

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



The grand entry at this year's Veteran's Powwow as hundreds of people filled the campsite with dancing and joy.

Photos courtesy of Ivy Vainio.



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Local news

Veteran's Powwow

By Zachary N. Dunaiski

This year's Veteran's Powwow was another great success that filled the campgrounds all weekend long with vibrant colors.

Tom Whitebird, Veterans Services Officer, said after this year's Powwow, that it was amazing. He even had many people who spoke to him about all the different places they came from to visit this year's event. It was one of the biggest and

best Veteran's Powwows Fond du Lac has hosted.

The beautiful images accompanying this article were taken by Ivy Vainio. Ivy did a phenomenal job of capturing the sights and all of the radiant colors. She has a very artistic eye and does excellent work.

Thank you to Tom, Ivy, and everyone who helped make this year's Powwow and great success.



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To that end, we do not publish editorials, opinion pieces or letters to the editor.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

Veteran's Powwow



MC: Mike "Cookie" Bearhart
 Spiritual Advisor: Ricky Defoe
 Arena Director: Dan Houle
 Host Drum: Spirit Mountain Singers

\$5,000 Drum Split

MASHKA-WISEN TREATMENT CENTER, SAWYER MN
Mash-ka-wisen
 39TH ANNUAL
Thunderbird - Wren
 SOBRIETY POWWOW
 AUGUST 4,5,6 2017

Friday:
 Warm ups - Open AA Meeting - 8PM
 Sweat Lodge - 7PM Limited seating

Saturday:
 Sunrise Pipe Ceremony - 6:30AM
 Flag Raising - 9AM
 Open AA Meetings - 10AM & 9PM
 Grand Entries - 1 PM & 7PM
 Feast - 5PM

Sunday:
 Sunrise Pipe Ceremony - 6:30AM
 Flag Raising - 9AM
 Breakfast - 9AM
 Open AA Meeting - 10AM
 Grand Entry - 1PM

Raffle Drawings
 Wristband Sign-up
 Camping Available
 Children under 12 must be supervised

No Drugs or Alcohol
 24 hour security on site



RBC Thoughts

Sawyer News

Boozhoo,

Summer is flying by, this past month Enrollee Days and FDL Veteran's Powwow was a great success. Miigwetch to the community for your participation and I would like to congratulate the new Fond du Lac Royalty. Every young person who participated showed courage and leadership. I hope we continue to see more youth participate in community events. Leadership skills are taught in many ways; parents and families keep encouraging your youth, we are seeing a positive difference with higher graduation rates, which already improves our outlook in the future. Also this past month the FDL 6th grade boys got 5th place in the Great 4 Championship Pacesetters Tournament that included the 12 best teams from Minn., N.D., S.D. and Iowa. The school year is around the corner and it's never too early to start planning for a successful start to the school year. I would like to welcome our new Executive Director Miyah Danielson and our new Human Services Director Samuel Moose. Services will continue to be of high quality and responsive to the needs and



Bruce Savage

growth of the Band. This past month the Elders Picnic was well attended. It was nice to visit and talk about programs and services in the community. The Journey Garden youth are doing a great job selling their vegetables and herbs. The Economic Development Committee is putting together a plan to create a directory of Band member owned small businesses. If you are interested in having your business listed, please contact that Board to be included in the publication. The 4H Sawyer Ogichidaag youth did a great job sharing their strawberries at the Veteran's Powwow and thanks to everyone who donated to the group. The MCT Constitutional Convention is also being discussed on a regular basis, please check the website for meetings in near future. The Broadband kick off began July 27 in Sawyer. Lastly, there was an open meeting in Minneapolis that went very well, and the Brookston open meeting is August 17. The end of July culminated with the Kiwenz Language Camp in Sawyer. Miigwetch, to the volunteers and staff that help coordinate this great event. Bruce M. Savage, Sawyer District Rep. (218)390-7407

Boozhoo,

We have been quite busy this past month. The Tribal Executive Committee (TEC) has scheduled meetings to discuss constitutional revision. The first three are scheduled out for August 21 & 22 in Mille Lacs, September 25 & 26 in Boise Forte and October 23 & 24 in White Earth. The rest of the meetings necessary will be scheduled by the people at the meetings. The agenda has not been set nor has the contents of the changes been decided. That will be decided at the meetings. If you are interested in participating or keeping up with the progress please keep an eye on the FDL webpage. The Veterans Powwow was a huge success. The committee scheduled a contest for Brave and Princess on Friday evening with quite an impressive turnout. The contestants were well prepared and did a wonderful job. The winners were introduced on Saturday to a rousing applause before 500 + dancers. The veteran line went around the powwow circle almost twice with plenty of proud smiling faces. The Minnesota National Guard was here again and thank you to General Nash for the fly over by his helicopter. Thanks also to Jarvis (Chubby) Paro, Tom Whitebird, FDL police, the cleanup workers, the cooks and a special thanks



Ferdinand Martineau

to Val Whitebird for her efforts to make the royalty contest a success. Each year FDL is a stopping point for the Healing Circle Run put on through the Great Lakes Indian Fish and Wildlife Commission. When the runners arrive they select a site to hold an evening ceremony and a morning ceremony. This year Chamber's Grove was selected as the site. The ceremony is for healing of the runners and the community in general. This year's site is next to the construction site that disturbed several gravesites of our ancestors. I can't think of a more appropriate site to be asking for healing this year. The last thing I would like to touch on this month is the Elder's picnic. Each of the last 10 years I have enjoyed coming there and seeing all of the participants enjoy the festivities, to share a moment to catch up or just say hi. The day was changed from the first Friday to the second Friday in July. The second Friday has been the day for the Elders tournament at Black Bear and I already committed to that. My wife has volunteered to go to the Elder's picnic and mingle with you for me. I think that most of you will like that better. If you have any questions or comments please feel free to contact me. My office number is (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com Gigawaabamin

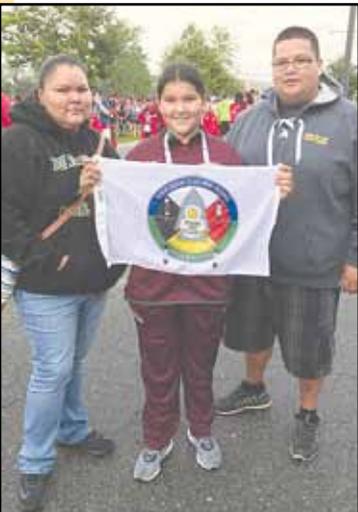
North American Indigenous Games

The 2017 North American Indigenous Games that were held in Toronto, Ontario, Canada, July 20 featured a Fond du Lac athlete. Justice Paro was the only athlete from FDL that participated in the games. She played on the Minnesota 14U team that brought

home a bronze medal.

There were 5 teams from Minnesota that went to compete in the basketball portion of the games. There were 14 different sports to compete in and over 5000 Indigenous athletes competing from across the United States and Canada.

Team Minnesota brought home a gold medal at the men's 14U division, a silver medal at the men's 19U division, and two bronze medals at the men's 16U and the women's 14U division. Also competing was the women's 16U division team which finished in 5th place.



New Executive Director, Miyah Danielson

As Fond du Lac prepares to say goodbye to longtime Fond du Lac employee Chuck Walt, we welcomed in his replacement July 17, Miyah Danielson.

The RBC selected Miyah to be the new Executive Director of Tribal Programs replacing Chuck who has held the job since Feb. 2010.

Miyah, an FDL Band member, is the oldest daughter of David Danielson (FDL) and Frances Wabaunsee (Prairie Band Potawatomi). Before starting with FDL, Miyah lived in Mayetta, Kansas.

"Through my higher educational and professional work experiences, I have made it an effort to actively demonstrate to my children what positive school and work ethics to inhabit over the course of the years," Miyah said in her introductory letter to the FDL Band.

