authority recognizes that our college and programs are framed by the indigenous philosophies of the native communities we serve," said DeLille. "We demonstrated that our programs are soundly conceived and intelligently devised, integrate indigenous culture, language, and worldviews into programing, and are purposefully presented in a manner to merit continued confidence by the indigenous constituencies being served."

WINHEC accreditation considers and supports the diversity which exists among indigenous-serving educational institutions, schools, and programs throughout the world. Quality is evaluated in terms of the purposes the institution seeks to accomplish.

"Accreditation performs a number of important functions including the validation of credibility on the part of the public being served and encouragement of efforts toward maximum educational effectiveness," said DeLille. "The WINHEC accrediting process requires educational institutions and programs to examine their goals, operations, and achievements with consideration of native peoples' philoso-

ANNUAL FDL VETERANS GOLF TOURNAMENT



Saturday, September 2, 2017
Black Bear Casino Resort Golf Course

Registration	7:30am
Shotgun Start	9:00am
Steak Dinner	3:00pm
Awards	4:00pm

Rain or Shine

4 PERSON SCRAMBLE

MEMBERSHIPS NOT APPLICABLE

\$75.00 PER PERSON

FDL VETERANS GOLF FOR FREE!

DD 214 MUST BE ON FILE AT FDL VETERANS OFFICE

2 FLIGHTS

TOP 3 TEAMS IN EACH FLIGHT
WIN CASH PRIZE!

SKINS GAME \$40.00 PER TEAM
MULLIGANS \$20.00 PER TEAM
OTHER ON COURSE EVENTS

DRIVING RANGE IS AVAILABLE AT NO CHARGE FOR TOURNAMENT PARTICIPANTS, DONATIONS WILL BE ACCEPTED.

ALL GOLFERS ARE WELCOME, YOU DO NOT NEED A VETERAN ON YOUR TEAM TO PARTICIPATE.

FOR TOURNAMENT INFORMATION: TOM WHITEBIRD AT 218.878.2670
THIS IS A FUNDRAISER FOR FOND DU LAC VETERANS

Etc.

phies and worldviews. It also provides the expert critiques and suggestions of an external review team and the recommendations of the accrediting body.”

“In our thirty years of existence, Fond du Lac Tribal and Community College has demonstrated that partnerships and collaboration works,” said President Anderson. “We know that from the perspective of our primary stakeholder, our students, the college is attractive and is preferred by many American Indian students, as well as all students interested in attending an institution that values diversity, access, and opportunities. The new WINHEC accreditation is another tangible validation that our mission and efforts are valuable to the communities we serve, and that our programs meet specific standards for purpose and quality.”

Fond du Lac Tribal and Community College is a regionally-accredited institution through the Higher Learning Commission of the North Central Association of Colleges and Schools. Every ten years, the college completes a comprehensive self-study process leading to continued accreditation. The self-study process, most recently completed in 2015, is designed to identify strengths, areas for improvement, and required follow-up reporting. The college’s Law Enforcement Program is certified by the Minnesota Board of Peace Officer Standards and Training. The Nursing Program is approved by the Minnesota Board of Nursing.

Brevator Language House features Open House and Dagwaagan (Fall) Equinox Event

We have two September events

hosted by the Fond du Lac Language Program. First, we will host an open house at the 111 Brevator Road Language House on Friday, Sept. 22 from 1-5 p.m. Soup and beverages will be served, you will meet program staff, and may offer your ideas on what you would like to see in 2018 from the language program.

Next, on Saturday, Sept. 23, 9 a.m.-2 p.m., the language program will host a Fall Equinox event at the Cloquet Community Center/ENP. Elder Anishinaabe Benace (Ron Winters) is keynote speaker for his Gaagige Gik-endaasowin (“Knowledge for a Lifetime”) presentation. He combines knowledge gained from 17 years experience as Counselor, Therapist, Respite Care Worker, and Parenting Skills practitioner to explore four basic questions with you, the audience, as he gives you tools to discover your own knowledge for a lifetime.

Gwiwizens (Ricky DeFoe) will give a traditional opening at 9 a.m., followed by welcoming comments from Anishinaabemowin Coordinator Ozhaawashkogiizhigokwe (Janis Fairbanks), with breakfast burritos and beverages served before the presentation.

Keynote speaker Benace (weather permitting) will lead the group outside to be by the trees when he delivers his talk. Benace enjoys sharing his knowledge and prefers an outdoor setting to deliver his message. However, in case of rain or cold weather, the presentation will be given inside the Cloquet Community Center and ENP, followed by a hands-on crafting session of dream catchers, as an application and reminder of Benace’s message.

We expect to serve lunch from noon to 12:30 p.m., followed by another hour-and-a-half to complete your craftwork.

Please pre-register by sending the names of all participants (with ages of children) in your party to janisfairbanks@fdlrez.com to ensure that enough crafting materials will be available.

Finally, our last big event of the summer was the Kiwenz Ojibwe Language Camp at Kiwenz campground in Sawyer July 19 - 23. Camp attendance and evaluation reports indicate great appreciation from camp participants. Whether they were new to camp, or returning campers, folks found something to appreciate. Comments from a first-time attendee: “I was here for the first time this year and it felt like I was welcomed and made new friends right away. I had no idea that I would be this happy here and I am very grateful for the event/staff here.” Comments from a long-term attendee: “I love how this camp makes me feel; makes me proud to be Ojibwe. Good for the Soul to be surrounded by goodness.”

Notably, people appreciated the expanded Children’s activities sponsored by donations from Northland Foundation Age to Age Program, and ACES Minnesota Communities Caring for Children program. Thanks also to SHIP and Clearway for donations to camp.

Planning has started for Kiwenz Language Camp 2018.

Please send questions or comments on language program activities to [Janis Fairbanks at janisfairbanks@fdlrez.com](mailto:JanisFairbanks@fdlrez.com)

The Transit Corner

Fond du Lac Transit is proud to announce the arrival of two new buses that have been added to the fleet. Buses 138 and 140 arrived in July and these, must needed buses, have been fitted with more features that include but not limited to an air suspen-

sion system that should cushion the ride for a smoother transport.

Also destination signs have been added that will display where each of the buses is operating in. The zone plan has been a work in progress and that plan has come to fruition with buses operating in one of three zones, Cloquet, Brookston, and Sawyer. This effort will reduce the number of miles buses travel on a daily basis - thus providing a cost saving.

Fond du Lac transit is currently in the process of procuring a third (larger) bus that will be used for special trips as well as trips to the Miller Hill Mall and beyond as permitted.

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

The Transit dispatch office has made earnest efforts to answer calls in sequence by adding and maintaining two dispatchers. That plan has been working though incoming calls can, at times, overwhelm the system or the availability of two dispatchers is not always possible.

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

Bagamiwizh Weweni, Arrive Carrying Someone Safely

Tribal Court notice of marriage

In the Matter of the Marriage of KELLY MARK TIESSEN, Applicant 1, and EDIE LENORE JOURDAIN, Applicant 2. Case No.: MA-001-17 Notice of name change.

Notice is hereby given that on August 14, 2017 KELLY MARK TIESSEN and EDIE LENORE

JOURDAIN were united in Marriage in accordance with the laws of the Fond du Lac Band of Lake Superior Chippewa, and on August 14, 2017 a Certificate of Marriage was issued changing the name of EDIE LENORE JOURDAIN to EDIE LENORE TIESSEN.

Fond du Lac Ojibwe School Board Regular Meeting Tuesday July 11, 2017 3 p.m. Fond du Lac Ojibwe School Board Room

Call to Order: 3:04 p.m.

Roll Call: Debra Johnson-Fuller, Kathleen Garsow, Joyce LaPorte, Carol Wuollet entered at 3:25 p.m., Betty Anderson, Robert Peacock, Michael Diver.

Others present: Jennifer Johnson, Superintendent; Tara Dupuis, Principal; Vicki Oberstar, Counselor; Rebecca St. George, Staff Attorney; Bridget Paulson, Program Accountant

Principal Tara Dupuis read the mission statement

Joyce LaPorte motioned to approve the July 11, 2017 regular meeting agenda. Betty Anderson seconded, all in favor, 0 opposed, motion carried.

Betty Anderson motioned to approve the June 6, 2017 regular meeting minutes. Joyce LaPorte seconded, all in favor, 0 opposed, motion carried.

Review the Ledger: Bridget Paulson gave an overview of revenue, estimated budget, actual revenue received, carryover, actual sent, remaining balance, misc fundraising, all other grants. There was discussion regarding carry over, restricted funding, and mini grants.

New business

I. Literacy Policy DRAFT updated for 2017-18 - Superintendent

Etc.

Johnson described the current Literacy Policy.

Carol Wuollet entered at 3:25 p.m.

The board made edits to the Literacy Policy. There was discussion regarding reading, math tutors, and the Reading Buddies program.

Robert Peacock motioned to approve the Literacy Policy DRAFT 2017-2018, seconded by Kathleen Garsow. All in favor - Further discussion - Board member Betty Anderson would like this item tabled and presented with further intervention. 6 in favor, 1 opposed, motion carried.

II. Attendance Discussion - Betty Anderson discussed accumulating make-up time attendance and how this affects testing.

III. FDL Ojibwe School Board Bylaws - Rebecca St. George, Staff Attorney.

Page 5 109. POWERS a. Establishment of Policies and Procedures.

