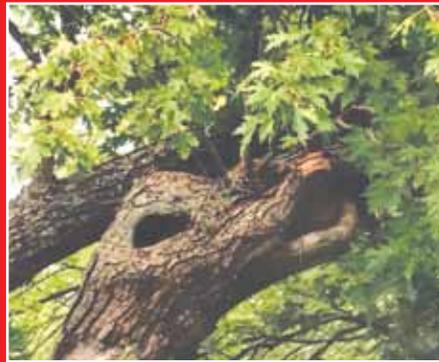


# *Nahgahchiwanong* (Far end of the Great Lake) *Dibahjimowinnan* (Narrating of Story)

## Spirits of the Trees – Photography by Christine



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# Local News

## FDL contact tracing PSAs

**F**DL Human Services has released a series of PSA's dealing with contact tracing for COVID-19 and they are delivered by FDL doctors.

The videos are a partnership between FDL, American Indian Community Housing Organization (AICHO), and the Minnesota Department of Health in which three FDL physicians share their knowledge and the facts about COVID-19.

One video is Dr. Arne Vainio discussing the Case Investigation and Contact Tracing (CIST) for COVID-19.

"Case investigation and contact tracing are public health tools used to stop the spread of COVID-19.

Case Investigation is when Public Health workers gather more information from a person with COVID-19," Dr. Vainio says.

"Contact Tracing means you've been exposed to someone who is positive for COVID-19. A public health worker will reach out to those who have been exposed and provide them with information so they can quarantine and avoid exposing others.

"Pandemics have happened in the past with devastating conse-

quences. Small pox wiped out an entire population. Tuberculosis killed millions worldwide. During the 1918 flu pandemic about 500 million or one third of the world's population became infected. An estimated 50 million people died. Entire families died within a single day.

"Pandemics spread quickly in close communities and we have families with multiple generations under one roof. Those with chronic illnesses and Elders are at highest risk. Case Investigation and Contact Tracing are the best thing we have to protect them. There are no surefire treatments or vaccines for COVID-19 at this time.

"The Ojibwe word Aakoziwin is a sickness, illness, or disease. If you test positive or have been in contact with someone who has tested positive, it is important you talk with a case investigator. Remember to wear a mask, wash your hands, and keep a physical distance of six feet. We all need to prevent the spread of COVID-19."

We can all do our part to prevent the spread, as Dr. Vainio said, by following what FDL medical professionals suggest we do.



Dr. Vainio

## Ways to help with your contact tracing if you test positive for COVID-19

**L**ast week, three Fond du Lac Doctors made Public Service Announcements (PSAs) to inform the public on the ongoing COVID-19 situation and put them on YouTube and Facebook.

The second PSA was given by Dr. Charity Reynolds, FDL Medical Director. The main focus of her PSA was on contact tracing, and she has some great tips to help you with contact tracing in the event you test positive.

"Our Tribal Public Health Department and the Minnesota Department of Health are working together to complete the contact tracing phone calls. It is important to answer these phone calls so that we can work together to be safe and provide your family with the resources that you may need while in isolation or quarantine.

"The information you provide will remain anonymous. Like me, you may not like answering the phone to strangers, but these phone calls will have a local or cities number when they call. In order to stop the spread of COVID-19, we should work with the public health team.

"If you have any symptoms of COVID-19, you should get tested and stay at home until you receive the results. You can get tested at a clinic or a free community testing event. If you get a positive test, the testing site will call the person tested to tell them that they are positive, discuss the next steps to care for themselves and their family. We also tell them that they will be con-

tacted by a public health worker.

"The public health worker is trained to protect your health privacy. Public health workers will call the person to help figure out who they have been in close contact with two days before having symptoms, or if the person has no symptoms, from the day the test was taken. This is called your infectious period.

"It is helpful to have a list going of our close contacts. Anyone we have been within six feet for 15 minutes total or more. Think of any places you've been during your infectious period, restaurants, churches, schools, etc. For me I would look at my calendar to see who I've worked with or seen in the clinic. After work I would look at pictures on my phone to see who I've been with because I love taking pictures of my baby when we are out somewhere.

"One of the ways we can decrease the spread of COVID-19 is to participate in contact tracing to help to identify others who have the potential of having the infection."

Checking our phones is a great way to do contact tracing, as it literally provides where, when, and who we are with, and because it has the time on it, we can determine exactly who we saw in the 48 hours previous to testing positive or developing symptoms.

Please contact your healthcare provider if you have symptoms, if you've received a positive test result, or if you have any COVID-19 related questions.



Dr. Reynolds

## Nahgahchiwanong Dibahjimowinnan

*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*

# Local News

## Dr. Owen, CIST encourages isolation for 14 days

The final of the three Fond du Lac COVID-19 Case Investigation and Contact Tracing (CIST) Public Service Announcements (PSAs) was given by Dr. Mary Owen, a member of the Shark clan of the Tlingit Tribal Nation in south-east Alaska.

“Today I want to talk to you about the importance of contact tracing and our working together with the Minnesota Department of Health (MDH) to help stop the spread of the disease in our community, or at least slow it down, so that less of us and less of the people that we care about are affected by this terrible virus.

