

Nahgahchiwanong (Far end of the Great Lake) Dibahjimowinnan (Narrating of Story)



Students walking with law enforcement officers during the walk to school event on May 5.

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Local news

Fond du Lac works on multiple projects in 2017

By Zachary N. Dunaiski

The Fond du Lac Reservation has been growing its operations over the last several years, and this summer has many large projects for the Band.

The Min No Aya Win Human Services building expansion and the Mashkiki Waakaagan in Minneapolis, Minn. are currently underway and are coming along nicely.

Driving past the MNAW facility lately, it's easy to see the work moving along quickly. The outer portions of the facility have already taken shape as they continue their work on the expansion. The project is expected to be completed in early 2018.

As for the Mashkiki Waakaagan project, the work is just over half way done. The Minneapolis facility will add much more space to provide services to Band members in the Twin Cities. This project is expected to be completed in late summer.

The Fond du Lac Band also

has several projects still in the early phases where the work is just beginning. The new cultural center, the Public Works building, the fiber optic broadband project, and a few energy conservation projects are just a few of the other projects FDL is doing.

The cultural and language learning center is in the very early stages, as a plan is being put together for RBC approval.

The Public works building will be on the site of the old Fond du Lac construction building on Big Lake Road. The old building will be torn down and replaced with the new public works building. The project is expected to be completed in early summer.

The Fiber to the Home project is underway as well with crews placing fiber optic cable to houses in the service area. Non-Band members in the service area can have their homes connected. For more information see page 11.

Fond du Lac is also working on improving their energy use as they are working on many



Top: Photo of the MNAW construction as the outer portion comes together

Bottom: Photos of the Mashkiki Waakaagan facility in Minneapolis as it nears completion.

different energy conservation projects. These new projects, combined with the solar energy project from last year, prove that Fond du Lac is concerned about the environment and consciously making efforts to help protect it.

Nahgahchiwanong Dibahjimowinnan

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

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Fond du Lac News, Tribal Center,
1720 Big Lake Rd.,
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

Men's Health Dinner

By Zachary N. Dunaiski

The Men's Health Dinner was hosted at the Cloquet Community Center on Apr. 19 and had a great turnout.

The dinner, which has traditionally been open to just men, also invited spouses to join and learn about men's health.

"When men get sick, it's usually a spouse or a woman convincing them to get checked up or to take care of them," Denise Houle, a member of the committee, said about the addition of women to this year's event. It typically is women who have a big influence on men to get screenings and checkups and the committee decided this year to open up the event to spouses.

There were 58 total in attendance which was a lot bigger than year's past. Over a decade ago was when the dinner organizers started inviting vendors to give information.

"There is such a variety of

information community members had access to and we're just glad to get that important information out to the community," Denise said.

Our health is the most important thing we have, and with a little work it can be well maintained. Events like this help us realize the simple, but important, things that we can do to remain healthy.

"It was a great event," Denise said. "I just want to thank the committee. Without their help, the event wouldn't be as successful. I would also like to thank the community for being there and the vendors for coming and giving out information."

This event will be hosted again next year, so keep an eye out for future dates and times. Just because this event is over doesn't mean that we all shouldn't be concerned about our health. Contact your healthcare provider to make sure you're healthy and up-to-date on screenings.



Front L-R Jackson Ripley and Denise Houle. Back L-R Brandon Grund, Everett Lafromboise, and Joe Woehrl. Not pictured Phil Defoe.

2017 Fond du Lac

ENROLLEE DAY CELEBRATION!

Friday June 23

OLD TIMER SOFTBALL
5:00PM

2K WALK / 5K RUN Sign-Up
4:30pm Start @ 5:30PM Trib-
al Center Gym

Movie:
"OLDER THAN AMERICA"
Otter Creek Event Center
7:00pm
With Special Guest:
Georgina Lightning

DRAWING SIGN-UP:
ESTABLISHED
BY

THURSDAY JUNE 22, 2017 NOON-8PM

FRIDAY JUNE 23, 2017 8AM-8PM

SATURDAY JUNE 24, 2017 8AM-TILL
END OF THE DRAWING.

Fond du Lac Cloquet Community Center
1720 BIG LAKE ROAD, CLOQUET MN

**MUST PRESENT FDL TRIBAL I.D.
TO CLAIM WIN.**

TRIBAL I.D. STATION IN THE CLASSROOM
next to the Library.

Saturday June 24

CO-ED SOFTBALL 8:00AM
EARLY BIRD BINGO 7:00am Registration

@ Black Bear 8:30am Start

GOLF SCRAMBLE @ Black Bear
8:00am Registration 9:00am Start

FAMILY OLYMPICS 11-12pm

PHOTO BOOTHS 1-5pm

CARICATURE ARTISTS 1-6pm

DOUCETTES BOUNCY HOUSES 12-6pm

DR. ROCK 2-6pm (Under the Tent)

Planetarium Geo-Dome Native Stargazers
Tribal Center Lobby

FOOD 12-4pm OJS Gym

JACKIE BIRD Performs 1-2pm OJS Gym

HAND DRUM Contest 2-4pm OJS Gym

DRAWINGS 12pm until Complete

CULTURAL ACTIVITIES @ THE
MUSEUM 10am-4pm

Makazin Game Demo 10-2 in Field

LANGUAGE ACTIVITY 9-4pm (Museum)

HISTORICAL SOCIETY 10-4pm

FOR MORE INFORMATION:
(218) 878-7510

RBC Thoughts

You are invited to a:

Community

Baby



Shower

Hosted by: The Fond du Lac Head Start Programs

Thursday, June 22nd 2017

4:00-7:00

Located in the FDL Head Start Gym (33 University Road)

*** follow the signs ***

Breakout Sessions will be announced at a later date

Who Should Attend:

Moms, dads, expecting parents, families with children under 2, grandparents, extended family, foster care, FFN (Family, Friends, and Neighbor Care)

*Informational Booths from around the area will be set up in the Head Start Gym

*Light meal provided with many great prizes for all following each breakout session

*Hope to see you there... If you have any questions please feel free to give us a call @ 878-8100

Miigwech

Boozhoo,

We have been having rather unusual weather this spring. It is sunny and 60 one day and raining or snow the next. It has played havoc with my golf. Just kidding, it is hard to manage all the outside activities that we usually do. Spring cleanup is way behind, work on our powwow grounds is backing up and restoration projects are not started yet. The one thing that gives me some solace though is what my grandfather told me "It will get completed when it is supposed to." These are very insightful words but are hard to follow in our hustle and bustle world today.

The RBC is currently conducting a search for two Executive Directors at this time, the Tribal Programs and the Tribal Enterprises positions. There was considerable interest in both positions with 19 applicants for the program position and 14 applicants for the enterprise position. The RBC took some time away from the office and went through the pile of applications. We used the job descriptions to rate the application with educational background and experience. We whittled them down to a manageable number and have set up the interviews. We have 8 scheduled for the Program Executive position and 7 for the Enterprise Executive position. I will keep you informed as we progress.

There is also a search going on for a new health director. There were 11 applications filed for the position. The

RBC went through the applicants and brought the number down to 7 for interview. This position is as important as the executives in the fact that there is so much demand for the services that are provided to Band members.

The RBC had its third meeting in regards to the proposed cultural center. There has been a good turnout in the community meetings and terrific input in regards to the design of the proposed building. The staff is going to compile the information collected and make a presentation to the RBC. I would like to hold one more

meeting after the results are compiled to show the community what the direction will be. Again, I will keep you up to date with our progress.

I have saved all the columns that I have written over the years and every so often I go back and read them to kind of give me an idea of where I am at. Most

of the things I wrote about have been completed and believe me the things that aren't are mentioned to me all the time. What I want to say is writing this column takes time and commitment on my part. Every so often I am rewarded by a Band member making a comment about something that I wrote and I realize that all I do is significant even if it is for only one Band member.

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.



Ferdinand Martineau

Enrollee Day Celebration June 23-24

RBC Thoughts

Sawyer News

Congratulations to all the recent graduates locally and across the country. Graduation season is a time that we see young people honored for their hard work and accomplishments. I have noticed that our graduating college students are returning to the community to work for the Band to fill professional positions and are becoming leaders in the community. Let's continue to support our youth and young adults to pursue interests and make opportunities for further learning and professional development.

The 13 Ashinisiwi Giizisoong program presented the FDL Water Gathering in collaboration with Minnesota Public Radio this past month. Many community members were in attendance and offered their insight about the importance of water to the Anishinabe. This will be re-broadcasted soon, watch the homepage for links to that recording. Miigwetch to Leslie Gibbs, Mike Munnell, and drummers who opened for this event and the many community members who spoke. This is a busy time of year for FDL Resource Management and they came together and did an outstanding job.

The Band is showing environmentally progressive efforts and we continue to receive positive feedback about projects such

as the biomass plant that will be located in Sawyer and solar project at the Black Bear Casino. The Sawyer Center 4-H program will need volunteers in the near future to set up the high-tunnel. If you are interested in helping out, let me know. Additionally, the broadband project is steadily moving forward. This month materials for construction were ordered and international businesses have visited. Those businesses have caught a glimpse of how their products will impact our rural community. The Reservation will be a high-speed internet hub; the connectivity of the high speed internet will allow membership to become more competitive in small business and big business.



Bruce Savage

Have a safe and enjoyable summer, be sure and mark your calendars for the Annual Human Services Health Fair, Enrollee Days, Kiwenz Ojibwe Language Camp, and the Annual Veteran's Powwow. Applications for Royalty are also on the FDL home page. Most information about community meetings and events are listed on the home page and updated daily.

*Miigwetch,
Bruce M. Savage
Cell Phone (218) 390-7407
Please feel free to contact me with questions or concerns.*

If you are in charge of an event that is no longer running but still on the Newspaper's calendar, please let us know so that it can be removed.

Please remember to include the full name of the person in your greeting, the date of the occasion, your name and the daytime telephone number where you can be reached.

Entries may be edited for length or clarity.

If you have any questions, call (218) 878-2682.

The deadline for submitting community news brief items (birthday wishes, anniversaries, etc.) for the July 2017 issue of the FDL Newspaper is the close of business on Friday, June 16. Please deliver to the newspaper office inside the Tribal Center at 1720 Big Lake Rd., or by email to zacharydunaiski@FDLREZ.com. Entries received after 6/16 will not be published - no exceptions.

Emailed photos MUST be sent as a JPG or JPEG attachment. Please do not send attachments in a PDF file or in the greeting request.



Whitebird Family Reunion

August 18 - 20, 2017

Kiwenz Campground
3212 Magney Drive
Cloquet, Mn

If each family could have same color t-shirts
we can see who's who
(some families need to pick color)
Vicki - black ~ Karla- red ~ Stella - Teal
Beebo - grey ~ Sonny - ? ~ Julia's - ?
Mary - ? ~ Dottie- dark blue ~ John - white

**POTLUCK / ALL WEEKEND
BRING WHAT YOUR WHAT YOUR FAMILY NEEDS**

(c) 11-21-2015

Juanita Whitebird contact info: Cell - 218590-0280
mail - 524 12th St NW, Chisholm, MN 55719
email - jawhit50@yahoo.com. facebook too

PS> I am mailing flyer to first cousins - please share with your families.

PosterMyWall.com

More local news



Walking to school

By Zachary N. Dunaiski

Students and staff from the Fond du Lac Ojibwe School spent May 5 walking to school. It wasn't quite the uphill, both ways, through snow type walk that many of us have heard about when walking to school. It was a fun casual walk with friends, FDLOJS staff, and law enforcement officers on a beautiful late spring day.

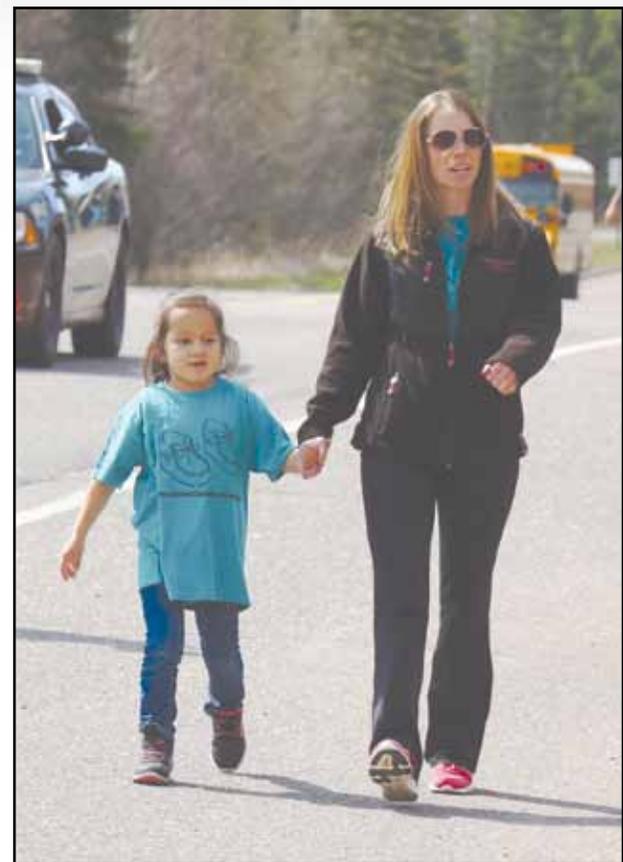
Buses parked outside of the school and eager students loaded onto them to drive a short distance down Cartwright Road. Students enjoyed the nice weather on their walk back.