Superintendent Johnson suggested the board review their strategic plan and then review the bylaws.

She would like to recommend reducing the number of members to 5 or 7. There was discussion regarding staff members on the board roles and responsibilities, chain of command, history of staff on the board, and conflict of interest discussion. Meetings are public and all staff are encouraged to attend all meetings.

School Board Membership - Discussion regarding membership and the numbers of members needed for this board.

Kathleen Garsow motioned to remove the school staff from the school board bringing membership from 9 to 7 effective August 31, 2017, seconded by Michael Diver. All in favor, 0 opposed, motion carried.

Page 4, item 108 - Officers - Define term limits of the officers.

Discussion regarding Roberts Rule of Order - currently this is not defined in the OJS board bylaws.

The board has an option to operate by modified consensus. It is not required to add this to the bylaws.

Term limits and elect officials need to be completed today. Bylaws review can be on-going. Page 5 item 109 C. School Financial Plan and Budget needs further definition. Discussion regarding estimating budget, the Bureau, RBC,

Page 6 item 109, D 3. Personnel Evaluation and Selection - needs clarification. The School Board shall have the authority of review and provide input on all teaching personnel and support staff.

110 MEETINGS - REGULAR MEETINGS - a written notice of a Regular Meeting must be sent to each member of the Board by the Secretary at least five (5) calendar days prior to the meeting specifying the agenda, place, date and time of the meeting. This also conflicts with Page 4 Item 108. OFFICERS. The Secretary shall prepare and maintain the minutes of the school board and shall provide copies of board minutes to the RBC within ten (10) days of approval. This needs to be defined.

What are the duties of the Secretary? Needs further discussion. Page 7 110 E Quorum Change from 5 to 4

Page 8 112 E Conflicts of Interest - review and revise.

Compensation needs to be added to the bylaws.

Break 4:50 - 4:55

IV. Election Process - Chair of the board - Betty Anderson nominated Debra Johnson-Fuller, seconded Robert Peacock. Vice Chair of the board - Joyce LaPorte nominated Robert Peacock, seconded by Michael Diver.

Old business

I. Airplane update - Superintendent Johnson discussed the financial obligation to finish the airplane with students. The board further discussed the rules of the FAA, offers to purchase or option to sell.

There was discussion on the history of obtaining the project. Superintendent Johnson will solicit a quote/report to complete the plane.

II. Sub-committee updates - Community Involvement sub-committee is planning the back to school BBQ Sept 1, 2017.

Playground Committee - proposal from Miracle Playground - \$118,000. Superintendent Johnson presented display boards.

Supervisor reports

Superintendent Johnson - no discussion

Tara Dupuis. Principal - 18 open positions - interviews are scheduled July 24, 2017.

Music, Drama and Industrial Arts positions - no applicants

Joyce LaPorte motioned to adjourn, seconded by Betty Anderson. All in favor, 0 opposed, motion carried

Adjourn 5:18 p.m.

Recorded by: Jennifer Trottechaude

General Notice to Creditors

In the Matter of the Estate of JAMES WARREN NORTHRUP, JR., decedent, PATRICIA ANN NORTHRUP, petitioner. Case No: PR-003-17 GENERAL NOTICE TO CREDITORS

Notice is given that probate proceedings are pending in the Fond du Lac Tribal Court regarding the estate of James Warren Northrup, Jr.

Any claims against the above-referenced estate must be filed on or before October 29, 2017 or the claims will be barred. All claims must be filed with the Tribal Court and provided to the personal representative by the deadline in order to be considered.

The address of the personal representative of the estate is: Patricia Ann Northrup 1244 Northrup Road Cloquet, MN 55720 The mailing address of the Tribal court is:

Fond du Lac Band of Lake Superior Chippewa Tribal Court 1720 Big Lake Road Cloquet, Minnesota 55720

Wisdom Steps 14th annual golf tournament

The Wisdom Steps program will be hosting their 14th annual golf tournament at Black Bear Casino Resort's golf course Sept. 8.

Registration starts at 9 a.m. on the day of the event. Wisdom Steps will also be hosting a silent auction, generous support helps improve Elder health through programs in our communities.

To request a registration brochure/form please contact Carol Jenkins: (218) 308-3256 (cell) cjenkins@paulbunyan.net or Marilyn Martin (218) 239-0030 (cell) same01945@hotmail.com

Fond du Lac Historical society

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

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

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

We are the chosen.

Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

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

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

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

"OUR CHILDREN ARE OUR FUTURE"

Mary aka Marie (Houle) and Frank S. Doolittle

Research by Christine Carlson
and Story by Sharon (Doolittle)
Schuck

Frank's parents - 1895 LaPointe Census

Family number 177 is James Doolittle age 36 and his wife Sanswe age 34. Their children are Joseph age 12 and Frank age 11.

1900 Government Boarding School in Sanborn, Wisconsin

Frank age 15 and Joseph Doolittle both attended this school.

1905 – Carlisle Indian Boarding School

Frank at age 18 entered this school in September of 1905. He ran away from the school on October 24, 1905.

1910 Federal Census for Bad River, Ashland, Wisconsin

James Doolittle age 55 and his son Frank S. age 24, Mary Doolittle age 24 and Joseph age 3. Boarders Edward Morrison age 45 and Oga Wan Roy age 70.

Mary Houle's parents - Fond du Lac Indian Census for 1891

Family number 413 is Frank Houle age 60, Margaret age 47, Michael age 18, Zoe age 15, Frank age 12, Augustine age 9, Margaret age 6, and Marie age 4.

1900 United States Federal Census for Fond du Lac Indian Reservation

Frank Houle age 66 and wife Mary age 53 and their children Charlotte age 37, Michael age 25, Frank age 19, Augustine age 17, Maggie age 15, and Mary age 13.

Mary and James Separate

The years 1910-14 show that Mary is no longer with the family and moved back to the Fond du Lac Reservation. James and Louise Starr from Sawyer, Minn. married in Bessemer, Mich. in November of 1914.

Sold Booze to Indians – Duluth News Tribune of March 20,

1917

Sanborn, Minn., March 19 – Stanley Talaska, proprietor of the only saloon here, was convicted in municipal court this afternoon on a charge of selling liquor to Indians Sunday. He was fined \$50 and costs. The Indians who obtained booze were George Curtis and Frank Doolittle.

Jailtime for introducing liquor to the Indians

Frank Doolittle was given jail sentences in two different places. In March of 1917 he served in Ashland for 2 months. In April of 1917 he served a year and a day at Leavenworth Kansas Penitentiary.

Introducing a Story Called 'Unbroken Spirit' by Sharon (Doolittle) Schuck

July of 1918. Halfway through the Summer Moon, berry picking time. The moonlight beats down on my walking shadow of a thin body. Loose flesh hangs on my arms and legs. I was once a robust man, able-bodied and solid. Now, I'm a skeleton of a man, wrinkled, bruised and wasted. My legs grow weak, difficult to walk, stand and the ankles are red and swollen. Aye, the irons did this to me.

I stand alone the train hissing behind me, the Ashland depot cement platform burns the soles of my well-worn leather high top shoes. I'm near exhaustion, my belly swollen without food for three days, I feel squeamish, dizzy I must steady myself. The train water tainted with green did not quench my thirst. Aye, soon I will taste Mother Earth's sweet pure water from where the water's meet.

I turn, and gaze at the ticket agent he points to a wooden sign that read, "No Indian's Allowed." I nod, then drag my legs to an open clearing I spot a large shade oak tree, a good place to rest.



Sharon Schuck's grandfather Frank S. Doolittle, photo courtesy Sharon Schuck.

I lean against the bark, slowly sliding down, taking some bark with me. I catch a whiff of newly mowed hay, the smell of the bark and sweet grass. Aye, then I remember, so many moons ago, the seasons, Great Spirit Moon-Storytelling; Sucker Moon; Maple Sugar Moon; Flower Moon; Ricing Moon; the gathering; the feasts and maybe a good chew will heal me. I will rest now and await for my clan family to arrive.

I pick up last night's thoughts as though I had never dropped them, a smudging of cedar, tobacco, sweet grass and sage, a cool dip to rid me of that Leavenworth Prison. I cough, hunch over, my thoughts, I have that white man's disease.

Soon, my people will be here, to talk, to walk, to feast. They will gather the healing plants, to mend my broken body and make me strong again. My eyes close, I listen, the train wheels approaching. I will not be on that train. I am a free man, without irons, to gather, to hunt, to fish, I thank the Creator and Mother Earth.

My thoughts drift back to days earlier, my fourth and last train

ride. Leavenworth unshackled me. A free man. I will return to my people, to my reservation, Odanah, Wi. The warden speaks and passes over a leather money bag, he says, there's a one way train ticket to Wi., \$3.28, a grip with a blanket, clothing and three days rations. He speaks crossed, "A prison guard will see you safely home." I nod my head yes, look down and say nothing.

