

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



## Thanking our health care workers!

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# COVID-19 News

## Stress and anxiety are completely normal

by Zachary N. Dunaiski

**A**pr. 16 Fond du Lac physicians Dr. Charity Reynolds and Dr. Arne Vainio spoke with the public via Facebook about feeling stressed and anxious during this pandemic.

Dr. Reynolds began by telling everyone that their information was developed in collaboration with a senior physician at the Mayo Psychiatric department in Rochester, Minn.

“COVID-19 has impacted all of our lives and we have had to make many changes and adjustments which has increased our stress and our anxiety,” Dr. Reynolds said. “A little anxiety is a normal response we have as humans to new and unexpected situations. But sometimes anxiety can be unhelpful. It impacts our thoughts, our actions, we cannot do our normal activities because of it.”

Dr. Reynolds informed everyone that the first step is to recognize anxiety and fear while also acknowledging that there is reason to be concerned.

You can't just quit worrying, so instead try replacing your worry with something that you choose to think about or do.

“Redirect your attention and energy to something useful and positive such as cooking, baking, making music, talking with others about things other than COVID-19, exercise, practice your faith, and watch uplifting media,” Dr. Reynolds said. Personally, I have been watching a YouTube channel put together by John Krasin-

ski called Some Good News (or SGN). I'm not trying to promote his channel, but he started it during this pandemic about all the wonderful things that have happened in this time, and I guarantee something in one of the clips will brighten your day.

If you're feeling stressed, try to be gentle with yourself and do the best you can. These are stressful times, but Dr. Reynolds has helpful advice for dealing with it.

“Anxiety is especially high due to uncertainty. We need to work toward reducing uncertainty as much as possible. It helps to know what you can control and what the reasonable concerns are,” Dr. Reynolds said.

The FDL healthcare team has been hard at work learning about COVID-19 and they have excellent support sources if you need them. Dr. Vainio pointed out Fond du Lac Human Services' continued efforts have always kept them up-to-date on important information.

“I've been here for over 23 years and in that time I have noted that Fond du Lac is the jewel in Indian health services. It has always had the health of the community as one of its priorities and just knowing that is helpful,” Dr. Vainio said about helping ease people's concerns, something they both pointed out would help lessen stress and anxiety.

While these times are definitely stressful, just remember that you are not alone.

“This problem is being faced

by millions of people around the world. You and your family and people you love are not alone,” Dr. Reynolds said.

There is a lot that each one of us can control and a lot we can do about our own situation to help alleviate some stress, as Dr. Reynolds points out.

“The virus is very infectious and reducing exposure by staying home, socially distancing, avoiding public areas, wearing masks, washing your hands, cleaning, and disinfecting do help. Follow this healthcare guidance completely and you will reduce your risk and the risk to others,” Dr. Reynolds said. “You do have some control about this. Use reliable resources to get reliable information such as the information from physicians you trust. The CDC and Minnesota Department of Health (MDH) are also great sources of information.”

If we use healthcare providers, the CDC, and MDH for our source of information, we will limit the second most dangerous thing at this time which is misinformation.

“Share your concerns with each other based on reliable information, not Google,” Dr. Reynolds said.

Many of us will use improper ways of dealing with our stress and anxiety and Dr. Reynolds and Dr. Vainio emphasize the importance of proper self-care.

“Avoid destructive coping behaviors like overeating, drugs, and alcohol,” Dr. Reynolds said. “Be Kind to yourself and those you have a chance to support.”

Many of us have focused on the negative, it's almost impossible not to, but Dr. Reynolds encouraged us to change that thought process.

“We will remember this for a long time. Make good memories,” Dr. Reynolds said. We would all be wise to try to make good memories of this. When will any of us have this much time to spend with our families, or learning something new? Make the most of this relatively short time.

Dr. Reynolds also encouraged us to expand our circles as much as we can safely through technology.

“When we only think about ourselves at a time like this our anxiety and fear will grow. But if instead we focus our attention on caring for those around us, if we focus on what gives our life meaning and purpose, that fear will not disappear but it will fade into the background,” Dr. Reynolds said. “Use the extra time you have to focus on good things. Don't do this alone. Find out how to engage with the community and help with things like making cloth masks and calling to check on our Elders.”

Speaking with others, especially Elders, will help. Knowing they are going through it too and hearing their struggles can help us feel less lonely. That's why Dr. Vainio also suggested connecting with those we love.

“This is a time for us to talk to our families and if that needs to be by Skype or Zoom or whatever, that's okay,” Dr.

Vainio said. “Talk to Elders, get their stories. We need them, we need their knowledge. Ask them, ask them about old cars they drove when they were kids. Those stories will come out and it will connect us again.”

Dr. Vainio spoke about healing during this PSA. Healing ourselves, healing others if we can, and even the Earth going through this healing process.

“Even during this short time of everything shut down, the Earth is healing itself. In just this short time, the earth can start to heal itself and we can do the same thing,” Dr. Vainio said about how this time might be just what we all need even if it doesn't feel that way. “We can do this for each other. We have the ability to do it for ourselves. Even though this is a difficult time, remember in every situation there are opportunities and we need to look for them.”

Dr. Vainio and Dr. Reynolds also encourage us during this difficult time with important messages of encouragement.

“You have more strength than you think you do. You are braver than you think you are,” Dr. Vainio said. “We'll get through this. Be well.”

“Our community has dealt with difficult things in the past and have found healthy ways to deal with them,” Dr. Reynolds said.

We will find healthy ways through this, and Fond du Lac will survive this too. Stay strong and keep our community safe.

# COVID-19 News

## Asthma-Safe COVID-19 Cleaning Products

As our community responds to the COVID-19 outbreak, many of us are disinfecting our homes regularly. However, some of the cleaners being recommended for this purpose can trigger asthma episodes. Tribal communities have higher rates of asthma than the general population. One study shows that 12% of Tribal members suffer from asthma, as compared to the national average of 7%. Reducing asthma triggers is one of the most important approaches to managing asthma, leading to decreased use of medication and fewer visits to medical providers. Experts recommend washing your hands often and cleaning common surfaces that are frequently touched, like countertops, doorknobs, handles, and light switches in order to prevent the spread of the coronavirus. While soap and water

are effective against the virus, some people may prefer using something “stronger” to clean contaminated surfaces, especially if someone in the household is sick. If you choose these cleaners, be sure to read and follow label instructions and provide plenty of ventilation while you are using them. The Environmental Working Group recommends the following cleaning products for use around people with asthma:

- Clorox Commercial Solutions Disinfecting Bio Stain & Odor Remover
- Clorox Pet Solutions Advanced Disinfecting Stain & Odor Remover
- Lysol Hydrogen Peroxide Action Multi-Purpose Cleaner, Oxygen Splash
- Lysol Hydrogen Peroxide Bathroom Cleaner, Cool Spring Breeze
- Lysol Hydrogen Peroxide Multi-Purpose Cleaner, Citrus Sparkle Zest

- Lysol Hydrogen Peroxide Multi-Purpose Cleaning Wipes, Oxygen Splash
- Lysol Power Bathroom Cleaner, Island Breeze
- Purell Multi Surface Disinfectant, Fragrance Free
- Seventh Generation Disinfectant Spray, Eucalyptus, Spearmint & Thyme
- Seventh Generation Disinfectant Spray, Citrus & Thyme
- Seventh Generation Disinfectant Spray, Lavender Vanilla & Thyme
- Seventh Generation Disinfecting Bathroom Cleaner, Lemongrass Citrus Scent
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- Seventh Generation Disinfecting Wipes, Lemongrass Citrus Scent
- Windex Multi-Surface Disinfectant Cleaner
- Windex Multi-Surface Disinfectant Cleaner, Glade Rainshower

## COVID-19 is more deadly than the flu

By Zachary N. Dunaiski

Since the beginning of this pandemic people have been asking the question of just how severe COVID-19 is. It is something that we all want to know but because this is a completely new virus the answer to this question isn't fully known. One thing we do know is that COVID-19 is more serious than the flu, despite some misleading articles.