Each year I love watching as some of the students run, enjoying how quickly they can get back, while others

walk slowly, seeing how long they can drag out the day's festivities. This year had the added fun of several students not wanting their pictures taken, something that doesn't always happen.

After they arrived back at the school, with the help of police cars to make sure that people were driving slow by the massive group of children, they were given a snack and a water bottle reminding them to "stay hydrated."

It's always fun for students and staff to get out and walk at the end of the year when the weather is finally getting nice, and this year was no different. It was enjoyed by the participants as they get excited for their summer vacation.



**39th Annual
Fond du Lac Health Fair**

love yourself love your health

2017

Thursday, June 8, 2017
10 am - 2 pm | Lunch 11:30 am until gone
Ojibwe School Gym | 49 University Rd

Featuring
65+ Exhibitors | Interactive Booths

Activity Area
Duluth Children's Museum: Museum on the Move
Blood Mobile | Outreach Activities

Parking is encouraged at Food Distribution parking lot & designated community parking area.

Need a ride to the Health Fair?
Call FDL Transportation @ 218.878.7500

Bring a non-perishable food item for the local Food Shelf for an extra door prize drawing ticket!

Brought to you by the Fond du Lac Human Services Division

More local news

Child Abuse Prevention Walk

The Child Abuse Prevention Walk is held every year with great success and this year, on Apr. 29, had a phenomenal turnout. There were 120 participants in this year's walk on a beautiful but cold day.

It's never a bad time to support a good cause, so if you weren't able to get out to the walk this year, don't worry because we're only a year away from another walk and another opportunity to participate.



36 Annual MAIADS & NAPPS Prevention Conference

Fond du Lac Tribal & Community College
2101 14th Street Cloquet, MN

MAIADS.....Monday-Friday, July 31st - August 4, 2017
Prevention Program/Youth Track.....Monday - Wed, July 31st - August 2, 2017

❖ Conference Schedule

MAIADS/Prevention Program

Please note: Up to two youth may attend at no cost with a paid adult.

Monday, July 31, 2017 - August 4, 2017

7:00-9:00 AM	Registration
8:00-9:00 AM	Opening Ceremony and Breakfast (Keynote)
9:00-10:30 AM	
1:00-4:30 PM	Ethics and Various Breakout sessions
5:00-6:00 PM	Community Feast

Youth Track (Intended for Children ages 8 to 17 years, No exceptions)

Monday, July 31- August 2, 2017

7:00-9:00 AM	Registration
8:00-9:00 AM	Opening Ceremony and Breakfast
9:00 AM-4:00 PM	Breakout Sessions

❖ Costs

MAIADS

Individuals from MN Tribal Programs or MN Culturally Specific Treatment Programs
Full Conference \$100.00

Individuals from all other programs
Full Conference \$350.00

Prevention Program Sharing Conference

Individuals from MN Tribal Programs or MN Culturally Specific Treatment Programs
Full Conference \$100.00

Individuals from all other programs
Full Conference \$250.00

❖ Hotel

A block of rooms has been reserved at Black Bear Casino. To reserve a room, call (888) 771-0777 and request a reservation under the MAIADS conference room block. This room block will be released on Friday June 30, 2017, so don't delay!

Tower Queen Smoking	\$95.00
Tower King nonsmoking	\$95.00

Please note: a 6.875% tax will be added to the rates above rates.

We hope you will join us!

Please share this information with others who may be interested in attending. For additional information contact Patty Petite ppetite@fdlcc.edu 218-879-0743

More local news



ANNOUNCING

Fond du Lac Reservation Royalty Contest

Miss Fond du Lac Reservation (ages 13-18)

Jr Miss Fond du Lac Reservation (ages 7-12)

Fond du Lac Reservation Ogichidaa (ages 13-18)

Fond du Lac Reservation Oshki-Ogichidaa (ages 7-12)



Our Leaders - Our Protectors - Our Hope



In our culture, we have never had Kings and Queens, Princesses and Princes. We had Warriors, Leaders, Teachers and Protectors. We need our youth now more than ever to take the lead and become our hope for tomorrow. Our future.

Fond du Lac Veteran's Powwow July 7-9th 2017

General Criteria

- Fond du Lac Band Member
- Tobacco, Drug and Alcohol Free
- Must live within 30 miles for appearance purposes
- Must not hold any current titles

Please Contact Valerie Whitebird for more information and application information @ (218) 590-7770



2017

Journey Garden Program

Babaamadiziwin Gitigaan



What is Journey Garden?

Summer Garden Program where you earn money to work in a garden

Who should apply?

American Indian Students who are 14-17 years old

What's the pay?

\$7.25/hour

When does it start?

June 13, 2017

Where is it located?

FDL Ojibwe School



- Student application, & letter of recommendation required
- Summer lunch is provided to students participating in the Program
- Questions? Call 218-878-7239
- email mariaedford@fdlrec.com



JUNE 26-29, 2017

NANDAGIKENDAN SUMMER ACADEMY

College Preparation for American Indian Students
Providing opportunities for American Indian High School students to help them better prepare for Post-Secondary Education.



FOR MORE INFORMATION, PLEASE CONTACT:



Awesome College Experience

Ojibwemowin

Free Residential housing and meals included

Intro to College Classes
Meet College Instructors & Faculty

Team Building activities

University Visit

New friends and adventures

FOND DU LAC TRIBAL & COMMUNITY COLLEGE

2101 14th Street
Cloquet, MN, 55720
218.879.0701

tgraves@fdltcc.edu

www.fdltec.edu

Etc.

Q&A for Enbridge

Fond du Lac Band members: Please join us June 27, 5–8 p.m. for a meeting with the Minnesota Department of Commerce, who will facilitate a question and answer session regarding the Enbridge Line 3 Pipeline Replacement/Expansion Project. The event will be held at the Cloquet Community Center, ENP side and food will be provided.

Climate Change Vulnerability Assessment and Adaptation Plan

By Philip DeFoe,
FDL Environmental Air Program Technician

Natural resource and environmental staff from 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.

Culturally significant places are important because they remind us of who we are as Anishinaabeg and connect us to our past, present, and future. This section of the climate change and adaptation plan has three subsections under culturally significant places: archeological sites, landscape features, and trails. The 1854 Ceded Territory and Reservations included in the plan are

projected to see an increase in extreme weather events. The biggest climate change threat to culturally significant places is extreme precipitation events.

There are already issues with erosion in our region due to extreme weather which has helped unearth burial sites, wash out trails due to flooding, and helped accelerate diminishment to sacred sites. The climate change and adaptation plan points to extreme precipitation events, coupled with increased erosion due to human land use that will lead to culturally significant places being more vulnerable. Burial sites are at risk with accelerated erosion, which may expose remains and sacred items.

Many lakes, rivers, forests, and wetlands are projected to change in the 1854 Ceded Territory and within Reservations. There are several climate change related factors that could disrupt these areas in our region and that are expected to create shifts in landscape features. One climate change factor is flooding due to an increase in extreme precipitation. Our region may see higher fluctuations in stream and lake water levels. Many of our historic harvesting places such as maple sugar, spearing and netting, wild rice, and hunting camps are located near or on lakes and streams within Reservations or the 1854 Ceded Territory. These are projected to be heavily affected by increased flood rates.

Bands are restricted to treaty right harvesting within Reservation boundaries and the 1854 Ceded Territory. With expected landscape shifts, Bands may find it more difficult to harvest and take care of culturally significant species due to migration outside of treaty boundaries. Certain species

may be lost altogether. Many of our traditions, ceremonies, and camps rely on culturally specific places and species to teach and sustain our way of life as Anishinaabeg.

The climate change and adaptation plan projects culturally significant places as having a moderate sensitivity to changing climate conditions. Places closer to water systems have a higher sensitivity due to extreme weather events and fluctuating water levels. Over all, culturally significant places have a low adaptive capacity to climate change. The land helps connect us to the life that surrounds us, and if we lose the land we will lose the connection to that life.

For further details in the culturally significant places section of the *Climate Change Vulnerability Assessment and Adaptation Strategy Plan*, or any of the detailed strategies associated with this section, please visit the Resource Management page on the Fond du Lac website and review the full document.

Stay tuned for my review on the next section of the plan in July's newspaper.

Mitigwech bizindawiyeg.

Protecting Our Children National Conference

By Donna Ennis,
Cloquet Community Center Manager

This April, I attended the National Indian Child Welfare Association's (NICWA) 35th Annual Protecting Our Children National American Indian Conference on Child Abuse and Neglect. The four-day conference event was held in sunny southern California and hosted by the Rincon Band of Luiseno

Indians. The conference left me feeling refreshed and re-inspired.

With over 70 workshops by leaders in the field of Indian child welfare on topics like working with substance abusing families and establishing Title IV-E eligibility, this conference was invaluable for anyone like me who works with children and families in our community.

More than 1,240 attendees, including Tribal leaders, court judges, child welfare workers, and foster/adoptive families, and youth created an atmosphere of collaboration and sense of common purpose: the well-being of Indigenous children.

This year's event was a record-breaking one for NICWA, who has spent more than 30 years dedicated to this mission. The growth in the number of expert presenters, Tribal and organizational sponsors, activated members, and engaged participants speak heavily to the impact that NICWA has on Native communities, families, and children across Indian Country.

We know that the Indian Child Welfare Act was born out of the forced removal of one out of every three children

from their homes in the late 1970's. More than 35 years later, there is still a lack of compliance with the law and an overrepresentation of Native children in the child welfare system. That is why NICWA's work and training opportunities, like their Annual Protecting Our Children National Conference, are so important. These trainings help child welfare workers and our partners protect our children and preserve our culture.

I look forward to attending their next conference in Anchorage, Alaska from April 15–18, 2018, for more professional

**2017 Gitigaan
Plant Give Away
June 3, 2017
8:00 a.m. to Noon**



**Plant Packaging
June 2, 2017**

**Natural Resource Garage
Starting at 9:00 a.m.**

**Plant Give Away
June 3, 2017**

**Natural Resource Garage
Starting at 8:00 a.m. to Noon.**

Tribal ID required at pickup.

**If anyone is interested in helping pack-
age plants please contact Tammy An-
derson at 878-2642 or email**

TammyAnderson@fdlrez.com

**We still have seeds available! Please
come to the Planning Division to pick
up your seeds, any remaining seed
packets will be available for pick up at
the Plant Giveaway**

Etc.

development and skill-building through critical conversations, challenging workshops, and connecting with community experts from across the continent.

Here in Fond du Lac, I hope that every child will experience the love of their family, the support of our community, and the strength of their culture. For more information about NICWA and how you can get involved or register for training opportunities, visit www.nicwa.org. If you are interested in how I will be using the information and skills I learned during my favorite annual training event, please reach out to me. I look forward to working together in our community for the well-being of our children.

Nagaajiwanaang Genawendangig Anishinaabemowin 2017 Language Program News

Submitted by Janis Fairbanks, Anishinaabemowin Coordinator Ojibwe Language and Culture Building Update

In May, the language program took possession of a temporary location at 111 Brevator Rd, while hearings were held to determine the community's priorities for use of a new \$600,000 building in the planning stages of being built to house the Language and Culture Learning Resource Center. Construction of the new building is expected to start in Ziigwan (Spring) 2018.

With the growth the language program is experiencing, plans for activities at the new location are well underway. There is enough space outside to have outdoor teaching activities, such

as hide tanning, done right on site in or around the pole barn that stands on the property. There is also enough outdoor space to have an outdoor fire when the occasion calls for a fire. We are all excited about the promise that the future

holds for allowing greater access to community members to language program classes and events.

On May 22 our newest staff member, Misty Rose Peterson, came on board as Language and Curriculum Specialist. Peterson is enrolled at Fond du Lac, and comes to us with teaching experience and noteworthy plans for her future career as a language immersion teacher. The FDL language program is currently moving toward the development of language immersion classes, among other initiatives.

Currently, program personnel includes the Anishinaabemowin Coordinator, Janis Fairbanks, two Language and Curriculum Specialists, Ricky W. DeFoe and Misty Rose Peterson, and an Administrative Assistant, Christine Schloer. I would like to acknowledge Ricky W. DeFoe with a huge Miigwech for exerting extra effort to carry out his duties during this time of transition. By the end of May, we will have been in a new location where paperwork, and the need to spread it out for curriculum assembly will have become a pleasant reality for you and the rest of the team. More office space! Yes!

Remember also that Summer Immersion classes, led by John Daniel, will be held on Thursday nights (*gego zhaaganaashiimosiidaa!*) from 6:30 to 7:45 p.m. immediately following the regular language table (bi-lingual) classes led by Ricky W. DeFoe, on Thursdays from 5 to 6:30 p.m. Participants from the regular language table are welcome to stay, and participants who only want one session or the other are welcome to choose the one they want. Immersion classes started May 11 and will end August 24. Regular language table will continue as

scheduled.

There are two events coming up in June and July:

- Immersion Video Dialogues release date: Enrollee's Day, June 24, 2017. We will have ready for release eleven Ojibwe language videos that will roll continuously on Saturday, June 24, 2017 from 9 a.m.-4 p.m. in the FDL Cultural Museum. Production of these videos was funded by MIAC
- Kiwenz Ojibwe Language Camp dates: July 19 – 23, 2017 at Kiwenz campground in Sawyer.

Please send questions or comments on language program activities to Janis Fairbanks at janisfairbanks@fdlrez.com

Historical Society at the FDL Enrollee Days

The Fond du Lac Historical Society will once again be at this year's Enrollee Days. Their booth will be set up just outside of the museum and they are looking for your help identifying old photos.