"They have seen me obtain my Associates of Arts in Science and Business (2005) and witnessed me receiving a double major in Bachelors of Science in Business and Tribal Management (2008) both from Haskell Indian Nations University. Upon graduating in 2008, I went straight into the workforce at the Prairie Band Potawatomi Nation Reservation in Mayetta, Kansas. There, I have continuously worked in the Tribal Judicial Council and was appointed by the Administrative District Court Judge as the Clerk of the District Court where I served for the last eight years. Four years ago and still working full-time, I decided to pursue my Masters of Business Administration degree. Amidst the stress, struggles, multi-tasking and tireless late-nights, I completed the requirements of the program and graduated Cum Laude with my MBA and in addition to a concentration in Business Law."

Congratulations to Miyah, and we're all very excited to get to know you and work with you over the coming years.

New Director of FDL Human Services

The Reservation Business Committee has had a busy month replacing some of Fond du Lac's most important positions, which also included hiring Samuel (Sam) Moose as the New Director of FDL Human Services. He will begin working for FDL on July 24.

Sam is a member of the Mille Lacs Band of Ojibwe. He joins us with an abundance of knowledge as his most recent job was serving as the Mille Lacs Band's Commissioner of Health and Human services.

Working as a member of the National Indian Health Board, Sam brings a vast experience in Tribal health which has led him to represent Band's throughout the country.

Fond du Lac has had a great tradition of providing excellent healthcare to its members, and Sam will no doubt help to continue that with his great knowledge.

The Old Village of Fond du Lac Graveyards in Western Duluth



1869 - This is the Ojibwa burial grounds before the railroad came through Fond du Lac. Before the digging started for the railroad, some of the graves were moved to the Roussain Graveyard.



Regarding the FDL graveyards One was for non Indians, another for Christian Indians and the third for non-Christian Indians. When the railroad came into the area, it crossed through the graveyards and some of the graves were moved to the Roussain Cemetery.

Fond du Lac Yields Bones Of Old Redmen

DNT — 8-27-1937
Machinery and man, in preparing for the future, have once again delved into the mysteries of the past.

A crew, working on the new road which is being built through Fond du Lac, yesterday unearthed an old Indian graveyard. The cemetery is believed to be nearly 200 years old.

Of special interest was a skeleton which was wrapped in birch-bark and an old Indian blanket. The blanket, of soft woolen material, was remarkably well preserved. Almost intact, it was torn by a steam shovel when it was unearthed. Bits of birch bark were evident on it. The skeleton also was broken by the force of the shovel.

The graves were found to be only two to three feet deep. Birch-bark had been the only covering on the bodies. Among the bones found yesterday were four skulls, one with shiny black hair on it. John Richards of Ely, operating the shovel, unearthed the skulls within a small area. A muzzle-loading shotgun barrel also was found.

In a bank of dirt between the road and the railroad tracks, it is believed that there are many more such graves. In one particular spot it has been said there are at least 30 Indians buried. This bank probably will be dug away today.

Research by Christine Carlson

The left section is from page 23 of my book called *Wa ye kwaa gichi gaming – Fond du Lac – End of Great Body of Water & A Visual Feast*. The page shown on the left is of particular interest in what's been happening in the old village of Fond du Lac in Western Duluth. These three photos on the left show the graveyard areas but in different years. Since the interesting articles also included on this page are small and hard to read, they will be reprinted here.

Fond du Lac Yields Bones of Old Redmen - Duluth News Tribune of August 27, 1937

Machinery and man in preparing for the future, have once again delved into the mysteries of the past. A crew working on the new road which is being built through Fond du Lac yesterday unearthed an old Indian graveyard. The cemetery is believed to be nearly 200 years old.

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Researching the Graves

Someone mentioned to me they had to find John Fritzen's book on Fond du Lac in order to read all the newspaper clippings shown on page 18 in last month's newspaper. Fritzen's name was mentioned three times in last month's story and some of his articles were quoted in it. Yes, I have his book and it was an inspiration to me as part of my research. However, the five additional newspaper clippings shown on the right side of page 18 are not found in Fritzen's book. They are part of my research on the graveyards. On May 30th, I scanned those five articles plus several more to Jill Hoppe in order to show proof that indeed this was a documented cemetery. You can't just notify MnDot that there is a cemetery there; you have to prove it. The evidence and clippings provided were some of the proof that could not be disputed. My name is Christine Carlson; I am still teaching and strive to get the 'word out.' Loving this old village of Fond du Lac.

Cobell Trust Fund settlement date is November 27, 2017. The following is the Whereabouts Unknown list. If you see your name on the list or have questions contact them at (800) 961-6109.

ADELINE HAREN
ADELINE SHAUL RINNETT
ALAN B MC NAUGHTON
ALAN THOMPSON
ALBERT C YOUNG ESTATE
ALBERT M WEBER ESTATE
ALICE A ANDREWS
ALICE M ST MARS ESTATE
ALVIN M REYNOLDS
AMELIA SMITH
AMY K MUNNELLWAD (WADE-MUN-
NELL)
ANDREW J BELLECOURT ESTATE
ANGELINE D BARNEY
ANITA J NORTHRUP (STANFORD)
ANNA MARIE D LOCKE ESTATE
ANNA MCNAUGHTON
ANTOINE V CORBINE
ARTHUR L GURNOE
ARTHUR SCHNEIDER
ARTHUR W COLLINS ESTATE
AUDREY N PATTERSON
BARBARA J DAVIDMAN
BEATRICE J DALEY GALLAGHER
BENJAMIN L CADOTTE ESTATE
BERNDETTE M SORENSON ESTATE
BERNICE E CHINGWAY ESTATE
BERNICE S JARSKI ESTATE
BETSEY E CARR ESTATE
BLANCHE M BUTCHER
BLANCHE MARTEL ESTATE
BONNIE RITCHIE ESTATE
BRIAN E LABARGE ESTATE
BRUCE H BATSON ESTATE
BRUCE H LIVINGSTON ESTATE
CAMILLA L'TLJOHN F FOHRENKAM
ESTATE
CARL I WILLIAMS ESTATE
CARLISLE SOULIER ESTATE
CAROL JEAN M LANGSTON
CAROL JOY WYNN ESTATE
CAROLINE A HEFFERMAN ESTATE
CATHERINE F BALDWIN
CATHERINE J SMITH ESTATE
CATHERINE L COLLINS ESTATE
CATHERINE M FREEMAN (NEUKOM)
CECELIA MAE V SCHOONOVER ESTATE
CHARLES JOSEPHSON ESTATE
CHARLES M LAMOREAUX
CHARLES MARTLE ESTATE
CHARLOTTE B BEARGREASE
CHARLOTTE H GANGSTAD
CHEYENNE J THOMPSON
CHRISTOBEL CADOTTE (GASTON)
CLARENCE E CADOTTE ESTATE
CLARENCE E WOOD ESTATE
CLARENCE J VANNA
CLEMENT B KATZELE ESTATE
CLIFFORD DAY JR ESTATE
CLIFFORD H MC CONNELL
CLIFFORD R DANIELSON
CYNTHIA L TEOFEE
DALE R WIENSEN ESTATE
DANIEL D LORD
DAVID C KERR ESTATE
DAVID J ANKERSTROM ESTATE