The numbers show a different story than the flu. The CDC's website shows that from Feb. 1-Apr. 18 of this year, there were 5,411 flu deaths. During that same time span there were 17,229 COVID-19 deaths—over three times the number of flu deaths.

It is clear that COVID-19 is more deadly and that is why it is so important that these stay at home orders continue.

Over the weekend, many people in states across the country began to protest at governors' houses and state buildings for their states to reopen. Which even led to some anti-protests, nurses and other healthcare workers blocking the cars of protesters from getting to their rallies and protests. I don't own the rights to Alyson McClaran's photos so I won't use them,

but I highly recommend looking for her pictures of two nurses blocking cars in Denver, Colo.

It's important we realize the sacrifice that healthcare workers are making to care for people during this time. It is a fact that gathering in large groups is one of the easiest ways to spread this virus and doing so only places a greater burden on healthcare systems and those in healthcare risking their lives every day.

Remember (if not during the stay at home orders then after) to thank every healthcare worker for all that they do. These protests are sparking from people who are scared of losing their homes or not having enough food to feed themselves and their families, which are legitimate fears, but the stay at home orders have been put in place because they are necessary to protect everyone.

As difficult as self-isolation may be, the numbers are starting to slow, which means it is not the time to do away with stay at home orders. The curve will just spike up again if we end it too soon. Stay home, stay safe, and honor healthcare workers. If you know someone in need of help or with a condition that puts them at higher risk (see Who's at Risk article in this section) help them.

## Nahgahchiwanong Dibahjimowinman

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

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Editor: Zachary N. Dunaiski  
zacharydunaiski@fdlrez.com • (218) 878-2682

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

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

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

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

Corporate Member of the  
Native American Journalists  
Association

# RBC Thoughts

## Secretary/Treasurer News

### Boozhoo,

I wish that I could be writing this column letting you know how well we are doing and that spring is coming rapidly. Or how well our maple syrup producers are doing but I have not been able to go out and see them. It would be nice to talk about our preparations for the spring spearing season or that the RBC has declared the limits and the landings for the 2020 season but we haven't yet so keep your eye on our website for the dates and lakes. We have not focused on the upcoming fishing season but we will be setting them soon. It is nice to know however that our people are preparing as we have been taught for generations. Our people and our traditions will continue to be carried on.



Ferdinand Martineau

The Reservation and staff have been preparing for the COVID-19 pandemic since early January when the Emergency Operation Center (EOC) was activated. We selected and assigned staff to review and update our plan for an emergency of this type. The duties for the EOC were assigned and the plan was activated. The EOC has been operating with two in person meetings a day with division directors and EOC staff. Once the virus moved closer to our Reservation we instituted

a smaller group to keep up with the developments as they took place. It has been very hard to keep the morale up for our Band members and staff when I have to keep reminding myself that I am doing what is expected of me, to protect our people and our assets.

I always like to share within my column a lesson or some wisdom that my grandfather or grandmother left with me. I think of my grandfather saying, if you don't do it who will? I think of my grandmother saying, it is always darkest before dawn. I think of the many lessons they left with me. I am sure that each of you were taught these also so I don't want to be repeating these to you. So what I would like to end this month's column with is Be

Safe and Be Careful. I wish you and your family good health. I look forward to you reading my column next month.

*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](mailto:ferdinandmartineau@fdlrez.com)*

*Gigawaabamin.*

## Cloquet News

### Hello all

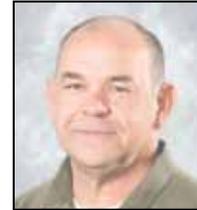
As you all know, with this COVID-19 pandemic, this is a very trying time for everybody. Fond du Lac Reservation has come to a standstill.

The RBC had to make a decision to close down our casinos and cancel many upcoming events. We have had to furlough a large part of our workforce. With the casinos shut down we have little to no

income. We are meeting daily with folks such as the governor, legislators, and commissioners, in an effort to have them help with funding so that we can continue to provide at least some services for our members.

Our Emergency Operations Center (EOC) has been in operation and is addressing all needs and concerns that folks bring to their attention. They can be reached

at (218) 878-7175 if you have questions.



Wally Dupuis

Staff at the Community centers and the school are preparing and providing meals for our Elders and our youth. Thank you to all that are helping out.

I will tell you that we, the RBC, have been working tirelessly each and every day to address and find solutions to issues that we are confronted with. We

have been working late hours and well into the weekends as situations arise.

On a positive note, deep cleaning is going on in most of our facilities, things will be looking pretty clean when we are able to start up again.

I cannot stress enough to continue to use social distancing, wash your hand, use a mask, cover your cough (not with your hands), and stay home, use only necessary travel.

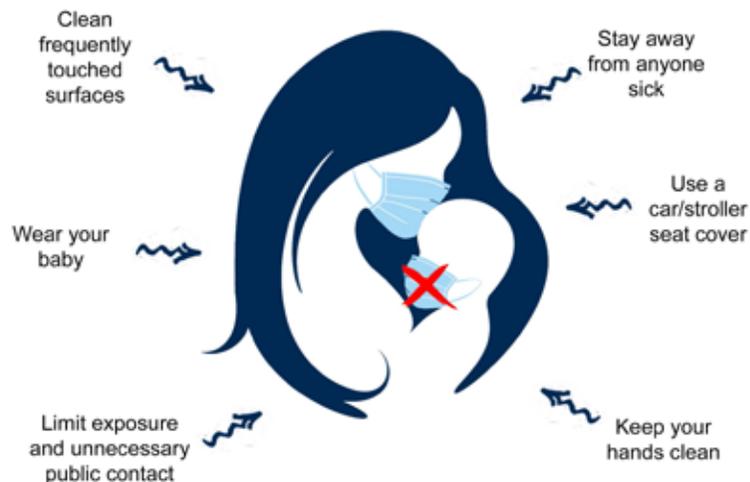
*As always, please feel free to call or write as I am always glad hear from you. Cell (218) 428-9828, Office (218) 878-8078, or email [wallydupuis@fdlrez.com](mailto:wallydupuis@fdlrez.com)*



## MASKS ARE NOT FOR INFANTS!

*Your baby's airway is smaller than yours, which is more likely to cause suffocation.*

Here is what you can do:



Adapted from Moonsymik



Fond du Lac Reservation | Fond du Lac Human Services Division



# RBC Thoughts

## Sawyer News

### Boozhoo,

Zaagibagaa giizis, the budding moon, is upon us. The month of May 2020 is unlike any other spring that I have experienced.