They will also be handing out blank family trees hoping to be able to connect different families after they've gathered them and can put them together. If you have old photos they would appreciate a chance to make a copy (the owners will get to keep their original photos). These photos will be archived as well as used at events like the Elder's dinner.

The group is working to preserve historical information as they search for FDL ancestry, family stories, pictures, burial sites, genealogy, birth certificates, baptismal records, church records, old Indian hospital records, boarding school records, and any other relevant information you may have.

The FDL Historical Society

meets from 10 a.m.-2 p.m. at the Resource Management building on the second floor on the third Friday of every month. They will not be meeting over the summer, so keep your eye out for their next meeting in September.

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,



Etc.

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.

Fiber to the Home update

The Fiber to the Home project has some exciting things happening this summer. We will be holding a variety of informational meetings throughout the Reservation in June and will be available to answer questions about the project. The meeting dates will be:

- June 8 table at Health Fair (Ojibwe School)
- June 15 Brookston Community Center (4-6 p.m.)
- June 24 table at Enrollee Day (Cloquet Community Center)
- June 29 Sawyer Community Center (4-6 p.m.)

Light refreshments will be served

Don't forget, this service is for anyone within the project area, you do not have to be a Band member to be eligible, so please tell your neighbors! A map and address eligibility look up can be found at www.fdlrez.com. You may have received a permission form for the equipment install from the curb to your home. If you did not receive a permission form, please check the eligibility of your home online, stop in person at the Planning Division, or call the project line at (218) 878-7337.

Don't miss out on this opportunity for FREE installation of Fiber to your Home.

Installation does not commit you to services. Customers will be able to subscribe to services based on their needs. Permission forms must be returned by June

30!
While the two current projects do not cover the entire Reservation, we are constantly looking for funding for the remaining un-served areas of the Reservation.

2017 biennial needs assessment

The Fond du Lac Human Services Division is about to release the 2017 biennial needs assessment. The research team is attending the community health fair on June 8 and the needs assessment will be available to the community at that time. The purpose of the assessment is to assess the needs of the community in order to better serve our community members. If you receive services from the Human Services Division and are 18 years of age or older, you are eligible to complete the survey.

To show appreciation to the participants for providing their valuable feedback, there will be drawings for prizes which will be announced soon. All participants are limited to one entry per person. Because your opinions are valuable and we value your privacy, all individual survey information will be safeguarded. All identifiable information will be removed from your survey before it is analyzed. Personal information is optional so you may choose to share your opinion and not enter the drawing.

If there are any questions about this survey please contact the needs assessment team at hsdneedsassessment@fdlrez.com or (218) 878-2173.

Miigwech!

Firearms safety training for youth

The Fond du Lac Resource Management division will be

hosting a firearms safety training for the youth July 17-22 at their facility located at 28 University Road in Cloquet.

The Monday-Friday training from 5-7 p.m. will also have a field day on Saturday July 22.

The event is open to all students 11 years and older. A DNR certificate is required of anyone born after December 31, 1979 to purchase a hunting license. There are also independent study alternatives for adults. For more information on those contact www.dnr.state.mn.us/safety/firearms

The \$7.50 fee is paid online and for more information or to sign up, call (218) 878-7155.

General Notice to Creditors

In the Matter of the Estate of GERALDINE ANN DEFOE (NORTHROP), decedent. Case No: PR-001-17 GENERAL NOTICE TO CREDITORS

Notice is given that probate proceedings are pending in the Fond du Lac Tribal Court regarding the estate of Geraldine Ann Defoe (Northrup).

Any claims against the above-referenced estate must be filed on or before **August 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: Kevin Dupuis Sr.

3695 Drake Drive
Cloquet, Minnesota 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

Land use committee

The Reservation Business Committee is seeking an individual from the Sawyer District to serve on the Land Use Committee. The purpose of this committee is to advise, assist and oversee the use, protection and development of land within the boundaries of the Reservation. Interested individuals should contact Jack Bassett at (218) 879-8043 or by email Jackbassett@fdlrez.com

Veteran's wall

As we honor our veterans on Memorial Day, May 29, there will be a special ceremony at the Veteran's Park.

The event will be for a Veteran's wall dedication, and for a \$100 donation to the wall, a person can get a brick engraved.

If you're interested or have questions contact Tom Whitebird (218) 269-7125.

Parent Advisory Committee

Fond du Lac Ojibwe School Parent Advisory Committee meeting Tuesday, June 6 at 8 a.m. in the FDLOJS board room, everyone is invited to attend.

Home loan applications

The Minnesota Chippewa Tribe Finance Corporation will be taking home loan applications at this location: Fond du Lac Government

Center Legal Conference Room
Wednesday, June 7, 2017 8 a.m.-11 p.m.

If you are interested in applying for a mortgage loan or have questions, contact Cyndi Cwikla at (218) 335-8582 extension 150 or ccwikla@mnchippewatribe.org

First-time homebuyers

The Minnesota Chippewa Tribe Finance Corporation will be conducting a First-Time Homebuyer Education Class Saturday, June 3, 2017 8:30 a.m.-4:30 p.m. in the Minnesota Chippewa Tribe Building 15542 State 371 NW Cass Lake, Minn.

First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

Please reserve your spot in this free class with Cyndi Cwikla at (218) 335-8582, extension 150 or ccwikla@mnchippewatribe.org

No Childcare is provided so please make other arrangements.

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"

School News

Principal Tara Dupuis

Boozhoo,

It has been a fun and challenging school year. I almost can't believe it's over. We have completed MCA testing for the 2016-2017 school year. Some of the accomplishments this year are the student/Elder tech class, 5th grade girls helping 1st grade girls make a jingle dress, our track team has made 2nd and 3rd place in a couple of different events, and best of all we have almost made it to the end of the school year.

I have learned a great deal about our school and I am very proud of our students, staff, and teachers. I want to say miigwech to all of them for being team

players and I want you all to know I appreciate all you do here for our students. I would also like to say our students are all great and have taught me a lot throughout the year, I am proud of each and every one of them. We all have a bright future when we all work together and try to help each other out.

We will have summer school this year (K-12) and we will provide transportation and lunch Monday, Tuesday, and Wednesday 9:30 a.m. to 12:30 p.m. If you plan on sending your child to the Fond du Lac Ojibwe School please make sure we have the enrollment forms ASAP. If you have any questions please call me at (218) 576-4288 or office (218) 878-7284.

I hope everyone has a safe and happy summer!

Superintendent Jennifer Johnson

Congratulations to the FDLOS Class of 2017!

There are so many things to reflect upon this past school year. I hope you read all of the exciting newsletters that highlight the 2016-2017 school year. Chi Miigwech, to everyone that helped make our school year a successful one. I am extremely proud of our students and staff.

I am truly grateful for our dedicated staff for the endless hours of support that they give to our students. This school year we focused on our math and reading programs and had multiple professional development trainings on using data, differentiated instruction and 1:1 technology coaching. We

have seen the results in our students' academic growth by having in-house trainings and individual coaching for our staff. We anticipate seeing positive results for our students as we learn and grow as a team.

In addition, FDLOS School Board is working on a three to five year strategic plan to improve our school programs for our students. Our students deserve the best quality educational program. We want our children to feel proud of their cultural heritage and the community they live in. If you have any ideas or suggestions please contact me or your district school board representative. The school board representatives are listed on our school's web page.

It's been an exciting year and we will continue providing

services throughout the summer. We will be offering summer school and Kindergarten Readiness Camp. Please make sure you have your student's enrollment packet filled out and returned so your child can participate in our summer programming. Please call for more information or if you have any questions.

A heartfelt Miigwech to all the students, parents/guardians, staff, and community members who contributed to make this year successful and unforgettable...

Gigawaabamin
Jennifer Johnson
Fond du Lac Ojibwe School
Superintendent
Office Ph. (218) 878-7284 Cell
Ph. (218) 591-2083
jenniferjohnson@fdlrez.com

Summer safety tips

Tara Wolter, RN,
School Nurse - FDLOS

Summer break is almost here, so here are a few tips to stay safe in the sun while you and your family enjoy the weather and outdoors this summer.

First, prevent sunburn! Everyone is at risk for sunburn, even those with darker skin tones, as we are outside more in summertime. Sunburn may cause needless, unwanted pain, and blisters if it is a really bad burn. Also, it may cause increased risk of skin cancer, early aging, and increased risk to developing cata-

acts down the road. Try to avoid being outside when the sun's rays are most intense, which is between 10 a.m. and 3 p.m. I know this may be hard, so if you are out and about during this time, be sure to apply sunscreen. Remember that water and sand act as reflective surfaces that increase the intensity of sun exposure, so there is an increased risk of sunburn.

When using sunscreen apply water resistant, UVA/UVB broad spectrum sunscreen that is at least SPF 15 or greater. Apply a liberal amount 30 minutes before sun exposure to allow your skin time to absorb it. Also,

remember to reapply sunscreen after swimming, sweating, and towel drying 2 hours after first application. Don't forget to apply the sunscreen to the nose, ears, forehead, and lips (some ChapStick brands contain SPF 15). If you notice your skin is red after you've been in the sun for a while, chances are you are already sunburned. There is a 2-4 hour delay before symptoms of sunburn appear. Please remember, children under 6 months should avoid sun exposure altogether. Seek shade or bring along an umbrella for little ones.

If you do get sunburn, treatment works best if started

early. Treatments may include cool baths, ibuprofen taken as directed, drinking a lot of water, burn relief gels with aloe, and avoidance of more sun or covering up those areas that were sunburned.

Next, protect yourself from ticks and other biting insects. One can wear long sleeve shirts and pants when out in the woods or long grass and when outside after dusk. Also, insect repellent may be applied to help repel ticks and insects. Make sure to check yourself and others carefully for ticks when done outside. Don't forget to check your pets, too!

And, as always, make sure you drink plenty of water throughout the day and especially before you go on long walking or hiking trips, biking, or any exercise outside in the summertime. Drinking enough water will prevent dehydration, which if severe enough, may cause serious illness. Furthermore, fruits and vegetables naturally contain a large amount of water, so eat up a lot of them this summer. Maybe try several new kinds or varieties at your local farmer's market. I hope your summer is fun-filled and safe! Enjoy!

School News

21st Century After School Program

The after school program is held four quarters out of the school year and offers eight weeks of summer school for grades K-12.

The beginning of each quarter is the start of those activities. A break is taken the week before a quarter ends to recruit students and sign up for new or continuing activities. The week off is also a great time for students to turn in all missing work to their teachers.

The program is held from 3:25-5 p.m. three days a week with a nutritious snack and transportation provided.

An activity list is located on our school website www.fdlrezk12.com

The attendance rate of students participating in after school activities is about 98% which is phenomenal! Students are enjoying themselves in after school time programming.

In 2017/2018 the Ojibwe School will continue to offer after school programming all four quarters with a snack and transportation provided.

If you are interested in teaching after school activities or learning about our activities please call (218) 878-7239 for more information.

We hope you have a fun and safe summer! See you in the fall.



4th Grade

Boozhoo,
We are in our final quarter for the school year. The students have shown some growth in the areas of math, science, social, and language arts. We just finished our Minnesota Comprehension Testing and will soon be taking the end of the year NWEA tests. I have high hopes for them!

The class has started reading and discussing *The Good Path*, written by Thomas Peacock. It will be a nice segment into summer as they will be afforded more time to think about our culture and community. Hopefully, they will apply parts of it as they mature.

Another thing they can attempt to do over the summer is use their science and math skills to create new forms of paper airplanes. We started off

using straws and will continue to create various forms to pilot new flying objects. Variables bring out the best ideas such as adding a little more weight, folding a section a different way, or even using a different material. It has been interesting seeing them question why a classmate's plane flies better or worse than their own. This really gets to the heart of learning. Encourage them to use a bit of their time to construct new planes.

Along with that, please set aside a time and or place to promote reading. It is always exciting for our staff to hear the students return the following year and share what they read over the summer. Please enjoy your summer and I hope to see you or your child the following year at the Ojibwe School.

Miigwech, Mr. Anderson 4th Grade Teacher

Kindergarten

Aaniin/Boozhoo from Ms. Nikki's Kindergarten class! We are quickly approaching the end of the school year and are busy as ever. We've finally started our butterfly life cycle! We currently have 11 caterpillars and most have formed a chrysalis. In 7-10 days we should have butterflies hatching and will release them into their natural habitat. This has been a very exciting process for the students to see. We have some end of the year testing to take care of this month and then we can focus on summer activities. We are very excited! It's been an eventful school year and I'm so proud of all my students.

As a reminder to community members, I have a kindergarten readiness camp at the end of July through mid-August for

three weeks. Please spread the word and contact the school if you have a child entering kindergarten next school year and want to send them to FDL Ojibwe School. Miigwech!

Reading Program

We have spent this school year learning and utilizing our Wonders Reading Program. The McGraw Hill Wonders program implements reading books with a computer program that our students can use to enhance their learning. Each student has been given a username and password that allows them access to books and applications that align with their weekly lessons. It also allows students to practice sight words, grammar, and spelling words. Most of the students already have their usernames and passwords memorized however if they need

access to it they can contact their teacher or Julia to get a copy of their information to access Wonders online.