I flinch, become weak, taste sour mush in my belly. He stands behind me, slapping his club in his hands, to settle a score with me, because I am an Indian. The club nudges the back of my neck, I shudder and sweat with fear. The guard points to an open door, leading to an outside court yard. The bright sunlight blinds my eyes. A shadow overtakes, shading my vision. I sense his presents. He sweeps close and circles above me. Then opens his wings, swoops down and drops a gift at my feet. My hands, skeletons of once a proud man, reach out and pick up the Eagle Feather. Miigwech, I say, to the Creator. My fingers pass over the soft Creator's gift, and nuzzle it against my lips. I hear faint

sounds of flapping, swishing of wings. Gazing up at him, I nod. He circled above me, as if waiting for me to follow him, a journey home.

A driver and his paddy wagon with bars awaits me. This, I cannot make sense of. Bars! I am a free man! My thoughts, does the Leavenworth warden and guard think I will run? I glance up, the Creator waits, circling.

Many moons ago, the darkest of nights, Grandfather, Grandmother, Mother came to me, they say, "My Son, My Son, you will find your way." This I remember. This I understand.

I clinch tightly to the grip, tucked inside between a small pox blanket, \$3.28, my belongings, and three days rations. The guard, the club and Inmate 11701, board the train in Kansas City, will transfer in Chicago, then on to Ashland, Wi. Home. Odanah.

The club motions to two tattered leather benches, away from the eyes of fellow passengers. I sit next to window, peering out through the racks. I strain my ears, listening to freedom, the sounds of wheels, rolling, changing tracks, swaying back and forth counting whistles at each crossing. My eyes become heavy I doze off to rocking movements. A deep cough awakens me, the white man's disease. I glare out, the brightness of the sun meets Mother Earth, light filters between the tall stacks of corn I remember, I was one a farmer, planting the three sisters, corn, squash and beans on my allotment land. I will put down tobacco to thank Mother Earth and the Creator, to feed my hungry clan family. This is what I will do.

Mistakes are made; lessons learned; yet there is hope. There is no place like home.

Hunting News

2017-18 hunting season limits

All Species

Season dates are slightly different from last year to reflect the new calendar year.

Moose

The Band will have a moose season again in 2017 for Bull Moose.

Deer

As deer numbers continue to increase following the harsh winter of 2013-14 the limit on Reservation deer tags is increased this year to three either sex tags. Two tags initially and one more following registration of a deer. Deer hunters in the Ceded Territories may receive up to four either sex deer tags at a time and more as tags are filled and deer are registered.

Registration stations for the Fond du Lac Reservation and 1854 & 1837 Ceded Territories of Minnesota

Fond du Lac Resource Management division Mon-Fri 8 a.m.-4:30 p.m. 1720 Big Lake Rd. Cloquet, MN 55720 (218) 878-7101. Registers deer, bear, cranes, turkeys and furbearers.

Sawyer Store Mon-Sun 7 a.m.-9 p.m. Box 27 Sawyer, MN 55780 (218) 879-4759 Registers deer, and bear.

Country Corner Tavern Mon-Sun 8 a.m.-11 p.m. 9497 Hwy 2 Brookston, MN 55711 (218) 453-5660 Registers deer, and bear.

Animals taken in Wisconsin or Michigan must be registered at the Fond du Lac Resource Management Division Office or other GLIFWC registration stations.

Online and phone registration for the Fond du Lac Reservation and the 1854 & 1837 Ceded Territories of Minnesota

Deer, bear, cranes, or turkey harvested in the 1854 and 1837 Ceded Territories of Minnesota or on the Fond du Lac Reservation may be registered online by visiting the FDL Resource Management Division webpage. <http://www.fdlrez.com/RM/hunterharvestregistration.htm>

In addition, deer, bear, crane, or turkey harvested in the 1854 and 1837 Ceded Territories of Minnesota or on the FDL Reservation may be registered by phone by calling: (218)-878-7171

Animals harvested in the Ceded Territories in Wisconsin or Michigan for which registration is required, must be registered at the Fond du Lac Resource Management Division or other established GLIFWC registration stations.

If you choose to register online or by phone you will need the following information in order to complete the process:

- The hunter's name
- The hunter's 4 digit license (ID) number or 5 digit license number for members of other Bands hunting on the FDL Reservation
- The 3 or 4 digit number of the carcass tag on the animal
- The unit where the animal was taken (see map page 19 left)
- The date of harvest
- If necessary, the animal's

sex (male or female) and age (adult or fawn)

- Method of take – bow, muzzleloader, or firearm.

You will not receive a registration tag for a phone or online registration; however, your registration information will be recorded at the Resource Management Division office.

If you prefer, you may still register deer or bear in person at any of the registration stations listed. Note that if you choose to register turkeys, or cranes in person, this can only be done at the Resource Management Division office. Furbearers can only be registered in person and only at the Resource Management Division office. Moose may only be registered by phone at

(218) 721-8317.

Moose seasons and limits 1854 Ceded Territory General

There will be 48 moose permits in the 1854 Ceded Territory distributed by a drawing system. FDL hunters must apply as a party of 3-4 hunters. A \$25 processing fee will be charged for each application and a \$50 refundable deposit is required for each permit. The \$50 will be refunded following the close of the season as long as a party has either registered a moose or returned an unused tag.

Permits are not restricted to zones, however; only the area formerly bounded by state moose zones is open to moose hunting (See map page 19 right).

FDL hunters are limited to harvesting only Bull Moose. The season will close when 24 moose are registered or December 31 whichever comes first. The season will be closed with 24 hour notice by contacting the lead hunter on each permit. Parties are responsible for knowing if the season is open before hunting.

Federal regulations regarding non-motorized use must be followed in the BWCAW.

Sept. 8 - Last day to pick up 1854 moose permits

Sept. 11 – unclaimed permits may be issued to unsuccessful applicants in the order they were drawn on August 14.

Archery and firearms season

Sept. 23 - Dec. 31.

Hunting hours are one half hour before sunrise to one half

State park	hunt type	county	hunt dates	FDL permits
Banning	Firearm -Youth Only	Pine	Oct. 28 - 29	1
St. Croix	Firearm-Youth Only	Pine	Oct. 28 - 29	3
Tettegouche	Firearm-Youth Only	Lake	Oct. 28 - 29	2
Cascade, Judge Magney, Gooseberry Falls, Split Rock, and Tettegouche combined	Regular Firearm	Lake & Cook	Nov. 4 - 19	10
St. Croix	Regular Firearm	Pine	Nov. 16 - 19	20
Soudan/Lake Vermillion	Muzzleloader	St. Louis	Nov. 25 - Dec. 10	2
St. Croix	Muzzleloader	Pine	Nov. 30 – Dec. 3	3
Crow Wing	Muzzleloader	Crow Wing	Dec. 2 - 3	2
Jay Cooke	Muzzleloader	Carlton	Dec. 2 - 6	3

Hunting News

hour after sunset.

Deer seasons and limits 1854 and 1837 Ceded Territories of Minnesota

Archery and Firearms Seasons

Sept. 5 - Dec. 31.

Hunting hours are one half hour before sunrise to one half hour after sunset.

General

Each individual is allotted up to four either sex deer tags initially and one more with each deer registered. Additional tags may be obtained from the FDL Resource Management Division office following registration of a deer. There are no upper limits on the number of Ceded Territory deer tags an individual can receive. Ceded Territory deer tags may be used in any ceded territory of Minnesota, Wisconsin, or Michigan.

FDL Reservation

Archery and firearms season Sept. 5 - Dec. 31

Hunting hours are one half hour before sunrise to one half hour after sunset.

General

Each individual is initially allotted 2 either sex deer tags for use on the Fond du Lac Reservation. One additional tag is possible for the Reservation following registration of a deer. Ceded Territory deer tags may not be used on the Reservation.

State park deer hunts

A limited number of permits for state park deer hunts are available for Fond du Lac Band members. Special regulations and limited permit numbers apply to most park hunts. Permits are issued on a first-come-first-serve basis

and are available roughly 2 weeks before the start of the hunt. Contact the Resource Management Division for more information if you are interested in any of these hunts.

Bear seasons and limits General

Hunters limited to 2 bear tags initially. Bear tags may be used on the FDL Reservation or in the Ceded Territories of Minnesota, Wisconsin, and Michigan. Additional tags may be obtained from the FDL Resource Management Division once a bear is registered. The individual limit is 4. Cubs or sows with cubs may not be harvested.

1854 Ceded Territory

Archery and firearms seasons Aug. 26 - Dec. 31

Baiting Aug. 4 - Dec. 31

Hunting hours are one half hour before sunrise to one half hour after sunset.

1837 Ceded Territory of Minnesota

Archery and firearms seasons Sept. 1 - Nov. 15

Baiting Aug. 11 - Nov. 15

Hunting hours are one half hour before sunrise to one half hour after sunset.

FDL Reservation

Archery and firearms seasons Aug. 26 - Dec. 31

Baiting Aug. 4 - Dec. 31

Hunting hours are one half hour before sunrise to one half hour after sunset.

Migratory bird seasons and limits

1854 and 1837 Ceded Territories of Minnesota

Species, season, daily limit

Ducks, Sept. 9 - Nov. 30, 18 total

The daily duck bag may not include more than 12 mallards or 9 of any other species. Mergansers, Sept. 9 - Nov. 30, 15 total

The daily merganser bag may not include more than 6 hooded mergansers.

Canada Geese, Sept. 1 - Nov. 30, 20

Sandhill Cranes, Sept. 1 - Nov. 30, 2

The daily limit for cranes is two. There are no season or possession limits. Crane carcass tags are required before hunting. Additional carcass tags are possible following registration of a bird.