It's usually the month that we take time to spend time with families on lakes and rivers and plan summer outings to enjoy the outdoors. Head start graduates, high school seniors, and college seniors would be finishing up work and planning for graduation. But, the celebrations and gatherings that come with these milestones—will be recognized and honored in a different way.

As we have to find alternative ways to help our young people mark their special moment in life, we should still do our best to help them rise in confidence after all their hard-work. I would like to tell students to continue to work hard on studies and use technology to their advantage.

People should follow through with social distancing and proper protocol for combatting COVID-19. I would like to thank all the families who followed through with the

maple sugar harvesting obligations. Hopefully, families were able to get the seasonal catch of fish, please stay safe out on the water this year.

This summer will not include many summer sports activities, I know there was a group of Fond du Lac basketball players who were scheduled to attend the Indigenous Games 2020 in Nova Scotia, which was cancelled. I know it's hard for

our youth right now, parents please know that this is very hard for them to be away from friends.

I want to thank the staff at our convenience store, recycling center, janitors, security, public works, water and sewer, building maintenance and Aaniin

staff. There are also resource management staff who are helping with the walleye harvest this spring and wild land firefighters who respond to fires 24 hours a day. The first responders are also available to the community.

I have seen children on scooters and bikes playing in their yards and in the streets. Please be cautious and share the roads with bicyclists. We have school staff, child-care staff, and social services staff working for the community.

Our community really should be looking at growing their own food this year. It has always been a very important activity and every year I make plans to take advantage of our warm days ahead. The positive aspects of social distancing are that we can take the time to work on these extra goals.

I always believe that our treaty signers and ancestors were looking out for us and believed in the right to retain the ability to feed ourselves. Now is the time to reach out to your Elders by phone and social media. We have many family members that have underlying vulnerabilities, please respect orders to stay home and refrain from visiting others.

Following safety precautions for the sake of our future is a serious matter. Wear a mask and schedule essential store visits and plan ahead of time.

Lastly, remember this year we are already starting out with high fire danger, please follow recommendations by our Resource Management department.

*Miigwetch,*

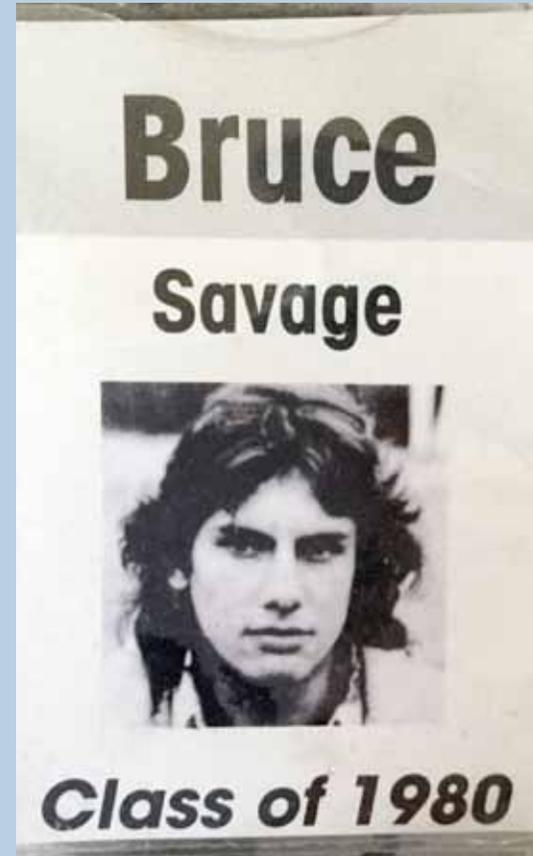
*Bruce M. Savage*

*Email: BruceSavage@fdlrez.com*

*(218)393-6902*



*Bruce Savage*



You can  
save lives



#FDLstrong

# Health News

## Asthma-Safe COVID-19 Cleaning Products

As our community responds to the COVID-19 outbreak, many of us are disinfecting our homes regularly. However, some of the cleaners being recommended for this purpose can trigger asthma episodes. Tribal communities have higher rates of asthma than the general population. One study shows that 12% of Tribal members suffer from asthma, as compared to the national average of 7%. Reducing asthma triggers is one of the most important approaches to managing asthma, leading to decreased use of medication and fewer visits to medical providers.

Experts recommend washing your hands often and cleaning common surfaces that are frequently touched, like countertops, doorknobs, handles, and light switches in order to prevent the spread of the coronavirus. While soap and water are effective against the virus, some people may prefer using something “stronger” to clean contaminated surfaces, especially if someone in the household is sick. If you choose these cleaners, be sure to read and follow label instructions and provide plenty of ventilation while you are using them. The Environmental Working Group recommends

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## May is Melanoma and Skin Cancer Month

By Denise Houle,  
Cancer outreach worker

Skin cancer is the most common form of cancer in the U.S., and “melanoma” is the most deadly type of skin cancer. When cancer starts in the skin, it is called skin cancer. More than 90% of melanoma skin cancers are due to skin cell damage from ultraviolet (UV) radiation exposure. The two most common types of skin cancer—basal cell and squamous cell carcinomas—are highly curable, but can be disfiguring and costly. According to the Centers for Disease Control (CDC), American Indian/Alaskan Natives have the second highest rate of getting melanoma of the skin.

The hours between 10 a.m. and

4 p.m. are the most hazardous. While outside, the use of sunscreen with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection is very important.

A change in your skin is the most common sign of skin cancer. A simple way to remember the signs of melanoma is to remember the A-B-C-D-Es of melanoma—

- “A” stands for asymmetrical: Does the mole or spot have an irregular shape with two parts that look very different?
- “B” stands for border: Is the border irregular or jagged?
- “C” is for color: Is the color uneven?
- “D” is for diameter: Is the mole or spot larger than the size of a pea?

• “E” is for evolving: Has the mole or spot changed during the past few weeks or months?

Risk factors include: A lighter natural skin color, family history of skin cancer, a personal history of skin cancer, exposure to the sun through work and play, a history of sunburns-especially early in life, a history of indoor tanning, weakened immune system, blue or green eyes, blonde or red hair, skin that burns, freckles, reddens easily or becomes painful in the sun and certain types of, or a large number of moles.

For any questions or concerns, always remember to consult with your healthcare provider.

Sources: Center for Disease Control (CDC) [www.cdc.gov](http://www.cdc.gov)

## MY NATIVE PLATE



**Fruit**



**Water**



**Vegetables**

**Protein**

**Use your plate as a guide to help you eat in a healthy way!**

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

**Pictured here:**

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!

Produced by:  
Indian Health Service, Division of Diabetes Treatment and Prevention.  
07/2018

**Remember:**

-  Stay active
-  Drink water
-  Use a 9-inch plate

**Notes:**

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## Message from FDLHSD

Due to COVID-19, the Fond du Lac Human Services Call Center has been experiencing an increased call volume and longer than normal hold times. Please note, that if your call is dropped you will be called back as soon as possible. We appreciate your patience as our staff navigates through these changes.