We have also started sending home Scholastic Book orders once a month and the students have been ordering every month. Parents can also place orders online at any time during the month and the books are shipped right here to the school. Students have received our last book order forms for the year. Please consider ordering books for your children to read this summer. All students grades K-6 will be making a list in their classrooms of 14 books to read this summer. Research shows that students, who read more books over the summer were less likely to experience summer reading loss, so don't forget to read this summer!

School News

Gifted and Talented News

Boozhoo, The Fond du Lac Ojibwe School students in the Gifted and Talented program have participated in a wide variety of engaging and enriching projects throughout the 2016-2017 school year. At the Dagwaagin powwow students competed to be school royalty. They wrote essays and danced. Darnell Diver was crowned Senior Brave; Antonio Northrup Junior Brave; Star Shabaiash Senior Princess; and Mary Jane Eagle was crowned Junior Princess. They represented the school as royalty at numerous powwows and events. Mary Jane Eagle also won first place at the Northeastern Minnesota Regional Science Fair with her project on the effects of oil contamination of soil.

Throughout the year students have been involved in many service learning activities including helping out at the Fond du Lac Ojibwe School's Veteran's Day, Biboon, and Ziigwan celebrations. High school students have also been taking college courses and earning their Certified Nursing Assistant certificates. The students in the Gifted and Talented program have been involved in many enrichment activities that have enhanced their skills and abilities.

If you would like further information about the Fond du Lac Ojibwe School's Gifted and Talented program please call Sharon Belanger at (218) 878-7274 or email me at sharonbelanger@fdlrez.com. Miigwech to all the students and the staff who have helped them!

Physical Education

Elementary: The students have been having a great time playing Cat and Mouse with the parachute. They have been working on their agility runs and having a great time playing running games, soccer, and basketball.

Secondary: The students enjoyed playing basketball, floor hockey, kick ball, and volleyball. They also have enjoyed running games while working on their agility running.

Track and Field day: Track and field day will be held on June 7 along with the canoe races. Participants in track and field day will do the broad jump, softball throw, 50 yard dash, and three legged race.

3rd Graders harness the power of the sun

Cortnee DeFoe
3rd grade teacher

The third grade students have been studying different forms of energy, including solar energy. As a final project to the unit, the students each built their own solar s'mores oven.

As the students waited patiently for their s'mores to cook, they enjoyed a beautiful sunny 70° day outside. Students made friendly competitive comments as to whose oven would most efficiently cook their treats. One by one the smiles spread from ear to ear as the students noticed their chocolate starting to melt. When the treats were ready to eat the students sat back and enjoyed the fruits of their labor.

Grants and Accountability Manager

Dan Anderson,
Grants and Accountability Manager

The Ojibwe School is looking forward to several facility improvements over the summer. Six elementary classrooms will have new tile flooring installed. New outdoor LED lighting and low flow toilet fixtures have already been installed by the NORESCO energy efficiency project contractors. Behind the scenes, we will be replacing the school's 400-gallon water heater along with several minor school facility and grounds improvements and repairs.

We have received approval to upgrade the school playground. Parents and community are welcome to serve on the playground committee. If you are interested, please contact the school. We are also awaiting word on a USDA grant for an electronic sign to replace the old one that requires changing letters in all kinds of weather.

Finally, I would like to recognize the excellent, dedicated staff members who take care of our buildings and grounds throughout the year. We have many visitors to the school and they all compliment us on how clean and well maintained it is. Bureau of Indian Affairs safety/environmental and facilities inspectors always have positive comments on our facilities management program. This is a credit to the maintenance staff (in order of years of service at the school): Devon Simpson/Custodial Supervisor, Mike Olson/Custodian, Wayde Hietala/Building Engineer, and Roseanne Wakanabo/Custodian. Chi Miigwech!

History of the Ojibwe School

It has been 15 years since the Ojibwe School opened its doors of its present facility. Here is a short history of the school and the efforts it took to get it built.

In January 1980 the Fond du Lac Ojibwe School opened to students in grades 7-12. The first enrollment was around 28 students that grew to nearly 50 the first full school year (1980-81). The school shared space with the Head Start program and the school cafeteria hosted the first Fond du Lac bingo operation in the evenings and on weekends.

In 1982 the present-day Head Start gym was built for the school and community, and also housed gaming operations.

In 1988 the school expanded to include grades K-6. Four portable buildings were attached to the existing buildings. In 1990 the Fond du Lac FACE program was established.

Throughout the 1980s and 1990s, Elders, school administrators, community members, the school board, and Tribal council members lobbied the federal government in Washington, D.C. and Albuquerque, N.M. for new school construction funding through various means. Minnesota congressional delegations and staff members visited the school numerous times to gather information.

A BIA safety site review was conducted in 1990. Their report stated that the school was in "extremely poor condition and not in compliance with school building codes." The report stated that "this facility has the potential of becoming a shantytown, and it is strongly recommended that the

bootleg construction be halted." The Ojibwe School's facility backlog stated, "These buildings cannot be renovated to meet any building safety codes and handicap accessibility standards without being completely replaced."

Freezing pipes, leaking roofs, backed up sewers, mold and mildew, and inadequate heating systems were the order of the day and it's a minor miracle that the buildings never caught fire.

Throughout the 1980s, and 90s, the school was maintained by a dedicated group of individuals who did their best to keep up with repairs. Funding for facility repairs were stopgap efforts at best.

In 1992 Fond du Lac Superintendent Tom Peacock and the Fond du Lac RBC submitted an application for new school construction to the Bureau of Indian Affairs. Another BIA study determined that "the existing facility [must] be immediately replaced in order to provide the educational program desired by the Band in facilities not hazardous to the physical well being of its students and staff. "To not replace the facility could be construed as negligence in the event a fire occurred. Any attempt to continue to use this facility on other than a short-term basis, is imprudent."

1992

The school was added at #14 to the BIA Education Facilities Construction Priority List.

June 1994

The referendum to build a school using casino profits was soundly defeated. The consensus was that it is the federal government's obligation to build the school, rather than the Tribal government.

School News

August 1994

The Fond du Lac RBC approves the renovation of the former factory and Big Bucks Casino building to house grades K-5 and the school cafeteria. Construction was completed in time for the 1995-96 school year. This building now houses the Early Head Start program.

March 1996

The Bureau of Indian Affairs awards the Fond du Lac RBC a \$579,000 grant for Planning and Design of the new school.

December 1997

The FDL RBC selects the University Road site for the new school.

1998

The BIA awards the Fond du Lac Ojibwe School funding for two portable buildings with four classrooms to house students until the new school is constructed. These buildings now house the FACE program.

July 1999

Funds in the amount of \$210,538.00 from the BIA are awarded to the Fond du Lac RBC for additional planning. Community members, students, staff, and the school board are involved in the school design planning process.

November 1999

Congress appropriates \$14.3 million for the construction of the new pre-K-12 Fond du Lac Ojibwe School.

January 2000

The BIA approves the drawings and specifications for the new school.

September 2000

The groundbreaking ceremony is held for the new school.

October 2000

Construction begins.

December 2001

Furniture, equipment and staff are moved into the school.

January 7, 2002

The new Fond du Lac Reservation Ojibwe School opens its doors to students, staff, parents and the community.

Many dedicated Elders, students, staff, Fond du Lac Division staff, Tribal council members, and community members contributed countless hours in the quest for funding, planning and design and have contributed to the success of the school over the years and are too numerous to mention.



Fond du Lac Track and Field

Nick Thornton and Jill Goodreau

This year is the Fond du Lac Ojibwe School's first year of having track and field since 1990, where the team competed against other Tribal schools. We have had between twelve and fifteen athletes compete in five meets so far against local high schools. The athletes have participated in a variety of events; long jump, high jump, shot put, discus, sprints, relays,

and distance races. We have had a few athletes receive medals; DaQuawn McCray won a first place medal in the 100 meter dash and a 2nd place medal in the high jump, James Friedman won a 2nd place in shot put and 5th place in discus, and Keith DeFoe won a 6th place in discus.

Track and Field Subsections are on May 24 at the Esko Track and Sections will be at UMD on June 1.

Cross Country will be starting the middle of August. If anyone is interested in joining, please contact Earl Otis.

Sports news

Cross Country

The inaugural season was a great success. The student athletes improved throughout the season, worked hard and most importantly had fun and are looking forward to next year.

Girls Basketball

The girls had a good season with a record of 7-14. With only one junior they had a very young team. We are looking for good things to come next year.

Boys Basketball

The boys also had a young team with one Junior, four sophomores, four freshman, and three 8th graders! Their 8-18 record did not reflect how hard they worked. One of the team's goals were met which was to play at UMD. The upcoming years are looking good.

4th and 5th grade boys basketball

Nick Thornton

At the beginning of the basketball season the 4th and 5th grade boys' team was struggling for numbers, but by the time the

games started we ended up with eight players from grades 3-5. A lot of the kids were playing on an organized team for the first time, but the kids played really hard and learned a lot about the game of basketball.

Often times the kids played against teams with ten or twelve players and we would have five or six, but they never quit and gave it their all. Not to mention that all the other teams were made up of just 5th graders. Overall it was an exciting and successful season.

6th Grade Boys Basketball

Cory Mountain

The boys will head to the state Pacesetter basketball tournament June 18 in Maple Grove. The team has been on a roll with a 21-3 record!

The team took 2nd place in the MIB tourney, a consolidation in another tourney and 1st place in Region 4 Pacesetter Championships.

The players and coach have been working and playing together for three years and all the hard work is certainly paying off. Way to go fellas!



Front to back: row 1 Angel Martinez, row 2 Jordan Brown, Sam Tiessen, Arrione Dufault, Coach Cory Mountain, row 3 Dannin Savage, and Marco Mayorga

Volleyball

Dale Sautbine

Ending the season strong was something the volleyball team accomplished this season. The girls struggled early on losing the first 6 games. Although there were losses, we were very competitive. Mid-season the team started to gel putting some marks in the win column.

Strong performances from Katie Misquadace, Naazhe Suttin, Kaitlyn Stapleton, and McKenzie Angell created a strong offence. Two seniors, Naazhe and McKenzie will be hard to replace but the team will be strong competitors in the upcoming year. I would like to thank assistant coach Shawn Boyd and all the girls for a fun season and wish the returning girls the best of luck. And finally after 30 plus years of coaching volleyball I have decided to step down from coaching. It truly has been a great experience.

Guidance Counselor

Dawn Newman - University of Minnesota Extension and Vicki Oberstar - Fond du Lac Education

Have you ever wondered what your strengths are?

This year the Ojibwe School offered StrengthsFinder training for 5th through 12th grade students that encouraged students to think more about their strengths and less about their weaknesses. Through collaboration with Strengths Coach Dawn Newman, a University of Minnesota Extension Educator, students and teachers took an online assessment giving them their top five strengths. It also included infor-

School News

Information about how each of their talents can be applied in many areas including relationships, learning, academics, leadership, service, and careers. They discussed using them at school and home, as well as tools to use in the future for college readiness to find their passions in life. The younger students in grades 5-7, participated in the Strengths Explorer and learned their top three strengths.

The Clifton Youth Strengths-Quest is an instrument based on 40 years of science and is developed for ages 15 through college. It is intended to assist in developing strengths-based thinking and learning. Through administering the assessment, both the teachers and the students learned about their natural talents and how to develop such talents into strengths. There are 34 talent themes people have. A person's naturally recurring thinking, feeling, or behaving productively happen within their dominant talents or strengths.

Knowing these talents is just the first step. Strengths are achieved only through an investment of time, hard work, and the accumulation of knowledge and skills. Research has shown that student productivity, life choices, self-confidence, goal-directed thinking, interpersonal relations, and academic success can occur by focusing on their strengths (T. Hodges, K. Harter, 2004).

Professional development time allowed teachers to participate in strengths coaching to learn about their strengths. This helped the teachers understand the value of strengths-based learning.

Comments shared by the teachers about the StrengthsFinder experience were: "learning about my strengths and how they work

with others to create a compatible team;" "Enjoyed seeing how our strengths as a group panned out. Good thinking about what strengths I bring to the table and what I need as support;" and "being more considerate that other people have a different way of doing things and that's ok." Some of the actions teachers plan on taking as a result of the workshop include: "to use my strengths to improve my teaching;" "looking positively [and] identifying student strengths;" and "excited about using this to help my students."

As the students learned from their assessments, everyone is different and no two people are exactly the same. Becoming aware of their talents begins to build confidence and provides a basis to develop and apply strengths leading to improving levels of achievement. For example, students shared: "I learned a lot about my strengths and how to use them to my advantage starting today!" Another student shared: "I liked this a lot. I was surprised at my top 5 strengths but once I read the assessment it made sense and made me feel good."

After taking the assessment various reports were printed from the Clifton Youth Strengths-Quest site. These reports helped students learn about their talents by describing the top three or five talent themes, depending on which assessment they took. We reviewed the results in each classroom with a variety of student activities. The parents/caregivers were then invited to parent sessions to review their child's report with their child, reaffirming what many of the parents/caregivers already knew about the talents their children

possess. The students were excited as they were able to confirm their strengths and share them with the teachers, parents, and caregivers in their lives.

Some of the student comments about the learning experience are: "I like that we talk about our strengths and what we can do with them;" "This assignment was fun...I can't believe how close my top five strengths were to how I feel about myself;" and "The feedback I received from this was valuable and made me feel good about myself." Parents shared: "I learned how me and my son are alike and how this is going to work. We are going to try this so my son can be the person he has the potential to be, he has a big life ahead of him;" "Enhancing my daughter's strengths on a daily basis to make her feel successful;" "I enjoyed learning what strengths the boys have and how to re-enforce them in a good way;" and "To stay off my phone more, [and] be more aware of my children." One parent said, "I am not going to work so much...to set a date to just do quality time." Another parent shared that their child's Anishinaabe name matches one of the strengths identified by the StrengthsFinder.