“The way it works is that once you start to feel symptoms, or if you happen to get tested, your provider or our clinics, we’ll send any positive results to the Minnesota Department of Health. From there, a health worker will reach out to you, talk about your symptoms, tell you where you can find more information, and most importantly they will tell you that you need to be away from everybody else, anybody else, you need to be in seclusion or in isolation for at least 10 days after you have developed symptoms or after you test positive.

“Additionally, you have to be at least 24 hours free of fevers. They will talk to you about any-

one else you might have come into contact with, and then they will reach out to those folks. When they find those folks, they’ll do the same thing, they’ll talk to them about symptoms, how they can relieve some of their most annoying symptoms like cough or how they can find more information.

“They’ll also tell them that they need to isolate, but for those folks, they’ll tell them 14 days after they come in contact with you, the person who was positive, or after they develop symptoms. It’s important that your friends and family or anybody else who has been in contact with someone who has been positive, to know that they can spread the disease even if they don’t have any symptoms.

“Finally, if they do develop symptoms then they should contact their healthcare provider, or their clinic, and themselves get tested and remember, they need to still be free from anybody else or away from anybody else for at least 14 days after they develop symptoms or been around someone that tested positive.

“Thanks, I hope you adhere to these standards and recognize how important it is that we work with the Minnesota Department of Health to help control the spread of this infection in our communities.



Dr. Owen

## Vaccines work

With the pandemic continuing to ravage this country it is important to remember that the two best ways to bring it to an end are following CDC guidelines (wearing masks, washing hands, social distancing, etc.) and getting vaccinated once an approved vaccine is available.

Trials and other treatments aren’t going as well as we would all hope that they are, therefore the reliance on CDC guidelines becomes even more important until such a time that a vaccine has been deemed safe by the medical community.

Sadly, there are many who don’t trust vaccines for a variety of reasons, but those reasons are not founded in science. The science behind vaccines is extensive and indisputable truth that vaccines work.

When doing an internet search for “the importance of vaccines” the first link that popped up was the World Health Organization’s (WHO) website and the link simply said “Why Vaccinate? It Works”

Immunization is a global health and development success story, saving millions of lives every year. Vaccines reduce risks of getting a disease by working with your body’s natural defences to build

protection. When you get a vaccine, your immune system responds.

Vaccines teach our body’s natural defense about a virus or bacteria and our body learns how to defend itself against it. The widespread use of vaccines keeps us all safe. But unfortunately, as the WHO writes on their website, there are some places that just can’t get them.

Yet despite tremendous progress, far too many people around the world – including nearly 20 million infants each year – have insufficient access to vaccines. In some countries, progress has stalled or even reversed, and there is a real risk that complacency will undermine past achievements.

The truth is that for those who choose not to vaccinate themselves or their children, they put the rest of us at risk. Diseases that have been or could be eradicated are returning or at least we’re seeing pockets of them pop up around the country.

Vaccines reduce risks of getting a disease by working with your body’s natural defenses to build protection. When you get a vaccine, your immune system responds. The vaccine is therefore a safe and clever way to produce an immune response in the body, without causing

illness.

The Immunization Action Coalition’s (IAC) website (Vaccineinformation.com) also has a great amount of information. It lists the importance of vaccinating our children, but the best reason they gave wasn’t for ourselves or our children, it was to protect others.

If children aren’t vaccinated, they can spread disease to other children who are too young to be vaccinated or to people with weakened immune systems, such as transplant recipients and people with cancer. This could result in long-term complications and even death for these vulnerable people.

The WHO also states on their website that vaccines prevent 2-3 million deaths a year from simply being vaccinated.

Sources: [https://www.who.int/health-topics/vaccines-and-immunization?gclid=EAIaIQobChMIIt5quwObF7AIVCdbAC h0zaAHREAAYAyAAEgL-Wcfd\\_BwE#tab=tab\\_1](https://www.who.int/health-topics/vaccines-and-immunization?gclid=EAIaIQobChMIIt5quwObF7AIVCdbAC h0zaAHREAAYAyAAEgL-Wcfd_BwE#tab=tab_1), <https://www.who.int/news-room/q-a-detail/vaccines-and-immunization-what-is-vaccination>, and <https://vaccineinformation.org/vaccines-save-lives/>

# RBC Thoughts

## Secretary/ Treasurer News

### Boozhoo,

This last national election was quite interesting.

It took days before the results were known and they have not been certified yet. I was able to recall some of my high school civics lessons about the popular vote and the electoral college vote. It was quite a stretch to remember so I admit I went to google to fully understand what was happening. I was surprised with the volume of absentee ballots that were cast in the election and how long it took to count them. I was surprised at the different deadlines imposed by each state. I was surprised by the change that took place over the next few days in the leader. Then I remembered the reason, COVID-19. This disease has changed almost everything that we took for granted. I wonder about the "new normal" and what that will mean for our children and grandchildren. I wonder what that will look like for us in the near future and I wonder if the United States will take a lesson from the Tribes on how to run an election.

It is hard to believe that we are in the middle of a pandemic with all the building projects that we have going on. We have two additions in progress at the Tribal center to help with the social distancing

requirements now in place and to help keep our staff as safe as we can from exposure to this virus. We are building two buildings at our cultural center to allow for space to offer socially distanced participation with cultural demonstrations and events. We are building a commercial kitchen and storage facility for food sovereignty at our farm to address the issues created by this pandemic. We are also adding a classroom to our college to continue to offer socially distanced language immersion classes for our children.

