

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



Chairman Kevin Dupuis, Sr. shakes DHS Commissioner Tony Lourey's hand after the two signed an agreement to work together on the health issues plaguing our communities.

In This Issue:

Local News... 2-3
 RBC Thoughts ... 4-5
 Graduations. ... 6-7
 Language Events ... 8-9
 More Local ... 10-11
 Legal News.. ... 12
 Etc... ..13-15
 Health News ...16-17
 13 Moons ...18-19
 BBCR Events ... 20
 Jay Cooke and the Ojibwa of Lake Superior ... 21
 Community News ...22-23
 Calendar ... 24

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Local News

HEALTH FAIR



Nahgahchiwanong Dibahjimowinnan

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

TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts.....	4-5
Graduations.....	6-7
Language Events.....	8-9
More Local.....	10-11
Legal News.....	12
Etc.....	13-15
Health News.....	16-17
13 Moons.....	18-19
BBCR Events.....	20
Jay Cooke and the Ojibwa of Lake Superior.....	21
Community News.....	22-23
Calendar.....	24

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Cloquet, Minn. 55720.

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end, we do not publish editorials, opinion pieces or letters to the editor.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

Raised beds for Elders

By Zachary N. Dunaiski

Through an Age to Age grant, Fond du Lac has set up a few raised beds for FDL Elder's to come and plant a garden program.

Currently there are 18 beds, with 14 being used by Elders. Sawyer's high tunnel has six raised bed, eight are in the high tunnel at Cloquet, one is at the assisted living residence, one is at the Cloquet Elderly building, and two are at 960 Cary road. All of these raised beds are part of the Elder's summer gardening

program.

The program is looking for people of all ages to volunteer, specially they are looking for teens as part of the Age to Age program. The hope is that teens would work with Elders to get to know other members of the community and add a social aspect to the gardening program.

If you have any questions or would like to volunteer, contact Jessica Murray (218) 878-2647. There are two AmeriCorps Food Sovereignty positions available. For more Details contact Jamie Adams (218) 878-2631.



Jessica Murray (right), Ellen Friedrich (left), and Tammy Anderson prep the raised beds for Elder's gardens.



Dr. Lynn Rossy visits FDL

By Zachary N. Dunaiski

Dr. Lynn Rossy, author of The Mindfulness-Based Eating Solution, came to the Black Bear Casino and Resort May 21 and 22 to talk about the effectiveness of mindful eating. The importance of mindful eating is something that we rarely consider while trying to lose

weight.

Members of the Fond du Lac public and employees of the Health and Human Services department were in attendance for the second day to learn about the effects of mindful eating.

One thing most of us don't think about in terms of our health is living in the moment, something that Dr.

Rossy brought up. We tend to either live in the past or think about the future. When we live in the past it's with regret, and when we think about the future it's with worry. Neither is helpful for weight loss or health in general.

FDL Youth Employment

By Zachary N. Dunaiski

Fond du Lac's summer youth employment has been something the youth of FDL have been involved in for the last 45 years. The program allows youth to work for FDL, mostly mowing lawns, as a way to earn money over a four week period in the summer.

The program has been big over the last few years and will have three different groups from June 10-late August. Some of the youth will be paid for by the Workforce Innovation and Opportunity Act (WIOA) if the family meets income guidelines or is in foster care. Members in the summer youth program are Native Enrolled in any Tribe or their descendants ages 14-17, a majority of this year's workforce is FDL or MCT Enrolled.

The youth will work for four consecutive weeks 8 a.m.-4:30

p.m. Mon-Thurs, with Friday being available as a makeup day. This year's group will mow 150 lawns for FDL Elder's 62 and older on or near the FDL Reservation.

"The kids take a lot of pride in the work they do. They don't need to be told to redo a spot they missed. They just see it and start up their lawn mowers again and do it. They do good work, and I don't think they get enough credit," Patti Jo Fineday, who is in charge of the youth program, said. Patti also said she hopes to bring in pizzas for the workers at the end of the summer as a thank you for their hard work.

If you're interested contact Patti Jo Fineday (218) 878-7535. The closing date was May 5, as all workers need to be approved by the council, but for those still hoping to work can sign up to work for 3 weeks later in the summer.

RBC Thoughts

Boozhoo,

Lately it seems that we have more than our fair share of funerals to attend. The last couple were for children who did not have a chance yet to experience much in their few short years. I remember when I was a kid and I heard that the life expectancy of a Native male living on an Indian Reservation was 45 years and now I remember why. Things have not changed much over the years.

I am not sure how much you have been following the Enbridge saga. The state appealed the environment impact statement, EIS, as not addressing all potential impacts of the pipeline and the court agreed. The company now has to do an additional EIS on the potential damage an oil spill could cause in the Lake Superior Basin. Once this is complete and the potential damage is considered then the certificate of need will be reconsidered. I am not sure how long this process will take but the courts work on their own time-line which is quite slow. I will keep you informed as the information becomes available.

The Band has taken over the burial recovery project at Mission Creek. This project has been run by the Minnesota Department of Transportation (MnDOT), the Minnesota Indian Affairs Council (MIAC), and Hamline University. We participated by providing

security and a small crew to handle some soil that had been removed from the main project site. MnDOT and MIAC failed to complete the project on schedule and Hamline was hired. During this time our crew of 6-10, were able to process as much soil as the other crew of 25-30, in less favorable conditions and complete on schedule. The state asked if we would be willing to complete the project. We agreed to as we were being blamed for the delays anyway. The crew that is down there working now is our crew and we are scheduled to be complete by the end of summer. I will keep you updated with our progress.



Ferdinand Martineau

It is mid-June and I would like to say that our summer is finally here. I think that our entire country has been experiencing severe weather this year. We have had quite the variety of weather here also. We have been luckily only dealing with cold here. Other parts of our state have had some floods. Most of our gardens are in and the grass is turning green. The golf course is open and I hope to be back playing shortly. Until next time enjoy your summer.

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.

Cloquet News

Hello All

Well it's finally under construction! The walking and bike trail that runs along the Big Lake Road from the Tribal Center to the C-store is under construction. There is heavy equipment, road signs, traffic delays, and high visibility vested crews actually on sight. I have spoken and written about this project for some time now and it seemed that it was never going to get underway. I am glad to say "It is underway, finally."



Wally Dupuis

For those traveling Big Lake Road please be cautious of the equipment and workers along the way, as it becomes congested at times.

I was able to attend the annual health fair that was held at our Ojibway School and once again they have put together a very informative and useful event. Thank you all at Min No Aya Win clinic for all of your hard work and commitment to providing informative information to our communities.

The Cobell land buyback program has been re-initiated here at FDL so if you have any questions on land parcels

that you may be listed on, please call Patty Dufault here at the Tribal Center and she will assist you with your questions.

On a different note, please check the FDL website for upcoming activities happening throughout the summer, we have activities such as Enrollee Days, Powwows, and language events scheduled and your participation is welcome.

As always please feel free to call or write, as I look forward to hearing from you. Cell (218) 428-9828, Office (218) 878-8078 or email wallydupuis@fdlrez.com

CALL FOR
VOLUNTEERS
FOND DU LAC FARM

960 CARY ROAD, CLOQUET, MN 55720

JOIN US FOR THE DAY OR SIGN UP FOR A TIME SLOT TO HELP US GET THE FARM READY FOR THIS GROWING SEASON

SATURDAY, July 27, 2019 @ 9:00 AM
Sign up @ www.fdlrez.com under Community Notices
OR CONTACT JESSICA MURRAY @ 218-878-2647
JESSICAMURRAY@FDLREZ.COM

Upcoming events

Veteran's Powwow
July 12-14
MKW

Birch bark and black ash basket
July 19-20
MKW

13 Moons Golf Tournament
July 27
BBCR

RBC Thoughts

Brookston News

Boozhoo,

I first would like to offer my condolences to the families in our Brookston Community and the Mille Lacs Community of Lake Lena for their recent losses. It has been a very trying time the last month. We, as a Community, have experienced three tragic events that impacted many at Fond du Lac. I had attended all three funeral services and I can say that I was left emotionally drained. I can say that the only other time I have felt this emotionally drained is when I lost my own parents. I will admit that it was very difficult to see so many young people hurting with the loss of their dear friend or family member. Like I said I also attended the services for a young Ekwe that had passed away in



Roger M. Smith Sr

our community. I went there to show support for the family and the community of Lake Lena and to also let them know we are also grieving for the loss. With these losses I am also grateful to see us come together as a community. I would like to say Chi Miigwech to the Fond du Lac Min No Aya Win Human Services Staff for the response to the community and for being there with staff on-site to assist with services. Chi Miigwech to Don Wiesen and the Prevention & Intervention staff that had set up a Community BBQ after all the services. Chi Miigwech to the entire Brookston Center Staff for assisting the family during the services. If I have forgotten to mention any other staff, I apologize and rest assured I am forever grateful for your assistance in this time of need.

The Fond du Lac Police De-

partment in conjunction with the Cloquet Police Department had recently held their 2nd Annual Youth Police Camp. What an amazing camp they held and the turnout of youth had been amazing. To hear nightly of what they did at Camp Miller and the day they spent at the FDL Cloquet Community Center was very action packed. This I believe has been a very positive experience for the youth and also for the FDLPD in building the relationship with the community.

We have been very busy with various meetings with different departments of local and state government. We recently had the opportunity to sit down and meet the new Carlton County Attorney Laurie Ketola. I found that this was a very productive meeting and look forward to having the opportunity for open dialogue with her office.