Teachers intend to continue reviewing and developing these concepts with the students in a variety of ways: college readiness, reading, writing, and exploring careers, along with various ways to develop their strengths. Parents were given at-home activities to continue to learn as a family about each other.

Anyone can take the Strengths-Quest assessment by purchasing a StrengthsQuest book and using the included code or by going

to Clifton's websites at www.strengthsquest.com and <https://www.gallupstrengthscenter.com/> to purchase a code. Our hope for the students is that they, along with their caregivers, will continue to develop and build their knowledge to support their talents and build their strengths over the summer!

Ojibwe school office

Rita Conners,
FDLOS Secretary

Here in the office we have been working hard at getting enrollment packets together and sent home with the students, parents please fill out and return as soon as possible.

May is here and things start getting busy at the Ojibwe School with enrollment, field trips, class parties, and then graduation.

Bus changes are done every Monday morning and run until following Monday. If you have a bus change please get them in Monday's by 11 a.m.

Wishing all staff and students a wonderful summer vacation!

Special Education

Boozhoo Fond du Lac community,

The special education department has had an active year. Our students have stayed in their classrooms completing the same work as their peers with help from a special education teacher or para-professional and have also went to the resource room for extra help or skill building. All students have made gains in their learning whether it is a big or small gain and have felt proud of themselves.

Another aspect of education that students have made gains in

has been their social/emotional growth throughout the 2016-2017 school year. We have worked throughout the year with social skills and discussing situations that they might encounter during their school day or outside of school. The students appear to enjoy the activities or games that we play in small group settings. The activities include Teen Talk, What Would You Do, Think Twice, and Stop, Relax, and Think. Throughout the year it is gratifying to see the students implement the skills that they have learned in real life situations.

Students receiving services for speech and language therapy have showed great improvements throughout the year. They have enjoyed working in a one-on-one setting towards their objectives through different activities, crafts, and therapy games. Many students have started to transition the skills they are learning in their speech sessions into the classroom.

High School: Throughout the school year, many students have participated in the college bound experience program, where they took a math and English class. This program gave them the opportunity to experience a college class and get elective credit in high school. A few students decided to participate in the Certified Nursing Assistant (CNA) program where they will become a CNA and able to obtain a job in that field.

We participated in "Mentor Day." This is a day for special education students to explore future career options. The students had a great time and look forward to doing it again next year.

We also participated in "Con-

School News

struct Tomorrow.” This was a convention that showcased labor jobs (electrician, painters, roofers, bricklayers, heavy equipment operators, etc.) and allowed the students to interact with those jobs.

As we come to the end of the school year, we will be going on field trips with our students to help them have a fun and enjoyable time. We appreciate all who help us teach and give our students the best education and help them enjoy school. We say Miigwech to parents/guardians, community members, and all who are involved with our students.

Miigwech, Special Education Staff



2nd Grade

Niwii-gitige-ziigwang. I'm going to plant this spring.

Second graders at Fond du Lac Ojibwe School had the opportunity to learn about our school greenhouse. Minnesota Green-

Corps AmeriCorps members, Jesse Godbold and Erika Legros-Garden Intern: Bimaaji'idiwin Gitigaan, gave a presentation on the smartboard about various plants that can be grown starting from seeds: tomatoes-Gichi oginiig, kale, cabbage-Gichi anii-biishan, squash-Okosimaan, and pumpkins. Students were given a tour, learned about how to plant seeds, and watered plants in the greenhouse. They also learned that after the plants grow, they can get transplanted to a garden. Each student planted a container with vegetable or flower seeds to put in the school garden and one to take home.

Tom Yellowman

Boozhoo, I want to say Miigwech to all the students who participated in the after-school art program and Miigwech to Miss DeFoe and all the other staff who help with the after school program. It has been a nice year to do art activities with the students. Miss Maria has been very helpful in supplying us with materials. I probably should say thank you to all who fund the after school program as well.

I tried to be there for the students and to encourage them. We briefly shared information about our activities and tried to include some Native influence in our efforts. It was very rewarding to see some nice renderings of artwork from our students. I told them so while the opportunity was there. They were in a hurry to do this and that at first. My job was mainly to calm things down in a good way. We have some very good presenters of art. I'm proud to them.

The summer science camp will be from June 12-16. All of the

science camp activities will be in the local area. I have science camp applications and the Environmental Program and at FDL College also has these applications. This is another program where our students are doing very well. Miigwech relatives! You can contact me at (218) 878-7270 or (218) 878-7276.

Check & Connect

Summer is fast approaching and it can be a fun experience for the whole family. Being healthy, eating good, and exercising may make this the summer everyone will remember. Below is a list of summer activities your family may enjoy:

- Plant a garden
- Cook healthy food together
- Go to the park
- Paint, draw, or write
- Ride bikes
- Take a picnic lunch
- Break out the sprinkler or slip and slide
- Camp out in the backyard
- Go to the library
- Make water balloons
- Go for a hike.

Technology

Charles Hilliard,
Technology/eLearning Coordinator

Exciting year! Wrapping up the news from the digital technology world at the school is most exciting.

We have just completed an exciting new program at the school. The program was loosely modeled after the school's successful Reading Buddy program. Our 6th grade students have been working with community Elders in an ongoing teaching and learning collaborative. We believe that

this partnership will help our students develop an awareness of the importance of assuming an active role in their communities. In addition, we hope it will help community Elders who are taking part gain basic technology skills, allowing them to use personal digital technology with confidence. I don't believe that I'm speaking just for myself, but all who have participated, in saying that the program has been a great success. We hope to continue to offer our students and community members opportunities such as this in future years.

In the classroom, we have been working hard to expand the use of digital technology in our day-to-day delivery of instructional content. We believe doing so helps our students gain many of the technological soft skills they will need as they work to become college and career ready. On that note, defining college and career ready is not an easy task. Yet, we are constantly working to do so. Consider this, "65 percent of today's school-children will eventually be employed in jobs that have yet to be created", according to a U.S. Department of Labor report.

With that daunting thought in mind we see it as imperative to be working hard to expand the authentic use of personal digital technology by our staff and students. The next school year is going to see our school make a huge leap. We are in the process of enhancing the quantity and quality of the digital tools available to all of our students. It is our hope that Fond du Lac Ojibwe School will soon be seen as a leader in the use of technology.

Please watch for further news

on the increasing role personal digital technology plays in the academics at the school.

This past year has been the most exciting year yet at FDLOS in the digital technology arena! I have no doubt the 2017-2018 will be even better!

Sixth Grade News

Submitted by Kathleen Garsow
sixth grade teacher FDLOS

The sixth grade class has been working very hard this spring! At the end of April, the students finished taking the Minnesota Comprehensive Assessment Tests in reading and math.

In reading we finished a unit on summarization and began a unit on questioning as you read. We are at the end of our unit on pronouns and are writing stories using dialogue. In novels class we finished *Two Old Women* by Velma Wallis, and *Walk Two Moons* by Sharon Creech. We just started our last novel of the year, *Code Talkers* by Joseph Bruchac.

In mathematics, we finished working on solving ratios and proportions as well as find rates and using unit rates. We will be studying percents and their relationship to decimals and fractions.

Social studies is all about Minnesota! We will end the year studying World War I and II and the role Minnesota and the Ojibwe played in the war effort.

In science we are working on force and energy. We ended our lessons on Newton's Laws of Motion and will begin learning about work and power.

On May 18 we will attend the annual St. Louis River Quest field trip for all area sixth graders. The students will participate

School News

in twelve different stations that involve the science, technology, and environment of the St. Louis River and Lake Superior. They will enjoy a ride around the Duluth Harbor on the Vista Star. Learn more online at St. Louis River Quest/Minnesota Sea Grant.

On June 6 we will have our canoe races/track and field day out at Kiwenz Park. We are looking forward to a great time!

1st Grade

Grade one has had a great year. We have accomplished a lot and grown a lot over this past school year. Here are a few highlights of our year.

We took pictures our first day of school; it will be nice to compare how we have grown with our end of the year pictures. We've had a lot of teeth fall out this year. We have been keeping a graph of the number of teeth that have fallen out each month. It really shows how much we are growing.

We had guests come and show us all about salamanders and their life cycle. We even got to see a live porcupine. Aubrey got to go up and put on a salamander tail!

We all got excited to watch the robot presentation and the Skateboard Science men come and show us how fun science can be!

Trick or treating and our class party were very exciting and fun filled. The students loved trick or treating at all the fun decorated places. Some of us even got super scared at the thought of the haunted house that we didn't even go in.

We had the FDL policemen and woman come and visit with their police dog and show us their

police car. We had to be so quiet to not scare the dog. It was very memorable.

On Dec. 20 we got to visit with Santa and Rudolph. We even got an early present from Santa. The next day we got to participate in the fun stations all around the school. I think the bouncy houses were the hit of the day.

In Mar. we had Climb Theatre come and make learning fun. The pirate theme was a fun. The students liked talking like a pirate!

This last week we got to go upstairs to the Science Lab and plant seeds to take home and to start for the Journey Garden.

The first graders have tested a lot this year; our NWEA and Aimsweb scores show that. We learned how to be great readers by working on our fluency and we are great mathematicians who enjoy learning new topics in math.

We also all know how to tie our shoes. We earned an ice cream party for our achievement. The end of the year activities will also be very memorable: Culture field trip, class field trip, and the canoe races at Kiwenz Campground.

This year has been memorable for Mrs. Sautbine and hope it has been for all of her students. She will miss all of them. Make it a great summer and don't forget to read!

FDL Ojibwe School 2017-2018 Enrollment

Enroll now for the 2017-2018 school year. We look forward to serving you and your family next year.

If you do not already have an

enrollment pack, please stop by (49 University Road), call (218) 878-7241, or you can find a copy of our new Enrollment Pack at fdlrezk12.com

All new students must provide a copy of their birth certificate along with the enrollment forms. If your child is returning to the OJS from 2016-17 school year, you still need to reapply.

Students entering Kindergarten must be five years old by Sept. 1, 2017.

5th Grade

Reflection about Fifth Grade
Hard to believe the school year is coming to an end and summer is almost upon us. I joined this year's fifth grade class at Christmas time. So it was quite a change for the kids who were used to a different teacher for the first half of the year.

Here are some thoughts from my students:

Anthony liked the beginning of the year and the end of the year. He liked the math in 5th grade with the nice math teacher. He liked all of the 5th grade teachers but his favorite was Miss Liza. He is looking forward to 6th grade with all of his classmates.

Blake said 5th grade is fun. I liked it because of math. He liked 5th grade because the teachers were nice. In 6th grade he is looking forward to making more new friends.

Claya says fifth grade was good but we lost a fun teacher Miss Beth. She says sixth grade might be a little scary but she will have her friends. She says she is looking forward for my sixth grade teacher to be a unicorn.

Henry said his favorite things we did in class was experiments. The other thing he liked was

the trips. When he gets into 6th grade he is hoping for more experiments. He is also hoping to be wiser and more respectful.

Makayla liked the drawings for prizes.

Molly said 5th grade was kind of crazy. She also said the experiments were fun. She is looking forward to 6th grade. She wants to run for princess and learning new things.

Mylia also said 5th grade was kind of crazy. She liked going to the movies. When she gets to 6th grade she is looking forward to having a different schedule.

Naya says she is looking forward to 6th grade. She likes her funny classmates and nice teachers in the 5th grade. She says her classmates are nice.

Savannah said that at the end of the year in 5th grade we did science experiments. We have raffles and sometimes get donuts. The teacher is nice. She is looking forward to 6th grade and doing more science experiments.

Savanna liked her friends and the teachers. She is looking forward to a different classroom that looks different and a different teacher. She is also looking forward to telling her sixth grade teacher about magical unicorns.

Ziigwan says that the end of the year thoughts about fifth grade that she will miss the class. She is looking forward to 5th grade. She says she will be smart in 6th grade and will be good in 6th grade for the year.

Xavier was inspired by 5th grade. He wishes he could go again. He likes the teacher. He is looking forward to 6th grade. He says he will be nice to his new teacher.

**Summer
Food
Service
Program
Monday -
Thursday
11 a.m. - 1 p.m.
FDLOJS**

**Summer
science camp
June 12 - 16
See page 17**

**Enrollee Day
June 23-24**

The Village of Oneota on the St. Louis River

Research by Christine Carlson

Part of a speech regarding Oneota by Fred Twitchell in April 1930 for the St. Louis County Historical Society

The townsite of Oneota was platted in 1855 with its boundaries from St. Louis Bay north to Grand Avenue and from 40th Ave. W. to 49th Ave. W.

Up until 1853 Oneota was just a shoreline where the Necondis band of the Chippewa tribe hunted, fished, and enjoyed the good life. These primitive peoples, in the slow years of early white exploration, saw the passage of trading canoes from 1659 to 1840. They lived under French, British, and U.S. control.

In 1847 some land up town was ceded by the Indians to the U.S. gov't. and in 1852 the Military Road (later the Vermillion Trail) was built to Superior. This increased the population in the general area, leaving Oneota still inhabited largely by Indians. The few traders and trappers established here were at the sufferance of the natives. In 1852 George Stuntz came to survey. In 1853 a copper stampede brought many people to this Indian Territory. In 1855 the first Soo Lock was built again increasing the traffic and flow of people to this region.