Coots & Moorhens, Sept.

9- Nov. 30, 20 singly or in aggregate

Sora & Virginia Rails, Sept.

1 - Nov. 30, 25 singly or in aggregate

Snipe, Sept. 1 - Nov. 30, 8

Woodcock, Sept. 1 - Nov. 30, 3

Crow, Mar. 1 - Mar. 31 and July

15 - Oct. 15, None

Mourning Doves, Sept. 1 - Nov.

30, 30

There are no season or possession limits for migratory birds at this time.

Shooting hours for migratory birds are one half hour before sunrise to one half hour after sunset.

FDL Reservation

Species, season, daily limit

Ducks, Sept. 1 - Nov. 30, 12 total

The daily duck bag may not include more than 8 mallards or 6 of any other species.

Mergansers, Sept. 1 - Nov. 30, 10 total

The daily merganser bag may not include more than 4 hooded mergansers.

Canada Geese, Sept. 1 - Nov. 30, 20

Sandhill Cranes, closed

Coots & Moorhens, Sept.

1 - Nov. 30, 20 singly or in aggregate

Sora & Virginia Rails, Sept.

1 - Nov. 30, 25 singly or in aggregate

Snipe, Sept. 1 - Nov. 30, 8

Woodcock, Sept. 1 - Nov. 30, 3

Crow, Continuous, None

Mourning Doves, Sept. 1 - Nov. 30, 30

There are no season or possession limits for migratory birds on the Reservation at this time.

Shooting hours for migratory birds are one half hour before sunrise to one half hour after sunset.

Reservation Rice Lakes may be posted closed to hunting during the early part of migratory bird seasons.

Fall turkey seasons and limits General

Two tags available to hunters initially. Turkey tags may be used either on the FDL Reservation or in the Ceded Territories of Minnesota and Wisconsin. Additional tags are possible upon registration of a bird. Hunting hours are one half hour before sunrise to one half hour after sunset.

1854 Ceded Territory

All of the 1854 Ceded Territory is open to turkey hunting.

Archery and firearms seasons

Fall Season: Sept. 5 - Dec. 31

Either sex of turkey may be taken in units open to fall hunting.

1837 Ceded Territory of Minnesota

All turkey units in the 1837

Ceded Territory of Minnesota are open to fall hunting except the Sherburne National Wildlife Refuge is closed to all turkey hunting.

Archery and firearms seasons

Fall Season: Sept. 5 - Dec. 31

Either sex of turkey may be taken in units open to fall hunting.

FDL Reservation

Archery and firearms seasons

Fall Season: Sept. 5 - Dec. 31

Either sex of turkeys may be taken.

Small game and furbearer seasons and limits

1854 Ceded Territory

At this time there are no limits on small game and furbearers with open seasons in the 1854 Ceded Territory

Species, season*

Badger Sept. 5 - Mar. 31

Beaver continuous

Bobcat Sept. 5 - Mar. 31

Cottontail Rabbit Sept. 5 - Mar. 31

Cougar closed

Coyote continuous

Fisher Sept. 5 - Mar. 31

Gray Fox Sept. 5 - Mar. 31

Lynx closed

Marten Sept. 5 - Mar. 31

Mink Sept. 5 - Mar. 31

Muskrat Sept. 5 - Mar. 31

Opossum Sept. 5 - Mar. 31

Otter Sept. 5 - Mar. 31

Raccoon continuous

Red Fox continuous

Ruffed Grouse Sept. 5 - Mar. 31

Sharp-tailed Grouse Sept. 5 - Mar. 31

Snowshoe Hare Sept. 5 - Mar. 31

Spruce Grouse Sept. 5 - Mar. 31

Spotted Skunk closed

Red, Gray, and Fox Squirrel

Sept. 5 - Mar. 31

Striped Skunk continuous

Hunting News

Weasel continuous

Wolf closed

**Hunting and trapping combined*

Hunting hours are one half hour before sunrise to one half hour after sunset except raccoon may be taken at night with certain limitations.

1837 Ceded Territory of Minnesota

At this time there are no limits on small game and furbearers with open seasons in the 1837 Ceded Territory of Minnesota

Species, season*

Badger hunting (Sept. 5 - Mar. 1), trapping (Oct. 1 - Mar. 31)

Beaver hunting (continuous), trapping (Oct. 1 - Mar. 31)

Bobcat hunting and trapping Oct. 1 - Mar. 31

Bobwhite Quail hunting (Sept. 5 - Mar. 31), trapping (Oct. 1 -

Mar. 31)

Cottontail Rabbit hunting (continuous), trapping (Oct. 1 - Mar. 31)

Coyote hunting (continuous), trapping (Oct. 1 - Mar. 31)

Fisher hunting (closed), trapping (Oct. 1 - Mar. 31)

Gray Fox hunting (Sept. 5 - Mar. 31), trapping (Oct. 1 - Mar. 31)

Hungarian Partridge hunting (Sept. 5 - Mar. 31), trapping (Oct. 1 - Mar. 31)

Lynx closed

Marten hunting (Oct. 1 - Mar. 31), trapping (Oct. 1 - Mar. 31)

Mink hunting (Oct. 1 - Mar. 31), trapping (Oct. 1 - Mar. 31)

Muskrat hunting (Oct. 1 - Mar. 31), trapping (Oct. 1 - Mar. 31)

Opossum continuous

Otter hunting (closed), trapping (Oct. 1 - Mar. 31)

Pheasant (male) hunting (Sept. 5 - Dec. 31), trapping (Oct. 1 - Mar. 31)

Pheasant (female) hunting (Sept. 5 - Dec. 31), trapping closed

Raccoon hunting (continuous), trapping (Oct. 1 - Mar. 31)

Red Fox hunting (continuous), trapping (Oct. 1 - Mar. 31)

Ruffed Grouse hunting (Sept. 5 - Mar. 1), trapping (closed)

Sharp-Tailed Grouse hunting (Sept. 5 - Jan. 31), trapping (closed)

Snowshoe Hare hunting (continuous), trapping (Sept. 5 - Mar. 31)

Spotted Skunk closed

Squirrel (Red, Grey, and Fox) hunting (continuous), trapping (Sept. 5 - Mar. 31)

Striped Skunk continuous

Weasel continuous

Wolf closed

Hunting hours are one half hour before sunrise to one half hour after sunset except fox and raccoon may be taken at night with certain limitations. Fox and raccoon may not be taken at night during state firearms deer season.

FDL Reservation

At this time there are no limits on small game and furbearers with open seasons on the FDL Reservation