We also have met with Minnesota American Indian Chamber of Commerce on their Purchasing Power Initiative and look forward to FDL participating in this initiative. We continue to work towards a solution to the Mahnomen Housing community water issue and have made great progress. Updates can be seen on the FDL website. Chi Miigwech!!

Roger Smith Sr.
District III
Representative
rogermsmith-
sr@fdlrez.com
(218) 878-7509

Sawyer News

Boozhoo,

The Kiwenz campground had a lot of visitors for the annual Language camp this past month. At least 328 people were registered for language camp and there were many that entered the canoe competition. Congratulations to 1st place BJ Bosto/Larry Spears and 2nd place Tom Howes/Dennis Houle. Friendly competition is a good way to acknowledge our connection to traditional activities and the importance of social time in our community. Horse-shoes was another competition that was shared which really brought out some of skills.

Miigwech to all who assisted with teaching language and arts and those who donated/organized the food. Fond du Lac Public Works and General Maintenance were instrumental in making this a successful event. It is great to have "the ones who take care of Anishinaabemowin at Fond du Lac" Nagaajiwanaang genawendangig Anishinaabemowin.

Babaamaadiziwin Gitigaan is underway again at the Ojibwe School this summer in partnership with 13 Moons. This harvest season they will have some upcoming events so watch for future activities from these hardworking



Bruce Savage

youth. It's also nice to see youth mowing lawns and earning money this summer.

Fond du Lac Resource Management has been working on trumpeter swan control on the local wild rice lakes. The weather has been good for outdoor activity and preparing for our next seasons. The activity around the community has offered families many events to choose from and it is great to see people organizing together and supporting each other. The past month was difficult for our community and I offer my condolences to families that lost loved ones.

Human Services has many programs to offer and supportive counseling for anybody that would like to talk. Reaching out and asking for help is a strength and shows courage of spirit.

Lastly, I wanted to let Elders know that if you are interested in a raised garden for vegetables, get a hold of Jessica Murray at (218) 878-2647. The Sawyer high tunnel had raised beds installed and it really helps with upkeep of plants and soil.

I hope to see everyone out enjoying the summer days.
Sincerely,
Bruce M. Savage
Sawyer District Rep
Cell: (218)393-6902
brucesavage@fdlrez.com

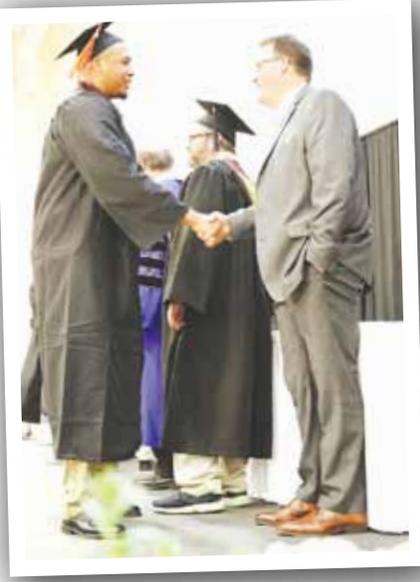
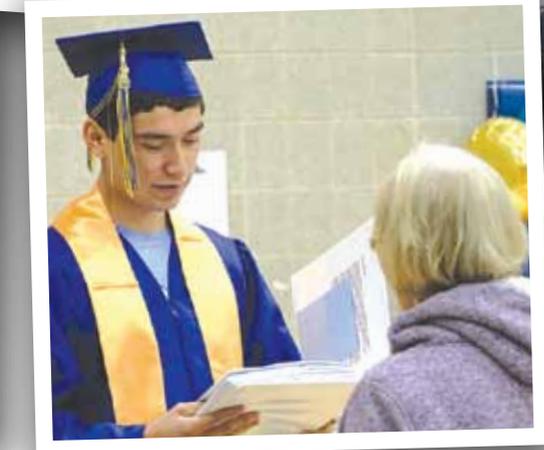


Healing Circle Run July 13-20, 2019

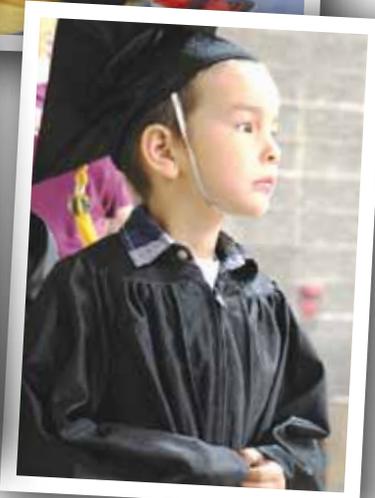
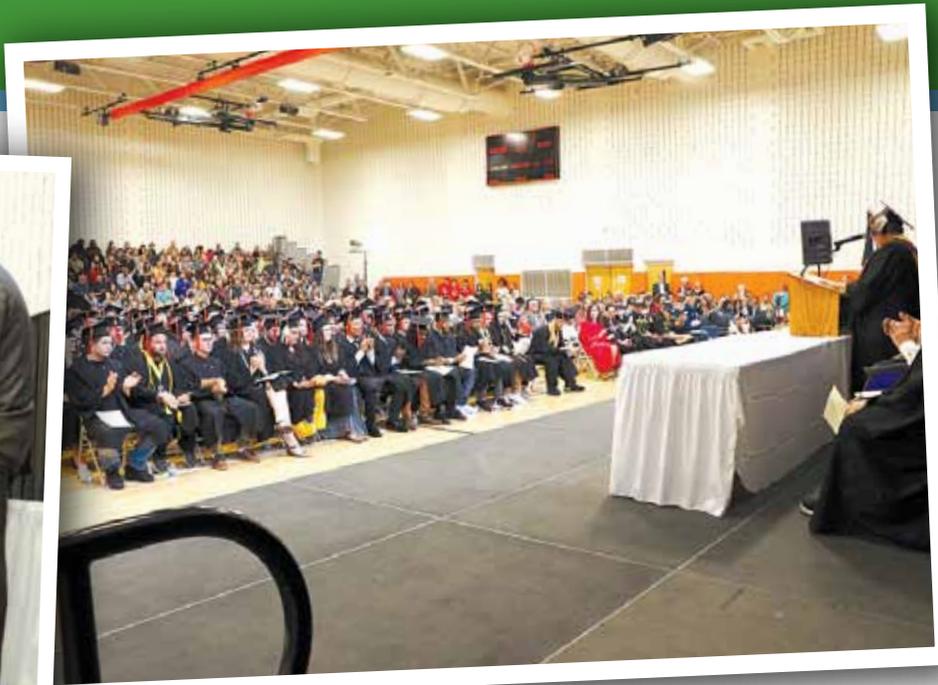
The 2019 Healing Circle Run connects ten Ojibwe reservations in northern Wisconsin, Michigan, and Minnesota. See map for details.

For more information or if you are interested in participating as a core runner or group of runners, please contact Jenny Krueger-Bear at GLIFWC at jkrueger@glifwc.org.

Graduations



Graduations



Language Events

Language Camp

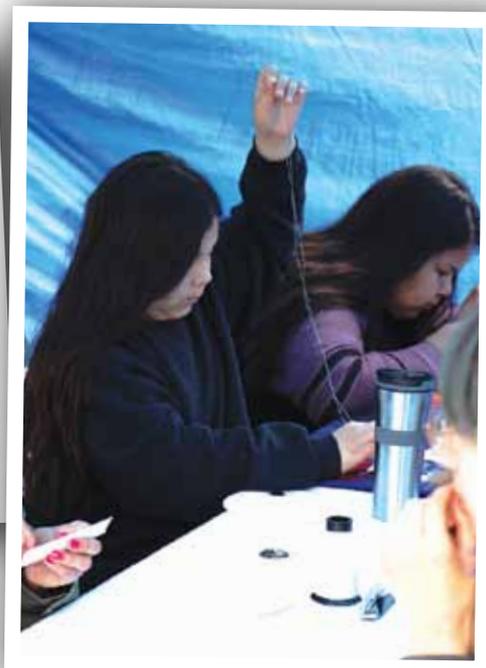
By Zachary N. Dunaiski

Every year the Kiwenz Campground plays host to the Fond du Lac Ojibwe Immersion Language Camp in June.

People gather, camp, and learn the language for an entire weekend of fun and festivities. This year's camp, held June 14-16, was cooler than average which some people enjoyed. The weather also didn't stop people from tak-

ing part in all of the fun during the camp.

It's always nice to see the campers and those who just stop by for a few of the events at the camp each year. We would also like to thank the staff and others who help make sure that the campgrounds are ready, safe, and full of fun activities for anyone who visits.



Language Events

Nagaajiwanaang Genawendangig Anishinaabemowin Language Program news

**Submitted by
Janis Fairbanks,**
Anishinaabemowin Coordinator
June activities are behind us, and along with them, half the year has gone by! Quick, wasn't it?

Other updates:
We are very pleased to announce that the Summer Immersion classes at the Cloquet Community Center welcome a special guest speaker for July 2nd and 9th sessions. He is Melvin Brazil-Geyschick Sr. Biidwewekamiganang is a first language speaker originally from Lac la Croix-Gakijwanong. Currently Melvin is living in Plummer,

Idaho which is 30 miles south of the town of Ceurdelane on Interstate 90. Melvin will be spending a short time with us here in Minnesota and wishes to share some of his knowledge of the language. Melvin specializes in singing. He has taught Ojibwe language in various capacities throughout his life. His passion is sharing the language and passing it on to the next generation. Please come to the summer immersion language table; everyone is welcome! We are always thrilled when we have guest speakers willing to take the time to share their knowledge and time with us!