DAVID L MORIN ESTATE
DEAN PAPPAS ESTATE
DEANNE LOUISE ANGUS ROSS ESTATE
DELMA GOUGE
DELORES BEAUDIN
DENNIS G SHABAIAASH ESTATE
DIANA G HUCULAK VOGEL ESTATE
DOMINIC W MISQUAHADACE
DONALD J BAKKEN ESTATE
DONALD PETITE ESTATE
DONN P MORRISSETTE
DONNA O'CONNOR ESTATE
DONNA SMITH ESTATE
DORIS G HOFF
DORIS M PETITE CURRAN ESTATE
DORIS RADKE EGELAND ESTATE
DOROTHY HOLLIS ESTATE
DOROTHY JOHNSTON MODEEN
DUANE H CADOTTE
EARL O CLARK ESTATE
EARL V BLOMST
EDWARD DEFAULT ESTATE
EDWARD DOJEE ESTATE
EDWARD J HARDER
EDWIN F MORISSETTE ESTATE
EINO WALKAMA ESTATE
ELAINE HOWES ESTATE
ELDO E CLARKE
ELEANOR MARTIN ESTATE
ELEANOR WOODLEY ESTATE
ELI J LEMIEUX
ELIZA B DANIELSON
ELIZA L BEEDE ESTATE
ELIZABETH COUTURE WALDORF ESTATE
ELIZABETH E C WARNER ESTATE
ELIZABETH F WHITE ET VIR
ELIZABETH G LEMIEUX
ELIZABETH WHITEBIRD ESTATE
ELSIE A GILKEY
ELSIE M TAYLOR
EMERON PEACOCK
ERNEST HOGUE ESTATE
ESTHER E THOMPSON ESTATE
ETHEL CORBINE (BATTEES)
ETHEL JOHNSON
EUGENE R REYNOLDS
EVAN F PETITE ESTATE
EVELYN F YOUNG
FLORENCE M PHIPPS
FRANCES A PARKS
FRANCES F ANDROSKI ESTATE
FRANCES O BARNEY ESTATE
FRANCIS A SORENSON ESTATE
FRANCIS DUFALUT
FRANCIS JOSEPH NORTHRUP ESTATE
FRANCIS LEMIEUX ESTATE
FRANCIS MILLETTE
FRANCIS NAYBINWAY
FRANCIS T CHRISTENSEN
FRANK CONNORS
FRANK J RABIDEAU ESTATE
FRANK M BOURDON ESTATE
FRANK NAYLOR ESTATE
FRANK PETERSON
FRANK VANNA ESTATE
FRANKLIN D ANDERSON
FRANKLIN SCHOMBER ESTATE
FRED FREGEAU ESTATE
FRED MARTEL ESTATE
FRED MORISSETTE ESTATE
FREDERICK PETITE ESTATE
FREDERICK R MARTIN ESTATE
GABRIEL MARTEL ESTATE
GARFIELD M CASEY ESTATE
GELMA DAHLBERG ESTATE
GENEVIEVE ANGUS ESTATE

GEORGE DELONEY
GEORGE G RODGERS ESTATE
GERALD W FAIRBANKS JR
GERALDINE GECHAS
GERALDINE K BARTEN
GERALDINE ROGGE ESTATE
GLADE B WILLIS
GLADYS MORISSETTE ESTATE
GOLDIE P PINEAU ESTATE
GORDON D STRONG
GREGORY ROMERO
GREGORY ROMERO ESTATE
GWENDOLYN C TEPNER ESTATE
HAROLD E KNOWLEN
HAROLD HANSON ESTATE
HARRY MORRISSETTE
HENRY HENDRICKSON ESTATE
HENRY V WEBER ESTATE
HERBERT THOMPSON ESTATE
HILARY DAGGETT
HILARY JEUNESSE
IDA M FERRELL ESTATE
IDA TURNER
INA M RAZOR ESTATE
IRENE J BOURDON ESTATE
IRENE J LOUDEN ESTATE
JAMES CADOTTE ESTATE
JAMES F GAGE ESTATE
JAMES L LABARGE
JAMES MARLOWE ESTATE
JAY E SMITH
JEAN DEFOE
JEANE RUSFELDT
JEANETTE E BOURDON ESTATE
JEANNE DE WAR
JEFFREY A NORTHRUP ESTATE
JEFFREY TODD OJIBWAY ESTATE
JEREMY J BOUTIN ESTATE
JEROME L DUQUETTE ESTATE
JOANNA GURNEAU
JOANNE CROWE
JOANNE WILLIAMS ESTATE
JOE SHARLOW
JOHN C SHRYACK ESTATE
JOHN DOJEE ESTATE
JOHN E NESSLIN ESTATE
JOHN F MCCONNAL ESTATE
JOHN J MILLER ESTATE
JOHN MARTIN
JOHN W GHEEN
JONATHAN P HANDY ESTATE
JOSEPH CRANFORD ESTATE
JOSEPH D KLINZING ESTATE
JOSEPH E SMITH ESTATE
JOSEPH J GURNOE
JOSEPH R GOUGE
JOSEPH SHAUL ESTATE
JOSEPHINE BELLAIR
JOSEPHINE BOUCHARD
JOSEPHINE MILLETTE
JOSETTE MC COURTNEY
JOSETTE PLACHTA
JOSHUA ERIC OLSON ESTATE
JOSIE M SIMPSON ESTATE
JOY M EDWARDS PAULSON VIGILFAST
ESTATE
JUDY LYNCH ESTATE
JULIA A GHEEN ESTATE
JULIA I WATKINS ESTATE
JULIA WOLOTT ESTATE
JUSTINA SHARLOW ESTATE
KAROL BETTS
KATHERINE J HOOEY ESTATE
KATHERINE SMITH ESTATE
KATHLEEN M SHEEHY WEBBER
KATHRYN J DAULT ESTATE

KATHRYN L HOWES ESTATE
KATIE C LAUNDRY
KEITH A LIND ESTATE
KEITH CHAPIN WHITE ESTATE
KENNETH M BOSTO ESTATE
KENNETH WEBER ESTATE
KRIS BLACKETTER ESTATE
KRISTINE M BELOY ESTATE
LAWRENCE BERQUIST
LAWRENCE J HOLMES ESTATE
LAWRENCE J RITCHIE ESTATE
LAWRENCE SCHOONOVER
LELAND DEBE ESTATE
LEO L PETERSON ESTATE
LEO ST GEORGE ESTATE
LEONA CATHERINE DURFEE ESTATE
LEONARDO LAFAVE ESTATE
LIANNE J DENNIS
LILLIAN E NAHGAHNUB
LILO BATSON
LINCOLN ROBINSON ESTATE
LINDA ANN HOYT ESTATE
LINDA R CADOTTE ESTATE
LIZZIE HEANEY
LLOYD F LAFAVE ESTATE
LOIS LAFAVE WIENER ESTATE
LOLITA SPOONER ESTATE
LORRAINE JEANETTA ESTATE
LORRIE DENNIS
LOUIS BLAIR
LOUIS HIGBEE
LOUISE D CROW
LOUISE MARQUIS
LUCILLE ISRAELS L WACHS
MABEL KONOPACKE
MACARIA L PAPPAS
MALCOLM W MOORE ESTATE
MARCEL WHITEBIRD (NORCROSS)
MARCELINE OJIBWAY
MARGARET BATHRICK ESTATE
MARGARET DUFALUT ESTATE
MARGARET K CADOTTE ESTATE
MARGARET M A SIMONSON ESTATE
MARGARET MARY O LEARY
MARGARET OLESON ESTATE
MARIE E CARLSON ESTATE
MARILYN L BUCHOLTZ ESTATE
MARJORIE J MELROSE ESTATE
MARJORIE R PRICE
MARJORIE V ZORICHAK
MARTHA ROY
MARTIN LUJAM ESTATE
MARY CHILES
MARY E AHLGREN
MARY GAGE
MARY J THOMPSON ESTATE
MARY JANKOWSKI
MARY KATZMARK ESTATE
MARY RHODES ESTATE
MARY SHEREK ESTATE
MARY V BONNEVILLE ESTATE
MATHILDA L SORRENSON
MAUDE DAY ESTATE
MAURICE A RYAN
MICHAEL EDWARD OJIBWAY ESTATE
MICHAEL G COUTURE ESTATE
MICHAEL J MC NAUGHTON
MICHAEL S PERALES
MICHAEL SMITH JR
MONTA L MAINS ESTATE
NADINE GURNO KING ESTATE
NANCY A CADOTTE ESTATE
NANCY D BROWN ESTATE
NANETTE M KING
NINA M RUSSELL ESTATE
PATRICIA ATOL ESTATE