Species, season*

Badger Sept. 5 - Mar. 31

Beaver continuous

Bobcat Sept. 5 - Mar. 31

Cottontail Rabbit Sept. 5 - Mar. 31

Cougar closed

Coyote continuous

Fisher Sept. 5 - Mar. 31

Gray Fox Sept. 5 - Mar. 31

Lynx closed

Marten Sept. 5 - Mar. 31

Mink Sept. 5 - Mar. 31

Muskrat Sept. 5 - Mar. 31

Opossum continuous

Otter Sept. 5 - Mar. 31

Raccoon continuous

Red Fox Sept. 5 - Mar. 31

Ruffed Grouse Sept. 5 - Mar. 31

Sharp-tailed Grouse closed

Snowshoe Hare Sept. 5 - Mar. 31

Spruce Grouse closed

Gray Squirrel Sept. 5 - Mar. 31

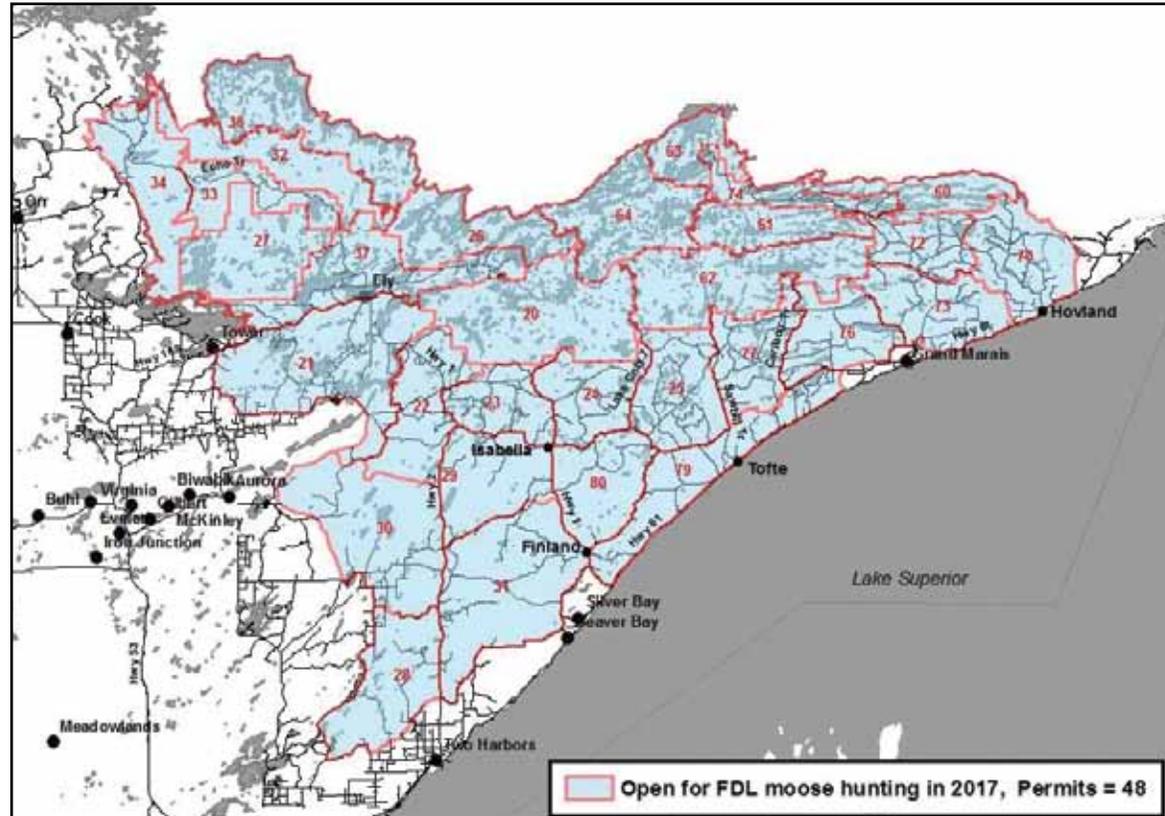
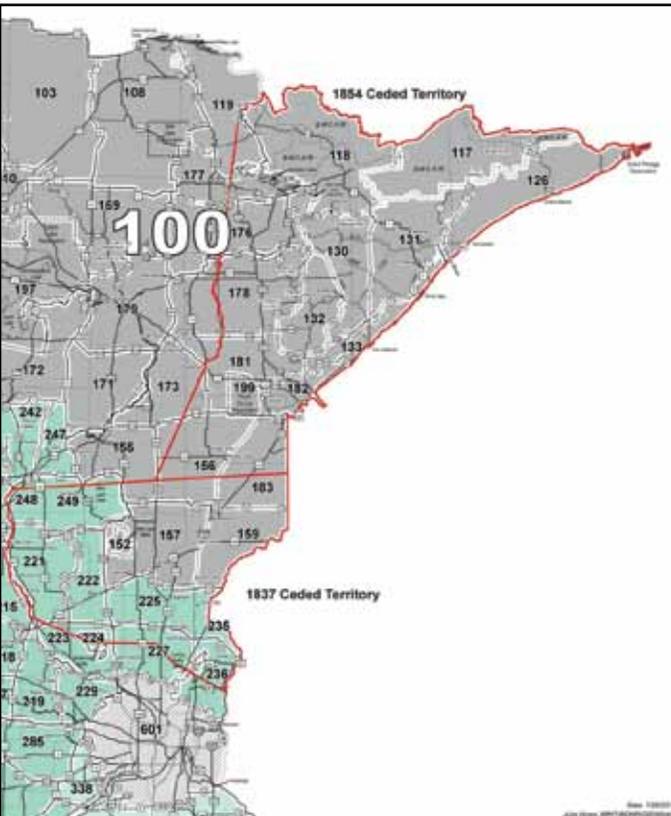
Striped Skunk continuous

Weasel continuous

Wolf closed

**Hunting and trapping combined.*

Hunting hours are one half hour before sunrise to one half hour after sunset except raccoon may be taken at night with certain limitations.





Health News

September is Prostate Cancer Month

By Denise Houle,
Cancer outreach worker

Prostate cancer is one of the most common types of cancer in men. There are NO warning signs of early prostate cancer. Most prostate cancers occur in men without a family history of it. One in seven men will be diagnosed with prostate cancer during his lifetime.

Risk factors: Unchangeable are age, race/ethnicity, geographical area and family history.

Things you can do that might lower your risk, such as:

- Eating at least 2½ cups of a wide variety of vegetables and fruits each day
- Being physically active
- Staying at a healthy weight.

Symptoms of Prostate Cancer include:

- A frequent need to urinate especially at night
- Difficulty starting or stopping a stream of urine
- A weak or interrupted urinary stream
- Leaking of urine when laughing or coughing
- Inability to urinate standing up
- A painful or burning sensation during urination or ejaculation
- Blood in urine or semen.

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

A message from your Fond du Lac Cancer Prevention Program

Source: Mayo Clinic www.mayoclinic.org American Cancer Society www.cancer.org and www.webmd.com/prostate-cancer

September is Ovarian Cancer Month

By Denise Houle,
Cancer outreach worker

Ovarian cancer is rare; however it ranks fifth and accounts for about 3% of cancer deaths among women. A woman's risk of getting ovarian cancer during her lifetime is about 1 in 75. Women with a family history of ovarian cancer are at increased risk, as well as those with an inherited predisposition to ovarian cancer.

Unfortunately, there is currently no screening tests for ovarian cancer.

Signs and symptoms of ovarian cancer

Ovarian cancer may cause several signs and symptoms. Women are more likely to have symptoms if the disease has spread beyond the ovaries, but even early-stage ovarian cancer can cause these symptoms: The most common symptoms include:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Urinary symptoms such as urgency (always feeling like you have to go) or frequency (having to go often)
- Changes in bowel habits, such as constipation

Others symptoms may include:

- Fatigue
- Upset stomach
- Back pain
- Pain during intercourse
- Constipation
- Menstrual changes
- Abdominal swelling with weight loss.

Always remember to consult your healthcare provider with any questions or concerns

Sources: American Cancer Society www.cancer.org Center for Disease Control (CDC) www.cdc.gov and Mayo Clinic www.mayoclinic.org

Importance of HPV Vaccine

By Charles Kendall, M.D.

Many vaccines are familiar to parents, because they've been around for a long time. Some are newer, but are still just as important and just as safe. Today, there is even a vaccine that can prevent certain types of cancer. It's called the HPV (human papillomavirus) vaccine, and it's recommended that all children get it at ages 9-12. The HPV vaccine can help protect children from many types of cancer in the future, including cervical, throat, vulvar, penile, and anal.

In Minnesota, American Indian women are four times more likely to get cervical cancer than the general population. Native men are twice as likely to get HPV-related throat cancers as non-Native men. Many of these strains can be prevented by the HPV vaccine. The HPV vaccine protects against 90% of the strains of HPV that cause cervical cancers.

HPV infects the skin. It is passed through touch and it can cause cancer. Most people will be infected with HPV at least once in their lives, but their immune system will fight it off. If the body doesn't fight off the HPV, it can cause cancer. The vaccine blocks the infection, and prevents the cancer from starting.

The HPV vaccine works best when it is given to children before they are teenagers, which is why we recommend vaccinating children at age 9. Children should complete the two-dose series by their 13th birthday. If your children are older than this, they can still get the vaccine through age 26, but age 9-12 is the most effective time.

Together, we can put an end to these cancers. As Fond du Lac's medical director, I'm making awareness about the HPV vaccine a priority. If we act now to protect our children, we will spare many in future generations from the devastation of these cancers. Please join me in spreading the word about this life-saving vaccine.

Benefits of Breakfast

By Kara Stoneburner, RDLD,
Public Health Dietitian

Mornings can be tough, but they can also be a great starting point for a healthy day. Mornings give you the opportunity to eat a healthy meal that can predict how the rest of your day will go. The first meal of the day (usually called breakfast) contributes to better concentration at work and in the classroom. It promotes better behaviors and easier learning. Breakfast can help with weight loss, weight control, increased strength and endurance. It can help with blood sugar control and it can help you eat healthier throughout the day.

Many people skip breakfast in an effort to lose weight. However, as the day continues, your body is starving and you tend to replace these skipped calories with mindless nibbling and bingeing for the rest of the day. Often, this snacking is on high calorie, high fat snacks we can easily get from the vending machine. Skipping breakfast may also cause you to overeat at the next meal. Breakfast skippers tend to consume more calories throughout the day because their body is craving food and energy.

Blood sugars can be harder to control without breakfast. Overnight, your body experiences a fast. By skipping breakfast, the fast continues. Energy stores are not replaced and snacking on foods that may not be the best choice could cause blood sugars rise and fall undesirably.

Whether at work or school, a grumbling stomach isn't helpful. Skipping breakfast can lead to decreased concentration and alertness. Without breakfast, your body doesn't have the energy it needs to stay fully awake and alert. You are likely thinking about food, not your work.

Make an effort to eat breakfast every day. A healthy breakfast contributes to a more nutritionally complete diet that is higher in nutrients, vitamins and minerals. Making healthy choices at breakfast doesn't need to be expensive or difficult. Try to avoid sugary cereals, high calorie pastries and meats high in saturated fat and sodium such as bacon or sausage. Include a lean protein source, a carbohydrate and a fruit



Health News

and/or vegetable.

Mix and match some of these breakfast ideas:

*whole grain toast with peanut butter *whole or multi-grain waffles or pancakes *oatmeal *whole grain cereals with low-fat or fat-free milk *small, whole grain bagel with low-fat cream cheese *trail mix or nuts *tortilla roll-up (peanut butter & a banana or scrambled egg and low-fat cheese) *hard cooked egg *omelets *veggie omelets *Canadian bacon slice *ham slice *tofu *low-fat cheese *low-fat/fat-free milk or yogurt *fresh/frozen/canned fruit *Vegetable juice *smoothies (fruit, ice & milk or fruit & yogurt).