In 1853 or 1854 two squatters, H. H. McCracken and Ryan (or Dion) Bacon took up squatter rights in what is now Oneota townsite at about 42nd Ave. W and Bay Front. These men were like the Oklahoma Sooners who jumped the gun to come, since the Treaty of LaPointe was not ratified by Congress until 1855.

From 1857 to 1870 Oneota was a sawmill center, a shipping point for lumber and an Indian trading post.

The Rev. Edmund F. Ely became interested in Oneota about 1854 while living across the bay in Superior where he had taken up the real estate business. Previously he had served as a missionary to the Chippewas at Fond du Lac. He married Catherine Bissell who was part Indian and a missionary teacher too. After many years of missionary work, the Ely's moved to St. Paul and thence to Superior. Financed by some Eastern interests, he bought out McCracken and Bacon in 1854.

Rev. James Peat in the years of 1855-56

The first Methodism in Duluth was taught by Rev. James Peat who preached at Superior, Oneota, and Fond du Lac. During the winter of 1855-56, Mr. Merritt of Oneota stated that the Indians predominated at some of Mr. Peat's services.

Lon Merritt – Duluth News Tribune of December 26, 1911

Back in 1856 when "Lon" Merritt was a boy of 12 there was a band of Chippewa known as the Nikaniss Indians that made their headquarters in and around Oneota, and their chief was Loon Foot.

Historical Comments from R. E. Carey Regarding Oneota – 1865

There were Indian graves here which would have various things placed on them such as bows and arrows, beaded mocassins, maple sugar, maple wax, etc.

Digs Up Skeleton – Duluth News Tribune of December 6, 1901

Con Winters, of Oneota, made a rather grewsome find a few days ago while digging the bay shore at Forty-fifth avenue west. It was a skeleton of a man, which had probably been buried thirty years ago. A long

time ago a cemetery was located in the vicinity, and one of the bodies may not have been removed. Mr. Winter dug a new grave for the bones.

Forty Years Ago – Duluth News Tribune of September 13, 1905

At that time, September, 1865, Duluth had a population of 56, not thousands, but units, and it was probably padded at that. It was written Du Luth—then, as now, the county seat.

Oneota was the big town and counted a population of 114 souls. Fond du Lac boasted of an even hundred people so that in the three budding rival cities a grand total of 270 inhabitants was claimed.

Probably half of these were Indians and the others were far-seeing pioneers and their families.

Talk Over Old Times - Old Settlers to Meet at Lester Park Today – July 26, 1916

The real feature of the picnic will be the renewal of old associations, the retelling of stories and history of the days when Chippewa Indians were amazed at the sawmill at Oneota and at Decker's brewery.

"Oneota" – Duluth News Tribune of May 15, 1926

"Oneota" is one of the historic names connected to Duluth, that is in danger of being lost. Pioneers say it means "the rock from which the people sprang" and refers to the rocky cliff at Forty-sixth Ave W.

Oneota had a cemetery on the bay front of the old town.

An old map shows the site of the old graveyard as being on the bank of the bay on about 45th Avenue West

Old Oneota – Duluth News Tribune of February 18, 1933

An effort is to be made to revive Oneota history. The town plat of Oneota was the first

filed at the Head of the Lakes. The plat covered fractional section 8, township 49, range 14, on the water front of St. Louis Bay. The survey was made by Henry Wheeler before March eleventh, 1856, when the plat was filed.

Sketch Tells of Pioneer Life in Oneota Township by Judge J. R. Carey from the Duluth Herald of March 28, 1933

Mr. Carey lived at Oneota from 1857 to 1865, and has vivid recollection of interesting incidents and characteristics of the pioneer life.

He reminisces about Oneota's Townsite company and its general store spoken of an Indian Trading Post, and notes that Indians would trade their entire catch of furs.

Part of a letter to Madeline Murray from Benno Watrin – July 17, 1940

Here is the long and short of what I found about the word One-ota after inquiring of several good Indians. All agreed that it was not a Chippewa word unless horribly mutilated but sounds much like Sioux. A Sioux here thinks it is the Sioux word Inya-ota meaning 'where there are lots of stones'. Now look around the place and if you find many stones or much rock that must be the meaning of the word.

Love of Oneota

I always loved Oneota as it was on the beautiful St. Louis River. My godfather Elmer H. Lien, his wife Helmi and their children lived at 4602 Oneota Street right above the river and our family occasionally went to visit.

Mount Oneota

Years ago, the area where the present cemetery is located was called Mount Oneota. There was a direct trail from the old town right to the mountain and

it was called Mountain Avenue. This avenue was located on about 46th Avenue West. Mount Oneota was called a "Mineral Range" and it rises to a height of about 900 feet.

The Oneota Cemetery up on the hillside was founded in 1885 and the land was donated by Henry Wheeler.

1865 Minnesota Territorial Census for St. Louis County

In 1865, there were three townships in Duluth. They were Oneota, Fond du Lac, and Duluth. Oneota had 112 residents, Fond du Lac had 56 residents and Duluth had 126 residents.

Here is a list of a few Ojibwe residents living at Oneota in 1865: Mary Morrisett; Baptist St. John, his wife Ann and their children Catherine, Josette, John, Lisette, Theresa, and Paul; Margaret and Josette Corban and Michael Houle.

Duluth Weekly Telegram of June 24, 1875

The town of Oneota has a population of 130 and the township of Duluth a population of 113.

Portraits from the Past by Ann Crooks

Even though by treaty the Ojibway were legally moved to the Cloquet reservation, it appears in the days when Oneota was a thriving town, the Ojibway lived alongside and were friends with the settlers.

There was much that could be taught the city whites: how to net fish and prepare wild rice, where to find the best patches of wild blueberries and strawberries.

There was a narrow, winding road along the river between Oneota and Fond du Lac. Another pathway, cluttered with stumps and rocks, led from Oneota to a small settlement on Minnesota Point.



Health News

June is National Cancer Survivor Month

By Denise Houle,
Cancer outreach worker

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

Here are some 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
o Native Circle (877) 372-1617
o Spirit of Eagles (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 (800) 227-2345

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

Sodium

By Kara Stoneburner, RDL,
Public Health Dietitian

Warmer weather often means busier schedules, vacations, camping, powwows, barbecues, picnics, and more “on-the-go” foods. This could mean you will be eating more foods higher in sodium. Be aware of what you are putting in your body this summer and continue your path to a healthy you.

Sodium is a mineral. Small amounts of sodium are needed by the body in order to function properly. Sodium helps maintain the right balance of fluids in your body, it helps control blood pressure and it helps to transmit nerve impulses so your muscles and nerves work properly. However, having too much sodium in your body isn't good.

According to the American Heart Association, on average, American adults consume about 3400mg of sodium a day. The Dietary Guidelines for Americans recommends healthy adults should try to limit sodium intake to 2300mg a day. Adults that are 51 years old or older, adults with high blood pressure, diabetes, or chronic kidney disease should limit their sodium intake to 1500mg, or possibly less.

Healthy kidneys naturally balance the amount of sodium stored in the body. If the kidneys aren't working right or can't handle the amount of sodium consumed, it could lead to excess sodium released into the body. Too much sodium in the body can lead to high blood pressure, diseases, such as cardiovascular disease, strokes and, in some situations; it can lead to a build-up of fluids in the body for people with certain diseases.

In order to reduce your daily intake of sodium, it is important to know where it's coming from. There are three main ways we can consume sodium: It occurs naturally in foods; it is in processed foods, such as bacon, sausage, ham, canned soups, canned vegetables and in many fast foods; and it is added in the kitchen during the cooking process or at the table via the

salt shaker.

Tips to reduce sodium intake include:

- Eat more fresh foods
- Choose low-sodium products
- Limit condiments that are high in sodium, such as soy sauce and ketchup
- Remove salt from recipes, when possible
- Experiment with herbs and spices to season foods
- Use salt substitutes wisely; they all aren't

made the same and some salt substitutes can interact with certain medications

- Limit the salty chips and crackers
- Avoid using the salt shaker at the table.

One teaspoon of table salt contains about 2300mg of sodium

How does one know when a product is low in sodium? Read the label. According to AHA, products marked:

Sodium free:
contain less than 5 mg per serving

Very low in sodium: 35mg or less per serving

Low sodium: 140mg or less per serving

Reduced (or less) sodium: at least 25% less sodium per serving than the usual sodium level

Light (for sodium-reduced products): if it is “low calorie” and “low fat”, sodium is reduced by 50% per serving

Light in sodium: sodium is reduced by at least 50% per serving

Plan ahead to help keep your sodium intake in check this summer.

*Sources include American Heart Association, Mayo Clinic, the Academy of Nutrition and Dietetics and Medline Plus



CONSTRUCTION CAREER DAY

Thursday, June 12, 2017



**Fond du Lac Band TERO will be Hosting
Two Informational Construction Career Fairs
for the**

Fond du Lac Tribal Community

June 12 Afternoon Session – 11:00 AM to 2:00 PM

June 12 Evening Session – 3:00 PM to 6:00 PM

Both sessions will be held at the Otter Creek Convention center in the Black Bear Casino:

1785 MN-210, Carlton, MN 55718

At each Session, we will discuss the process for Tribal members to start their construction careers. Come speak with Union representatives from multiple trades and learn how to get on the path to success in the construction industry!

CONTACTS

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Health News

Spotlight On the Fond du Lac Human Services Division, Substance Use Disorder (SUD) Department

Chemical health staff reaches out to American Indian people through Indian Dependency Rule 25 assessments, outpatient treatment services, individual counseling, case management services, community education presentations, and a monthly sobriety feast. Treatment facilities are located on the Reservation and in Duluth for adults and adolescents.

Assessments

Rule 25 assessors conduct Rule 25 assessments to determine the appropriate level of care for a client. If it is determined that a client needs chemical dependency treatment, the assessor may assist the client in finding and entering a treatment program. Referrals to inpatient or outpatient treatment services are made to regional treatment programs. Clients who

qualify under state guidelines are eligible to receive limited treatment funds.

Mino Wii Jii Win Adolescent Treatment Program

For children under the age of 18, comprehensive, long-term outpatient chemical dependency treatment is offered for American Indian children residing in the FDL service area. Children must receive a Rule 25 assessment and a diagnostic assessment in order to be admitted. Treatment lasts nine to twelve months and family members are strongly encouraged to participate.

Tagwii Recovery Center

Tagwii is a culturally specific outpatient treatment program for individuals referred by a Rule 25 assessor. Tagwii uses a client's strengths and culture and moves him or her into a better life away from alcohol and drugs and towards sober living.

Clients in the Tagwii program receive consultation and monitoring from counselors, case workers, physicians, registered nurses, physical fitness instructors, spiritual healers and/or clergy, probation officers, and a dietitian. All Tagwii clients undergo drug screening while in the treatment program. This includes both regularly scheduled and random drug testing.

Recovery Case Management Services

Recovery Case Management Service through the FDLHS Substance Use Disorder (SUD) department consists of linking, monitoring and supporting individuals through pre-treatment, treatment and post treatment phases of recovery. Special emphasis placed on pregnant mothers, and mothers and fathers with young children.

Recovery case managers are available to assist client 60 days prior to treatment to six months after treatment or up to one year after the birth of a baby. Recovery case managers also assist clients in overcoming barriers to recovery—from housing, employment, education, childcare to shopping and budgeting.

Family Wellness Group

Family Wellness is held Wednesday evening at the Tagwii Recovery Center and is open to clients, family, and community members, who are looking for support and understanding of recovery through traditional teachings.

Recovery Support Group

Tuesday at noon there is an open recovery support group meeting run by past and current clients.

Monthly Sobriety Feasts

On the last Wednesday of every month, the Human Services Division sponsors the Fond du Lac Sobriety Feast. Sober people from all over the region are invited to come and participate. Good lectures, enthusiastic singing, and great stories are shared each month.

Annual Sobriety 5K-ish

Each September the clients of the Tagwii Recovery Center sponsor a community 5k-ish walk/run. The very first was started in 2002 when a group of clients wanted to protest drugs on the Reservation.

Annual New Year's Eve Powwow

2016 New Year's Eve Tagwii sponsored the Sobriety Powwow, what a great way to end one year and bring in the new. FDLHS hopes to see everyone back year after year.

Living Well with Vision Loss

By **Laura Lussier, OTR/L**

Laura Lussier is an occupational therapist at the Lighthouse Center for Vision Loss in Duluth. She and her colleague, Mary Junnila have recently been well received by the Elder Concerns Group and Dr. Jeanne Rice's office.

Chances are you know someone with vision loss it's more common than people think.

Vision loss can be devastating. The loss of sight can limit one's ability to read, to move safely around the home, community and

outdoors, and to do favorite hobbies. Vision loss can lead to depression and safety risks. Research shows that individuals with visual impairment have three times the risk of depression, two times the risk of falling, and four times the risk of breaking a hip.

Common causes of vision loss include: diabetic retinopathy, glaucoma, cataracts, and macular degeneration. There are medical treatments for each of these, but sometimes still cause vision loss.

At the Lighthouse Center for Vision Loss, we believe that vision loss should never

be a reason to stop doing the things you love. With proper training and adaptive devices, individuals with vision loss can continue to live safe, independent, and meaningful lives.