## Stay safe

By Kara Stoneburner, RDN LD,  
Community Health Services  
Dietitian

**W**ow! The past month has been stressful and challenging to say the least. Having control over your health and nutrition can help alleviate some the stress everyone is experiencing currently. Here is a list of ideas to consider:

Reduce your visits to the grocery store by following a few simple steps

- Look through your cabinets, pantry, freezer and refrigerator to get an idea of the food you already have. This can help reduce the cost at the store and minimize waste
- Plan a menu. Break it down into manageable parts. Start with breakfast and list several ideas. Move on to lunch and - list several ideas for both. Don't forget a snack category. Once this is done, compare your menu ideas with food items you have at home and make another list of foods needed and that is your "grocery list". Don't forget to plan for leftovers.

- Now can be a great time to get the whole family involved in the kitchen with age appropriate tasks. It can be a good time to try a new recipe too
- Focus on more fruits, vegetables, whole grains, lean proteins and healthy fats
- Limit frozen, pre-made meals. Control the amount of chips, candy, soda and cookies coming into the house
- Plan for occasional comfort foods.

Eat out safely. It is great to support locally-owned businesses on occasion, but if money is tight, attempt to cook at home most often. If you do order delivery/take-out/curbside pickup, be sure to wash your hands before eating and eat when the food is at the proper temperature to avoid potential foodborne illnesses.

Keep a positive attitude. Use this time to play with your children more, go for daily walks, try yoga or go on bike rides. Read a book, color, build a card house, put a puzzle together, FaceTime family or friends, etc. Reach out to your

Healthcare provider if you are feeling overwhelmed. Mental health services are still available.

Wash your hands. Remind your children to wash and help the smaller children with washing

Here are a couple of easy recipes I saw this week with many items likely in a kitchen already:

Pasta with Chicken and Veggies  
Toss cooked pasta with cooked frozen mixed vegetables and a drained can of chicken chunks (or leftover chicken). Add a bit of Parmesan cheese over each serving. (Recipe from Toby Amidor and Genius Rotisserie Chicken Recipes)

California Tuna Avocado Burgers  
Drain two cans of tuna and combine with breadcrumbs (crushed crackers could work), eggs and some dried onion and dill seasonings. Mold the mixture into patties. Sauté each burger in a fry pan with a small amount of oil for about 4 minutes on each side. Serve on a bun topped with avocado and tomato slices. (Recipe from Elizabeth Ward, author of Betteristhenewperfect.com).

## Mother's Day and Self-Care

A message from the Public Health Nurses

**W**ith Mother's Day quickly approaching we would like to take this time to discuss the importance of self-care. With the many duties placed on a mother, especially during a difficult and uncertain time such as now, self-care is essential to ensure our physical and mental well-being.

During this time many mothers (and fathers too) are taking on extra roles to get our families

through this pandemic. With the recent stay-at-home orders many of our self-care tasks have adapted to taking place in our homes. These healthy activities can include applying a great smelling scented lotion, participating in exercise, getting outside (while social distancing), lighting candles, taking a bath, eating healthy, enjoying a morning (or afternoon) cup of coffee, listening to music, declutter, and getting adequate sleep.

Avoiding excessive social media/news coverage as well as avoid-

ing alcohol and any licit/illicit substances can also be a form of participating in self-care. Also, for those who are unable to visit in-person with the special women in their lives we encourage you to reach out by telephone, mail, or social media to communicate.

The Public Health Nurses from Fond du Lac Human Services would like wish each and every mother reading this a Happy Mother's Day. Stay safe and healthy!

## WIC is open and here to support families

**W**IC wants families to know that we are here for them. The Fond du Lac WIC Program is open for current participants and new participants.

To reach the FDL WIC program call (218) 878-2115. Families can find the phone number for other WIC programs by calling 1-800-942-4030.

Due to social distancing, WIC has changed the way services are delivered. WIC participants and those interested in WIC should call their local WIC clinic to ask how they are providing services.

In 2019, WIC changed from a paper voucher to a card, similar to an EBT- style card. WIC participants can continue to use this WIC Card in stores.

We are also hearing of social media reports with inaccurate information about WIC. The best source of information about current WIC services is the Minnesota WIC website <https://www.health.state.mn.us/people/wic/index.html> and the FDL WIC Program.

WIC is a health and nutrition program and provides a variety of healthy foods! WIC staff can answer nutrition and breastfeeding questions, and refer to other resources. WIC provides services to women who have recently had a baby or who are pregnant and to infants and children until their 5th birthday. WIC wants families to know that if they have had changes in income due to COVID19 or if they participate in Medical Assistance, SNAP, or other programs, they may be eligible. To learn more see the Minnesota WIC website or call 1-800-942-4030.

Helpful resources for families:

Nutrition: Prenatal, infant, child and postpartum nutrition information. (English, Spanish, Somali) <https://www.health.state.mn.us/people/wic/nutrition/index.html>

Recipes: <https://www.health.state.mn.us/people/wic/recipes/index.html>

Breastfeeding: Preparing for breastfeeding, getting off to a great start, and more.

- Nutrition Information - English (Breastfeeding Women) <https://www.health.state.mn.us/people/wic/nutrition/morenutinfo.html#bfwomen>

- La Nutrición - La Lactancia Materna (Breastfeeding - Spanish) <https://www.health.state.mn.us/people/wic/spanish/nutricion.html#bf>

- Af Soomali - Nuujinta (Breastfeeding - Somali) <https://www.health.state.mn.us/people/wic/somali/index.html#bf>

USDA WIC Breastfeeding Support website: <https://wic-breastfeeding.fns.usda.gov/>

# The town of Brookston

Research by Christine Carlson

## Brookston Townsite - Will be Across the River from the Great Northern Station – Duluth Evening Herald of July 11, 1904

"It is understood that the Fond du Lac reservation comprising about 126 square miles of land, will be opened this fall, probably about Nov. 5, for the sale of the timber on the land first, then for settlement under the homestead entry.

## Brookston to Boom – Pine Knot of August 26, 1905

With the opening of the Fond du Lac reservation it is expected that the town of Brookston, or Stony Brook as it is sometimes called, will undergo quite a building boom. The town was platted about a year ago, in anticipation of the opening of the reservation and in the past several months it has had a steady and substantial growth in the way of new building enterprises located in the heart of the reservation on the Great Northern line from Duluth to Cass Lake, and nearly midway of Cloquet and Floodwood.

Brookston is claimed by the land seekers who have been in that vicinity to be the logical location of a thriving town, the base of supplies for a large district which will now be developed into a farming community.

Three or four years ago Brookston was practically a spot in the midst of a forest. The station was an old box car where the telegraph operator attended his duties, part of which was to keep from being eaten up by mosquitos in the summer and from being frozen to death in the winter. The railroad company then built a small depot and freight shed to take care of the supplies sent to that point where

construction work began on the line from Brookston to Ellis, called the Stony Brook cut-off, a road which shortens materially the ore haul of the Great Northern from the range. Following closely the cut-off line came one or two miles of yard construction at Brookston for switching facilities and passing tracks, a water tank and coal sheds. One of the things now contemplated by the Great Northern Company is said to be a round house at that point.