Plan ahead. Prepping or preparing your breakfast the night before saves time in the morning. Pull the toaster out. Make tortilla roll-ups or smoothies and refrigerate. Cut up fruits and veggies. Pre-mix the waffle batter. Put the cereal bowl and spoon on the table with the box of cereal.

Remember, breakfast can be the most important meal of the day, if you eat it. It's an easy step towards a healthier you.

Information collected from the Academy of Nutrition and Dietetics, Mayo clinic & WebMD

Spotlight on the Fond du Lac Human Services Division Administrative Services

The Administrative Services Department consists of multiple programs and/or areas designated to assist with the administrative needs of the clients of the Fond du Lac Human Services Division. Below is a list and description of the programs that are

offered within the Administrative Services Department.

Administrative Services Coordinator - The Coordinator for the Administrative Services Department ensures that all functions pertaining to program requirements and goals are met and policy and procedures are followed within the department. Please refer any questions and/or comments to (218) 878-2604.

Purchased/Referred Care - formerly known as Contract Health Services (CHS), Purchased/Referred Care (PRC) funds are used to supplement other health care resources to eligible people. These funds are provided by the Indian Health Service (IHS) and are used to pay for certain health care expenses received from other providers that are not available at the Tribal facility. Fond du Lac PRC is a payer of last resort and clients must apply for all other alternate resources that may be available to them. Assistance with applications is available. Clients may contact the FDL PRC office at (218) 878-3733 for further information.

Patient Resource Specialist - The Patient Resource Specialist implements the RBC approved policy and procedures for the utilization of the Special Funds (SF) and Emergency Assistance (EA) programs. SF and EA are limited financial support that is available to FDL enrolled Band members. These programs are a payer of last resort and participants must demonstrate that all other sources of payment have been exhausted including all private and public insurance before either program can be accessed. For questions regarding the SF and/or EA program requirements, please contact (218) 878-3730.

Patient Advocates - The Patient Advocates educates and evalu-

ates client eligibility for State and Federal insurance programs. The Patient Advocates staff work with each client to gather and prepare the appropriate paperwork for the predetermined insurance application process and follows through with the appropriate insurance program. Contact a Patient Advocate staff at (218) 878-2165 if you have any questions. ABS@fdlrez.com

Medical Social Worker - The Medical Social Worker assists clients with many different individual needs such as; Medical Assistance, costly prescriptions, Medicare/Social Security applications, medical equipment, Assisted Living, Long Term Care applications, and any other community resources that a client may need.

Billing - The Billing department administers patient claims to the appropriate insurance payers, posts payments within the medical electronic database, follows up on denied claims, manages patient accounts and maintains checks and balances with the Accounts Receivable department. You may call (218) 879-1227 with any questions pertaining to your patient billing account.

Accounts Payable - The Accounts Payable (AP) staff are to ensure that payments are made to vendors for purchases and/or services that pertain specifically to the Human Services Division. The AP staff also takes in all Accounts Receivable monies to prepare for the Financial Assistant. HSDAccountsPayable@fdlrez.com

Accounts Receivable - The Financial Assistant prepares all monies to be deposited. The Financial Assistant works closely with the Accounting Division as well as the Billing department to maintain a check and balance system.

Registration/Secretary - The Registration staff ensure that incoming calls are directed to the appropriate party, prepare and route all incoming and outgo-

ing mail, check in clients for their scheduled appointments, and maintain client records to ensure proper eligibility documentation is in place within the client chart. The registration area is designated to serve as the centralized unit for access to all Human Services functionalities. The Secretary staff assists with the daily functions of operational needs.

Health Benefits of Water

By Jessica Kamunen, PA-C

Healthy eating habits for children and adults have long term impacts on our overall health such as lower evidence of cardiovascular disease, diabetes, obesity, and certain cancers, among many other benefits. Making healthy choices about beverages we consume is also a very important aspect of eating well. Many beverages contain added sugars, chemicals for preservation, and little to no nutrients. This article will address the benefits of choosing water versus other beverages.

Our body is approximately 60% water. The body needs water to regulate the temperature, lubricate joints, protect the spinal cord and other tissues, and gets rid of waste by urination, sweating, and bowel movements. Water is a significant component of muscles cells. Without enough water, the muscles can cramp, leading to pain. The brain also becomes dehydrated which can lead to decreased mood, fatigue or tiredness, decreased memory and attention, along with increased anxiety and headaches. Without enough water, the stool becomes hard and leads to constipation. It is especially important to increase water intake during periods of increased temperatures such as summertime, increasing physical activity, when a fever is present, or with diarrhea or vomiting as the body loses more water during these times. For people

who have diabetes with elevated blood glucose, it is extremely important to drink more water to flush the extra sugar through the kidneys.

When water is consumed in place of beverages with added sugar, less calories are consumed. By replacing a 20 ounce bottle of sugared beverage with a bottle of water, around 200 calories can be avoided. The amount of calories to be consumed varies per person and their individual needs, but is on average 1,500-2,000 calories per day for an adult. The average adult consumes 400 calories through their beverage per day which is quite a large portion of the daily allotted amount. Increasing the amount of water can help maintain weight and even promote weight loss. By consuming water between meals and with snacks and meals, you will feel fuller and it will last longer. To assist with this, it is recommended to have a reusable bottle which can be brought with you at all times such as while traveling, at school, work, and the gym. Don't like water? Try adding flavoring to it such as a lemon or lime, or the no-calorie flavorings such as Crystal Light.

Increasing water is also a thrifty option. Water from the tap has a very minimal cost when compared to buying beverages at the store. This can save on average \$500-\$2,000 dollars per year. If you opt for water in place of a beverage while eating out, you will see the difference in the bill, on average \$2-\$5 dollars, for a family of two.

How do you know how much water to consume? Your body will tell you. Try your best to listen to it. If you feel thirsty, you should drink water. If you are having hard stools or headaches, increase your intake of water. On average, this is 4 glasses for children, and 8 glasses for adults. Children less than 1 year should not have water. If you have any questions, ask your healthcare professional.

Ashi-niswi giizisoog (Thirteen Moons)

Waatebagaa giizis

Waatebagaa giizis is the Leaves Changing Color Moon. Other names for new September moon are Mandaamini giizis (Corn Moon) and Moozo giizis (Moose Moon).

Bimaaji'idiwin Ojibwe Garden

The gitigaan season is well underway behind the Fond du Lac Ojibwe School. So far over 40 different vegetables, fruits, herbs, and native plants are growing in the garden. Fond du Lac community members can stop by to visit the garden 8 a.m.-4:30 p.m. most weekdays to learn about different gardening techniques suited

for their home. Currently, there are various raised bed gardens, a gravel bed, three sister gardens, row crops, container gardens and high tunnel methods being used to demonstrate how to grow plants for food and pollination using native plants. Feel free to stop by to visit and learn more about best practices for your own garden.



Fond du Lac Resource Management
7th Annual Ganawenjigewin Maawanji'idiwin
Taking Care of Things Gathering
Gitigaan Fall Feast



Thursday September 14th, 2017
1pm-6pm
49 University Road,
Behind FDL Ojibwe School
Cloquet, MN 55720

Join us to celebrate taking care of the land and learn about sustainable use of natural resources, harvesting, and gardening.

Fresh Garden Food Tasting!
Taste test & vote for your favorite foods .

Join the scavenger hunt to earn a chance to win

Raffle prizes:
Greenhouses
Trees and Shrubs
Gift baskets of Fresh Veggies!

To reserve a table for the Artist & Farmer's Market call:
Jamie Adams
218-878-2631

To reserve an information or demonstration table, contact:
Shannon Judd
218-878-7123
shannonjudd@fdlrez.com

Activities for all Ages!

Archery
Garden Food Demos and Samples
Vendor Tables
Information Booths
and more!

Supper served at 4:30pm

Raffle Drawing



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

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

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words.

All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

Weather

It is...