The book club selection for the Wednesday, July 31 meeting (12:30 - 1:30) is "Girl Gone Missing," by Marcie Rendon. The book club meets at 111 Brevator Road. Lunch is also served, so please RSVP by July 24 so we can order food for the Book Club. July 16 is the Full Moon Ceremony at 111 Brevator Road, hosted by Lyz Jaakola. Email lyz_jaakola@hotmail.com for more information. Tentative time 9 p.m.

We are also wrapping up the Special Events individual sessions planned for 2019 with the August 2019 Wild Rice Camp & Festival in order

to reserve budget for another end of the year Language Symposium. The hand drum session planned for October has been cancelled. Planning for the Language Symposium is expected to begin in August. The tentative dates for that symposium are December 6 and 7 contingent on those dates being available for space at Fond du Lac Tribal and Community College. More information to come.

We also wish to share the news that the new Language and Culture Building is expected to have the ground-breaking ceremony with a

tentative ground-breaking date of Monday, August 5. This is very exciting news for our program! Miigwech to the RBC for approving the architect's presentation and agreeing that the project will go forward!

Enjoy the rest of the summer, and these warm, sunlit days and summer breezes.

If you have ideas to share, questions or comments about the language program, please contact janisfairbanks@fdlrez.com

Language year end event

By Zachary N. Dunaiski

On May 18, 2019 the Fond du Lac Language Program held a year end event for the current Minnesota Indian Affairs Council/Legacy Amendment funded Ojibwe CD grant project.

"We are grateful for the efforts of the Elders and youth involved in the project, as well as the program staff and volunteers who helped us successfully reach our goals in this year-long endeavor," Janis Fairbanks, Ojibwe Language Coordinator. The program had six youth making CDs which were *Lessons From Our Elders*. The book, *Elders and Youth Worked Together to Preserve Knowledge*, which goes with the CDs is on the FDL website under Culture Anishinaabemowin. In the book's table of contents is where more information can be found and names of all project participants are listed in the Credits in the back of the book.

Firearms Safety Training for Youth



Where: Fond du Lac Resource Mgmt. Division
28 University Road, Cloquet

Contact: 218-878-7155 to sign up

When: July 29th—August 3rd, 2019

Time: Mon. - Friday 5pm - 7pm with field day on Saturday August 3rd 8am-12pm

Fees: \$7.50 paid online

Requirements:

- * Open to all students 11 years and older.
- * DNR Firearms Certificate is required of anyone born after December 31st, 1979 to purchase a hunting license.
- * See independent study alternatives for adults. Log on to www.dnr.state.mn.us/safety/firearms for more information on the independent study.

ATTENTION FDL ELDERS

There will be a bus to attend the
**MIKWENDAAGOZWAG MEMORIAL 2019
CELEBRATION**
(The Sandy Lake Tragedy)

WEDNESDAY JULY 31, 2019

to the Army Corp of Engineers Sandy Lake Rec. Area
Near McGregor, MN

The bus will leave the Tribal Center @ 7:30am
and arrive @ Savannah Portage boat landing
approximately 9:00am

Lunch Will Be Served

The bus will leave Sandy Lake @ 5:00pm
and return to the Tribal Center @ approximately 6:00pm

Space is limited to the first 26 Elders that sign up.

Please contact Velvet Linden (218) 878-8053



More Local

FDL RBC and DHS sign agreement

By Zachary N. Dunaiski

The Fond du Lac Reservation Business Committee signed a Tribal Consultation Agreement with the Minnesota Department of Human Services June 19. The agreement is a shared responsibility between the Minnesota DHS and FDL.

“We take our responsibility work collaboratively with our Tribal partners very seriously,” Tony Lourey, Commissioner of Human Services for the State of Minnesota, said. “That’s why understanding how we’re going to communicate with each other and on a timeline, so we are communicating before decisions are being made. We can have a joint vision of how we move forward together.”

This meeting was all about the two sides coming together to discuss future plans in

Human Services between the Band and the state, such as a large sum of money that DHS plans for traditional healing. The RBC listened, but also pointed out why it is so important that both sides come together.

“Fond du Lac is a leader in a lot of ways. I think we have one of the best clinics in all of Indian country. We’ve come a long way and moved forward with a lot of different things,” Kevin Dupuis, Sr., FDL Chairman, said to the representatives from DHS. “We do it for our people but we also do it for all of Indian Country. So when we make a move on something it’s not just what we want to do here at home, but it’s for everybody.”

Chairman Dupuis, Sr., as well as the rest of the council, went on to add that the changes we make here benefit not just the other Bands of the MCT, but also the non-Native community. But those challenges are always

difficult to combat.

The current difficult challenge is the opioid crisis. FDL has lost too many people to it, and at a higher rate than any community anywhere in the country, a fight that Secretary Treasurer Ferdinand Martineau pointed out.

“We started the Mash Ka Wisen Treatment Center and we’ve had a lot of success treating alcohol and some drug problems,” Ferd said about how the opioid crisis will be the next thing we work to fix. “I’ve been around for a while, and I’ve always said, ‘whenever we learn how to play the game, the rules get changed on us.’”

The opioid epidemic has everybody concerned, so naturally it was a big part of



the day’s discussion.

“We have prophecies. And within our prophecy we are at the point of the 8th fire,” Chairman Dupuis, Sr. said. “The eighth fire is lit and our job is to keep the eighth fire lit and that means to keep our way of life. And we can’t guarantee it. We have an obligation to the people who came before us. We have an obligation to the unborn. And we can’t keep that promise because of the things that exist in today’s day in age, meaning the opioid crisis, the drug problem in itself.

“We have an obligation, no matter what color we are, no matter what race we are, no matter what ethnicity we are, we have an obligation to the children,” Chairman Dupuis, Sr. told the representatives from DHS.

All five members of the council were glad to be able to meet with members of the DHS.

“We don’t want to repeat history in any way, shape, or form, because it wasn’t a good history. So moving forward today, we completely agree that the actions have to be made now, before things happen,” Dupuis Sr. said on behalf of the council that we are glad to be able to work with the state to begin to fix these problems.

When the meeting ended, Commissioner Lourey gave the members of the council a gift—a photo of a white buffalo.

“The white buffalo is a powerful symbol of people coming together, and this photo also has a tuft of hair from this white buffalo,” Commissioner Lourey said to the council.

Nationwide the opioid crisis continues to be a problem, but this agreement means Fond du Lac and the State of Minnesota will work together to combat this problem as well as many others.

13 Moons Golf Tournament



Date: **July 27th, 2019**
 Shot Gun Start: **12:00 p.m.**
 Location: **Black Bear Golf Course**
 1791 Highway 210
 Carlton, MN 55718

13 MOONS SCRAMBLE

\$200 Foursome or \$50 Individual
(Includes Green Fees, Cart and Lunch)

Optional Team Skins Game \$50/team

50/50 Raffle - Raffle for prizes - #11 Par 3 game - #7 Bear Paw Drop - #16 Move Up Shot

Hole In One Contest #4 First Hole in One Wins \$13,000.00 CASH

2 players from your team will play scramble but will be paired with 2 players from another team. The other 2 players from your team will also play scramble and be paired with 2 players from another team.

You DONT play with the other 2 players on your Team.

Once the round is completed you add your 2 (2) player scramble scores together to come up with your 13 Moons Scramble Score.

Call the Pro Shop to register now @ 218-878-2485

Sponsorships Available: Contact Nikki Crowe @ 218-878-7148 or nikkicrowe@fdlrez.com

Proceeds will go to the 13 Moons 2019 Gichi Manidoo Giziis Pow Wow Traditional Feast



Firearms Safety Training for Youth



Where: Fond du Lac Resource Mgmt. Division
 28 University Road, Cloquet

Contact: 218-878-7155 to sign up

When: August 12th—17th, 2019

Time: Mon. - Friday 5pm - 7pm with field day on Saturday August 17th 8am-12pm

Fees: \$7.50 paid online

Requirements:

- * Open to all students 11 years and older.
- * DNR Firearms Certificate is required of anyone born after December 31st, 1979 to purchase a hunting license.
- * See independent study alternatives for adults. Log on to www.dnr.state.mn.us/safety/firearms for more information on the independent study.

More Local



FDL has good showing at sub-section track meet

By Zachary N. Dunaiski

The Fond du Lac Ojibwe School's track program is still relatively new, but they've had growing interest every year in since its inception.

The most apparent growth of that was at this year's sub-section track meet, which takes place

every year at the Esko track. This year's race was scheduled for May 22, but due to inclement weather it took place May 23.

The runners who represented FDL at the sub-section meet were, Joslynn Mitchell, Mary Jane Eagle, Starr Shabaiash, Evan Mullen, Simon LaPrairie, and James Friedman.

Healing Circle Run

The Healing Circle run/walk will take place this year from July 13- 20.

Here are the dates and routes for each day of the run/walk.

Day 1	July 13	Saturday	Lac Courte Oreilles to Lac du Flambeau
Day 2	July 14	Sunday	Lac du Flambeau to Mole Lake
Day 3	July 15	Monday	Mole Lake to Lac Vieux Desert and Keweenaw Bay to Lac Vieux Desert
Day 4	July 16	Tuesday	Lac Vieux Desert to Bad River to Red Cliff
Day 5	July 17	Wednesday	Red Cliff to Fond du Lac
Day 6	July 18	Thursday	Fond du Lac to Mille Lacs
Day 7	July 19	Friday	Mille Lacs to St.Croix
Day 8	July 20	Saturday	St. Croix to Lac Courte Oreilles

For the most up-to-date information on this upcoming event, visit GLIFWC's Facebook page.