Quite a number of people followed the construction work, and at Brookston they settled, until there are now over a dozen families living in proximity to the depot, many of them on railroad property.

The platting of the town site by Duluth and Cass Lake parties has resulted in a few business enterprises locating in Brookston, and it is expected that as the demand grows others will open stores there.

Up to quite recently the settlers either obtained their supplies from Cloquet or Floodwood, or by shipping them in from Duluth.

## Fires Between Cloquet and Carlton – Duluth News Tribune of May 11, 1910

There are a number of fires along the Great Northern railroad between Cloquet and Carlton and there is a large fire raging at Brookston, which is now thought to be under control, however.

On the Fond du Lac Indian reservation there are numerous smaller fires one larger one being in the vicinity of Big Lake. Seventy-five Indians under the direction of Indian Agent Bear is also a state fire warden. The two large fires near Sawyer, south of the reservation, are reported as being under control.

## Two Saloons at Brookston are Said by Petitioners to be within Inhabited Territory Under 1854 Treaty Terms – Duluth News Tribune of December 23, 1916

Indians living on the Fond du Lac reservation near this city are signing a petition addressed to Cato Sells, commissioner of Indian affairs at Washington, requesting him to clamp the Indian lid on all territory embraced within this reservation. The petition sets forth that two saloons at Brookston are within inhabited territory.

## CLOQUET, Minn. – Cross Censures Liquor

In his annual New year's address to the Indians, G. W. Cross, superintendent of the Fond du Lac reservation, lays stress upon the importance of ridding the territory of the evil influences of alcohol. The address is dated at the Fond du Lac School and reads as follows:

"Greetings to Fond du Lac Indians. Dear friends:

I take this method of sending to you New Year's greetings, and it is my earnest desire and wish that the year 1916 may be indeed a happy and prosperous year for you all. I want the year 1916 to be memorable year to you—one that you will look back with pride, one that you will tell your children and grandchildren about. I want it to represent to you the time when you dethroned alcoholism and freed yourselves



Brookston buildings left to right: store, hotel, restaurant, saloon, restaurant, and store. Photo courtesy of Carolyn and the late Arnold Bassett.

from the evil influence of this great curse.

The Indians under my charge have made good progress during the last four years, but the progress would have been much greater only for one thing, and that one thing is 'booze'. My friends, the greatest curse to your race is alcohol. It stands more in the way of your progress and happiness than any one thing—stop and think for a moment.

Has alcohol in any way ever been a blessing, in any way been useful or beneficial to your people? Has it ever caused any progress, or brought any happiness?

On the other hand, it is a source of great evil, and has caused a very great deal of suffering and trouble, not only to the red race but to the white race as well. A very large percentage of the crime committed in this country is caused by alcohol. Furthermore, my friends, I make this broad assertion for your consideration that at least 90 percent of all offenses and crimes committed by Indians are directly traceable to intoxicating liquors."

Quotes Cato Sells – Cato Sells, commissioner of Indian affairs, in his address to the Field supervisors on Feb 16, 1914, made the following statement:

"I believe that the greatest present menace to the American Indian is whisky; it does more to destroy his constitution and invite the ravages of disease than anything else it does more to demoralize him as a man, and frequently as a woman; it does more to make him an easy prey to the unscrupulous than anything else combined.

My friends, I want you to line up solidly against this great evil, this great menace to your race, and fight it with all your strength, I believe you will be able to conquer and show your white brother the way. It is a splendid thought, the red man showing his white brother how to get rid of the curse of the liquor traffic."

## Health and happiness to all.

# Gitigaan 2020

## Plant and Seed Giveaway: New Curbside Pickup

Saturday, May 30,  
2020

Natural Resource  
Garage  
8 a.m. to Noon or  
until gone

Due to the COVID-19 Health  
Crisis, we will be taking extra  
precautions during our plant  
packaging and  
giveaway this  
year.

We will have  
limited workers  
and will not  
be asking for  
volunteers. Our  
volunteers tend  
to be elders  
or individuals  
who are at  
high risk and  
we want to  
keep everyone  
as safe as possible.

Each year we plan on enough  
plants for 140 households  
and enough seeds for 120  
households. Packages will be  
available while supplies last.  
What to expect in your plant  
and seed package can be  
found below and is plenty to  
fill a 20ft-by-50ft garden. To  
limit exposure, seeds will be  
distributed with the vegetable  
boxes on May 30. All of our  
seeds can be directly sowed  
into the ground and do not  
need to be started early.  
What you need to know for



giveaway day:

Please **STAY IN YOUR CAR**  
when arriving to the plant  
giveaway and have your  
trunk clean and ready for 3  
boxes of vegetable plants.

1. You will be directed where  
to drive.
2. Someone will check you  
in.
3. Our team will deliver the  
plants to your vehicle.

Tribal ID  
required at  
pickup\*  
\*We understand that  
this is a  
unique situation  
this year. If you are the  
runner for your family  
or picking up for someone  
who is homebound,

please have that person call  
or e-mail Jamie Adams in  
advance at 218-878-2631 or  
jamiadams@fdlrez.com to  
indicate that someone else  
will be picking up for them.

Be sure to include:

- Name
- Address
- Phone Number
- Tribal ID

We are working to keep this  
process as streamlined as  
possible. Please be patient as  
we do our best to provide this  
important community service.  
Miiigwech for your understanding  
and support.



Plants include:

- 3 4-packs of Sweet Peppers
- 2 4-packs of Hot Peppers
- 1 4-pack Broccoli
- 1 4-pack Cauliflower
- 1 4-pack Cabbage
- 6 Varieties of Winter Squash
- 1 Zucchini
- 2 6-pack Onions
- 1 4-pack Cherry Tomatoes
- 3 Tomato Plants

Seeds include:

- Corn
- Greens, Spinach, Lettuce,

Kale, Arugula

- Summer Squash
- Flowers (5 varieties)
- Carrots
- Beets & Radishes
- Bush Beans & Peas
- Cucumbers
- Melons

\*\*Due to low staff volumes,  
we will not offer tilling at this  
time\*\*

Things are changing every  
day during this health crisis.

Please note that our May  
newspaper submissions are  
due by April 13 and updates  
may occur after this date.  
For the latest information,  
visit the Fond du Lac website  
(www.fdlrez.com) or check  
out the FDL Facebook Page:  
“Fond du Lac Band of Lake  
Superior Chippewa”

# Ashi-niswi giizisoog (Thirteen Moons)

## Waabigoni-giizis

The new Waabigoni-giizis, the Flowering Moon begins May 4. Other names for this moon are Zaagibagaagime-giizis, Budding moon; and Waswugone-giizis, Flowering Moon.