On Apr. 5, at the invitation of Peggy Roy, Eldercare Development Partnership Coordinator, Mary Junnila, Lighthouse Executive Director, and I spoke with the Elder Concerns Group.

One Elder asked how Lighthouse services differ from what Dr. Jeanne Rice, does. Eye care doctors monitor and treat your eyes for any eye disease,

and they help you get the best correction with glasses or contact lenses. The Lighthouse, helps individuals who still have trouble seeing even with the right glasses or contact lenses. We help people live well with the vision they have by teaching different ways of doing things.

Lighthouse instructors can meet with individuals at Dr. Rice's office MNAW. Things we can help with:

- Teaching alternative ways to read using magnification, special lighting, or using different tricks and techniques that can make reading easier
- Showing you how to use

tablets, computers, iPads, and smart phones

- Showing how to safely manage medications
 - Strategies for keeping track of bills and bank statements
 - Cooking and home maintenance
 - Adapting hobbies and more.
- Another Elder asked how Lighthouse services are paid for. Many are paid for by medical insurance. Some other services, like the monthly support group, are offered for free.

If you or someone you know is interested in our services please call us at (218) 624-4828.

Ashi-niswi giizisoog (Thirteen Moons)

Ode-imini-giizis

The new Ode-imini-giizis, the Strawberry Moon begins June 23. Other names for this moon are Gitige-giizis, Gardening moon; and Waawano-giizis, Flowering Moon.

Collaborative Health Impact Assessment: Effects of wild rice water quality rule changes on Tribal health

Fond du Lac is in the process of reviewing our Tribal water quality standards (our triennial review), including our existing regulatory protections for manoomin. We are referencing our nearly two-decade monitoring dataset, along with our interpretation of the latest research results, as part of our technical support documentation for maintaining the approved 10 mg/l sulfate criterion as well as strengthening broader ecological protections in our narrative criteria. We will be finalizing our water quality standards review and updates over the next year, and would like to incorporate the results of a Health Impact Assessment (HIA) as a supporting component for our proposed revisions. We are required to provide a transparent, public process for our rule revisions, just as the state is, and believe that an HIA will help us more broadly communicate our concerns for the threats to this fundamental but diminishing cultural resource and our rationale for strong regulatory protection.

Please join us on June 19 2017 at the Fond du Lac Ojibwe School from 4:30-7 p.m. to offer your feedback and learn more about this project.

Climate Adaptation Leadership Award recipient

The Fond du Lac Band of Lake Superior Chippewa won an award for the 1854 Ceded Territory Climate Change Vulnerability Assessment and Adaptation Plan. This award was received by 1854 Treaty Authority, Grand Portage Band of Lake Superior Chippewa, and Bois Forte Band of Chippewa.

Through a multi-sector and multi-organization approach, the 1854 Treaty Authority and the Bois Forte, Fond du Lac, and Grand Portage Bands collaborated to develop a Climate Change Vulnerability Assessment and Adaptation Plan across the 1854 Ceded Territory of Minnesota. Using climate data that included both historic information and downscaled regional climate projects, the partners integrated best available climate science with local knowledge to develop customized adaptation strategies. Through this collaborative process the Bands built and enhanced partnerships between the organizations that are key to helping the region adapt to a changing climate landscape.

The Climate Award Leadership Award was established in 2016 to recognize outstanding leadership by individuals, organizations, businesses, and agencies to support the resilience of America's vital natural resources and the many people, businesses, and communities

that depend on them.

Our nation's natural resources provide important benefits and services to Americans every day, including jobs, income, food, clean water and air, building materials, storm protection, tourism, and recreation. For example, hunting, fishing, and other wildlife-related recreation contribute an estimated \$120 billion to our nation's economy every year, and marine ecosystems sustain a U.S. seafood industry that supports more than

1.8 million jobs and \$214 billion in economic activity annually.

The Award is sponsored by the National Fish, Wildlife, and Plant Climate Adaptation Strategy's Joint Implementation Working Group in partnership with the Natural Resources Conservation Service (NRCS), National Oceanic and Atmospheric Administration (NOAA), U.S. Forest Service (USFS), and the Association of Fish and Wildlife Agencies (AFWA).

For more information about the 2017 Climate Adaptation Leadership Awards for Natural Resources, including the eight recipients, honorable mentions, and all 27 nominees, please visit the Climate Adaptation Leadership Award main page.



SAVE THE DATE

— June 19, 2017 —

Manoomin is essential to tribal culture, diet, and tradition. Anticipated changes to sulfate criteria may result in less protection for manoomin. [Please join us to explore the connections between manoomin, environmental quality, and tribal health.](#) Your feedback will help us understand the potential tribal health impacts of this proposed policy change.

WHEN: Monday, June 19, 2017
4:30 - 7:00 PM

WHERE: Fond du Lac Ojibwe School
Dinner is provided

CONTACT: Nancy Schultdt
NancySchultdt@FDLREZ.COM

Hosted by the
Fond du Lac Band of
Lake Superior Chippewa





We need
your
feedback!

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

Sentences

I like the taste of apple cider. Niminopidaan iwe mishiiminaaboo.
 Those flowers you brought me smell good," the

woman told her husband. "Gichi-minomaagwadoon ini waabigwaniin gaa-piidamawiyin," odinaan iniw onaabeman a'a ikwe.

I put honey in tea. Aamoo-ziinzibaakwad nindagoo naan imaa nitiing.

Don't get friendly with the bear. He's too dangerous. Gego beshwaji'aaken awe makwa; onzaam naniizaanizi.

Does that taste sweet? Wiishkobipogwad ina iwe. Credit the Sentences and Puzzle <http://ojibwe.lib.umn.edu/>

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

— Ojibwe Wordlist —

- Detibisegin tires
- Ziigwanspring
- Wiinaagamin water pollution
- Wiininaamowin air pollution
- Ziigwebiniganan trash
- Awesiinhyag wildlife
- Moosekaa worms
- Mashkosiw grass, hay,
 a blade of grass
- Gaaskibagoon dried leaves
- Nishwanaaji ...waste,spoil,destroy
- Biinichigewinini cleaner
- Waasamowinelectricity
- Zaagijiwebinthrow outside

FDL Law Enforcement news

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

- Apr. 1 Report of a disturbance at Supportive Housing, when officer arrived they located an individual laying in the road, when officer attempted to speak with the individual they got up and became verbally combative with officers; the individual was eventually arrested and charged
- Apr. 2 Report of mailboxes all being opened on Pinewood Dr. no suspects located
- Apr. 3 Officer observed a vehicle on University Rd with the passenger's side headlight out, when they stopped the vehicle to notify them they discovered the driver had a revoked driving status so they were cited in Tribal Court
- Apr. 4 Report of a disturbance at a residence, two individuals arguing, the individuals were separated and one individual was given a ride home
- Apr. 5 Report of a fire alarm at the FDL Drop in Center, turned out a small child pulled the alarm
- Apr. 6 Officer observed a vehicle with a broken headlight and performed a traffic stop on the vehicle; the individual became verbally aggressive with officers and was cited in Tribal court for the headlight and no insurance
- Apr. 7 Report of grass fire on Jack Pine, officers assisted with traffic control while the fire department put out the fire. No idea how the fire started
- Apr. 8 Driver was stopped and given a warning for speeding
- Apr. 9 Report of drug paraphernalia being found at the Cloquet Elderly building, officers retrieved the items and disposed of them
- Apr. 10 Vehicle stopped for no working plate light, upon making contact with the driver and further investigation officers found heroin under the driver's seat and the tabs on the vehicle belonged to a different vehicle; the driver was arrested and charged
- Apr. 11 Report of a gun being found in someone's yard, the gun was recovered and logged into police evidence
- Apr. 12 Report of a phone being stolen at the Black Bear Casino and Resort (BBCR), the suspect was located and the phone was given to police and returned to the owner
- Apr. 13 Traffic stop made on a vehicle for suspended object and one of the occupants were arrested for giving a false name to police officers and warrants
- Apr. 14 Report of hearing shots, individuals located shooting target practice and weren't breaking any statutes or ordinances but agreed to move further away from residential areas so they wouldn't disturb anyone
- Apr. 15 Report of a disturbance at Supportive Housing, one individual was arrested for warrants
- Apr. 16 While officers were directing traffic for another call a vehicle was pulled over for not stopping when directed to do so by officers; during the stop of this vehicle items were located inside the vehicle that didn't belong to the driver; upon a search of the vehicle methamphetamine was located in the vehicle and the driver was arrested for the drugs and warrants
- Apr. 17 Report of a purse being stolen from BBCR, the suspect was located and admitted to taking the purse and money
- Apr. 18 Report of an individual coming home to find their property had been damaged, no suspects were located
- Apr. 19 Report of a tech being bitten by the owner's dog while installing programming
- Apr. 20 Report of two dogs fighting, one dog had to be taken to the vet and treated for its wounds, Civil Matter
- Apr. 21 Report of drug paraphernalia being found on some property, officers responded and retrieved the items and disposed of them properly
- Apr. 22 Report of a dog being left in a vehicle at BBCR, the owner couldn't be reached so the dog was placed into Friends of Animals custody
- Apr. 23 Report of an intoxicated individual at a residence trying to get in, the individual was picked up by officers and taken to detox
- Apr. 24 Report of a dog running loose, the dog was picked up by officers and returned to the owner's son, the owner was issued a citation for the dog running loose
- Apr. 25 Officers observed an individual walking in the rain and gave them a ride to BBCR
- Apr. 26 Report of an assault at Supportive Housing, one individual located and taken to the hospital for treatment, another individual was arrested for violating a no contact order and another for disorderly conduct and obstruction without force
- Apr. 27 Driver stopped and given a warning for speeding
- Apr. 28 Vehicle was stopped for only one headlight and no working tail lights; driver was advised to park the vehicle until they could fix the problems
- Apr. 29 Report of an individual in the parking lot of Supportive Housing, yelling; individual was located and transported to the hospital for evaluation
- Apr. 30 Report of items being stolen from a property on Brookston Rd., no suspects at this time.

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
BELGARDE, Elias
BLANKENSHIP, Lisabeth
CICHY, Gerard
CICHY, Leslie
DEFOE, Antoine
DEFOE, Richard
*DIVER, Russell
HEAD, Niiyo
HOULE, Michael D.
LAFAVE, Lyman
LAPRAIRIE, Robert
LIND, Hal W. Sr.
MAGNUS, Karen
MARZINSKE, Larry
MURPHY, Louise M.
NASON, Aprille
SAVAGE, Kyle
SAVAGE, Mark
TAYLOR, David



Community News

Happy birthday

With incarcerated presence, your exotic beauty and unique smiles bring my flowers, all kinds of beautiful, 31 and stunning. Happy belated birthday **Rachel Dickenson**, I'm hoping all went well.

A blind crush with blessings

Happy birthday **Michael Peacock Jr.** (June 1)

Love, your family

Happy 2nd birthday **Lil' Jax Man, Jax Kettelhut** (June 4)!

Love, Gramma Chelle, Papa Mike, Zoey, Jordyn, and Mikey

Happy Birthday **Jax Kettelhut** (June 4)!

Love, Kade Man!

Happy birthday to the sweetest boy, **Jax Jeffrey Kettlehut** (June 4) who turns 2

Love, dad, mom, and brother

Happy 2nd birthday **Kader, Kade Karppinen** (June 4)! We love watching you grow up into a little man!

Love, Mommy, Daddy, Kayson, and Kole

Happy birthday **Dan Huculak** (June 4)

From your lovely sister, Jacque

Happy birthday uncle **Dan Huculak** (June 4)

Love, Hannah, Cali, Blake, and Erik

Happy 22nd birthday **Michael Peacock III** (June 5)

Love you always and forever, dad, mom, and sisters

Happy birthday uncle **Mikey Peacock III** (June 5), We love you Mikey!

Love, the Kettelhuts



Happy 8th birthday **Ty Stiffarm** (June 10). I hope your day is filled with love, laughter, and surprises!

We love you so much son!

-Jake, mom, Mariah, and Paeton

Happy 12th birthday to **Cordell Paulson** (June 10)

Love, mom, dad, and Jalen



Happy 25th birthday **Clayton Kettelhut Sr.** (June 11)

Love you always and forever, mom, Mike, Mikey, Zoey, and Jordyn

Happy 25th birthday to **Clayton Kettelhut Sr.** (June 11), we love you. Thank you for being the best daddy ever!

Love, ClayJ and Jax.



Happy 23rd birthday **Levi Martineau** (June 13)

Love, mom, Joey, Sterling, Allison, and Boobah

Happy 18th birthday **Toby Smith** (June 17)

Love, uncle Mike, aunty Richelle, and cousins



Happy 21st birthday **Sterling Martineau** (June 28)

Love, mom, Joey, Levi, Allison, and Boobah

Happy birthday to my wife **Marylu Josephson** (June 28)

Love you, Bob

Thank you

Thank you to all who prayed for **Warren Barney** throughout his life and prayed for us. Thank you for all the encouragement and support throughout this difficult time.

The family of Warren Barney



The family of **Cynthia "Sis" Olson** would like to express their heartfelt thanks to those who offered kindness, support, and messages of sympathy and comfort during our time of mourning. We thank Bryan Jon for performing the services at her celebration of life. We also send our gratitude and appreciation to the Atkins-Northland Funeral

Home, the Fond du Lac Reservation Business Committee, and the Cloquet ENP staff.