FDL Elder trip to South Dakota

The Fond du Lac Elder trip to South Dakota May 22-24, was a great time for Elder's and their spouses.

The group visited Akta Lakota Museum and the cultural center located at the St. Joseph's Indian School in Chamberlin, S.D.

Those in attendance were Greg and Carol Pederson, Louie and Patricia St. George, Theresa and Daniel White, Katie and Don Hegg, Dawn Barney, Tom Spicer, Velvet Linden, Kim Fohrenkam, Violet Reynolds, Mary Stauffer, JoAnne Olson, Suzanne Berscherd, Julie Mackey, Shirley Barney, Margaurite Diver, Bea Scanlon, Dena Danielson, Rick Yeazle, Theresa Diver, Gerald Dickenson, Rae Strong, Leonard Petite, and Denise Yellow-Solle.



Photo courtesy Greg Pederson

FDL Law Enforcement News

Officer Spotlight: Mike Diver

Hello, my name is Mike Diver and I am a Fond du Lac Band member. I have been with the Fond du Lac Tribal Police Department for roughly 18 years, going on 19. I started in February of 2000. Currently I have four kids, my son Sebastian who is five, Lauren my daughter who is seven, and two step-sons Tyler who is 12 and Hunter who is 15. I reside on the Rez. I've lived in all the areas. I've lived in Sawyer, I've lived in Cloquet, and I've lived in Brookston.

The reason I believe in the community policing model is that the law enforcement agency cannot do this alone. We need the help from the public, and the public needs the help from us. And we need to work as a team to battle the crime and drugs and everything else that is going on in the boundaries of the Reservation. Community policing is about building that bond between the community and law enforcement officers, building that relationship so that we can fight the crime and fight the drugs, and everything else

that plagues our community. It's really important especially for the new staff. If you look at our police department, half our staff is new. Those new officers need to go out there to build that trust, build that bond. It's very important to build that bond so that we have a solid relationship.

Actually, I never wanted to be a cop. I grew up in the area and I've worked for the Reservation my whole entire life and I started off in gaming. I always thought I was going to stay in gaming. When I left, I was actually a casino manager for the surveillance department. I had a nice easy job and making good money, but originally I wanted to be a fire fighter. I went to school for that. I just started working for surveillance, and someone would have their purse stolen or their money was taken and I got to go back and look on the cameras and find out who

did it and if they were still in the casino. Then call the cops and that person would get busted, and the victim would get their money back. And that look on both of their faces. The suspect, that look when he got caught. And that look on the

victim, and when they got their purse back or their money back, that was priceless. That's what got me to go into law enforcement. I had a friend and a cousin at the time that were going into law enforcement and I always kind of told them, "hey, I've been

doing this stuff in surveillance, it would be kind of cool to be a cop." And the opportunity came up and I took it, and 19 years later I'm still here.

I've worked here my whole life. I started JTPA (Job Training Partnership Act) back in the day when I was 13 years old and my first job was for the Reservation and I've worked here ever since. I've always

wanted to work for my Rez. This is where my family is, where my people are. And I'm proud to be a Band member working for the Reservation. I hopefully, someday, want to retire working for one of the places here on the Reservation.

The most satisfying aspect of being a cop is helping someone. You ask guys that are in law enforcement and you always hear that answer and think it's a cliché, but it is. It doesn't matter if they're the victim of a crime, victim of violence, victim of addiction, it's helping somebody. If I can help one person and set them straight and keep them sober or keep them from being a victim, I've done my job. If I can help one person, I've done my job. I want to help everyone.

One of the things that is unique and interesting about me is that I'm not above anybody else or below anybody else. I'm just a common man. I'm just like everyone else in the community. I try not to act like I'm better than anyone else. I've been through what everyone else has been through on this Reservation and that's

one of the reasons I became a cop is to help that. That's all I want to do, that's my uniqueness. I have my kids, and I love to hunt and fish.

I talk a lot when I get out into the community. I like talking to people, I like meeting new people. Back in high school I was actually somewhat of a shy individual. But my father one day told me, "hey, you need to be confident. Need to be confident in yourself and you need to talk to people and that's going to draw people towards you." That was one of the life lessons my dad taught me. So I started being more open and being able to talk to people, just trying to be more confident.

Don't drink and drive. Watch for motorcycles. Summer is here and kids are out on their bikes and skateboards, so watch out for kids. For the kids out there, wear your helmets, wear your pads, watch out for cars, be safe. Make sure if you go swimming to have an adult around. It's all about being safe and making it to the next day.



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:

ARRELL, Lavonne
ANKERSTROM, Arthur
BAKKEN, David
BARNEY, Jessica T.
CICHY, Gerard
CICHY, Leslie
DEFOE, Richard

LAPRAIRIE, Robert
MARZINSKE, Larry
MCFADDEN, Barbara
NELSON, Chester E.
PARO, Javis
POWERS, Lois A.
RAISANEN, Molina
RODAKS, Timothy
SAVAGE, Mark
SAVAGE, Terry B.

SHABAIASH, Rodney
SMITH, James L.
SOULIER, Gary
YEAZLE, Joann

Etc

Summer Food Service Program this summer

Fond du Lac Reservation is participating in the Summer Food Service Program {SFSP}. Meals will be provided to all Enrolled 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 sites, times, and dates/days during the summer as follows:

Fond du Lac Ojibwe School
49 University Rd. Cloquet, MN 55720
June 17, 2019-August 15, 2019, Monday-Thursday 11:30 a.m.-1 p.m.

For more information, contact Nikki Harris. Fond du Lac Ojibwe School 49 University Rd Cloquet, MN 55720 (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:

1. Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil

Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410

2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

** All Adult meals will be charged \$4.25 **

FDL Propane message

Once again, we have negotiated with our suppliers to purchase propane at a special price. As our way of saying Thank You for being one of our loyal customers, we want to pass this savings onto you.

For the entire month of July, we will offer the price of \$1.39 per gallon for our customers. Customers account must be at a zero balance or have a credit to be eligible for this special price. There is a minimum of 200 gallons purchase if your tank is not at zero.

All other accounts and after hours deliveries will be at regular price per gallon plus applicable fees.

Offer expires July 31, 2019
Please let us know at (218) 879-4869 if you have any questions.

Also, Fond du Lac Propane will NOT have emergency (after hours) deliveries during the months of June, July, August and September. Customers can call the regular office phone (218) 879-4869 and leave a message for next day delivery during this time. Deliveries will be made during regular business hours. Emergency

(after hours) phone calls and deliveries will resume October 1, 2019.

KQDS Grocery Grab

Ginger Juel, FDL Elder, was picked for the 95 KQDS Super One Grocery Grab. Her daughter Cathy was able to run the Grab for her. After checkout, Cathy picked items that totaled \$750.30. Congratulations Ginger!



L-R Ginger Juel, FDL Elder; Scott Savage, KQDS radio personality; and Cathy Lovejoy, Ginger's daughter

FACE program

The Fond du Lac Family and Child Education (FACE) Program is proudly serving families in our community. The overall goals of the FACE Program continue to be:

- Support parents/primary caretakers in their role as their child's first and most influential teacher
- Strengthen family-school-community connections
- Increase parent participation in their child's learning and

expectations for academic achievement

- Support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program

- Promote lifelong learning.

FACE has been designed to implement a family literacy program for the American Indian families in BIE-funded schools. Program services integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal Visits, FACE Family Circle (Group Connections), Screening, and Resource Network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and Parent and Child Together (PACT) Time.

Not only do we focus on literacy at school but we also focus on literacy in the home. All actively participating families receive age-appropriate Imagination Library books from Dollywood Foundation for their children every month from birth to five.

If you are interested in more information about our FACE Program and the people we serve, please contact us at (218) 878-7231.

Black Bear Golf Course News

Greetings from Black Bear G.C. Summer is in full swing and so are we at the golf course. July is an important

month as we host the big annual Black Bear Casino Golf Tournament every year. Friday, July 19 Senior Tournament

Saturday, July 20 Black Bear Casino Tournament
Sunday, July 21 Black Bear Casino Tournament

Remember to save that weekend and sign up your team early to reserve your spot.

Also, the following weekend we will be hosting the 2nd Annual 13 Moons Golf Tournament on Saturday, July 27.

Call the Pro Shop for more details or to sign up (218) 878-2485

Grandfather's Blood Memories and Unbroken Spirit

By Sharon Doolittle Shuck

Soft Cover, 96 pages, 6"x9" Illustrated with black and white photographs and documents

U.S. \$15 and \$5 S&H, Tax For author book signings contact Tarpaper Shack Press tarpapershack39@gmail.com

In this dramatic retelling of her grandfather Frank Doolittle's blood memories, Native Elder Sharon Doolittle Shuck draws from oral tradition and archival sources to bring stories to Native historical trauma back to light.

Etc

Special NRCS Program sign-up announced: cover crops for fallow fields

The USDA's Natural Resources Conservation Service in Minnesota is offering a special Environmental Quality Incentive Program sign-up for farmers who couldn't plant their crops because of flooded or wet fields. The deadline for sign-up is Friday, July 12. This EQIP sign-up is an opportunity for farmers to plant a cover crop, which they could later

cut for hay or graze. It provides an alternative to letting fields go fallow and uncovered. Landowners should coordinate with other USDA farm agencies when participating in related programs.