The casinos have not been performing at our budget projections for this year. We had a three-month closure along with a worldwide pandemic that affected our cash intake. Our cash reserves have been stable to increasing somewhat with the CARES Act money paying for unemployment and some insurance costs. These are costs that are directly attributable to the pandemic. The Reservation will have a hard time in surviving another closure of our casinos without dipping into our long-term investments. We will have to wait and see what the future holds for us.

*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.*



Ferdinand Martineau

## Cloquet News

Hello all

It has been another trying month with this COVID virus. The numbers being reported are on the rise in and around our area. We have been fortunate, until now, that we had none or very few cases here, however, we are now having community members and employees getting infected by this thing. I assure you that the RBC, our medical team, public health team, and our EOC are responding with the utmost diligence.

We have not yet seen the results of the traffic demonstration project that was conducted on Big Lake road, so we are waiting to see what



Wally Dupuis

change will be incorporated to make these intersections safe for vehicle and pedestrian traffic. As you drive around our Reservation you are sure to see construction work going on in numerous locations. We have Broad Band project putting in fiber lines. Emergency Generators installed at our Elder buildings, two building expansion projects at the Tribal center, two large buildings being constructed for classrooms to teach proper care of wild game at our cultural center, construction of a classroom for language teaching, called "Gamma's House" at our Brevator road site, the Tagwii treatment facility expansion On Airport Road, the hiking trail being installed as well as the beginning stages of the

waterline/tower project in Brookston, and in Sawyer, the construction of the cannery and food processing facility.

There are also a number of other projects occurring here and most of them are in response to the COVID virus. I can assure you that these projects will be here to service our members and communities for many years to come. I would again like to thank each and every one of our employees for their courageous willingness to work and provide the support for our families and communities during this trying time.

Please wear your mask and practice social distancing.

*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)*



Chairman Kevin Dupuis and Minnesota Governor Tim Walz chat while walking around seeing the expansions to the Tribal Center. The two talked about an array of topics including the recent Moose hunt.

# RBC Thoughts

## Sawyer News

December is referred to as Manidoo Gi-izisoons, Little Spirit Moon, this is the moon that we will see in the sky early in the evening and with that comes the fast approaching winter solstice. Families will be feasting the celebration of the sun returning to the northern hemisphere. Large family gatherings have been a true celebration of life. However, with the current situation all around the globe, we will have to minimize our gathering



Bruce Savage

to our own households. This means immediate family in the home only, no visitors. I realize that this is very hard for families

but in order to protect our Elders and family members, we need to STOP the spread of this virus. When I think about ways to isolate I realize that what I do as an Anishinaabe in the woods, hunting, fishing, and gathering, I am doing my part for my community and family to stop the virus. The perfect scenario would be ice fishing on a lake without close contact and the holes more than six feet apart. I might just deep fry a holiday bird on the lake.

The Fond du Lac Band has been very busy providing amenities to help people avoid having to do frequent trips to the stores anywhere. Posted at FDLREZ.COM are lists of distribution days for food and other applications for assistance. I really want to thank all the staff that are working on these projects; The Sawyer Center staff, Brookston Center staff, and Cloquet Center staff. Human Services has been working tirelessly for months preparing for what we are experiencing now. Tribal Center staff have also been managing all government essential services in a big way. Our Enterprise employees, C-store, Aaniin, Sand and Gravel, Propane, Black Bear Casino and

Fond-du-Luth have also adjusted to the many changes and challenges during this time.

We need to also remember the many teachers and child care staff that are providing essential care and education to our youth. Transit, Resource Management, Museum, Public Works, and Forestry are all important to the Band's daily function. Waste management continue to assist us as well as the water and sewer department. The Police Department and Housing are working through this pandemic the best they can.

Lastly, within the Sawyer Community the Gitiganing Food Processing facility is coming together very well. The construction is about done. The goal is that the facility would be in place to provide a place to process and manage food for the community during times that are hard such as during a pandemic. The traditional harvesting and growing of foods can be a place to share knowledge of survival our connection to the Earth as well as teachings of our responsibility to our children, families, and land.

Sincerely,  
Bruce M. Savage  
Sawyer District Representative  
(218) 393-6902



Left, Brookston Representative Roger Smith speaking with Minnesota Governor Tim Walz about the ceremonies and importance the cultural center will bring to the Reservation once this pandemic is over. Top right, Charlie Smith, Anishinabemowin Coordinator, speaks to Minnesota Governor Tim Walz about the importance of the thunderbird on the backside of the cultural center building. Bottom right, Sam Moose, Human Services Director, telling Minnesota Governor Tim Walz about the many reasons for the expansion of Tagwii, the one project on the Governor's tour that didn't involved CARES act money.

# More Local

## Governor Walz visits FDL

Friday Oct. 30, Governor Tim Walz visited the Fond du Lac Reservation to see all of the projects we have going on, including 3 that were being built with Coronavirus, Aid, Relief, and Economic Security Act (CARES Act).

The first stop was at the Tribal Center to meet with the council where Chairman Kevin Dupuis Sr. greeted the governor and told him that they weren't going to stay in the chambers because of pandemic guidelines set forth by FDL leadership.

The chairman also thanked the governor for coming and working with the Fond du Lac Band on many things over the governor's time in office as well as thanking him for continuing to work with the Band in the future.