A special thank you to the nurses and staff at the Cloquet Memorial Hospital and the FDL Assisted Living for providing our mom with great care and kindness during her final days. *When life gives you a hundred reasons to cry, show life that you have a thousand reasons to smile.*

I want to thank everyone who attended my retirement party on Apr. 21, spoke memorable words and gave me beautiful gifts. It was great to hear appreciation for the work that I've done for the past thirty years. A big Miigwetch to the **RBC Chair and Representatives and Chuck Walt** for their gifts and kind messages.

Bunny Jaakola

Congratulations

Congratulations to **Marco Antonio Mayorga** for being a part of the #1 Basketball team and playing at the Target Center on April 18.

Love you, mom and Mitch

Memorial

RIP **John Korby**, forever missing you bro

Always Rich Sr.

Francis Marie Gruba (Jan. 10, 1941-May 1, 2016), a year has passed since you departed from the train of life.

An Empty seat

At birth, you boarded the



train and met our parents, we believe they would always travel at our side.



However, at some stations, our parents would step down, leaving us to journey alone.

As time went by, other people

boarded the train, the love of your life, siblings, friends, and children.

Many would step down and leave a permanent vacuum, others would go unnoticed.

The train filled with joy, sorrow, hellos, goodbyes and farewells.

Maxine-1968; Mom followed 1972; Dad 1984; Kenny 2010 and Kay 2010; our little lost soul Jacque 2012.

We do not know at which station we will step down, live the best way, love, forgive, and be the best at what we do

Fran, you stepped down in 2016, and left an empty seat, you behind beautiful memories for those who will continue to travel in the train of life.

We thank the Creator for being a passenger, and glad you were part of our journey. We are much older and someday our seat will be empty. We are not planning to step down yet, but when we do, will we leave behind memories, lessons and wisdom on the train of

life.

The Couture-Houle-Doolittle Family

Obituary

Warren Allen Barney, Jr. "Paapaase" (woodpecker), 61, died Saturday, April 15, 2017 at St. Luke's Hospital in Duluth, Minn. He was born May 2, 1955 in Cloquet, Minn. to Warren, Sr. and Cecelia (Martin-eau) Barney.

Warren "Woods" Barney was born on Fond du Lac spending the majority of his life there. His life was filled with many adventures, tragedies, and struggles. He was very creative and fun loving person. He loved working on crafts, visiting, and storytelling. He attended FDLTCC and was proud to belong to the Anishinaabe Club and being in charge of the art room. He grew up in the Catholic faith, but studied under many other religions, in the end he loved expressing his love for his Creator and Christ by worshipping in his native culture. He truly loved his Lord. Even though he had many struggles in life, in the last years he was a beautiful husband, a loving father, brother, uncle, and grandfather. He had a great sense of humor and a laugh that just stood out. But mostly he would always give what he had and accepted you as you were. He was a good man and will be truly missed by many.

Woods is survived by his wife Mary; children Andrea Simons, Brook, Joshua, Ashley, and

Jacob Barney; stepchildren, Brooke and Zachary Holmes; two grandchildren Gage and Allen; brothers, Eustace, Richard, Sr., Randall, Sr., and Timothy Barney; sisters, Rebecca, Josephine, and Dawn Barney, all of Cloquet; numerous nieces and nephews.

He was preceded in death by his parents, Warren, Sr. and Cecelia Barney, his baby sister Wendy Barney, and two granddaughters: Asiniiwikwezens Barney, and Niinimoshe Barney.

This is Warren's testimony in his own words from just a few months ago:

I met the Kyles, Hilary and Paul through my friends Carol and Kevin about 4 years ago. I started participating in their retreats. My way of thinking started changing, slowly at first after coming to the retreats. I couldn't believe how happy these people were—hugging and laughing and dancing and not even drinking.

I am a Native American and I grew up on the Fond du Lac Reservation. I drank, I beat people up, and I partied for 50 years. My body finally started getting sick from it. I had to be life flighted from northern Minnesota to Minneapolis, and I died when they were taking the fluid out of my body. There I met Jesus. He said "Warren, you need to go back and do what you have to do." I spent a month in a hospital bed then and it took me a good 2 years to get back to be able to walk around. My whole body had

been shutting down.

But I started drinking and partying again when I was able. Finally I had a large stomach bleed. I lost nearly 6 pints of blood. I thought I was gonna die. When I started to be put under for surgery for my liver, Jesus again said, "Warren go back and do what you have to do."

A few months later my amonia started getting very high and dialysis hurt very badly. I was ready to die. Father God came to me. I heard that me, Warren Barney, was saved! I am saved! And I am healed just enough. My friends had planned a get together for me because I was going to go on hospice. But when I was walking up the aisle after playing the big drum, whoosh like something just came into the room and came over me, my whole body, my whole being, and it felt really good. I wanted to tell everybody right then! It was a very spiritual moment for me. I was healed just enough.

This was when I really started praying and believing. I have finally been sober for 18 months thanks to the prayers and help from people throughout my life, these people, treatments, and retreats. The desire to drink and party is gone now. I still struggle with health issues but God is helping me work through them and I know God is a good God and a loving God.

Frank Blaine Thompson, 85, of Cloquet, Minn., passed away Saturday, April 22, 2017 in Community Memorial Hospital, Cloquet. He was born Jan. 3, 1932 in Cloquet to Joseph and Theresa Waukechon.

Frank graduated from the Flandreau Indians School of South Dakota. He enlisted in the U.S. Air Force and served in Korea. Frank was active with the Cloquet Combined Honor Guard and was a member of American Legion Post 262. He was a parishioner of Queen of Peace Catholic Church, a member of the Fond du Lac Band of Lake Superior Chippewa and organized the U.S. Veterans Pow-Wow in Cloquet. Frank worked as a tool and die machinist for NASA, Lockheed-Martin and McDonald-Douglas aerospace manufacturing companies.

Frank was preceded in death by his parents; sons, Arnold J. and Steve T; daughter, Theresa; sisters, Betty and Elizabeth; and brothers, Lawrence, Riley, Emmett and Joseph.

He is survived by his son, Jack; daughter, Kathy Ann Thompson; sisters, Gail Thompson, Nancy Seppala and Bonita Osceola; brothers Clifford, Bruce and Dennis Thompson; and his grandchildren.

Cynthia G "Sis" Olson, 96, passed away on April 21, 2017 in Community Memorial Hospital, Cloquet, Minn. She was born April 4, 1921 in Cloquet to Harry and Emma (Bandle) Morrissette. Sis attended school

in Cloquet, she held a variety of jobs to help support her family and retired after working many years as an assistant cook at Brookston Elementary School. She was a member of the Fond du Lac Band of Lake Superior Chippewa.

Sis looked forward to starting the day with a cup of coffee and the local newspaper. She loved spending time with her family and was overjoyed with each new arrival. Her favorite past times were reading, crossword and jigsaw puzzles, playing cards, bingo, and trying her luck at her favorite slot machines. She was a fan of the Minnesota Twins and rarely missed a televised game. She was a proud mother and grandmother who truly loved her family.

Sis was preceded in death by her parents; husbands, Carl and Edsel; her sons, Dick and Bucky; daughter Bev; grandson Mark; her brother Wesley and sisters Margaret and Betty.

She will be sadly missed by her sons, Kieth (Laurie) of Esko and Kevin (Dawn) of Culver; daughter, Nancy (Brian) Olsen of Mahtowa; 18 grandchildren; 38 great grandchildren; 24 great great grandchildren; her daughters in law, Dar and Mary Lou; sister in law, Millie Kjoberg; brother in law, Floyd (Karen) Olson; many nieces, nephews, extended family members and friends.

Memorials may be made to the American Diabetes Association, Lupus Foundation or the American Cancer Society.



To see the guestbook and leave an online tribute, see www.atkinsnorthlandfuneralhome.com

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
- 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

ZIIGWAN "Spring" 2017 FDL

Women's Wellness Gathering

Monday, June 5, 2017 & Tuesday, June 6, 2017

Cloquet Forestry Center
175 University Road | Cloquet, MN 55720

MONDAY, JUNE 5 AGENDA	TUESDAY, JUNE 6 AGENDA
8:00 am - 9:00 am <i>Registration & Refreshments</i>	8:00 am - 9:00 am <i>Registration & Refreshments</i>
9:00 am - 10:30 am <i>Opening Pipe Ceremony</i>	9:00 am - 10:00 am <i>Opening Pipe Ceremony</i>
10:30 am - 12:00 pm <i>Childhood & Intergenerational Trauma</i>	10:00 am - 12:00 pm <i>Mind & Body Medicine</i>
12:00 pm - 1:00 pm <i>Lunch</i>	12:00 pm - 1:00 pm <i>Lunch</i>
1:00 pm - 2:00 pm <i>Wisdom from the Elders</i>	1:00 pm - 2:00 pm <i>Nurturing the Spirit</i>
2:00 pm - 3:30 pm <i>Making Medicine Bags Activity</i>	2:00 pm - 3:00 pm <i>Oshkii Giizhik Singers & Closing Round Dance</i>
3:30 pm - 4:45 pm <i>Sharing Our Stories</i>	After 3:00 pm <i>Sweat Lodge</i>
5:00 pm - 6:00 pm <i>Dinner</i>	
6:00 pm <i>Talking Circle</i>	

Dress for the weather, as we will be outdoors (weather permitting) | Please do not bring your children | No child care provided | Mature teens welcomed

If you have any questions, please call 218-878-2145.

Fond du Lac Reservation | Fond du Lac Human Services Division | Social Services Department

Ode-imini-giizis – The Strawberry Moon – June 2017

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Enrollee Day June 23-24	Health Fair June 8 10 a.m.-2 p.m. FDLOJS Lunch at 11:30 a.m.	Construction Career Fair June 12 11 a.m.- 2 p.m. or 3-6 p.m. BBCR	Public Works wild rice meeting June 21 4:30-7 p.m. FDLOJS	Sewing 9 a.m. CCC Get fit 12 p.m. CCC Cooking is a SNAP 12 p.m. SCC Driver's Ed 4 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Language 5 p.m. CCC AA Support 6 p.m. CCC Summer Immersion 6:30 p.m. CCC 1	GED (call) AA Support 6 p.m. BCC 2	Come & Swim & use the gym Gitigaan plant give- away 8 a.m. NRG AA support 6 p.m. SCC Jana Kramer 7 p.m. BBCR 3
Come & Swim & use the gym 4	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Diabetes prevention 12 p.m. CCC Driver's ed 4 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC 5	Parent Advisory Committee meeting 8 a.m. FDLOJS Get fit 12 p.m. CCC WIC 12 p.m. CAIR Driver's ed 4 p.m. CCC Health and nutrition 5 p.m. CCC 6	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC AA/NA support 12 p.m. TRC GED 2 p.m. SCC Driver's ed 4 p.m. CCC 4H 4 p.m. CCC 7	Sewing 9 a.m. CCC Health Fair 10 a.m. FDLOJS Get fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Language 5 p.m. CCC AA Support 6 p.m. CCC Summer Immersion 6:30 p.m. CCC 8	GED (call) AA Support 6 p.m. BCC King of the Cage 7 p.m. BBCR 9	Come & Swim & use the gym AA support 6 p.m. SCC 10
Come & Swim & use the gym Elder movie morning 11 a.m. 11	Construction Career Fair BBCR Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC 12	Get Fit 12 p.m. CCC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS 13	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC AA/NA support 12 p.m. TRC GED 2 p.m. SCC 4H 4 p.m. CCC 14	Sewing 9 a.m. CCC Get fit 12 p.m. CCC Fiber to the home 4 p.m. BCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Language 5 p.m. CCC AA Support 6 p.m. CCC Summer Immersion 6:30 p.m. CCC 15	GED (call) AA Support 6 p.m. BCC 16	Come & Swim & use the gym AA support 6 p.m. SCC 17
Come & Swim & use the gym Family movie morning 10 a.m. 18	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC 19	Art and Craft show 11 a.m. BBCR Get Fit 12 p.m. CCC WIC 12 p.m. MNAW Parenting second time around 1 p.m. CHS 20	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Art and Craft show 11 a.m. BBCR Get fit 12 p.m. CCC AA/NA support 12 p.m. TRC GED 2 p.m. SCC 4H 4 p.m. CCC Public Works wild rice meeting 4:30 p.m. FDLOJS 21	Sewing 9 a.m. CCC Art and Craft show 11 a.m. BBCR Get fit 12 p.m. CCC Enrollee Day sign up 12-8 p.m. CCC Community baby shower 4 p.m. FDLHS GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Language 5 p.m. CCC AA Support 6 p.m. CCC Summer Immersion 6:30 p.m. CCC 22	GED (call) Enrollee Day Enrollee Day signups 8 a.m.-8 p.m. sign ups 23	Enrollee Day Enrollee Day signups 8 a.m.-until end of draw- ings 24
CCC Closed Elder movie morning 11 a.m. RBC picnic 1 p.m. football field 25	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC 26	Get Fit 12 p.m. CCC Enbridge Q&A 5 p.m. CCC WIC 12 p.m. MNAW 27	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC AA/NA support 12 p.m. TRC GED 2 p.m. SCC 4H 4 p.m. CCC Sobriety Feast 6 p.m. CCC 28	Sewing 9 a.m. CCC Get fit 12 p.m. CCC Fiber to the home 4 p.m. SCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Language 5 p.m. CCC AA Support 6 p.m. CCC 29	GED (call) AA Support 6 p.m. BCC 30	Summer Food Program See page 10

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