PAUL GODNAI ESTATE
PETER B LEMIEUX ESTATE
PETER BARTEN
PETER CHATELAIN
PHILIP J WESKE
PHILLIP A ROY
PHILLIP A ROY ESTATE
PHYLLIS A SMITH
R DENNIS
RAY H SANDMAN ESTATE
RAYMOND (HERMAN) BRANDT
RAYMOND BUDREAU ESTATE
RAYMOND MORRISSETTE
RAYMOND P BARTEN
RAYMOND P BARTEN
RAYMOND WILLIAM SMITH ESTATE
REYNALDO LOPEZ
RICHARD B GOUGE
RICHARD C BOYD ESTATE
RICHARD L HIGBEE ESTATE
RICHARD MILLETTE
RITA L HOULE
RITA M CORBINE
ROBERT CHAPMAN III ESTATE
ROBERT CLARENCE CADOTTE ESTATE
ROBERT DOUGLAS BUSCH ESTATE
ROBERT E BANKS ESTATE
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ROBERT MELVIN NORTHRUP ESTATE
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ROSS MISQUAHADACE
ROY F BONNEVILLE
ROY J DUFALUT ESTATE
ROYAL F CADOTTE
RUSSELL A NELSON ESTATE
RUTH CAIRNS C WILSON ESTATE
RUTH FROHWEIN ESTATE
SAMUEL THOMPSON ESTATE
SANDRA SHABIASH ESTATE
SHARINE SPEARS ESTATE
SOPHIA MANTREIL ESTATE
SOPHIE WRIGHT ESTATE
STANLEY SORENSON
STARISSE HAUSLADEN
STELLA GOUGE ESTATE
STELLA MORRISSETTE
STEPHEN A WATKINS
STEPHEN W LAVEIRGE ESTATE
STEVEN J OJIBWAY ESTATE
STUART B SMITH
SUSAN BLAIR
SUSAN M ANGUS ESTATE
SUSAN P HEARLE
SYLVESTER LADUKE
TAHMOYANSHISH
THEODORA ILDE HARDER FOSNESS
ESTATE
THERESA R NAHGAHNUB ESTATE
THOMAS M CROWE ESTATE
TINA M HILTON ESTATE
TROY E LIND ESTATE
VERA CONNORS MARKIEWICZ ESTATE
VERNON B SMITH ESTATE
VINCENT A MULLEN ESTATE
VIRGINIA LEGARDE ESTATE
VIRGINIA TAYLOR
VITTALIN C MARTIN LENTO
VIVIAN NELSON GURNOE ESTATE
WALTER ABRAMOWSKI ESTATE
WARREN G RITZ ESTATE
WESLEY V MORRISSETTE
WILLIAM H JONES ESTATE
WILLIAM HEARLE ESTATE
WILLIAM P MCMAHON
WILLIAM STADLER ESTATE
YVONNE M LONGSYO ESTATE



Enrollee Days 2017



FDL Law Enforcement news

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

- June 1 Officers performed a traffic stop on a vehicle and cited the driver for driving without a valid driver's license and no proof of insurance
- June 2 Report of an individual at the Black Bear Casino Resort (BBCR) who is banned, the individual was given a citation for trespassing and they left the property
- June 3 Individual stopped because of children not being properly buckled into safety seats; driver was advised on proper use of child safety seats and buckle positioning before being released
- June 4 Report of a dog running loose and getting into a fight with 2 other dogs, the dogs were separated and the owner of the loose dog was talked to regarding the incident and advised not to let the dog run loose anymore
- June 5 Report of a door being kicked in at a residence, nothing was reported stolen, just a matter of record
- June 6 Report of an individual being under the influence at the BBCR, the individual was transported to the hospital for evaluation
- June 7 A vehicle was stopped for no license plate lights and the driver was found to have a suspended driving status so they were issued a citation for the offense
- June 8 Officers received a report of cows running loose and the owner was contacted and they stated they were already out looking for the loose cows
- June 9 Report of an intoxicated individual at a residence and they were not wanted there, the individual was given a ride home by law enforcement
- June 10 Report of a dog biting a child, the dog owner was advised to keep the dog leashed and there were no reports of the child needing medical attention
- June 11 Report of a child calling 911 at the BBCR, the child was located and advised officers that they were just playing with the phone and didn't mean to call 911, the child was advised that if they dial 911 law enforcement will respond; parents were also advised of the situation
- June 12 Officers assisted a motorist with lights while they changed their flat tire
- June 13 Officer stopped to assist a motorist on the side of the road and determined neither occupant had a valid driver's license, they were advised to not move the vehicle and call for a valid driver
- June 14 Officer assisted housing with changing the locks on a residence per owner's request
- June 15 Report of an individual throwing items out of a residence, when officer arrived they spoke with the individual and later found the individual to be in possession of drug paraphernalia and needles; they were arrested and taken to jail for those items
- June 16 Officers received a report of suspicious activity and when officers arrived they discovered a couple engaging in relations and one individual was identified and found to have warrants so they were arrested on their warrants
- June 17 Report of a dog running in and out of the BBCR, eventually the owner came and claimed their dog
- June 18 Report of a break in and property being damaged and stolen; no suspects at this time
- June 19 Officers received a report of a dead deer on Moorhead Rd. officers removed the deer from the middle of the road so it would not be a road hazard
- June 20 Driver was stopped and given a warning for having objects suspended from their rear view mirror
- June 21 Driver was stopped for suspended object and a child not in proper restraint, the driver was issued a Tribal citation for not having a valid driver's license and a child not in a proper restraint system
- June 22 Report of a speed limit sign and tree being knocked down near the Ojibwe school; no suspect at this time
- June 23 Report of two horses running loose alongside the roadway, the owner was contacted and went to get the horses and put them back in their pen
- June 24 Report of a two car accident, parties denied medical, and the driver of one vehicle was cited for failure to yield the right of way
- June 25 Report of the same two horses being loose again, the owner was contacted to come and get the horses
- June 26 Driver stopped and given a ticket for speeding 70 MPH in a 60 MPH zone
- June 27 Report of an intoxicated individual at a residence, the individual was given a ride to another residence by officers
- June 28 Report of a substance being found in a piece of equipment, the substance was tested and came back positive for methamphetamine; the drugs were disposed of properly
- June 29 Report of unwanted individuals at a residence, one individual was taken into custody for their warrants
- June 30 Report of a gas drive-off at the FDLGG for \$10.

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.
 MAGNUS, Karen
 MARZINSKE, Larry
 MURPHY, Louise M.
 NASON, Aprille
 SAVAGE, Mark
 TAYLOR, David

Etc.

Thank You

Last month for the Highway 23 project story, I used five pictures with the article. I want to give a big thank you to Jill Hoppe for the great photos.

I would like to give another thank you to Christine Carlson who shared a wealth of information. She shared that information that Nikki Crowe and I used for our two articles about the highway project.

I would also like to thank Jill, Nikki, Wayne Dupuis, Reggie DeFoe, Kevin Dupuis, Bruce Savage, and Dan Huculak for all their help in putting together a very important and complex story.

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, 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.

Resource Access

The land gives us life and in return we do our best to give life back to the land. In the Resource Access section of the climate change and adaptation plan we take a look at how access to natural resources is being affected due to changes in climate such as extreme weather events, changes in temperature, invasive species, and ecosystem shifts.

Floods, extreme snow events, and drought are projected to increase in the 1854 Ceded Territory and Reservations. Higher rates of erosion due to extreme weather events may limit or even prevent access to culturally important sites, trails, and traditional harvest camps. Increased days that are in drought areas will introduce a higher possibility of wildfires. Wildfires can be very destructive and have a detrimental effect on natural resources and access to them.

Projected ecosystem shifts due to changes in climate could limit or eliminate the ability of Band members to harvest certain culturally specific species like moose, snowshoe hare, cisco, white fish, wild rice, birch and maple trees, and some species of plants and berries. With ecosystem shifts, we are expected to see an increase in invasive species that would put more stress on some native species by competing for food sources or nutrients. Because the Bands are restricted to harvesting within the Ceded Territory or within Reservation boundaries, loss of access to culturally specific species could lead to

loss of traditional harvesting practices or knowledge.

Our connection to the land reminds us to remain responsible and respectful to the life around us as Anishinaabe. The climate change and adaptation plan suggests that a decrease in traditional harvesting and access to culturally specific places may lead to increased economic and social issues. With loss of traditional foods available or being harvested, we can expect to see more unhealthy foods being consumed by Band members, which may lead to higher rates of obesity and diabetes. Over all, a loss of traditional practices could lead to higher rates of mental health stress due to economic and cultural identity losses.

The vulnerability assessment for resource access has a medium vulnerability to climate change. It was determined that resource access is somewhat sensitive to changes in climate and has some ability to adapt to those changes.

For further detail in the Resource Access 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 Access 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 Septembers newspaper.