"Like I said when you first came and visited us, we'll sit at the table with anybody. And I think that's where it starts with that dialogue to welcome people in and see where

everybody stands and learn from one another," Chairman Dupuis said to the governor.

"I think your willingness to sit at that table and to give us an opportunity to figure this out is really, I think as I said it benefits everyone," Governor Walz said. "I'm grateful and glad to be here. I'm excited, there are some great projects and I'm excited to hear what's going on."

That's when the tour began of FDL's projects which started at the back of the Tribal center where IT, accounting, and legal departments are all seeing expansions. These expansions, which are using CARES act funding, will be completed by Dec. 24 as it has to be done by year's end in order to receive CARES funding.

The next stop was at the new Cultural Center, where expansion for storage and workshop space is being added, also as part of the CARES act funding. Walz, who was very engaged with FDL staff, was genuinely



Governor Tim Walz meets with Fond du Lac RBC

interested and excited about the projects pointing out that he expects the new cultural building will be bustling once this pandemic subsides.

The third stop, the Gitiganing farming site, gave FDL staff a chance to show Governor Walz

the new growing dome. The structure is completely finished, but doesn't have any of the raised beds that it will have set up. The growing dome will be at least 20 degrees warmer than the outside temperature, extending the growing season in our cold climate. This was apparent as it was about 60 degrees inside the dome on a 35-40-degree day.

The final stop that the governor and his staff made was at the new Tagwii building, which is scheduled to be done August 2021. This project, which had its ground breaking during the summer, is not being built with CARES funding which is why it is the only one of these projects that isn't scheduled to be done Dec. 24.

The governor was engaged with FDL leadership and told

our council that he has been speaking with congress about continuing the CARES funding so that it can be spent into 2021.

"From our perspective, the end of December comes, how are we going to keep testing?" Governor Walz told the council he had asked of congress. "You see where we're headed. We're going to be at the highest peak of the pandemic, right at the time the money is gone and potentially the testing is gone."

Many communities need the CARES act funding, and many have used it wisely, like FDL which has done so much with it in our short time. In order to continue to weather the pandemic into 2021, more CARES funding is needed.

## Tribal chairs swearing in

With the Tribal elections for all six Bands now behind us, which had been delayed due to the pandemic, there are new members of the Minnesota Chippewa Tribe (MCT) that needed to be sworn in.

This photo was taken at the first ever zoom swearing in of the Tribal chairs of the MCT.



# More Local

## A Christmas Vision

by Sharon Shuck

Today is December 25, 2015. I'm much older and still baking the traditional molasses cookies. Will I still be baking in my eighties? I hope not. As I roll the dough into the sugar, I glance at the Doolittle's family black and white photo, the five siblings, oldest to the youngest; Patsy, Fernie ("Maxine"), Junior ("Fred"), Emma Jean ("Sharon") and Frances, sitting outside in front of our home.

I glance again at the snap shot. I was 2 years old at the time, December 25, 1941, three weeks into WWII. The government had not created Ration Cards and the war effort was just starting. Dad had five kids under his belt and so he was not eligible for the draft.

My imagination takes over. Was there a Santa back in '41? Did the family celebrate Christmas in the one room tar paper shack? On that morning, did Mom cook oatmeal patties fried in bacon grease? Did we get presents? Maybe Santa brought us long brown stockings, wool mittens with string attached and brown high-top shoes to keep our feet warm. Did we sit Indian style on a round braided rag rug near the wood cook stove, bundled up in blankets to keep warm and slurping Grandma's hot



swamp tea with maple syrup?

For Christmas dinner, Mom probably cooked a big venison roast with potatoes from Grandpa Couture's summer garden, a kettle of wild rice, fried bread with warm maple syrup, and more of Grandma's swamp tea. Did Dad play a game with us where we guessed and pointed to which hand held the sweet hard maple sugar candy?

Did our imaginations run wild again? Did we hear cow bells ringing? Was it Santa? Did we scrape the frosted windowpane with our fingers and peek out? Maybe it was just grandpa's buck wagon and his team of horses, bringing us warm milk from his two cows. Maybe Mom baked bread with left over potato water and milk. So yummy! Warm thick



slices of bread, smeared with lard and sugar. I glanced again at the photo, we all looked well nourished. An Ojibwe teaching comes to mind, the Creator watched and protected his children. His children were in the one room tar paper shack.

Maybe I was reflecting on the comfort foods of my culture, wild rice, fried bread and maple syrup, Rez living and the one room tar paper shack. Maybe it was not my imagination but an actual experience from the past. Christmas of 1941.

Holidays are times of traditions, times of celebrations. May this holiday season be a memorable one.

## New air sensor installed

The Fond du Lac Air Program recently installed a new small sensor on the Brookston Center to measure fine particles in the air.

Due to increased wild fire smoke entering Minnesota every year it is becoming more important to be able to detect poor air quality days so we can report it to the public. The Fond du Lac Air Program has partnered with the Minnesota Pollution Control agency to add the new small sensor as a part of the National Purple Air Network.

Having the Purple Air sensor in Fond Lac will help fill air quality data gaps in the state and will also help expand the states air quality detection network. You can visit the purple air webpage and view the current 10 minute average and daily air quality forecast at purpleair.com, and click on the map to find Fond du Lacs Purple Air sensor.