A cool wind- Dakaasin

A nice day- Mino Giizhigad

Clear- Mizhakwad

Cloudy- Ningwaanakwad

Cold- Gisinaa

Foggy- Awan

Hot- Gizhaate

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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

— Ojibwe Wordlist —

Wiininaamowin	air pollution
Wiinichigaade	be polluted
Waanichigaadeg	pollution
Bagidanaamo	breathe
Minwaasin	good wind
Noodin	windy
Gichinoodin	very windy
Minwaanimad	favorable wind
Mashkawaagami	be strong
Waawiidookaage	helps more than one person

FDL Law Enforcement news

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

- July 1 Report of sounds in backyard, advised of loud fireworks nearby
- July 2 Vehicle was traveling with one tail light illuminated, checked on license plate and history; vehicle was stopped numerous times for violation, traffic stop performed; driver's license came back revoked; passenger is banned from Tribal properties; driver tagged for Driving After Revocation (DAR) and passenger tagged for trespassing and released
- July 3 Needle and empty baggie found on the side of the road, collected and disposed properly.
- July 4 Vehicle was on the side of the road when approached the intersection, a female came out of the passenger side, she stated something went under the vehicle and they stopped to check, officer helped look and told them nothing was under car
- July 5 Report of a lime green mountain bike was stolen, reporting party had a lock on the bike and it was broken apart, reporting party wanted it reported in case we came across it
- July 6 Deer removed from roadway
- July 7 Reporting party lost wallet, reporting party thought it fell out when he stopped to switch drivers with his dad, officers helped him look for awhile but we were unable to locate the wallet; advised to cancel debit card
- July 8 Observed a vehicle crossing the center line, driver stated that he was docking his phone, was warned for distracted driving
- July 9 Report of a fight at Black Bear Casino Resort (BBCR), one individual was arrested and taken to jail for disorderly conduct
- July 10 Report of a male not breathing, after receiving CPR and 2 doses of Narcan the individual came around and was able to walk to the waiting ambulance and was transported to the hospital for further evaluation
- July 11 Report of a bike being stolen from the Sawyer Community Center, the bike was returned to the owner and the individuals were released to their guardians
- July 12 Report of a bear coming closer and closer to a residence, the individual was given the number for Conservation and advised they could speak with them regarding their options
- July 13 Report of cow's running loose on Lammi Rd, a relative of the owner was contacted and advised they would go and get the cows
- July 14 Driver stopped and advised they had a head light out on their vehicle and were told to get it fixed
- July 15 Vehicle was stopped for impounded plates, the driver was found to have a revoked driving status and was issued a citation
- July 16 Report of a disturbance at a residence when officers arrived they located a garbage can in the yard that the resident had stated was on the deck, they figured a bear had most likely drug the garbage can off the deck and they left
- July 17 Report of a needle, picked up and disposed of at the PD
- July 18 Traffic stop on Cartwright Rd/University Rd, driver warned for speeding
- July 19 Report of a dog chasing someone into their residence, FDL Police and FDL Conservation checked the area
- July 20 Report of a gas drive-off at FDLGG, no info on the vehicle
- July 21 Report a of fight at BBCR, assisted security with advising both parties to leave
- July 22 Observed a vehicle parked on the side of the road, the vehicle was empty with no keys inside
- July 23 Report of a vehicle going up and down the road, very loud bass, checked the area, unable to locate
- July 24 Sound of shots in the Danielson Road area, turned out to be fireworks
- July 25 Assisted probation with contacting a client
- July 26 Theft from FDL Transit Bus, someone stole money out of the fare box
- July 27 Traffic stop performed on Brevator Rd/Big Lake Rd driver warned for driving conduct
- July 28 Report of dump trucks running stop signs, extra patrol will be done in the area
- July 29 Report of a gas drive-off at FDLGG, customer came back and paid
- July 30 Traffic stop conducted on Hwy 210/Hohensee Rd, driver warned for speeding
- July 31 Warned for tail light out and suspended objects.

Legal notice

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

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



Community News

Happy Birthday

Happy birthday **Anty Ginty** (Aug. 11) you are missed every day, we love you so much
Love, Beans and Benson

Happy birthday **Sabrina Gabrielle Topping** (Aug. 18), we all love you so very much!
Step daddy Ryan Ojibway, momma, gram Viv, grandpa Ra Zacher, unc and auntie Chris, Sarah Zacher, auntie Tahn and all your cuz's. sweet sissie's Alexis Topping and Vaya Rae Ojibway-Topping.

Happy 78th Birthday to our "LEGEND" **Richard "Dick" Diver** (Aug. 20)
Sadly missed by all

Happy birthday **Ann Rule** (Aug. 22) your such a great momma and grandma, we hope that your day as a special as you are
Love, Beast, Miah, Dad, Benson, Jayden, and Jolana

Happy belated birthday "DanMan" **Dan White** (Aug. 23)
Love you, Cathy



Happy 19th birthday to my beautiful sister **Tanisha Martineau** (Sept. 3)
Love your bib sister Court, Trav, Baby trav and Laila.



Happy birthday **Jon Hill** (Sept. 4), you have been a blessing to our family. You are loved more than there are stars.
Love, Tammy and Carl

Happy birthday **Michael Nykanen II** (Sept. 6), you are loved more than words could ever say. Hope this year is your best year ever.
Love, Mom and Carl



Happy first birthday to our beautiful baby girl **Brynlee Thompson** (Sept. 7)!
Love, mom and dad

Happy birthday to **Patsy Knight** (Sept. 9)
Love you always from Bon and Del

Happy birthday grandma/mom **Sonya Skoglund** (Sept. 12), we hope you have a great day. We appreciate everything you do!
Love you, Kruz and Morgan



Happy 1st birthday to our baby girl, **Ayva Marie Ann Ojibway** (Sept. 13), we love you so much!
Love, mom, dad, and brother



Happy birthday little sister **Jodi White** (Sept. 15)
Love you, Cathy

I'd like to say happy birthday to an amazing woman I have always looked up to. I'm truly grateful to have a sister like you **Sabrina Pensak** (Sept. 18).
Love, your brother Cody

I'd like to wish my daughter **Sabrina (Bree) Pensak** (Sept. 18) a very happy 31st birthday, you are my sunshine, my laughter, my first born, I love you to Pluto and back, have a wonderful day.
Love, mom and Darrell



Happy birthday to **Christina St. John** (Sept. 20)
From, mom, Delmar, your sons Christopher and Matthew, and your daughters Julianne and Joanna

Happy 11th birthday to **Anthony Wright Jr** (Sept. 20)

Happy birthday to my adult daughter **Rita** (Sept. 27), you grew up pretty well. I'm proud of you, but better yet for all your self-accomplishments. Be proud of yourself.
Love, ma

Thank you

I would like to thank all the people who shared their happy thoughts, heart felt prayers, and their precious time with me for my neck surgery on

July 12. I came through it quite well. As scary as it was it was worth it.

Also I send my apologizes to Diane Mrozik for getting hollered at, for helping me on the above matter.

Again, thank you very much,
Carla Houle

Aaniin & Miigwech!

I want to send a huge heartfelt Miigwech to everyone who helped with this year's FDL Spiritual Run. This was the 7th year our community has come together in this way to run prayers



for the strength of our Elders, parents, grandparents, youth, and children. This year Fond du Lac had over 40 runners who ran the 46 mile course starting at Sawyer Center about 10 a.m. and ending at Sawyer Center a bit after 7 p.m. We joined the Red Lake Sobriety Runners and made our "sobriety victory laps" closer to 7:30 p.m. I don't know how many runners Red Lake and Leech Lake had, but it was an impressive circle of strong, sober, motivated Anishinaabe that got cleansed by the downpour Saturday night.

We appreciate all the support, but want to give special mention to: **All the runners!** (So many to mention, you know who they are!)

Mary for driving the bus, bringing drinks, and spending all day with us

Bryan at Brookston Center

for the great lunch and refreshments

Donna, Joey and Loretta at Cloquet Center for the snacks, refreshments, and encouragement

Eugene with the road crew who helped us through while they were doing road work

Jim and his staff at Mash for always providing us with good food

Mash powwow MCs, advisor and committee for pausing to give the runners recognition during the evening session

And of course, **RBC** support. (If I missed anyone, I apologize!)

Every year my family learns a little more about how to facilitate this event more smoothly and it is with honor and humility that we do this work. Miigwech for allowing and encouraging us to host this community event.

Memorial

Thomas R Foldesi Sr. (June 23, 1939-August 24, 2016)
Dad

We'll always remember that special smile, that caring heart, that warm embrace you always gave us. You being there for Mom and us through good and bad times, no matter what. We'll always remember you Dad because there will never be another one to replace you in our hearts, and the love we will always have for you. Now you're with mom and we know



Community News

the two of you are in a much better place.

Miss and love you always, until we meet again.

Obituary

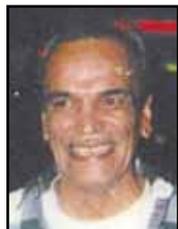
Donald DeFoe, 76, of Duluth, Minn., died Friday, August 11, 2017, at St. Luke's Hospital.

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

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

He was preceded in death by his parents, Peter DuFault, Sr. and Margaret (Pratl) DuFault; brother, Peter DeFoe, Jr.; sister, Shirly DeFoe; grandchildren, Greg DuFault and Michael Lund.

Rodney Allen Shabaiash, "Waabishkibines" which means "White Thunderbird" age 63, of Sawyer, Minn. began his spiritual journey on Friday, August 11, 2017 in Minneapolis. He was born on August 13, 1954 in Cloquet, Minn. the son of Joseph Sr. and Delphine (Benjamin) Shabaiash. Rodney enjoyed visiting with people, going to the casino, playing bingo, and being with his



family. His role model was Elvis. In his younger years, Rodney would travel with his parents. They went to places like Canada, Wisconsin, and Iowa. Rodney also enjoyed helping the needy, going to pow-wows and eating his sweets. Sawyer was where his heart was and he also enjoyed helping the people there.

The family he joins again are his parents; Joe and Delphine, brothers; David, Lloyd, Delbert, Dennis, and Daniel, sisters; Linda and Lois. Those he leaves to cherish his memory are his brothers; Joseph Jr., Leslie, Roy and Donald Shabaiash, and Vincent Merrill, sisters; Rosalie Gopher and Ruth Spears.

David Arnold Wick, 72 of Cloquet passed away unexpectedly on Saturday, August 5, 2017 in his home. He was born March 30, 1945 in Washburn, Wisc. to Raymond and Eleanor Wick. When David was a young boy the family moved to Cloquet. He graduated from Cloquet High School in 1963. David married Sheryl Rosenthal on June 8, 1968.