The goal of the program is to encourage farmers to plant cover crops to increase water quality, suppress weeds, and improve soil health on areas not planted to crops. Cover crops also bring soil vitality by adding nutrients and organic matter. Many fields that are saturated for a long time face a loss of soil organisms. Cover crop roots reestablish soil

health and create pathways for air and water to move through the soil, which is key to restoring it.

To apply for this special EQIP contact your local NRCS office. The deadline for sign-up is Friday, July 12. Applications will be ranked based on environmental

School Board meeting May 7, 2019 Called to Order 3:22 PM

Debra Johnson-Fuller, Joyce LaPorte, Carol Wuollet – absent, Robert Peacock, Jeffery Tibbetts – absent, Michael Diver, Jennifer Dupuis – absent

Others present: Superintendent; Jennifer Murray, Cultural Coordinator; Tara Dupuis, Special Education Coordinator; Sharon Belanger, Principal; Valerie Tanner, Counselor; Vicki Oberstar, and Behavior Management Coordinator Remy Iverson Community Member; Jamie Gonzolas.

Debra Johnson-Fuller read the Fond du Lac Ojibwe School Mission Statement.

Motion made by Robert Peacock to approve the agenda, 2nd by Michael Diver, all in favor.

Motion Michael Diver to approve April 9, 2019 regular meeting minutes, 2nd by Robert Peacock.

Review ledger- discussion that Bridget Paulson was requested to help – Augusts meeting.

New business:
• Title VI Public Hearing- Required. Tara Dupuis and Jamie Petite will need to

attend.

• Local Education Agency Title I Assurance: Motion made by Robert Peacock for Debra Johnson-Fuller to sign the document. 2nd by Michael Diver.

• Local Education Agency-IDEA Part B-Spending Plan: Sharon Belanger.

• Diplomas: Signing of the diplomas for 2019 Graduates. Motion made by Robert Peacock to sign, 2nd by Michael Diver. All in favor.

Old business:

i. Update Cell Phone Policy – Valerie Tanner will make changes to the cellphone policy to support no cell phone use by students, including staff. Remy Iverson will draft a letter to notify people. Cell phones will be added to the contraband section as well. Motion made by Michael Diver to approve, 2nd by Joyce LaPorte.

ii. Behavior Report: Valerie Tanner handed out Fond du Lac School Event Count. High School Event Count by Month.

Supervisor reports:

Other: Discussion on a new vaping law that needs to be looked into and how it impacts FDL.

Adjourn: Motion made by Robert Peacock, 2nd by Michael Diver.

Sawyer Center community hours

Youth Program: Monday-Saturday 10 a.m.-9 p.m. and Sunday 10 a.m.-7 p.m.

Adult Program: Monday-Friday 6 a.m.-8 p.m., Saturday 12 p.m.- 8 p.m., and Sunday 11 a.m.-7 p.m.

FDLGG to host summer remotes with WKLK

This summer FDLGG will be doing "live" summer remotes with Legends Rock 96.5 fm. The remotes will be twice a month (June 14 and 28, July 12 and 19, August 9 and 23) from 6-9 a.m.

These remotes are to get more foot traffic in the store. There will be drawings, only if you listen to WKLK that morning. Daily Specials

Monday: Buy any hot case lunch sandwich and get an 8oz cup of soup free.

Tuesday: Buy a taco in a bag and a medium size fountain drink for \$3.50.

Wednesday: Buy a \$4.99 salad and get an 8oz cup of soup for free.

Thursday: Buy \$10 in gasoline and get a \$1 off on Bridgeman's ice cream.

Friday: F'reals for \$5 Propane exchanges and fills \$15.99 plus tax

Car Washes
Lava \$10 (\$9 with 8 gallons of gas)

Premium \$9 (\$8 with 8 gallons of gas)

Deluxe \$8 (\$7 with 8 gallons of gas)

FDL to MCT constitutional convention

Meetings:

July 9 5-7:30 p.m. CCC ENP
July 23 5-7:30 p.m. BCC

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"

Etc

Two students awarded Katie Poirier Memorial Scholarship

The Fond du Lac Tribal and Community College announced that Mikayla Cozzi and Alida Hogan, two Law Enforcement students currently attending the college, have been awarded the Katie Poirier Memorial Law Enforcement Scholarships for 2019. The two students were selected from a group of outstanding applicants who are seeking careers in law enforcement.

Mikayla Cozzi, a 2016 graduate of Denfeld High School in Duluth, is in the second year of the Law Enforcement program at Fond du Lac Tribal and Community College. Cozzi will complete the Professional Law Enforcement Skills Training certificate program in June 2019, and will complete

requirements for three degrees in December 2019, including an associate of science in Law Enforcement, an associate of applied science in Criminal Justice, and an associate of arts. Cozzi's career goal is to work locally as a peace officer.

Alida Hogan, a 2002 graduate of Northwestern High School in Maple, Wisc., and a current resident of Duluth, completed the associate of applied science degree program in Criminal Justice in May 2019 at Fond du Lac Tribal and Community College. Hogan will also complete the Professional Law Enforcement Skills Training certificate program in June 2019. Hogan serves in the Superior Police Department Auxiliary and the Duluth Police Department Reserve program. Hogan's career goal is to

become a peace officer in a local jurisdiction.

The Katie Poirier Memorial Law Enforcement Scholarship was established to honor and remember Katie Poirier, a Fond du Lac Tribal and Community College student who had a career goal of becoming a law enforcement officer. Scholarship funds are provided by the Poirier family and the Fond du Lac Tribal and Community College Foundation in memory of Katie.

The first Katie Poirier Memorial Law Enforcement Scholarships were awarded during Fall Semester 2000. Since that first award, a total of 39 Fond du Lac Tribal and Community College students have benefitted from receiving the memorial scholarship.



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

WHITEBIRD ALL DESCENDANTS WELCOME!!!
Kiwenz Campgrounds

FAMILY 2019 Gathering

Friday: Aug 9 - Sunday: Aug 11

Potluck, camping, games

Contact Juanita Whitebird for more information
218-424-7449 ; jawhi+50@yahoo.com; or Facebook

Minnesota Chippewa Tribe Finance Corporation

Home Loan Program: Regular, Moderate, Construction & Renovation Loans

Home loan applicants must be American Indian enrolled in the Minnesota Chippewa Tribe and must be owner occupied. Applicants must also meet other requirements such as; reasonable credit risk, have a stable employment history, and meet State and FHA credit underwriting guidelines.

Business Loan Program: Micro Loans \$500-\$5000, Business Loans \$5000-\$150,000 and Commercial Real Estate Loans \$5,000 - \$150,000

All loans will require security/collateral and personal guarantees for principals and /or third parties. The owner/borrower must have a minimum 10% equity in total business capitalization. Interest is based on risk rating of applications, rates will be between 4% - 7%. Borrowers are required to have a reasonable credit history and a written plan for repayment. All applicants with any type of loan must have a business plan detailing how the business will operate and perform. Technical assistance is available, personal assistance will be required.

Applications:

Applications are taken at our home office located at 15542 State Hwy 371 NW, Cass Lake, Minnesota. Or call for an appointment at 218.335.8582. You may visit our website at www.mctfc.org to download application and requirements. We also provide home-buyer training, assist clients with home inspections and construction counseling.



Health News

June is National Cancer Survivor month

By Denise Houle,
Cancer outreach worker

A person who has been diagnosed with cancer begins their journey of Cancer Survivorship at that very moment of diagnosis. There are many questions to ask and answers to find. It can be a very long road for the person diagnosed with cancer as well as their families which is why it is very important to work closely with your healthcare team.

Resources available to assist you and your family in the Cancer Survivorship journey:

- Fond du Lac Primary Healthcare Team (218) 879-1227
- Fond du Lac Medical Social Workers (218) 879-1227
- Mayo Native Cancer Programs 1-507-284-2511, Native Circle 1-877-372-1617, Spirit of Eagles 1-507-266-3064
- Cancer Resource Center-Essentia Health-Duluth (218) 786-3581
- St. Luke's Cancer Center – Duluth (218) 249-5489
- Cancer Legal Care (New Name) (651) 917-9000
- American Cancer Society 1-800-227-2345
- Circle of Hope (Breast Cancer) (218) 464-1626

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

Human Services IRB board member position openings

Fond du Lac Human Services Division (FDL HSD) encourages research by employees, staff, students, Tribal members, and other investigators that is consistent with the mission statement of the Human Services Division. The mission of the Human Services Division is to elevate the health and social well-being of Indian people living in the service area through the provision of services, research, education and employment opportunities. All research involving human subjects, for whom FDL HSD staff is subjects or investigators, whether on Band lands or facilities operated by HSD, is subject to review by the FDL HSD Institutional Review Board (IRB) to ensure that the research activities meet ethical, cultural, and legal standards.

No HSD research activities that involve human subjects, cultural, or other resources of the Band may begin prior to approval by the IRB and Fond du Lac Reservation Business Committee (FDL RBC). Responsibilities of IRB Members

- Actively participate in IRB meetings and offer expertise for the ethical review and monitoring of research
- Complete training on human subjects protections' regulations and research review processes
- Attend meetings regularly to help ensure quorum
- Review research protocols and documents prior to the scheduled meeting
- Inform IRB Chair in the event there is a conflict of interest regarding a research protocol

- Maintain confidentiality regarding research protocols and IRB proceedings

Qualifications

Position 1. Specific expertise needed: professional experience in behavioral health, psychology, or psychiatry.