Don't forget to check out the link on the Fond du Lac webpage for information on how poor air quality can affect your health, the most current weather, and air quality forecasts for Minnesota under the current air quality tab.

If you have any questions about Air quality please call the Fond du Lac Air Program (218) 878-7101.

## #MyMaskStyle winners

Earlier this month, FDL hosted a #MyMaskStyle competition, encouraging people to wear masks while they go out, and take pictures of them in their masks.

Masks during this pandemic have been a really fun and unique way to display messages, much like wearing t-shirts with sports logos or other brand names, as well as even some

with political messages or messages for great causes.

Congratulations to Jeanie Smith (Planning), Amy Thompson (Compliance), and Joanne Thompson (Aaniin) for this really fun human pyramid picture with their masks on.



# Spirit of the Tree – Listen to the Still Small Voice

By Christine Carlson

This story is about an old elm tree located in my home town - the village of Fond du Lac in south western Duluth. Everything in nature has its spirit and this is about the spirit of an old elm tree.

As a child, I walked past this tree hundreds of times. Whether it was to visit my best friend Vicky, go to work at my first waitress job at the Fond du Lac Tea Rooms, get groceries for my mom at Swanson's Store, head to Chamber's Grove to run around, or enjoy the view from the big arched, cement bridge looking over the historic St. Louis River. Thankfully, this bridge is now named after Biauswah – great warrior and peacemaker.

Now I live south of this old village but really love going through it every time I drive to Duluth. This story took place 17 years ago and the tree is located on the corner of 131st Avenue West and Evergreen Memorial Drive or Highway 23.

The Walter and Erna Carlson family lived down 131st Avenue West next to the famous Mission Creek. Each time leaving home, whether walking, riding my bike or driving, this tree was clearly visible and stood next to the old Fleishman house. This house was made with some timbers from the old fur post.

**2003**

It seemed that this old tree was trying to get my attention. I just couldn't get it out of my mind each and every time I drove by the tree. This



photography by Christine Carlson

tree wanted me to stop and kept gently "calling me and whispering to my very soul." It seemed there was always an excuse not to stop:

I was running late and had too many places to stop; it was too dark; I had an appointment in town;

Or looked forward to meeting some friends; I didn't have the right camera or film; or completely forgot my camera; I had to get home by 4:30 when my

son Keane got off the bus; It was raining or a myriad of excuses why I did not stop; I also wondered about my sanity. Is a tree really communicating with me?

Finally, the day came that I had some extra time and frankly all of this was really peaking my curiosity. On my way home one fine day, I stopped my truck across from the tree, grabbed the camera and slowly walked across the median of

the divided highway.

I took the first pictures from a distance and more while approaching closer and closer. Not thinking much only that this was a really huge, old elm tree. Then I stopped "cold in my tracks" as I saw this incredible face as part of the tree. Maybe this was the spirit of a dinosaur or thunderbird or ancient animal. Could it be that this is what was calling me all this time? Mesmerized for sure as I studied the face and wondered about all the things this spirit has seen in old Fond du Lac. This special place is an ancient village! Thanking the spirit for getting my attention, being persistent and not giving up on me.

But why???? Maybe the tree wanted to be noticed or wanted me to tell this story. Maybe it remembered me all those years passing by as that free-spirited, little girl and watching me grow to this elder woman of today. Maybe it knew how much I love this special village. Maybe I needed to learn a lesson. What do you think?

Feeling blue one day; stopping by the tree; giving it a big hug. Enveloped by the arms of this great tree; feeling safe and happy. This surely was a great gift.

Telling this story to several people; one being friend Dan Con-

nolly. Shortly after, he called and said the tree had crashed down across the highway and median last night. That's it!!! The tree knew its time was coming. Oh, what a tree! Falling during the middle of the night and keeping all the residents and travelers safe in old Fond du Lac. Hoping that the spirit of this great tree is happy.

P.S. The rest of the story. The large, jagged trunk still stands and new growth is coming forth. The diameter of this great tree is thirteen feet.

**Peace on Earth**



Treehugger Christine Carlson embracing another favorite birch tree. Photography by Keane Carlson

#MobileCheckInAtBBCR #MyPlaceToStay

## NEW MOBILE HOTEL CHECK-IN!

For everyone's safety, we've added a new mobile check-in feature available to all hotel guests. It allows you to check in to your hotel room right from a phone or device. This gives our staff more time to focus on personalizing your experience.

You will receive SMS messages with links for checking in and out and notifications when your room is ready. Coming soon is also a digital key feature. You will be able to use your phone as a room key.

rGuest Express Mobile and digital keys are two of the many new features we are adding to Black Bear Casino Resort to make your visit as safe and comfortable as possible.

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## MAKE THE BEAR YOUR PLACE!

COMING SOON! Watch our website and social media accounts for future information about Earn a 2nd Chance and NYE in December!

See official rules at the Players Club or online at [blackbearcasinoresort.com](http://blackbearcasinoresort.com). Management reserves all rights.



#ChargeUpatBBCR #MyPlaceToChargeUp

## WE HAVE NEW ELECTRIC CAR CHARGING STATIONS!



Our stations are on 2<sup>nd</sup> floor of the parking ramp.