Miigwech bizindawiyeg.

Summer Food Service Program

Fond du Lac is participating in the Summer Food Service Program (SFSP). Meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age, or disability, and there will be no discrimination in the course of the meal service.

Meals will be provided, on a first come, first serve basis, at the following site, times, and dates/days during the summer as follows:

Fond du Lac Ojibwe School, 49 University Rd Cloquet, MN 55720 June 19, 2017-August 17, 2017, Monday-Thursday, Lunch will be served 11 a.m.-1 p.m.

For more information, contact Fond du Lac Ojibwe School-Nikki Harris (218) 878-7203 or [nikkiharris@fdlrez.com](mailto:nikkiaharris@fdlrez.com)

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027). Found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed complaint form or letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue,

SW

Washington, D.C. 20250-9410
Fax: (202) 960-7442; or
Email: program.intake@usda.gov

This institution is an equal opportunity provider. All adult meals will be charged \$3.85.

Ojibwe woman proves it's never too late to get fit

By Barb Norbeck.

Ms. Norbeck (Minnesota Chippewa Tribe) is a member of NICOA and lives in Alaska's Kenai Peninsula.

I don't let cold weather stand between me and exercise. I enjoy pulling on my cleated hiking boots, grabbing my walking sticks and taking a brisk walk on an icy sand beach on Alaska's Kenai Peninsula. It does something for my spirit. I can enjoy it now at age 73 because I have the muscle mass and tone to extend myself. I can actually work up a sweat! I credit my positive attitude and agility to a variety of reasons. I believe in exercise. I just wasn't applying it to my best benefit when I was younger.

When I remember my mom, she was always busy; taking care of a large family, gardening, cooking, canning, cleaning and teaching us kids how to care for a home. After mom had time for herself she went to work outside of the home. She was never one to do formal exercise programs, but she would walk after dinner, before dinner, before settling down for her alone time, or

Etc.

before going to bed. Mom was my biggest motivator.

While I worked until retirement at the age of 65, I usually managed to push away from my desk to exercise. I knew I had to get the blood flowing occasionally during my mostly sit-down day job. Another motivator was that I had some physical issues which made me realize that it was incumbent on me to do something.

I joined a community wellness program run by the Kenaitze Tribe at their Dena'ina Wellness Center on the Kenai Peninsula. I have been a member there for well over a decade, attending classes three times a week. Through the program I gained not only motivation and physical strength, but also sustained commitment to fitness and a deeper sense of self.

In my early 60s, I was carrying close to 200 pounds on my 5-foot frame. After two falls which led to fractures on both my wrists, a bone scan revealed the early stages of osteoporosis. My physician was ready with the prescription pad, but I said "no." I knew exercise and diet were more likely to give me back my zest for outdoor activity.

The wellness program was what I needed. I lost more than 60 pounds through guided diet and exercise. What the Kenazite program offered to me was phenomenal. Really life changing. I have 5 grandchildren who are very active – swimming, skiing, hockey, and snowshoeing.

My husband and I want to continue to do things with them for many years to come.

The program also gave me the tools to set new priorities. Growing up as one of 11 children in a hardworking Ojibwe Native family, I am a member of the Minnesota Chippewa Tribe, Fond du Lac Band, Cloquet, Minnesota. I learned early on to set others needs before my own. Part of my health journey has been to come to a better understanding of my Native culture and becoming a role model for other women who are like me and think like me.

My reason for telling this story is to help inspire and motivate others. It is never too late to consider investing in your own health. Regardless of where you are in your physical and emotional journey, take those tiny steps. Keep going. Join a group, stay involved, stay positive. There are fabulous programs in all of our Native health programs. Seek them out. Ask questions. Reach out to all ages. I know if I could accomplish these health goals, others can as well. Good luck!

NRCS Announces EQIP Signup for FY 2018 Funding

Agricultural producers looking to solve natural resource problems on their farms will want to plan ahead and sign-up for United States Department of Agriculture (USDA) funding. Cathee Pullman, USDA-Natural Resources Conservation Service

(NRCS) State Conservationist in Minnesota, announced that farmers interested in the Environmental Quality Incentives Program (EQIP) need to apply by August 18, 2017, for funding in 2018.

EQIP is a voluntary program that provides financial and technical assistance to agricultural producers. These contracts provide financial assistance to help plan and implement conservation practices that address natural resource concerns and for opportunities to improve soil, water, plant, animal, air, and related resources on agricultural land and non-industrial private forestland.

"EQIP is just one tool for landowners who want to apply conservation practices on the ground," said Dave Wise, Tribal Liaison for the Duluth area. "By working with the local NRCS offices, you can apply for NRCS programs which work best for your land."

Applications for EQIP are accepted on a continuous basis, however, NRCS establishes application acceptance or submission deadline dates for evaluation and ranking of eligible applications. Contracts will be awarded to producers' with the highest rankings until funds are exhausted.

To learn more about EQIP, contact your local NRCS field office or visit the MN NRCS website.

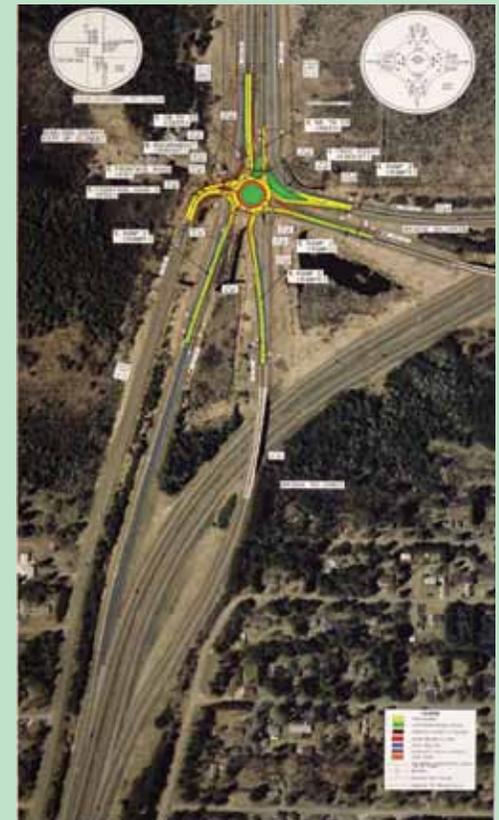
USDA is an equal opportunity provider and employer. To file a complaint of discrimination, write to USDA, Assistant

Road construction coming to Cloquet

Just outside the Fond du Lac Reservation boundaries exists one of the most dangerous intersections in Northern Minnesota. That intersection, where Highway 33 ends and ramps onto/off of Interstate 35, is about to become a roundabout.

The work will begin the November to make it a much safer intersection. Drivers will no longer have to cross traffic that at times is still going 70 MPH when exiting Cloquet to head North on I35. Instead, all traffic will enter the roundabout at a much slower speed, exiting in the direction they wish to go.

Other projects to drop the volume of traffic at the roundabout and to increase safety have been proposed. To decrease traffic, it has been proposed to add another exit which would make getting to FDLTCC much easier, by placing an exit ramp at 14th street. The other would be adding an exit lane and extending on ramps at the Scanlon exits for safer traffic flow.



Etc.

Secretary for Civil Rights,
Office of the Assistant
Secretary for Civil Rights, 1400
Independence Avenue, S.W.,
Stop 9410, Washington, DC
20250-9410, or call toll-free at
(866) 632-9992 (English) or
(800) 877-8339 (TDD) or (866)
377-8642 (English Federal-
relay) or (800) 845-6136
(Spanish Federal-relay).

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

Fond du Lac Ojibwe School Board Regular Meeting

Tuesday June 6, 2017, Fond du
Lac Ojibwe School Board Room
3 p.m.

Call to Order: 3:00 p.m.
Roll Call: Wayne Dupuis,
Debra Johnson-Fuller, Patty
Petite entered at 3:03, Kathleen
Garsow, Joyce LaPorte, Betty
Anderson, Dorothy Olson.
Absent: Carol Wuollet

Others present: Jennifer
Johnson, Superintendent;
Dan Anderson, Grants and
Accountability Manager; Tara
Dupuis, Principal; Don Wiesen,
Prevention Intervention;
Robert Peacock, Director
CEO FDLTCC; Vicki Oberstar,
Counselor; Jeff Tibbetts, Title
III Project Director FDLTCC;
Officer Mike Diver, FDL PD;
Sharon Belanger, Special
Education Coordinator.