Position 2. Non-affiliated member: Must not be employed by the Fond du Lac Band of Lake Superior Chippewa; must not have a family member employed by Fond du Lac.

Description

Benefits: Contribute to research protections and ensuring ethical research is conducted at FDL HSD and associated facilities; Gain experience and knowledge in human subjects research review.

Duration: 5-year term

Meeting and time com-

mitment: The board meets monthly on the third Thursday of the month in the afternoon for up to 3.5 hours. Additional time will be needed to read/review proposals, on average 10-15 protocols are submitted to the HSD IRB annually. Required annual training of 3-5 hours.

Compensation: No compensation, this is a volunteer position; For FDL employees, the time spent on the IRB will be a part of regular work hours.

Closing date for this position is July 15.

Send letter of interest and summary of qualifications to: Tonya Kjerland, TonyaKjerland@fdlrez.com or call (218) 655-3623.

Behavioral health services

Are you or your loved one in need of mental health or substance abuse services? Contact Fond du Lac Human Services for more information or to make an appointment.

Our Behavioral Health department offers a full range of coordinated mental health services to promote the overall well-being and functioning of American Indian individuals and families living in the Fond du Lac service area. Services include case management, Adult Rehabilitation Mental Health Services (ARMHS), foster care & family reunification, mental health counseling, and crisis response. You can reach our Behavioral Health Department at (218) 878-3729 in Cloquet, or

(218) 279-4104 in Duluth.

Our Substance Use Disorder department programming is offered 365 days a year and offers both adult and adolescent outpatient programming. Programming includes groups, individual sessions, case management, and Rule 25 Assessments. You can reach our Substance Use Disorder Department at (218) 878-3858 for Cloquet, Duluth, and Minneapolis.

Our Social Services Department also offers a variety of sensitive and responsive programming to the community for adults, children, and families. Programming includes case management, crisis assistance, advocacy, mentoring, life skills, intervention, mediation, and homelessness

assistance. You can reach our Social Services Department at (218) 878-2145.

Other available local resources include:

Crisis Text Line: This is a suicide prevention resource available to kids and young adults. It uses texting to allow you to reach out anonymously and ask for help. Free and confidential. Text the letters MN to 741741.

Birch Tree Crisis Line: This is a free, local, 24 hour crisis line that can provide support and direction. Call (218) 623-1800.

Essentia Health Grief

Support Services: This is a resource which can provide support for those experiencing the loss of someone close. Call (218) 786-4636.

National Suicide Prevention

Hotline: This is a nationwide service which can answer your questions and concerns. Call 1-800-273-TALK (8255).

Carlton County Human Services: Rule 25's by appointment. Call (218) 879-4511.

St. Louis County Services: Rule 25's by appointment. Call (218) 720-1528.

Homemade Cooking Spray

1 Part Oil of Your Choice
1 Part Water

Add equal parts of water and oil of your choice to a spray bottle.

Use in place of cooking spray.



Health News

Tips for Grilling Safely

By Kara Stoneburner, RDL, Public Health Dietitian

It's that time again—grilling time! Grilling food can be fun and nutritious. Keep in mind these safety tips for a healthier grilling season.

Safety starts at the grocery store. Place meats in a plastic bag so they don't drip juices on other foods. Refrigerate or freeze perishable groceries within 2 hours of shopping (one hour if outside temperatures are above 90°F).

The American Institute for Cancer Research recommends limiting red meat intake to less than 18 oz per week and avoiding processed meats. Consider replacing red meat (beef/lamb/pork) and processed meat (sausage/hotdogs) with poultry, fish, vegetables and fruit for a healthier plate.

Frozen or partially frozen foods will not cook evenly. Thaw food completely before cooking. Ways to thaw food safely include: placing food in the refrigerator 1-3 days before cooking, defrosting in the microwave or placing sealed packages in cold water.

Minimize bacteria growth. Wash your hands. Keep raw and cooked foods separate. Wash cutting boards in-between uses. Keep cold foods cold with the help of a cooler and ice packs. Maintain hot foods at temperatures of 140°F or hotter. Always use clean utensils and platters to prevent contamination to the finished product. Refrigerate leftovers in shallow containers within 1-2 hours of cooking, depending on outside temperatures. Use refrigerated leftovers within 3 days.

Marinating enriches flavor and tenderizes foods. Marinade foods in the refrigerator, never on the counter. Once the marinade has been touched by raw meat, it cannot be used as a sauce over the final, cooked product. Reserve a small portion of the marinade before adding meat, if you plan to use it as a sauce later. Marinating meat also helps reduce the formation of heterocyclic

amines (HCAs). HCA is a compound that is formed when meat is cooked at high temperatures. HCAs can cause cancer.

Not only can exposing meat to high temperatures cause the formation of cancer-causing compounds, so can the smoke from grilling at high temperatures. To cut down on grilling time, partially precook food in the microwave, stove or oven before moving it directly to the preheated grill to finish the cooking process. Never wait to finish cooking the meat. Cook meats to a safe internal temperature taken by a food thermometer. Raw beef, veal, lamb and roasts should be cooked to a minimum of 145°F. Ground beef, lamb, veal and all pork products should be cooked to 160°F. Poultry and fully cooked meats, like hotdogs, should have an internal temperature of 165°F.

While grilling, it is best to prevent charring the meat. Polycyclic aromatic hydrocarbons (PAHs) are another cancer-causing compound and can develop when meat is charred. The risk of consuming PAHs and HCAs can be reduced by limiting the amount of grilled meat consumed, cooking at a lower grill temperature and preventing charring while grilling. If meat becomes charred, cut that portion off. Tips to reduce charring on the grill include:

- Removing visible fat that can cause a flare-up
- Precook meat in the microwave immediately before grilling to release some of the meat's juices that may dry and cause a flare-up on the grill
- Cook food in the center of the grill with the coals on the sides
- Cook at a lower temperature
- Use smaller, thinner meat portions that will cook faster on the grill

*Sources include USDA, CDC, MDH, American Institute for Cancer Research and the American Cancer Society

FDL can help you get insured

Health Insurance, it's important for everyone.

If you have not qualified for MA or MinnesotaCare in the past you may qualify now as new guidelines have made it easier for many people to be eligible.

Fond du Lac has also made it simple and free for qualified American Indians to have private medical insurance if they don't qualify for public assistance due to income. Fond du Lac Patient Advocates have been trained and certified to assist you with your application. But we need your help and cooperation. If you or your family members need health insurance, please call (218) 878-2165 to the Patient Advocate line so we can answer your questions or tell you what you may be eligible for. Our help is just a phone call away.





Start simple with MyPlate

Start simple and take healthy eating one step at a time.



Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



Move to low-fat or fat-free milk or yogurt

Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.



Drink and eat less sodium, saturated fat, and added sugars

Cook at home and read the ingredients to compare foods.

Based on the Dietary Guidelines for Americans. Go to ChooseMyPlate.gov for more information.

MPMW Tipsheet No. 14
December 2018
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Ashi-niswi giizisoog (Thirteen Moons)

Aabita-Niibino-giizis

The new Aabita-Niibino-giizis, Mid-summer moon, begins July 2nd. Other names for this moon are Miini-giizis, Blueberry Moon; Miskomini-giizis, Raspberry moon and Baashkawe'o-giizis, Flying moon.

Moving on from 13 Moons to Tribal Conservation Collaboration Program

Nikki Crowe, 13 Moons Coordinator for the last 9 years, has moved into a new position with Fond du Lac Resource Management. Nikki has taken on the role of the Tribal Conservation Collaboration Coordinator. This position will allow the Minnesota Tribal Nations to promote agriculture and food sovereignty in their own communities and Ceded Territories.

The 13 Moons Tribal College Extension Program will be hiring a new coordinator soon. Check the Fond du Lac employment listings for more information. Miigwech.

Invasive Species Program New Hires

Hello! My name is **Madison Bear** and I am an Invasive Species Specialist for Fond du Lac Resource Management.



I graduated from UWS one year ago and was lucky enough to start with Natural Resources just two days after graduation, and from there I got a full time job doing what I do now. I never really thought invasive species was where I'd go with my degree but I have enjoyed every second of it since. Every day I learn something new and that's probably why I love this job so much, other than being able to work outside.

Hello! My name is **Mariah Fehringer**, I am one of the new Invasive Species Specialists for Fond du Lac!



I grew up in the Upper Peninsula of Michigan and have spent my life in and around the woods of northern Michigan, Wisconsin, and Minnesota. I have a growing knowledge of native plants and

animals both from school and real world experiences. For my schooling, I have a bachelor's degree focusing on plants and animals from the University of Wisconsin Superior. I have also worked in natural resources for the last 6 years, where I have restored native habitat and managed for invasive species. I love to learn and look forward to what this new chapter holds for me and I am excited to bring my knowledge and experience to the Reservation and ceded territories.

Hello! My name is **Justin Zunker**, and I am super excited to be starting as one



of the new Invasive Species Specialists. I grew up in Rogers, Minn. but have spent the last 6 years in Duluth where I went to UMD and graduated with a Bachelor of Science Degree in Environmental Science. I also recently finished my time in the United States Marine Corps Reserves, where I was an Aircraft Fire Fighter and got out as a Corporal.

Throughout college I worked as an intern in the Environmental Health and Safety Office, and also as Lab Technician at the Large Lakes Observatory. I look forward to serving Fond du Lac

and being part of an awesome team that is currently managing and preventing new invasive species from infesting these beautiful lakes and forests!