David worked for Krenzen in the auto body department for many years. Most recently he was the custodial supervisor at the Fond du Lac Ojibway School. He was a member of the Fond du Lac Band of the Lake Superior Chippewa. David enjoyed fishing and hunting. His greatest joy came from spending time with his grandchildren.

David was preceded in death

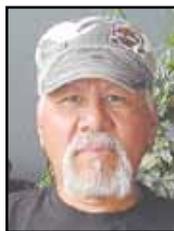
by his parents; and brother, Otis Wick.

He is survived and will be sadly missed by his wife, Sherry; son, Jason (Danelle) Wick of Champlin; daughter, Kimberly Zehlke of Rogers; grandchildren, Ashley and Alexis Zehlke, Connor, Kylie, and Mya Wick; brothers, Charles "Raymond" (Sonja) Nystrom of Silver Bay; sisters, Ardith (Bert) Kleinenberg of Anchorage, AK, Gwen (Earl) Klosner of Nevis, MN, Milda (David) Tode of Blaine, Betty (Leonard) Anderson of Mahtowa, Carol Jean Wick of New Brighton, and Corrine Wick of Cloquet; sister-in-law, Pat Elavsky of Eden Prairie; and his very special little girl, Roxy.

Arthur Michael LaFave, 64, died Tuesday, July 25, 2017 at The North Shore Estates in Duluth, Minn.

Artie was a Fond du Lac Elder and retired after 37 years at MNDOT. He was a graduate from Barnum High School. Artie had participated in many sports and activities throughout his life. He enjoyed travel, bonfires, hunting, bowling, golfing, and especially riding his Harley.

Preceded in death by his parents Ed and Irene LaFave, siblings Sonny, Rose, Dan, and Bonnie.



Survived by his sister Edna (Tim) Porter. Nieces and nephews; Steven, Jennifer Gail, David, Eddie, Cheryl Ann, JR, David, Desarey, Sara, Lisa and Lori. Many great neices and nephews. Special friend Dione Chanslor

Although Artie didn't have children of his own, he had touched the lives of many including his "granddaughter" Ella.

Cynthia Anne (Cindy) Plachecki passed away July 30, 2017 at Solvay Hospice in Duluth, Minn., surrounded by her family. Cindy was born on August 22, 1960 to David and Margaret Couture.



She enjoyed spending time at the lake fishing and camping, and being with her grandchildren: Kiersten, Aerial, Aidden, MuKenna, Tony, Libby, Ella and Maddison.

Cindy was preceded in death by her mother Margaret (Peggy) Couture, brother Mark Maciewski, sisters Marilyn Paulson and Beth Connor and her partner Mike Parker.

Cindy is survived by her sons, Maxwell (Christina), Gunner and Jed (Jana) Plachecki, father David (Roberta) Couture, sisters Suzanne Monahan, Patricia Maciewski and Gail (Toots) Ford; brothers William (Anita) Maciewski, Bryan (Bonnie) Jon, David (Tammy) Couture Jr. and special friend

Linda Gomez.

FDL job listings

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

FDL Reservation

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

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

Black Bear Casino Resort

- Vault Cashier FT/PT
- Room Attendant FT
- Bus Person FT/PT
- Gift Shop Clerk FT
- Buffet Host/Hostess FT
- Golf Course Groundskeeper FT/PT Seasonal
- Steward FT

- Arcade Attendant PT
- Golf Course Pro Shop Sales Representative PT
- Golf Course Ranger/Starter FT/PT
- Golf Course Concession Sales Representative FT/PT
- Golf Course Cart Attendant FT/PT
- Slot Attendant PT
- Custodial Associate FT
- Gift Shop Clerk PT
- Bell Staff PT
- Sage Deli Cook FT
- Bingo Vendor/Floor Worker PT
- Players Club Representative FT/PT
- Wait Staff FT/PT
- Hotel Laundry Worker/Hauler FT
- Hotel Room Attendant/Housekeeper FT/PT
- Drop Team Worker FT

Fond-du-Luth

- Security Guard/Dispatch FT
- Janitor FT/PT
- Clean up Worker FT/PT
- Beverage Waitperson/Bartender FT/PT
- Cage Cashier FT/PT
- Players Club Representative FT/PT
- Slot Attendant FT/PT
- Slot Technician FT/PT
- Librarian or Media Generalist/Specialist FT FDLOJS
- SUD Treatment Technician FT Human Services
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- Recreational Aide 1 FT/PT SCC
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- Recreational Aide 1 FT/PT BCC
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- Clinical Pharmacist On Call MNAW, CAIR, Mashkiki Waakaigan-Mpls.
- Pharmacy Technician On Call/Sub MNAW, CAIR, Mashkiki Waakaigan-Mpls.
- Transit Dispatcher FT/PT/On Call FDL Transit
- Bus Monitor PT/On Call FDL Education



Powwow Royalty

Fond du Lac Chairman Kevin Dupuis and Cloquet District Representative Vanessa Northrup pose with the FDL Royalty at the Mille Lacs Traditional Powwow.

- Substitute Staff On Call FDL Head Start
- Programs Teacher FDL Head Start
- Teacher Assistant FDL Head Start
- Deli Clerk PT FDLGG
- Transit Driver FT/PT/On Call FDL Transit
- School Bus Driver FT/PT/On Call FDL Education
- Health Care Assistant FT/PT MNAW & FDL Assisted Living
- Store Clerk PT FDLGG
- Convenience Store Gas Attendant PT FDLGG

Black Bear Casino Resort

- Vault Cashier FT/PT
- Room Attendant FT
- Bus Person FT/PT
- Gift Shop Clerk FT
- Buffet Host/Hostess FT
- Golf Course Groundskeeper FT/PT Seasonal
- Steward FT
- Arcade Attendant PT
- Golf Course Pro Shop Sales Representative PT
- Golf Course Ranger/Starter FT/PT

- Golf Course Concession Sales Representative FT/PT
- Golf Course Cart Attendant FT/PT
- Slot Attendant PT
- Custodial Associate FT
- Gift Shop Clerk PT
- Bell Staff PT
- Sage Deli Cook FT
- Bingo Vendor/Floor Worker PT
- Players Club Representative FT/PT
- Wait Staff FT/PT
- Hotel Laundry Worker/Hauler FT
- Hotel Room Attendant/Housekeeper FT/PT
- Drop Team Worker FT

Fond-du-Luth

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

Waatebagaa-giizis – Leaves Changing Colors Moon – September 2017

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Back to school BBQ Sept. 1 11 a.m. FDLOJS	First day of school Sept. 5	Soul Asylum and Gin Blossoms Sept. 15 7 p.m. BBCR	Open RBC meeting Sept. 21 5:30 p.m. SCC	Constitution reform meeting Sept. 25 & 26 Shooting Star Casino	GED (call) Back to school BBQ 11 a.m. FDLOJS AA Support 6 p.m. BCC	Come & Swim & use the gym FDL Veteran's Golf Tournament BBCR
Come & Swim & use the gym	Happy Labor Day	First day of school FDLOJS PiYo 12 p.m. CCC WIC 12 p.m. CAIR AA/NA support 12 p.m. TRC 4H 4 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW	PiYo 12 p.m. CCC GED 4:30 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	GED (call) AA Support 6 p.m. BCC	Come & Swim & use the gym King of the Cage 7 p.m. BBCR
Come & Swim & use the gym Elder movie morning 11 a.m.	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC Caregivers 5 p.m. CCC	PiYo 12 p.m. CCC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS AA/NA support 12 p.m. TRC 4H 4 p.m. CCC	Health Screening 8 a.m. CCC Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC GED 2 p.m. SCC Health and nutrition 5 p.m. CCC Women's group 5:30 p.m. MNAW	Cancer Survivors 10 a.m. PiYo 12 p.m. CCC GED 4:30 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	GED (call) AA Support 6 p.m. BCC Soul Asylum and Gin Blossoms 7 p.m. BBCR	Come & Swim & use the gym
Come & Swim & use the gym Family movie morning 10 a.m.	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC Caregivers 5 p.m. CCC	PiYo 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC Parenting second time around 1 p.m. CHS 4H 4 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC GED 2 p.m. SCC Cultural Resources Advisory Review Board 3 p.m. RMD Women's group 5:30 p.m. MNAW	PiYo 12 p.m. CCC GED 4:30 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC Open RBC meeting 5:30 p.m. SCC AA Support 6 p.m. CCC	GED (call) AA Support 6 p.m. BCC	Come & Swim & use the gym Car Seat Clinic 9 a.m. Cloquet Fire Dept. Knowledge for a Lifetime 9 a.m. CCC
Come & Swim & use the gym Elder movie morning 11 a.m.	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Diabetes prevention 12 p.m. CCC Constitutional reform meeting 12-4 p.m. Shooting Star Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC Caregivers 5 p.m. CCC	Constitutional reform meeting 8 a.m.-4 p.m. Shooting Star PiYo 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC 4H 4 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW Sobriety Feast 6 p.m. CCC	PiYo 12 p.m. CCC GED 4:30 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	GED (call) AA Support 6 p.m. BCC	Come & Swim & use the gym

Any persons with FDL Writs & Orders of Exclusion are not allowed to attend any FDL Field Trips or Activities.