Superintendent Johnson read
the mission statement.

Debra Johnson-Fuller
motioned to approve the
agenda, seconded by Dorothy
Olson. All in favor, 0 opposed,
motion carried.

Joyce LaPorte motioned
to approve the May 2, 2017
regular meeting minutes,
seconded by Dorothy Olson. All
in favor, 0 opposed, motion
carried.

Review the ledger: No
discussion.

Patty entered at 3:03 p.m.
New business

I. Literacy Policy DRAFT
updated for 2017-18 - TABLED
Motion to move item to July
2017 regular meeting Betty
Anderson, seconded by
Dorothy Olson. All in favor, 0
opposed, motion carried.

II. Title VI Public Hearing -
Dan Anderson will answer any
questions the board has.

There was discussion
regarding hard copy packets
and electronic copies for the
board.

Title VI Public Hearing -
Discussion regarding ESSA,
school goals, evaluating/
measuring goals. This item
is simply an informational
question and answer session.

Continued discussion
regarding state testing
comparison with area schools.

Discussion regarding school
climate surveys for students,
parents/community and staff.

Discussion regarding
attendance and how it affects
testing and funding.

Current attendance rate is at
90% or better.

Growth goals are determined

by data.

Discussion regarding setting
community cultural standards,
community involvement.

PSEO/college entry
discussion.

III. Intern request
- request to work with
FDL OJS Check & Connect
program. Informational item.
Old business

I. School Board Letters of
Interest:

Cloquet - Jeff Tibbetts, Don
Wiesen, Patty Petite, Robert
Peacock

Brookston - Debra Johnson-
Fuller

Sawyer - Officer Michael
Diver

Motion to forward the
Letters of Interest to the
RBC for appointment: Betty
Anderson, seconded by
Dorothy Olson. There was
further discussion to make
a recommendation to the
RBC. The board referred to the
Ojibwe School bylaws.

Move this item to Executive
Session.

II. Airplane Update - Julius
Salinas and Mike Busch
may contract to work on the
airplane over Summer 2017.

III. School Board Member
Terms - complete

IV. Sub-Committee updates
- Playground committee -
One company has visited the
Ojibwe School playground.
The playground committee

submitted the Ojibwe School
wants/needs. Currently
awaiting bids.

Supervisor reports:

Questions regarding hiring
for open positions.

There was discussion
regarding artwork welcoming
guests as they enter the
school.

American Indian Teacher
Training Program discussion.

***Add Attendance to the
next agenda***

Review of the survey
discussion with Dan
Anderson.

Dream Catcher Program
discussion with Sharon
Belanger.

Behavior discussion. Staff
training, level of offense,
number of offenses, classroom
management, CHAMPS
Behavior Program. Discussion
regarding weapons brought
to school. There was further
discussion regarding suicide.

***Send a copy of the
FDLOJS Student/Parent
Handbook to the board. ***

Move to Executive Session: 5
p.m. to 5:43 p.m.

Motion to adjourn Debra
Johnson-Fuller, seconded by
Dorothy Olson. All in favor, 0
opposed, motion carried.

Adjourn: 5:43 p.m.



1656 Moorhead RD Cloquet, MN 55720

Congratulations to the Summer Sale Prize Winners

- | | |
|----------------------|---------------|
| • 1-Propane Grill | Tom Anderson |
| • 1-Turkey Fryer Kit | Todd Olson |
| • 1-Patio Heater | Sherry Lafave |
| • 1-Propane Smoker | Valerie Ross |



Etc.

Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

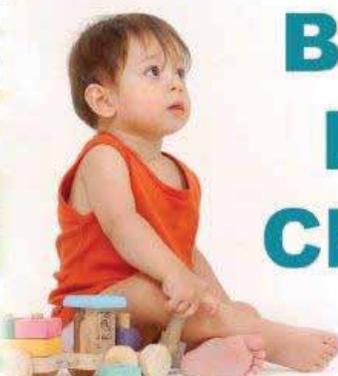
Fond du Lac Social Services is accepting applications for foster care homes.

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”

Become a Licensed Child Care Provider



LICENSED CHILD CARE PROVIDERS NEEDED

- Would you like to work from home?
- Do you enjoy working with children?
- Have you or are you willing to take classes regarding child development?

Fond du Lac Reservation Child Care Services is accepting applications for Native American child care providers residing on FDL Reservation.

For more information, please call 218-878-2138.

* Complete Application Package & Home Study *
* Pass Background Check *



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



Health News

Oral, mouth, and throat cancer facts

By Denise Houle,
Cancer outreach worker

Did you know tobacco, alcohol, and HPV (human papilloma virus) are the leading causes of oral cancer? The HPV virus is the same one that is associated with cervical cancer in women. With early detection, survival rates are higher and side effects from treatments are lower.

Oral cancer is caused by commercial tobacco use, alcohol use, the human papillomavirus, sun exposure, and poor diet and physical activity. Oral cancer screenings are an effective means of finding cancer at its early, highly curable stages. HPV 16 is the strain of the virus that can lead to oral cancer. HPV 16 is the leading cause of oropharyngeal cancer or cancer in the very back of the mouth and base of the tongue. HPV 16 is found in about 2 out of 3 oropharyngeal cancers. These cancers are more than two-three times more common in men than in women.

Signs and symptoms include: sore in the mouth that does not heal (most common), red and/or white discolorations of soft tissue in mouth, sensation that something is stuck in your throat when swallowing, hoarseness that lasts for prolonged period of time, difficulty with chewing, swallowing, moving your tongue or jaw.

Make your oral screening part of your annual health or dental checkups for early detection.

Source: U.S. Department of Health and Human Services National Institutes of Health www.nidcr.nih.gov American Cancer Society www.cancer.org and American Indian Cancer Foundation www.americanindiancancer.org/oralcancer

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

A message from your Fond du Lac Cancer Prevention Program

Breastfeeding

By Kara Stoneburner,
RDLD, Public Health Dietitian

The first week in August is recognized as the World Breastfeeding Week. Breast milk is the optimal food for infants. It has the perfect combination of nutrients needed for babies to grow and develop.

There are many benefits of breastfeeding:

For baby:

- Breast milk is easy to digest and it is the perfect mix of nutrients for the baby
- It helps fight infections and illnesses so less ear infections, colds, diarrhea, or constipation
- Breastfeeding reduces the rate of SIDS (Sudden Infant Death Syndrome)
- Breastfeeding is thought to play a role in lowering the risk of diabetes, obesity, and certain cancers;

more research is needed.

For mom:

- Breastfeeding saves time and money
- It helps mom lose weight
- It lowers mom's risk of breast and ovarian cancers, osteoporosis, diabetes, and heart disease
- Diapers smell less
- Moms can pump their breastmilk for future use when she needs to be away from the baby for work or school
- Less worry about contamination from water sources or lack of safe water in natural disaster situations.

For society:

- No garbage
- Less lost wages for the working mom as breastfed babies typically get sick less often
- Less medical bills due to a healthier baby.

The duration of breastfeeding is

individual. Many organizations (The American Academy of Pediatrics, the Academy of Family Physicians, the Academy of Nutrition and Dietetics, the World Health Organization, and the WIC program) recommend exclusive breastfeeding for the first 6 months of life (meaning no formula or other foods). After 6 months, breastfeeding should continue, with the addition of complementary foods (like baby food), until the baby is one year old. Breastfeeding can continue after the baby turns one. The child continues to get vitamins, minerals, and important antibodies from the mother's milk.

Resources to help with breastfeeding questions and concerns include your healthcare provider, WIC, Public Health Nurses, Lactation consultants, La Leche League, and IBCLCs (Internationally Board Certified Lactation Consultants).

Climb in syphilis among Native Americans in Minnesota

By Rebekah Dunlap
BSN, RN, PHN

Native American people have a lot of inherent strength and knowledge that assist in keeping a community healthy. One way to do this is by staying informed about what is going on in and around the community. Today, this can be done by gathering information from places like the Minnesota Department of Health (MDH). They gather health information to help Minnesota stay up to date and healthy.