13 Moons FDLTCC Extension Program & FDL Resource Management Wetlands Program Birch Bark & Black Ash Basket Workshop



Date: July 19th and 20th 2019
Time: 8:30am-5pm
Location: Kiwenz Campgrounds
Contact: Shannon Kesner
218-878-7157
shannonkesner@fdlrez.com
Call to Preregister Now!

Birch Bark Basket: Participants learn about sustainably harvesting birch bark and will make their own small basket.

Black Ash Basket: Participants will harvest black ash to learn how to prepare the wood for basket making. Participants will make their own black ash basket.

Information Booths will provide outreach and education on invasive species and programs to manage and improve your lands
Snacks and lunch provided.

Participants must pre-register for this event!
Call or email Shannon Kesner to sign up!



Fond du Lac Tribal College



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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

baapaagimaak	Black ash tree
daashkigishkaa	Wood splits
mookomaan	Knife
niibidoon	Weave it
makak	Basket or box
aabajichigan	Tool, equipment, material
mitig	Tree
manidoons	A bug, insect, worm, germ
miinikaan	Seeds
wanagek	Tree bark

OVER \$75,000 IN CASH & PRIZES!

JULY 6TH - 27TH Decked Out

Saturdays, 6 pm - 9 pm
Start earning entries Sunday, June 30th

PRIZES OF THE WEEK

- JULY 6TH: Chaise Loungers with Side Tables, Umbrella & Rug
- JULY 13TH: Seven (7) piece Patio Dining Set with Rug
- JULY 20TH: Five (5) piece Fire Chat Set with Rug
- JULY 27TH: Nine (9) piece Sectional Set with Rug



*Slots, Blackjack & Bingo Players Club Members earn one (1) entry for every five (5) points earned on game play. See official details & rules on blackbearcasinoresort.com or at the Players Club. Management reserves all rights. Owned and operated by the Fond du Lac Band of Lake Superior Chippewa.

blackbearcasinoresort.com

See Player's Club or blackbearcasinoresort.com for official rules. Owned and operated by the Fond du Lac Band of Lake Superior Chippewa. Management reserves all rights.

LIVE IN THE OTTER CREEK EVENT CENTER

SAWYER BROWN

FRIDAY, JULY 26, 2019



MY PLACE for concerts!

Tickets \$20-\$35
available at the Players Club or online.



Make The Bear your place!

Jay Cooke and the Ojibwa of the St. Louis River

Research by Christine Carlson

Part of a Letter from Jay Cooke to his brother Harry – June 17, 1868 – Superior, Wisc.

Dear Harry, We arrived here last evening and today I have been out with the Indians trout fishing. I had 15 nice fellows.

Pamphlet from the American Exchange National Bank – The First Visit to the Head of the Lakes of Jay Cooke

A few memories by George M. Smith about a boat ride he gave Jay Cooke from the city of Superior where Jay and his wife Lizzie Cooke were staying.

“As we rowed up the bay we gradually neared Minnesota Point and skirted along its shore and in the stillness of the morning the ride was as beautiful as one can imagine. Mr. Cooke noticed the birch bark wigwams of the Indians, who at that season of the year always camped on the Point and devoted their time to picking blueberries and fishing. The berries and fish were sold to the residents of Superior.

Immediately upon seeing the wigwams, Mr. Cooke wanted to know what they were, and after being told he wanted to know if there were any Indians there. When I gave him an affirmative answer, he insisted upon going to shore to see them. This was about 6 o'clock in the morning and the Indians had not yet made their appearance. This didn't make any difference to me and I went to work and routed them out. Then I explained to them, as well as my limited knowledge of the subject would permit, who their distinguished and early visitor was, talking to them in the Chippewa language. After

I had the Indians routed out Mr. Cooke stepped upon a large stump, and taking off his silk hat and holding it in his hand, he made the Indians a little speech.

After Mr. Cooke had finished his talk to the Indians, he took out of his pocket a roll of the specie and gave to each of the adult men and women a bright, shining, new 25 cent piece. To those that were younger he gave a new silver dime, and to each of the little tots and papooses a silver 5 cent piece. This was the occasion for more wild demonstrations on the part of the Indians. Mr. Cooke shook hands with each one of them and we started for the boat.

As we reached the shore an Indian, who had been out to lift his nets, came up in his canoe. Mr. Cooke shook hands with him and gave him one of the silver 25 cent pieces. Then, noticing a whitefish which was lying in the canoe, Mr. Cooke asked the Indian how much he would take for it, and offered him 25 cents, which you may be sure the Indian took without any further parley. I ventured to expostulate with Mr. Cooke for paying such an exorbitant price, and explained to him that he could have bought as many whitefish as he wanted for the regular price of 5 cents each, but my remonstrance's only brought a smile to Mr. Cook's face. He carefully placed the fish in the bottom of the boat and we started again for Duluth.”

Mr. Jay Cooke's Visit to Minnesota – St. Paul Daily Press of June 17, 1868

A telegram from Detroit recently announced that a party consisting of Mr. Jay Cooke and other Eastern gentlemen,

had left Detroit by steamer and proposed to visit the western extremity of Lake Superior on business connected with the lake terminus of the St. Paul Railroad. We have since been informed that coaches have been directed to be in waiting at Fond du Lac on the 21st of June to bring party to this city.

We repeat what is now well known, that Mr. Cooke and his associates have made extensive investments at the Falls of the St. Louis river –river attracted thither by the valuable water power, the inexhaustible quarries of roofing slate which are there accessible, and we doubt not, by the probability that the great terminal city of lake navigation and be permanently established at the old trading post of Fond du Lac, within the State of Minnesota.

When a railroad communication from the navigable channel of the Mississippi river to the St. Louis Bay of Lake Superior is established – much more when a Northern Pacific Railroad moves westward of the utmost limit of the Great Lakes we shall expect a speedy solution of the problems so often discussed where shall be the great mart of final trans-shipment to and from the interior area of the Northwest. Mr. Cooke has assumed, on the foregoing basis of what will be the permanent scale of the Lake Marine that the farthest point westward – the vicinity of the Falls of the St. Louis river is more likely than any other locality to be the site of this commercial enterprise.

The St. Paul Daily Press – June 26, 1868 – The Odessa of Lake Superior

Where shall it be? Where shall the commercial emporium

finally be fixed which shall connect the extreme limit of lake navigation with the wheat fields of lake navigation with the wheat fields of Minnesota, in the same manner as Odessa the head of the Mediterranean water carriage, has become the great mart of transshipment from the grain districts of Southern Russia?

We had occasion lately to insist that Fond du Lac, Minnesota, or some point near the magnificent water power of the Falls of the St. Louis river, was the most eligible site for what we choose to designate the “Odessa of Lake Superior,” and all our subsequent information has confirmed the impression, that the class of vessels which enter the lake harbors will readily pass up the estuary of St. Louis river to the point indicated.

Sacajawea Springs – Carlton County Vidette of August 25, 1927

In Jay Cooke park a fine spring of running water is named Sacajawea, Birdwoman.

Sacajawea was an Indian woman of the Shoshone or Snake tribe. She was born near the sources of the Missouri river in the Rocky Mountains, but had been taken prisoner in war when a child by Dakota Indians, and sold as a slave to a man known as Chaboneau, who brought her up and afterwards married her.

When Lewis and Clark made their expedition to the Pacific coast in 1804—06, Chaboneau was employed as an interpreter. Sacajawea accompanied the party and proved herself so superior to her half breed husband, and so excellent a woman in every way, that constant references are made

to her in the journal kept by those of the expedition, and she is always spoken of in terms of respect and admiration.

A Question - Why is the huge statute of Jay Cooke placed in the east end of Duluth?

I rarely report about rich white guys because they get far too much undeserved press throughout history. Following is an example.

From the paper Sign Sign Everywhere a Sign by the City of Duluth and Superior

Seems to read that much credit is given to old Jay Cooke regarding the Minnesota Point natural harbor. The Ojibwa were camping and living on that point hundreds of years before Cooke arrived in Superior and stayed about six days in June of 1868. Puffed up credit instead of thanking the Fond du Lac Ojibwa for realizing that special place years before.

For more Ojibwa history on Minnesota Point, please refer to my 7-Part Series on Minnesota Point printed in the archived newspapers from February 2015 – August 2015.

I suppose the affluent decision makers in Duluth did not stand for the statute of Cooke to be placed up in the Jay Cooke State Park above the old village of Fond du Lac. If there is a Jay Cooke legacy, it needs to be up in the beautiful park and not in the east end of Duluth. I wonder if they thought the affluent need to be placed with the affluent.

The views expressed in this article belong to the researcher alone. Thanks for the information Ivan.



Community News

Happy Birthday

Happy belated 5th b-day **Alysia Nelson** (June 6)!
Love, Mom and Dad, Grandma, Acacia, and Kory



Happy birthday **Deeann Misquadace** (July 4)
Love, your sister Jean

Happy b-day **Cindi Diver** (July 7)!
Love Mom, Bobbi, Acacia, Kory, and Alysia



Happy birthday to our Nephew **Julius Northrup** (July 14)
Love, Auntie Nome and Jon

and kids

Happy 8th b-day **Kory Diver** (July 23)!
Love, Mom and Dad, Grandma, Acacia, and Alysia



Happy birthday to our Grandgirl **Avionna AKA "Rosy"** (July 23)
Love, Gma, Nome and Jon and kids

Happy birthday to our Niece **Audrey Northrup** (July 27)
Love, Auntie Nome and Jon and kids



Happy birthday to my beautiful daughter, **Maria Misquadace** (July 31)
With love, mother

Happy birthday to my adult children **Terry, Kendall, Celena, and Kristie** (July, 6, 17, 23, and 27), you really are a great bunch of kids and I'm proud of you all
Love, Mom

Congratulations

On May 25, Ginger Juel's daughter, **Sam Lovejoy**, received her Master's Degree from Concordia University in St. Paul. She proudly wore her yellow Fond du Lac Tribal t-shirt under her gown, and had pictures taken following the program of her in her shirt. Sam is profoundly grateful to Shelley, Veronica, and all form making her degree possible. Thank you ladies... you are awesome.