DECEMBER 5<sup>TH</sup>, 12<sup>TH</sup>, 19<sup>TH</sup> & 26<sup>TH</sup>

# FROSTY Free Play

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Earn 30 points & swipe your Players Club card at any kiosk to receive \$10 in Free Play! Maximum of four (4) swipes per day.



# Emma Jean's Gratitude

by Sharon Shuck

On October 17th, from the kitchen window I watched angry grey clouds drop a wet heavy blanket of white that covered the backyard and I thought of last year's blizzards. Will the northland have another 20 inches or more? Will I be snowed in for four days again? The thought of it brought chills to my bones.

I've been down in the dumps lately and I blamed it on the pandemic. Too much CNN coverage and according to Dr. Fauci's forecast this winter, dark days are ahead. I fear there will be more isolation, no social gatherings, and with the holidays coming up, I anticipate I will be eating alone.

An email popped up on my screen from a friend, three words, "I'll trade rice" and I read between the lines, he wants molasses cookies. What a deal!

Mother Earth planted an abundance of manoomin this year, canoe's overflow with her gift but the uncertainty, the pandemic this year, the moccasin telegraph says, harvesters are holding back on Mother Earth gift and the price of manoomin has increased.

I looked out the kitchen window again, still snowing, drifting, another bleak, dark day, social distance and no place to go. And I had an order to fill, the men were waiting for seventy dozen molasses cookies. I looked at the counters cluttered with

twenty-five pounds of flour, 100 pounds of sugar, spices, a dozen eggs, and a gallon of molasses, and talking to myself, "I need more space in this tiny kitchen."

I felt sorry for myself. What is wrong with me? Do I have SAD? I stared at the sugar and my mind drifted back to Grandma Couture's words about President Roosevelt sugar. What would she say to her Emma Jean? "What is wrong my girl? Why are you so droopy? What is wrong with my Emma Jean?" "I don't know Grandma." "Speak up my girl."

I visualized Grandma standing in front of her cookstove at her old drafty home in the backwoods of Brookston. She's kneading bread, stretching, slapping the dough between her chubby hands and dropping it into a black cast iron frying pan filled with hot melted lard. President Roosevelt's lard. If grandkids arms were long enough, we could reach up and grab left over oatmeal patties fried in bacon grease or a piece of fry bread. Grandma, she had eyes in the back of her head and could always spot those skinny arms reaching into the overhead warming oven.

I looked at the size of my kitchen, 1/8th the size of Grandma's large Rez kitchen. I have a built-in gas stove, a large self-cleaning oven with four electric-start burners. I compared my stove to hers. Grandma made do with what she had, an old heavy black wood cookstove, simple, not fancy, just the



basic. The stories I heard; the stove was bought at Larsen's General Store in the Town of Brookston. Grandpa, his team of horses and a buck wagon, hauled the heavy stove to the back woods Rez home. Grandpa with limited funds most likely cut logs, used

Roosevelt's Relief Check or trade to pay for Grandma's stove.

The wood cookstove had a metal pipe that vented outside through the ceiling and roof; the flat surface had four burners with lids lifters; a backslash; strong black cof-

fee was kept warm in a gallon blue speckled enamelware percolator and pushed to the back of the stove, waiting for company showed. Sometimes Grandma threw in an egg into the coffee grounds. Maybe it was to cut the bitter taste. Above the burners, a warm-

# Emma Jean's Gratitude

ing oven where Grandma stored rendered bacon; duck; and chicken grease in lard cans. Below the burners, double oven; a firebox; and a hot water reservoir. The ovens were big enough to cook a deer roast; ducks; chickens and blueberry pies. The reservoirs had to be filled every day, Grandma used the water to boil coffee; cook; can; bath; wash dishes and; boil and wash clothes and clean floors. Under the firebox was the Ashes clean-out, morn-ing and evening after the fire burned down, a shovel and bucket was used to scoop out the ashes, which Grandpa used to fertilizer the gardens and Grandma make lye soap. Nothing was tossed out. In the corner of the kitchen, in a large wood bin, dry fire-wood was stored and stacked; dry kindling to start the fires filled an old rusted bucket; a mounted tin matchbox holder was nailed to the wall with a supply of farmers wood safety matches. Years before, Grandpa dug a deep well out-side, a cast-iron hand pitcher pump was bolted down to a wood well cover and grand-kids pumped water, dumped it into wooden buckets and reluctantly hauled the water into the kitchen. Bath time in the galvanized wash tub with lye soap. Grandma's cold storage was the outside well. Wooden buckets were filled with milk, deer meat, cheese, butter, hams and lower into in the well. Grandma's life was a hard-ship but I never heard her complain. She always smiled;

happy to see family and friends; speaking Ojibwe; serving canning foods; fried bread; swamp tea and strong black coffee with no sugar and had extra enamel blue plates for company. Her house was always the same, calm, peaceful, and inviting. She nurtured many, and I was one of them.

Grandma braided her long grey hair and gathered into a bun at back of her head secured with U-shaped hair pins. No matter what the sea-son, Grandma always wore long brown cotton stocking and mended heel holes with a wooden sock darning egg. Her shoes! Sear and Roebuck catalog heel black oxford. Photos of Grandma, she walked on the outside of her feet. I thought about that. I walk on the outside of my feet. I inherited Grandma feet and toes. But brother correct-ed me. Grandma had rickets, bow legs. Brother had rickets and bow legs. I did inherit Grandma's feet! 'No" brother say, "it's my weight."