## 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

### Biiwan blizzard

Ningwaanakwad cloudy

Awan..... foggy (be)

Zasakwaa..... frost (heavy)

Mashkawadin.....frozen (be)

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

ANOKAAJIGAN/project  
 BAASAABIKIZIGAN/dynamite  
 BIGIWIZIGAN/maple taffy  
 DIBAAJIMO/narrate  
 ESHPABID/chairman  
 EZIGAA/wood tick  
 GITIGEWININI/farmer  
 ISHKWENINJ/little finger  
 MIDEWIWIN/medicine dance  
 MIIKAWAADAD/handsome  
 NAGWEYAAB/rainbow  
 OPICHI/robin  
 OSHKAGOOJIN/new moon  
 WAABISHKAWEDOON/ whiskers  
 ZAGASWEIDIWAG/council meeting

## #WeAreAllInThisTogether

...Sending you a  
big social distanced  
**BEAR HUG...**

We have a lot of  
memories together!  
We look forward to making  
more in the future  
when we are able to  
reopen.



**blackbear**casinoresort.com

Owned and operated by the Fond du Lac Band of Lake Superior Chippewa.

**RESCHEDULED**

**DARCI LYNNE  
& FRIENDS**

*Fresh Out of the  
Box Tour 2020*

A photograph of Darci Lynne, a young woman with pink hair, smiling and holding a large, pink, rabbit-like puppet. The puppet has large ears and a wide, open mouth. They are on a stage with purple and blue lighting.

**OCT 16<sup>TH</sup>**

DOORS OPEN 6 PM | SHOW AT 7 PM

**MY PLACE**  
*for memories!*

**WATCH FACEBOOK AND  
OUR WEBSITE FOR FUTURE  
INFORMATION AND UPDATES**

Make The Bear  
your place!



# Etc

## Camp 8: The Story of the Cloquet Forestry Center's Old-Growth Red Pines

“The Camp 8 Stand: The Story of the Cloquet Forestry Center's Old-Growth Red Pines,” by Clare Boerigter, weaves a compelling narrative about the unique ecology, history and cultural significance of a 44-acre stand of 200+ year-old red pines at the Cloquet Forestry Center. Drawing on archival and contemporary research, in-depth interviews with local foresters and community members, and video footage, images and descriptions of the stand, Boerigter's multimedia article tells the story of these red pines while underscoring the powerful relationships which visitors, community members and CFC staff have developed with these ancient trees.

These relationships, as well as the stand's historical, ecological and cultural significance, are set against the backdrop of an undeniable reality: today, Camp 8's red pines have begun to die, with fire exclusion and climate change advantaging a number of other species over a new generation of red pines. Once Camp 8's old-growth red pines have gone, and with young red pines increasingly out-competed, what will replace them? Will these trees, and their important ecological legacy on the landscape, be lost forever?

Boerigter's article explores these questions and more. Seeking to recognize and illuminate the historical role of the Great Lakes Ojibwe in shaping many quintessential Minnesota landscapes,

Boerigter underscores the important role of Indigenous fire in shaping the character of the Camp 8 Stand. Cultural fires were lit across the Great Lakes region by area Ojibwe for an array of purposes, a historical truth still often underappreciated today. Recognizing the significance of this, Boerigter advocates for a return of eco-cultural prescribed fire to the Camp 8 Stand, proposing increased engagement and collaboration with the CFC's closest neighbors, the Fond du Lac Band of Lake Superior Chippewa, on whose reservation the CFC resides.

In telling the story of the Cloquet Forestry Center's old-growth red pines, Boerigter asks us to engage with complex questions of land



management in the era of the Anthropocene, historical – yet often overlooked – truths about land tenure, and the role that we – whether as scientists, foresters or engaged citizens – will take as land stewards as we watch ecosystems change around us. Do we attempt to restore historical conditions to

a place like Camp 8? Or do we let this storied place disappear?

Explore the Camp 8 story at: [z.umn.edu/Camp8](http://z.umn.edu/Camp8).

Submitted photo: Dylan VanBoxtel, UMN Minnesota Agricultural Experiment Station and College of Food Agricultural & Natural Resource Sciences

### Ideas from the Fond du Lac Rez Historical Society

Start the conversation with your loved ones about your life.

Find that box, drawer, or bag of old photos and organize them.

Write on the back of your photos but do not press too hard with ink as it will show through the vintage paper.

Organize your family papers. Look for those family newspaper obituaries or important papers and put them in a safe place.

Talk to your relatives via phone or text about what it was like when you grew up.

Share a favorite memory

about your childhood.

Don't have a computer or cell phone? Sit down and write an old-fashioned letter to your children, grand-children, or someone special. Jot down some memories. Take a trip down memory lane and write it down.

To those not in school or college or unemployed - How about calling a relative or Elder and ask questions about their lives? (Put your cell phone on speaker and jot down some notes or with permission record the conversation.)

What was your childhood like while growing up?

What is your favorite memory from home?

Where did your family live

and what was the community like?

What were your grandparents like?

Where did you work or go to school?

What is the greatest difference between the Reservation from way back then to now?

How or where did you meet the love of your life or spouse?

What was your first job or favorite job?

These are just a few ideas to get people talking and listening to one another about their lives.

Good luck and stay healthy.

### Important COVID-19 information

**Emergency Operation Center (EOC)** hotline (218) 878-7175 or for a written update from the EOC:

<http://fdlrez.com/downloads/EOCUpdates32220.pdf>

**Min No Aya Win's (MNAW)** hours of operations are 9 a.m.-3 p.m. **NO WALK-IN APPOINTMENTS.**

**Pharmacy** is now offering curbside delivery. Park in the designated spot and call the number on the sign.

**Meals for Elders and children,** contact your community center for more details. CCC (218) 878-2661 or BCC and SCC (218) 878-8042

**Face mask donations needed,**

if you have any questions please call (218) 878-3529

**Fond du Lac Gas & Grocery, Aaniin, and Propane** still open, FDLGG has limited hours (7 a.m.-7 p.m. M-F, 10 a.m.-6 p.m.), Aaniin and Propane remain open for service.

**Election postponed,** Primary June 9. General Election Aug. 18.

**FDLHSD's community events** are cancelled until June 30. **Veteran's Housing,** please refrain from visiting to help flatten the curve

### No burn permits, for now

Fond du Lac Forestry will not be issuing burn permits until spring green-up has

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occurred, likely mid to late-May. This is being done to protect the health and safety of our forestry/fire crew, our community members, and to reduce the risk of wildfire. We are asking community members to please be patient and understanding as we try to reduce the risk to our staff and community members during the Covid-19 pandemic. Please call the Resource Management office if you have any questions or concerns. (218) 878-7101. Thank you and be well.

## Election Changed

On March 24, 2020, the Minnesota Chippewa Tribe (MCT) Tribal Executive Committee (TEC) delayed the upcoming primary election based on concerns about the COVID-19 pandemic. The primary election will now occur on June 9, 2020 (the date of the original General Election), and the general election will occur on August 18, 2020. A copy of the TEC resolution is available on the Fond du Lac website.

## Primary Election Notice

A Primary Minnesota Chippewa Tribal Election of the FONDDU LAC Reservation Business Committee will be held on June 9, 2020 to fill the following positions;

**Election Date: June 9, 2020**

**POLLING PLACES:**

DISTRICT I: Fond du Lac Tribal Center  
ENP Dining Hall  
1720 Big Lake Road  
Cloquet, MN

DISTRICT III;  
Brookston Community Center  
8200 Belich Road  
Cloquet, MN

**Polls Open 8 a.m.-8 p.m.**

**CANDIDATES FOR CHAIRPERSON - 4 Year Term**

Only two (2) Candidates

No Primary Election

**CANDIDATES FOR DISTRICT I (Cloquet)**

**COMMITTEEPERSON - 4 Year Term**

Wally Dupuis (Incumbent)

Eugene (Eny) Reynolds

Todd j. Tidaback

Jeroam Defoe

Jarvis (Chubbs) Paro

**CANDIDATES FOR DISTRICT III (Brookston)**

**COMMITTEEPERSON - 4 Year Term**

Phillip J. Savage

Roberta Fox

Roger M. Smith, Sr.