Waylon Bosto Jr and Adrienne Jackson wish to formally announce their engagement on June 3, 2019. Wedding date to be determined, Wedding is Invite Only.

Program Accounting Staff would like to wish **Dianne Meisner** a very Happy

Retirement on Aug. 2.

Your retirement is nothing short of a glorious achievement. Not every supervisor can retire with such dignity, respect, sense of humor and a teary eyed farewell from Pam and Dee Ann.

"Congratulations for retiring. Life has officially given you the permission to splurge, enjoy, and relax."

"Retirement signals the time when you've had your fair share of time spent with annoying colleagues. Now it's time to move over to annoying family members. Good luck."

Dianne, you'll be missed by the entire Fond du Lac Reservation, is what we want to say. Good luck.

Thank you

With a heartfelt thank you to our Tribal officials for their support for our family during this difficult time. Thank you for the love, support, and friendship for Mom and to all of us. We are eternally grateful.

The Pat Ells family

Memorial

Joshua W. Linden
(May 3, 1985 – July 20, 2013)

The sounds in the room
The smell of the air
The feel of the wind
The warmth of the sun
The colors around us
The darkness descending
The feeling of fear
The things that were said
The determined hope

The reality dawning
The unbelievable love
The unimaginable pain

The details of that day
Forever engraved in our mind
And our love for you forever in our hearts

*Love & miss you much Josh!
Love Dad, Mom, and Sis*

Obituary

Ausineese Aubin DuFault, age 16 years of Duluth, MN passed away Monday, May 27, 2019. He was born May 30, 2002 in Duluth to Richard Hearle Jr. and Jennifer DuFault.

Ausineese was preceded in death by his grandparents; and one nephew. He is survived by his parents; two brothers, Arrione and Richard III; three sisters, Kaila, Aniyah, and Molly; numerous aunts, uncles, cousins, and friends.

Brian "BJ" L. Shabaiash Jr., age 15 of Cloquet, MN began his journey on Friday, May 31, 2019. He was born March 17, 2004 in Duluth. BJ just finished the 8th Grade at the Fond du Lac Ojibway school and loved playing basketball and hanging with the "Bros".

The family he joins are his paternal grandmother, Lois Shabaiash; maternal grandmother, Eleanor Diver; maternal grandfather, Walt Misquadace; brother, Quinten Shabaiash; and sister, Jennifer Shabaiash. Those he leaves to cherish his memory are his father, Brian "Muck" Shabaiash Sr.; mother, Yvonne Shabaiash; three brothers, James (Josie) Misquadace, Tyler Shabaiash, and Trae Shabaiash; and one

sister, Stephanie (Michael) Ammesmaki; nieces and nephews, Aydrian, Eleanor, Abby, and Gaberial. Also, his second family, mom, Roberta Fox; brothers, Ken Fox III, and Caiden Hickman; sisters, Brittany, Vanessa, Amber, Aleisha, and Shianna.

MaryAnn Erickson, age 77 of Cloquet, passed away at home on Friday, May 17, 2019. She was born July 13, 1941 in Cloquet to Ben and Doris "Dottie" (Whitebird) Novacinski. MaryAnn was also a member of Fond du Lac Reservation. She enjoyed sewing, crocheting and could make anything. MaryAnn especially loved her grandchildren and great-grandchildren.

MaryAnn was preceded in death by her parents; her husband, Donald Erickson; son, Loren Erickson; and her brother, Jerry. She is survived by her daughters, Ronda (Jeff) Wehr, Roxann (Dick) Burtness, and Renee Erickson; one daughter-in-law, Tracy Erickson; five grandchildren, Josh (Ashley), Rylee (Ben), Bronson, River, and Spencer; three great-grandchildren, Jaxon, Thomas, and Toryn; her three sisters, Bunny, Abby, and Beth; two brothers, Lee and Jeff; and many extended family members.

FDL job listings

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

FDL Reservation

• Substitute Teacher FDL



Community News

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

- Cook II FT
- Cook III FT
- Beverage Server FT/PT
- Groundskeeper FT
- Buffet Runner FT
- Table Games Dealer PT
- Vault Cashier FT/PT
- Bus Person FT/PT
- Gift Shop Clerk FT
- Buffet Host/Hostess FT/PT
- Golf Course Groundskeeper FT/PT Seasonal
- Steward FT
- Arcade Attendant PT
- Golf Pro Shop Sales Rep PT
- Golf Ranger/Starter FT/PT Seasonal
- Golf Concession Sales Rep FT/PT Seasonal
- Golf Cart Attendant PT
- Slot Attendant FT
- Custodial Associate FT
- Bell Staff PT
- Sage Deli Cook FT
- Bingo Vendor/Floor Worker PT
- Players Club Representative PT
- Restaurant 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 FDL Minneapolis listings
- Clinical Pharmacist On Call
- Pharmacy Technician On Call/Sub



Fond du Lac Band of Lake Superior Chippewa

Cobell Land Buy-Back Program Returns!

ATTENTION FOND DU LAC LANDOWNERS

July 2019 FDL Outreach Schedule

(Events are subject to change)

Fond du Lac Community/Duluth/Superior

- **July 12th:** Elder Picnic (Behind Ojibwe School, 49 University Road, Cloquet, MN)
10:00AM to 2:00PM
- **July 12th-13th:** FDL Veterans Powwow (Mash Ka Wisen Powwow Grounds, Sawyer, MN)
Friday 3:00PM to 7:30PM AND Saturday 12:00PM to 8:00PM
- **July 31st: Sobriety Feast (Tentative)** (Cloquet Community Center, 1720 Big Lake Rd, Cloquet, MN)
5:30PM to 8:00PM

Other Locations:

- **July 18th: RBC Open Meeting (Tentative)** (Mino Bimaadizi Waakaa'igan, 2020 Bloomington Avenue, Mpls, MN)
4:30PM-7:00PM
- **July 19th-20th: LCO Powwow (Tentative)** (8575 N Round Lake School Rd, Hayward, WI)

For more information visit the Land Buy-Back website at <https://www.doi.gov/buybackprogram> or the FDL website at www.fdlrez.com/landbuyback

FDL Cobell Land Buy-Back Staff will be available M-F 8:30AM - 4:00PM at the Tribal Center, in the library (1720 Big Lake Rd, Cloquet, MN) Contact 218-879-4593 for more information or email cobellbuyback@fdlrez.com

Landowners can update their contact information, ask questions about their land or purchase offers, and learn about financial planning resources by contacting the **Trust Beneficiary Call Center at 1-888-678-6836**, or by visiting their local **Office of the Special Trustee for American Indians (OST)** or **Bureau of Indian Affairs (BIA)** office.



Aabita-Niibino-giizis –Mid-summer moon– July 2019

ALR: Assisted Living Residence; BBCR: Black Bear Casino Resort; BBGC: Black Bear Golf Course; BCC: Brookston Community Center, (218)878-8033;
 BLH: Brevator Language House, 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
No Elder movie mornings	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC 1	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Ribbon Skirt/Shirt 3:30 p.m. CCC Immersion class 5 p.m. CCC 2	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW 3	Independence Day (Closed) 4	Language 5 p.m. SCC 5	Come & Swim & use the gym 6
Come & Swim & use the gym 7	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC 8	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS Ribbon Skirt/Shirt 3:30 p.m. CCC Immersion class 5 p.m. CCC FDL constitutional convention 5 p.m. CCC 9	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW 10	Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC 11	Elder's Picnic 8 a.m. CCC Veteran's Powwow MKW Language 5 p.m. SCC 12	Veteran's Powwow MKW Come & Swim & use the gym 13
Veteran's Powwow MKW Come & Swim & use the gym 14	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC 15	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Parenting second time around 1 p.m. CHS Ribbon Skirt/Shirt 3:30 p.m. CCC Immersion class 5 p.m. CCC 16	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW 17	Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC Open RBC meeting 5:30 p.m. Mino Bimaadizi Waakaa'igan AA Support 6 p.m. CCC 18	Birch bark and black ash basket workshop 8:30 a.m. MKW Language 5 p.m. SCC 19	Birch bark and black ash basket workshop 8:30 a.m. MKW Come & Swim & use the gym 20
Come & Swim & use the gym Family movie morning 10 a.m. 21	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC 22	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Ribbon Skirt/Shirt 3:30 p.m. CCC Immersion class 5 p.m. CCC FDL constitutional convention 5 p.m. BCC 23	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW 24	Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC 25	Language 5 p.m. SCC Sawyer Brown 7 p.m. BBCR 26	13 Moons Golf Tournament BBCR Volunteer Day 9 a.m. FDL farm Come & Swim & use the gym 27
Come & Swim & use the gym 28	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC 29	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC Ribbon Skirt/Shirt 3:30 p.m. CCC Immersion class 5 p.m. CCC 30	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Sobriety feast 6 p.m. CCC 31	Veteran's Powwow 12-14 MKW	Open RBC meeting July 18 5:30 p.m. Mino Bimaadizi	Daughtry Aug 16 7 p.m. BBCR

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