Grandma bought flour in a 100-pound printed cotton sacks. She baked bread twice a week, loaves of bread and biscuits covered every inch of the old round oak table. She had many mouths to feed. She would cut one slice of warm bread, smear it with Roosevelt lard, and sprinkle the top with the President's sugar. Grandkids licked the top of the bread and then gobble down in a flash. Sweet sugar bread. Yum.

Grandma's flour sack mate-rial was boiled, wash, bluing

added and sundried out-side. She cut, sewed several pinafores aprons on the old treadle Singer sewing ma-chine and all greased stained. Aprons were used to wipe grandkids tears; as a pot-holder; to spit and clean dirty ears; from the chicken coop, carry eggs; from the garden, her vegetables; and pockets carried spearmint tea leaves and clothes pins.

Grandpa and Grandma spoke of President Roosevelt war efforts many times. Save the metal! Save the paper! Save the rags! Save the Rez tires! Save the batteries. Watch the spending on the ration book stamps! With ra-tions stamps Grandma could buy one cup of Roosevelt sugar every week. "Don't waste or spill Roosevelt sugar. Roosevelt gave us sugar, lard and a Relief check."

According to brother, Grandpa and Grandma had a battery powered radio and listened to Roosevelt's Fire-side Chats. Batteries did not last long and were in short supply because of the war ef-fort. Roosevelt's Government Relief checks each month, it only went so far and many times it was the end of Roos-velt Fireside Chats.

As a child growing up on the Rez, I did not understand who President Roosevelt was; why he gave the family lard and sugar; and what was a ration book with stamps; and what was the war effort and where was dad? The grand-kids could not have a Model T swing with ropes because of the war effort. Tires had to

be saved.

I looked down at the hardwood oak flooring, easy maintenance, durable, old charm, inviting atmosphere and appealing. My thought jumps back to Grandma's large kitchen linoleum floor-ing, stained, torn, loose, cracked and glued with tar and cold creped through the uneven floor boards. In front of the heavy stove, the boards bowed, rendered grease stain the flooring, rust stains from reservoir and hot spilled ashes left burn marks.

Grandma did not have indoor plumbing. She had a two-seater outhouse with a Sears and Roebuck catalog toilet paper. In another corner of the kitchen, near the wood bin, a slop pail for quick night relief.

The last three years of Grandma's life, she moved several times, from a Rez sizeable home with two bed-rooms, a large kitchen, lots of land in remote Brookston, to smaller, inadequate, substan-dard housing, a one room home, an outhouse, slop pails, kerosene lamps and her large black wood cookstove for heat. Brother remarked "at one time, Grandma lived in a converted chicken coop with her wood cookstove, off Highway 2. Her last move was a one room tar paper shack again off Highway 2 in Brookston, next to her youngest daughter who then nurtured Grandma until she passed in October 1955. She endured poverty, struggles, unstable housing, lack of medical care at the old Indian

Hospital, no one to nurture, survived Indian Board-ing Schools, and remained faithful to St. Patrick Catho-lic Church in the Town of Brookston. She never had the pleasure of living in a heated house; indoor plumbing, elec-tricity, or having 100 pounds of sugar.

Grandma was happy to see me. She nurtured me. I never had night problem. She com-forted her Emma Jean, when I fell. She let me use her blue canning jars and catch fireflies. She let me gobble up sugar and lard bread. She let me feed Porcupine his ber-ries, lettuce, and bring him into the house.

This Thanksgiving, I may be eating alone. I have much to be thankful for. Although there is bad news 24/7, I can turn off the news and the computer. I can eat healthy, lose excess weight and walk to the supermarket. I could be more active. I have mate-rial comfort; adequate supply; and more than I need. I do not have to pinch pennies; do not live in poverty or barren-ness and have an adequate supply of batteries. I have "okayness" in my life. I'm here. I'm alive. I have the power to do good and give to others. So, Emma Jean, I tell myself, stop feeling sorry for yourself. There is still hope. And I never know what tomorrow will bring.

Yes, Grandma, your Emma Jean has much to be thank-ful for. I am safe, healthy and secure.

Miigwetch, Emma Jean No- vember 2020

# Etc

## Prevention Intervention Program

By Kami Diver,  
Lead Prevention Intervention Specialist

Aaniin, the Prevention Intervention Team has been busy completing the delivery of summer packages. If you have not received the summer package, call Prevention Intervention and we will put a package together for you.

We are preparing our “school supply packages.” Our team will get these out to our youth as soon as possible. These packages will be for all youth whether or not they are attending in person or virtual schooling. Although

these educational supplies may not follow all of the suggestion from each school, they will meet most of the requirements. As well as delivering the school supplies we will be providing snacks for the children.

The Prevention Intervention team is continuing its efforts to develop a series Alcohol, Tobacco, and Other Drugs (ATOD) programs that will be viewed via the “distance learning” format. These units will be developed and available in 2021. The Prevention Intervention Department will invite all public schools who may want to participate in the ATOD curriculum as well.

Prevention Intervention Department

members will contact the Public Schools in the area to see if they would like to participate in the program.

The Prevention Intervention Department team understands that equity is the biggest obstacle in preparing for online learning, and is one of the first factors we need to think about. We are making every attempt using an online environment, to reduce most everyone's anxiety by making our channel of communication frequent, clear and succinct.