If you haven't heard already, MDH

has reported a sexually transmitted infection spreading in local Native American communities called syphilis. Syphilis is spread by direct contact with a painless syphilis sore during unprotected vaginal, anal, or oral sex. The sores are usually found on the mouth, genitals, or anus. Sometimes the sores cannot be seen, so you may not know you have syphilis. The only way to know is to be tested. Women who have syphilis while they are pregnant can pass it to their unborn child. MDH is recommending that all pregnant women get tested three times.

If you are at all sexually active, ask about syphilis testing. You can keep yourself and your community healthy by abstaining from sex or being monogamous and using latex condoms correctly every time. If untreated syphilis can damage your heart, brain, or other organs which could be life threatening. Syphilis is curable and treatable, so ask your healthcare provider more and stay on your healthy journey.

To learn more go to: Minnesota Family Planning and STD Hotline: 1-800-78-FACTS, Text: ASKMN to 6746, <http://www.sexualhealthmn.org>.



Health News

Spotlight on the Fond du Lac Human Services Division, Administration Services

The Associate Directors are responsible for making services be the best they can be given the resources available. To do so, services must be planned and integrated well and evaluated regularly.

Administrative Assistant

Helps to ensure the efficient day-to-day operations of Fond du Lac Human Services and also help support the work of management and other staff. Each day is different, so it keeps things interesting.

Credentialing and Accreditation

Ensure our providers maintain proper licensure and certification to the needs of the division and adhere to state and federal regulations. The point of contact for the Accreditation Association for Ambulatory Health Care [AAAHC], our accrediting body.

Data Analyst

Primary responsibilities are to manage reporting needs for all 10 departments within the Fond du Lac Human Services Division. This includes quarterly reporting needs for funding, grant applications and patient quality initiatives.

Executive Administrative Assistant

Assists the Associate Directors in whatever they might need to ensure the Human Services Division runs its daily operations. Assists all Coordinators and our exec team on agenda requests, job postings, PAF's, purchases orders, etc.

Health Information Management Specialist

Provide support and maintain medical, behavioral health, sub-

stance abuse and dental electronic systems. Specialist also works on quality reporting for Meaningful Use and Merit-Based Incentive Payment Systems (MIPS).

Research Specialist

Coordinate day-to-day operations of research projects for the Human Services Division and works with our Institutional Review Board to review research proposals. Recently, the 2017 needs assessment survey was launched and completed on July 31.

Safety Officer

Makes sure that all patient and staff are safe within FDLHSD buildings. Ensure that all FDLHSD buildings meet or exceed all governmental requirements. Ensure that all kitchens that serve to the public are safe and all staff has appropriate trainings. Provide class/information to any tribal entity on safety food handling issues

Clinic Updates

- Min No Aya Win construction completion date is Dec. 31, 2017
- Minobimaadizi Waakaa'igan completion expected in August of 2017; move and re-opening is due mid-September
- Please like our facebook page <https://www.facebook.com/Fond-du-Lac-Human-Services-341716719329009/>
- The executive team has helped with the 2017 Health Fair and 2017 Enrollee Days
- We are working on Native American Month and All Day staff training.

FDL WIC Program

Women, Infants, and Children Nutrition Program (WIC) is a Nutrition and Breastfeeding program that offers tips and advice to help families eat well, learn about nutrition, and stay healthy.

The WIC program provides:

- Nutrition education
- One-on-one counseling about nutrition
- Vouchers to buy food (Range between \$62.00 - \$190.00/month)
- Support and help with breastfeeding
- Referrals to health care, immunizations, and other programs

Who is WIC for?

- Women who are pregnant, breastfeeding, or who recently had a baby
- Infants from birth to 1 year of age
- Children from 1 year of age to their 5th birthday

To qualify for WIC you need to have a nutritional and/or medical need and meet the WIC income guidelines. All WIC participants must have an initial appointment to determine eligibility for WIC. For example, a family of 3 making \$37,777.00 or less a year would qualify. If your child is enrolled in Early Head Start or Head Start income guidelines do not apply.

Contact the WIC office for further information: Laura Garza, PHN, CLC: MNAW/CAIR – (218) 878-2147, Kara Stoneburner, RDN LD, CLS: MNAW/CAIR – (218) 878-2183 Or go to <http://www.health.state.mn.us/divs/fh/wic/index.html>, for more information.

WIC Program is an equal opportunity provider and employer.

Italian Curly Soup in a Jar

- 2 t Italian Seasoning
- 1 t Pepper
- 2 T Beef Bouillon
- ¼ c Dried Onion
- 1 t Sugar
- 3 c Tri – colored Pasta

In order, layer spices and end with pasta.

To make soup:

Bring 8 c of water and 2 cups of crushed or diced tomatoes to a boil in large pot. Add the whole jar of Italian Curly Soup mix and simmer uncovered for about 15 minutes or until pasta is done.

Adapted from:

<http://www.allfreecrafts.com/giftinajar/soup-and-side-mixes/spiral-soup/>

Ashi-niswi giizisoog (Thirteen Moons)

Manoominikie giizis

Manoominikie giizis is the Ricing Moon. The new begins on August 21st. Other names for the month of August are Odatagaagomini giizis or Blackberry Moon and Basikwa'o giizis or Flying Moon.

Ticks – Ick! How to Prevent Tickborne Diseases

By Kari Hedin,

Fond du Lac Resource Management Watershed Specialist

That creepy-crawly sensation! Could it be a tick on your skin? Many of us are familiar with that feeling when we return from a trip to the woods.

The foresters and biologists at Fond du Lac Resource Management don't let ticks stop us from doing our jobs outdoors—and we don't want ticks to stop anyone from enjoying the woods and trails on the Reservation. However, it's good to be aware of tickborne diseases and what can be done to prevent them.

In April 2017, the Minnesota Department of Health (MDH) gave a presentation at the Ojibwe School and at Resource Management, to give us the newest information on ticks and tickborne diseases in Minnesota. The MDH tick experts taught us that there are three tick species that can cause disease in humans: the blacklegged (deer) tick, the American dog (wood) tick and the lone star tick. The photo shows each tick species

and the diseases associated with that species. Ticks hatch from eggs and go through a larval and nymph life stage before growing to adult size. Ticks feed on the blood of mammals and this is how they pick up diseases from animals such as mice. These diseases can then be passed on to humans when a tick bite occurs. The majority of tick-borne diseases, including Lyme disease,

come from the bite of an infected blacklegged tick in the larval or adult stage. Keep in mind that blacklegged tick nymphs are very small (the size of a poppy seed) and hard to detect, but they transmit most cases of human disease. Blacklegged tick adults are the size of a sesame

seed. The photo shows the size of blacklegged tick nymphs and adults.

In addition to Lyme disease, ticks can also transmit human anaplasmosis, Powassan virus and Rocky Mountain spotted fever, among others. Lyme disease cases have increased in Carlton County in the last 20 years, as shown by the time-series maps of Minnesota. Some of these diseases can cause serious health complications, and symptoms

may not show up until a month after a tick bite. If you have been in tick habitat, watch yourself for signs of illness, including rash, fever, headache, muscle/joint aches and fatigue. Contact your doctor right away if you feel sick, as early treatment is the most effective at getting rid of tick-borne diseases. More information about symptoms and treatments can be found online at the MDH website on their "Tickborne Diseases" webpage.

Are you ready to wrap up in a blanket and never go outside again? Even though the stories of tickborne diseases can be scary, prevention and awareness and early treatment are the best protections. Don't let ticks stop you from enjoying the outdoors. Here are some ways to prevent ticks from attaching to your skin:

- Know when and where you're at risk
- Mid-May through mid-July, in wooded and brushy areas
- Wear tick repellent
- DEET 20-30% on skin or clothing
- Permethrin 0.5% on clothing
- Talk with your vet about tick prevention products for your pet
- Check yourself and pets for ticks at least once a day
- Remove ticks right away
- Check out the tick removal video on the MDH website for proper tick removal technique.
- Reduce your risk of tick encounters
- Keep trails mowed short

- Remove leaf litter and brush from your yard
- Create a barrier between your yard and woods

Tick identification cards and tick specimens will be available at the Resource Management Building and at Min No Aya Win. It's helpful to look at real ticks to get an idea for how small they are. It's also helpful to keep a tick identification card near the front door, so it's in easy reach. Further resources are also

available online at <http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/>. Contact the Vectorborne Disease Unit Minnesota Department of Health at 651-201-5414 with any questions.