(Incumbent)

The following is an excerpt from Election Ordinance revised December 9, 2019, which states voting requirements.

### Section 1.6. Voter Eligibility.

#### 1.6(A). Judging Qualifications.

Each Band governing body will be the sole judge of the constitutional qualifications of its voters and may by official action, delegate this responsibility to its General Reservation Election Board.

#### 1.6(B). Eligibility to Vote: Generally.

Eligible voters are enrolled members of the Tribe, 18 years of age or over. All eligible voters shall vote by secret ballot. To be eligible to cast a

ballot a voter must meet all constitutional requirements. In addition, to be eligible to cast a vote for Committeeperson, a voter must have resided within that district for at least thirty (30) days immediately preceding the election, unless the voter casts an absentee ballot as permitted by this Ordinance.

#### 1.6(C). Eligibility to Vote: Absentee.

Whenever, due to absence from the reservation, illness or physical disability, an eligible voter is not able to vote at the polls and notifies the General Election Board consistent with this Ordinance, he/she will be entitled to vote by absentee ballot in the manner and under the procedures as provided by Section 2.2(B). To cast an absentee ballot for Committeeperson, an eligible voter must have resided within that district for a period of at least thirty (30) days as his/her last reservation residence. In the event an eligible voter has never resided on the reservation of his/her enrollment, he/she may declare in his/her request which district has been selected in which to cast the ballot for Committeeperson. If an eligible voter does not and has not previously designated a district, that eligible voter may cast an absentee ballot that includes only the at-large positions up for election. Once a voter has resided in or declared a district, the voter may not thereafter change his/her district for absentee voting purposes without actually residing within a different

district on his/her reservation of enrollment for at least thirty (30) consecutive days immediately preceding the election.

## 2020 Election Calendar

June 4:

Notify MCT on choice of appellate forum.

June 9:

**Primary**

**(Polling places open from 8:00 a.m. until 8:00 p.m.)**

June 10:

General Reservation Election Board certifies Primary Results.

(Prior to 8:00 p.m.)

June 11:

General Reservation Election Board publishes Primary Results.

June 12:

Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

June 16:

4:30 p.m. - Deadline for Contest of Primary Election. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe).

June 17 (Results, if Allowed or 6th or 7th If earlier request):

## 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”

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Deadline for Decision on Request for Recount and Results of Recount, if allowed.  
 June 26:  
 Deadline for Decision on Contest  
 June 29 (or within 3 days of decision on Contest):  
 4:30 p.m. - Deadline for Appeal to Court of Election Appeals. (Filed with the Executive Director of the Minnesota Chippewa Tribe and with Reservation Tribunal rendering Decision).  
 July 2 (or within 3 days upon receipt of Notice to Appeal):  
 Record of Contest forwarded to Court of Election Appeals.  
 July 6 (hearing within 7 days notice of appeal):  
 Last Day for Hearing on Appeal  
 July 16 (10 days from hearing on appeal):  
 Last Day for Decision on Appeal  
 July 17:  
 Notice of General Election  
 July 17:  
 TEC provides ballots for General Election.  
 August 18:  
 General Election (Polling Places open from 8:00 a.m. until 8:00 p.m.)  
 August 19:  
 General Reservation Election Board certifies results of Election.  
 Prior to 8:00 p.m.  
 August 20:  
 General Reservation Election Board publishes Election results.  
 August 21:  
 Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

August 25:  
 4:30p.m. - Deadline for Notice of Contest. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)  
 August 26 (or 24, 25, if request for Recount is filed before deadline):  
 Decision on Request for Recount and Results of Recount, if allowed.  
 September 4:  
 Deadline for Decision on Contest for General Election.  
 September 8 (or within 3 days of decision on Contest):  
 4:30 p.m. - Deadline for appeal to Court of Election Appeals. (Filed with Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering Decision).  
 September 11 (or within 3 days upon receipt of Notice to Appeal):  
 Record of contest forwarded to Court of Election Appeals.  
 September 15 (hearing within 7 days notice of appeal):  
 Last Day for Hearing on Appeal.  
 September 25 (or Ten days from Hearing on Appeal):  
 Deadline for decision of the Court of Elections Appeal.  
 Day following Decision of Appeal:  
 Winning candidate prevailing on appeal takes office.

## NOTICE

The mailing address of the General Reservation Election Board is PO Box 430, Cloquet, MN 55720.

## Cancelled Events

Many Fond du Lac events have been cancelled or postponed due to the COVID-19 pandemic. Assume for the most part that events in May have either been cancelled or postponed.

For more information on specific events check fdlrez.com, where the homepage shows a list of cancelled events.

## Notice for FDL Housing

By **Samantha Branley**,  
*Resident Services Coordinator*

Now that spring is here it is time to clean up our yards. As a tenant of Fond du Lac Housing it is your responsibility to get your yard picked up. Under the obligations of tenant concerning use and care of the premises: 4. The tenant at all times keep the dwelling and fixtures therein in a clean and sanitary condition.

It is understandable that the garbage or debris may have blown over from another yard, but we are a community, lets help out our neighbor. Also, under the Rules and Regulations: 7. Non-operating cars or vehicles must not be kept on the premises. Remember that all rental units have free garbage service with no cost to you, also you are provided garbage receptacles that are collected weekly.

The recycling center will come out and pick up bulk items such as furniture, washing machines, and mattresses to name a few. They will not come out to pick up

household garbage. In order to use this service you will need to call the Recycling Center at (218) 878-8069 to set up an appointment. The hours of operation are Monday-Friday 8 a.m.-4:30 p.m. Saturday-Sunday 8 a.m.- 4 p.m.

Remember you signed a lease that states this is your responsibility. You have until June 1, 2020 to complete this clean up or you will be in violation of your lease.

## FDL Propane reminders

As winter comes to an end, Fond du Lac Propane would like to remind you of a few things.

First and most importantly, they would like to remind you to check your tank's propane levels and lines for leaks. They also would like customers to keep tanks clear of debris and garbage, check tank levels often, and when the snow flies keep your pathway clear for easy access.

Remember to call before your tank level gets too low. FDL Propane staff recommends that you call when you have about 20% remaining.

FDL Propane's regular hours of operation are Monday through Friday 8 a.m.-4:30 p.m. Propane's after hours are Monday through Friday 4:30-8 p.m. as well as on Saturday and Sunday from 8 a.m.-8 p.m.

Propane's fees are for, afterhours/emergency deliveries, \$330.00 plus cost of propane. The same day fee is \$50.00.

For more information or to

order your propane call them during business hours at (218) 879-4869.

## FACE Program

The Fond du Lac Family and Child Education (FACE) Program is proudly serving families in our community.