The material for this article was taken from a presentation titled, "Tickborne Diseases of Minnesota" by Franny Dorr, MDH Vectorborne Disease Unit, Minnesota Department of Health, April 2017.

Blacklegged Tick Adults

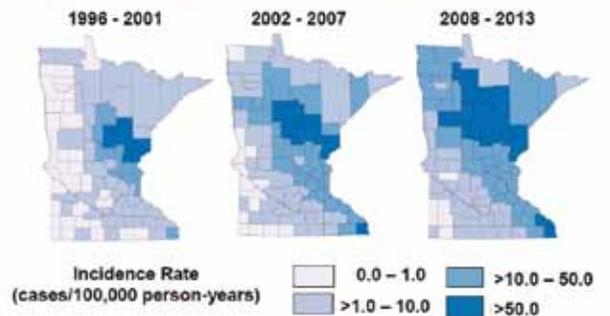


Blacklegged Tick Nymphs



MDH Minnesota Department of Health

Distribution of MN Lyme Disease Cases by County of Residence, 1996-2013



3 Ticks of Public Health Concern in MN



MDH Minnesota Department of Health

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

Four Medicines

Cedar- Giizhikaandagoons

Sage- Bashkodejiibik

Sweet Grass- Bashkodemashkosiw

Tobacco- Asemaa

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

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

— Ojibwe Wordlist —

Arm	Ninik
Back	Nipikwan
Ear	Nitawag
Eye	Nishkiinzhig
Finger	Nininjiins
Foot	Ninzid
Head	Nishtigwaan
Heart	Ninde
Hand	Ninij
Leg	Nikaad
Mouth	Nindoon
Nose	Injaanzh
Stomach	Nimsad
Toe*	Niibinaakwaanizidaan
Tongue	Nindenaniw

*NOTE: Toe, Niibinaakwaanizidaan is not in the puzzle.

Source:

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



Community News

Happy Birthday



Happy 3rd birthday **Colton Northrup** (June 30)
Love, mom and dad

Happy 9th birthday **Antonio Northrup** (July 4)
Love, dad



Happy birthday **Kean Cloud** (Aug. 3), we love you so much!
Love, mom, dad, Kiara, and Kristofor

Happy birthday **Megan Wait** (Aug. 12). Thanks for being as wonderful as you are! We hope your birthday is filled with unforgettable adventures.
Love you always! -Your family-



Happy 9th birthday to **Justice Lee Wright** (Aug. 13)

Happy 10th birthday to my beautiful, one and only baby girl **Tianna Rosalee** (Aug. 16). Just wanted to say I am very proud of you and you are turning into a beautiful, smart, young lady. Hope you have the best day ever and many more to come.
Love always, mom, Tommy Jr, and Jordan



Happy birthday to my girls—**Amy and Lu (Amy Thompson Aug. 17 and Alyssa Abramowski Aug. 1)**
I love you both with all my heart, mom

Happy 33rd to **Sheree F. Defoe** (Aug. 19) and happy birthday to **Shane W. Defoe**, 26 (Aug. 8)

Happy birthday **Dan White** (Aug. 23)—we love you too much!
Your sisters, Joyce, Cathy, and Jodi

Happy sweet 16 to **Jalen Paulson** (Aug. 30)
Love, mom, dad, and Cordell



Anniversary

Happy 1st anniversary (Aug. 13) to the heartbeat of our family. There are not enough words in the world to tell you **Loretta Brown** what your love means to me.
Love, Darrell

Congratulations

Justice Paro represented Fond du Lac in the 2017 North American Indigenous Games for basketball in Toronto, Ontario, Canada with Team Minnesota on July 16 - July 22, 2017. Go represent FDL, your family, and Cloquet Basketball to the best of your ability. Go for the gold!

Love your family

Starr Shabaiash, the 2016-17 Ojibwe School princess took it upon herself to help by serving the stands at the Veteran's Powwow.
Great Job!



Thank you

Chi Miigwetch to everyone who attended my retirement party on July 7. I want to thank the food service staff at Black Bear Casino Resort who created such a wonderful, healthy feast for my family, friends, and co-workers. That was the best carrot cake I ever ate. I want to thank Barb Bassett and her waitstaff for making sure our needs were taken care of.

My biggest thanks goes to Ferdinand Martineau for making this wonderful party happen in the first place! Just when I was told earlier it couldn't be scheduled, Ferd worked his magic and for that I'll forever be grateful that he picked up the ball and ran with it.

I want to thank my co-workers Punky, Gail, and Mary who always had my back and looked out for me on the job.

Last but not least, I want to thank my family for putting up with my "Afternoon" shift work and me not being home to cook the dinner meal at night. Jack (my husband) you can now retire from kitchen duty!

Minawaa giga-waaba min, Shirley Schleret

FDLVS0 would like to thank the **Powwow committee** and all of the workers that made this year's Powwow a success. Thank you very much.

A special thanks to **Taylor Diver** and **Herb Fineday** for the work they did on jingle dresses and grass dance outfits.

Memorial

Beatrice Marie Huie (June 12, 1929-Aug. 1, 2014)

Mother-you have been in our thoughts filled with loving memories every day for the past three years. You are always on our mind. A family friend, Paul, shared a fun memory at the house in Golden



Valley, how you danced a line dance with all the kids all over the house and it was so funny! Our culture is growing strong with the family and all your great and great great grandchildren have a beautiful heart filled with humor like you.

We love you and miss you, your family, Gil, Gail, Glenda, and families

Obituary

Jerrald Walter Setterquist was born December 2, 1930 in Duluth, Minn. to Walter and



Leatrice (Harder) Setterquist. He was co-owner with his father in the Public Market Grocery Store where he was known for his Scandinavian specialties like Silta and Potato Sausage. Jerry was passionate about service to his country. He was a member of the Army National Guard for over 40 years and retired as a Major. He was active in his community. Jerry played on a fast pitch softball team, belonged to a cribbage league, and was a member of the Kiwanis Club in Cloquet. After retiring from the Public Market, Jerry worked for another grocery store and sold real estate. Never one to be idle, Jerry then worked for the Black Bear Golf Course, where he incorporated his passion for cooking. Jerry was a proud member of the Fond du Lac Reservation and was an active



Community News

member of the FDL Elders group. He especially enjoyed his volunteer experience reading to the FDL preschool children.

Jerry was preceded in death by his parents. He is survived by his children, Terry (Janette) Setterquist, Sharm Setterquist, Suzan (Donald) Gonzales, Tracy (David) Strand, Bo Setterquist, Ahnna (James) Dudley and Jolene Setterquist; two brothers, Tim (Kathy) Setterquist and Buff Setterquist; 14 grandchildren; 15 great-grandchildren; and numerous nieces and nephews.

Richard Sheehy was born in Cloquet, Minnesota. His parents were Henry Sheehy and Agnes LaPrairie Sheehy. He was a retired boilermaker. Richard was a U.S. Navy Korean War veteran. He married Judy Bush on Nov. 29, 1980. He was a member of the Fond Du Lac of Lakeshore Superior Chippewa; and American Legion Post 140, Clinton, Indiana.

Survivors include his wife, Judy Sheehy of Clinton, Indiana; one son and one daughter of northern Indiana; four stepsons, Jeff Baysinger of Clinton, Randy Baysinger of Clinton, Tim Baysinger of Clinton and Mark Baysinger of St. Augustine, Florida; and several grandchildren, great-grandchildren, and nieces and nephews.

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 Waakaagan-Mpls.
 - Pharmacy Technician On Call/Sub MNAW, CAIR, Mashkiki Waakaagan-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



The Reservation Business Committee meeting with David Wellstone in the Council Chambers July 18.