The overall goals of the FACE Program continue to be:

- Support parents/primary caretakers in their role as their child's first and most influential teacher
- Strengthen family-school community connections
- Increase parent participation in their child's learning and expectations for academic achievement
- Support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program
- Promote lifelong learning.

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

Not only do we focus on literacy at school but we

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also focus on literacy in the home. All actively participating families receive age-appropriate Imagination Library books from Dollywood Foundation for their children every month from birth to five.

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

## BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

BURLINGAME, Donna  
 CASSIDY, Denise  
 CICHY, Gerard  
 CICHY, Leslie  
 COUTURE, James A.  
 ENGLER, Catherine  
 FARRELL, Margo J.  
 HAARSAKER, Brenda  
 HILPIPRE, Jean M.  
 JANSEN, Mary Jo  
 KLASSEN, Lloria A.  
 LAFAVE, Darren Houle  
 LAFAVE-KING, Jacqueline  
 LAPRAIRIE, Robert  
 LEE, Patricia J.  
 MAJOR, Barbara  
 MARTIN, John Francis Jr.  
 MARTIN, Kim I.  
 MARTINEAU, Loretta C.  
 MARZINSKE, Florence  
 MARZINSKE, Larry  
 MUELLER, Neva  
 OLP, Madison S.  
 OWENS, Louise K.  
 OSCEOLA, Bonita  
 SAVAGE, Mark  
 SIROIS, Warren  
 SMITH, Robert W.  
 SOULIER, Gary  
 ST. GEORGE, Richard J.  
 THOMPSON, Henrietta  
 THOMPSON, Lester P.

TUTTLE, James III  
 WILLIAMSON, Donna M.

## LEGAL NOTICE – MAY 2020

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.

## Census question

The response by Fond du Lac Band members has been excellent for the 2020 census. The national average for self-response was just under 50% and the Fond du Lac self-response has been above 51%. Let's keep it going!

If you are a Fond du Lac Band members and still wondering how to answer question seven "American Indian or Alaska Native" here is an example of how the questions should be answered.

# 2020 Census Question on Race Information for American Indians and Alaska Natives

## How should I respond to the race question if I am American Indian or Alaska Native?

An individual's response to the 2020 Census race question is based upon self-identification. The U.S. Census Bureau does not tell individuals which boxes to mark or what heritage to write in.

People who identify as American Indian or Alaska Native may mark the American Indian or Alaska Native checkbox and enter the name of their enrolled or principal tribe(s) in the write-in area.

People may report multiple races and/or report multiple detailed groups. Each specific write-in area will record up to 200 characters and up to 6 detailed groups, allowing for long names and multiple groups to be reported.

## Improvements to the 2020 race question.

Several question design improvements were made to help improve reporting of detailed American Indian and Alaska Native identities.

- Examples included for the "American Indian or Alaska Native" checkbox category.
- Detailed American Indian tribes, Alaska Native villages, and indigenous Central and South American responses collected via a dedicated write-in area.

## Identifying as American Indian or Alaska Native on the census is a matter of self-identification.

The Census Bureau collects race data in accordance with the 1997 U.S. Office of Management and Budget (OMB) standards on race and ethnicity. The 1997 OMB standards define "American Indian or Alaska Native" as "A person having origins in any of the original peoples of North and South America (including Central America), and who maintains tribal affiliation or community attachment."

## Why does the census ask a question about race?

The question on race is asked of all people in the United States. These data are required for federal, state, and tribal programs and are critical factors in the basic research behind numerous policies, particularly for civil rights. Race data are used in planning and funding government programs that provide funds or services for specific groups.

These data are also used to evaluate government programs and policies to ensure they fairly and equitably serve the needs of all racial groups and to monitor compliance with antidiscrimination laws, regulations, and policies. States also use these data to meet legislative redistricting requirements.

## 7. What is this person's race?

Mark  one or more boxes AND print origins.

White – Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc.

Black or African Am. – Print, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.

American Indian or Alaska Native – Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc.

Chinese  Vietnamese  Native Hawaiian

Filipino  Korean  Samoan

Asian Indian  Japanese  Chamorro

Other Asian – Print, for example, Pakistani, Cambodian, Hmong, etc.

Other Pacific Islands – Print, for example, Tongan, Fijian, Marshalese, etc.

Some other race – Print race or origin.

Connect with us  
 @uscensusbureau

For more information:  
 2020CENSUS.GOV

Shape  
 our future  
 START HERE >



# Community News

These community pages are yours, the members and employees of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths.

Please include the full names of the individuals in the greeting announcement, as well as the date of the occasion. Full names, including individual last names are required.

Also, we will include news of graduations (high school and post-high school) and military service. Memorials to loved ones or notes of appreciation are also welcomed.

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on May 15, 2020 for the June 2020 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

The telephone number is (218)878-2682. You may also drop off items at our office at the Cloquet Tribal Center. Please remember to include the date of the birthday, anniversary, etc. in your greeting. Always include your daytime phone number and your name with anything you submit. Materials may be edited for clarity and length.

## Happy Birthday

Wishing a happy birthday to my son **Reynaldo Hain Jr.** (May 11) "Sonny". God gave me the greatest gift ever.  
*Love you, Mom*

Wishing my grandma **Franny Smith** (May 11) a happy birthday  
*We love you grandma, Kaitana, Carter, and Milo*

Happy 8th birthday, **Lorenzo Michael DeSimone** (May 16)!  
*Mom and Sister love you and we hope you have an amazing day!*



Happy birthday to the greatest Mom and Grandma in the world, **Linda Dunaiski** (May 29), we hope you have a wonderful day.

*Love, Paul, Sam, Maggie, Ted, Emilee, Chris, Johnathan, Zach, Steph, Mason, Ivory, and the furry ones who wake you up at 5 a.m.*

I would like to wish a happy birthday to my most favorite person in the world, **Granny Marie** (May 31)!

*Love always, Erin Marie and Family*

## Happy Anniversary

Happy anniversary (May 20), my love! Together, side

by side, hand in hand, our hearts have been one for 7 years and they'll continue to be -until the end of time. We made a beautiful family and we have so many amazing memories. I'm excited to keep making more! Through the ups and downs we proved that we can conquer anything. Let's keep it going, honey!

*Yours truly, Cheyenne*



## Obituary

**Penny Ann Wait**, 57, Cloquet, Minn., died Sunday, March 1, in St. Luke's Hospice.

A traditional wake service was held Wednesday, March 4, and continued until the traditional funeral at 10 a.m. Thursday, March 5, at Fond du Lac Head Start in Cloquet. Burial is at Old Holy Family Cemetery. Memorials are preferred to St. Jude Children's Research Hospital in Memphis, Tenn.

# COVID-19 SYMPTOMS VS. FLU, COLD & ALLERGIES

	Cough	Fever	Breathlessness	Body Aches	Headache	Fatigue	Sore Throat	Diarrhea	Runny Nose	Sneezing	Watery Eyes
COVID-19											
FLU											
COLD											
ALLERGIES											

Frequently Sometimes Little Rarely None



Adapted from Carver County, MN

Fond du Lac Reservation | Fond du Lac Human Services Division