We are working on systems that will provide assistance to those children who may be struggling to keep up in with our curriculum and in school due to the COVID-19 restrictions. We are not only thinking about the ATOD curriculum we are also considering the possibility of providing tutoring that will provide assistance to the child with not encumbering the parents who might already be overwhelmed by the methods. One of the best procedures we will implement will be streamlining information by creating one place for all the ATOD assignments, schedules and expectations. Once developed we will provide the parents and children with a schedule and process for submitting documentation of completion for classes and or need for tutoring.

Mentioned in our last article, several parents have asked what happens to children who may already have learning gaps. In the past, Prevention Intervention had provided after school tutoring, this will not be taking place anytime soon. We understand that the gaps for some of youth may keep widening. The inequities will continue to deepen. We are brainstorming on how we can offer assistance to our youth via the distant learning format.

We understand that many

students who learn and think differently struggle with changes in routine and loss of structure. The Prevention Intervention team cannot provide services all the time, however, we can develop process based on suggestions from families which will provide for an opportunity to help develop new strategies that focus on learning.

To help relieve anxiety displayed by some of our youth and families we are working out a process where we can continue offering horseback riding, bowling, movies, and skiing this winter. We will not be able to provide transportation to the ranch, bowling alley or skiing, however, we will work out the process of payment by our program. Parents will need to transport their children. We will keep you informed.

Remember, this pandemic can only be reduced by following the mandates established by the RBC and CDC, please continue the social distancing, and small group gatherings. We will provide masks to all Prevention Intervention parents and youth by wearing them and respecting the guidelines you will be following the third Grandfather gift of Manaadjitowaawin (respect) to all people. Miigwech

## Food distribution has new hours

Fond du Lac Food Distribution now has new hours. Their new hours of operation are Monday through Friday 8:30-11:30 a.m. and 1-4 p.m.

## FACE program

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

be:

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

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

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

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

## LEGAL NOTICE – DECEMBER 2020

The following is a list of Band members who have monies in trust with the Fond du Lac

## Bimaaji'idiwin

### FDLTCC Extension Producer Training Program

The Bimaaji'idiwin Producer Training Program is for community members of all skill levels that want to grow their own food or start a farming business. The program provides training, technical assistance, organic seeds, educational materials and farming supplies, and access to equipment.

Participants will have the opportunity to engage in:

- group meetings
- local farm tours
- regional organic sustainable agricultural conferences
- weekly classes from March to October that bring in experts on Ag-business planning, pest, disease and weed management, soil health, seed saving, marketing, and produce safety.

At Gitigaaning or your own home, you'll learn about traditional and modern methods of cultivation and harvest, and complete a business plan to reach your goals. We help build connections with other producers, engage with USDA and service programs.



Apply by January 10th, 2021.

Contact: Erika Legros 218-878-7141, erikalegros@fdlrez.com



Fond du Lac College



Etc

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:  
 CASSIDY, Denise  
 CICHY, Gerard

CICHY, Leslie  
 COUTURE, James A.  
 ENGLER, Catherine  
 HAARSAKER, Brenda  
 HILPIPRE, Jean M.  
 KLASSEN, Llorra A.  
 LAFAVE, Darren Houle  
 LAFAVE-KING, Jacqueline  
 LAPRAIRIE, Robert  
 LEE, Patricia J.  
 MARTIN, John Francis Jr.  
 MARTIN, Kim I.  
 MARTINEAU, Loretta C.  
 MARZINSKE, Florence  
 MARZINSKE, Larry  
 MUELLER Neva  
 SAVAGE, Mark  
 SMITH, Robert W.  
 SOULIER, Gary  
 ST. GEORGE, Richard J.  
 THOMPSON, Henrietta  
 TUTTLE, James III  
 WILLIAMSON, Donna M.

### TERO seeks workers for Line 3 project

The Tribal Employment Rights Office (TERO) and Enbridge are building a qualified skilled labor force and is engaging Tribal and native owned businesses to help this effort.

As part of the Line 3 Replacement, TERO is looking for many skilled employees during the Line 3 Replacement work for many different jobs. The priorities are to increase employment, training, and suppliers to work on the Line 3 Replacement Project in Minnesota.

The TERO office will send Precision Pipeline a weekly referral list of people interested in working on Line 3. For those looking at the security positions please contact CIPS by calling Mike Roberts at (612) 834-3294 or Pete at (320) 267-0491.

For more information, contact the Lonny Susienka, TERO officer (218) 878-7527.

## 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”

## Nahgahchiwanong Adaawewigamig

### Fond Du Lac Gas & Grocery

Open 7 days a week: 7 a.m.-9p.m.

We changed vendors and have new products! Come and check out our new selection of ready to go meals, ready to eat fruit and healthy food options. We have a new Java coffee brand as well as International Delight Iced Coffee! With our coffee cards buy 5 cups of coffee and get the 6th FREE! When you're grabbing a cup of coffee take a look at Grandma El's variety of donuts and bread. When you are looking around the store you will notice a better selection of WIC products. Our frozen section is stocked with variety of pizza and family meals. Please remember to wear your mask when you come shopping.



## POSITIVE INDIAN PARENTING

Honoring Our Children by Honoring Our Traditions

Join us for a virtual Positive Indian Parenting class focusing on traditional and culturally specific parenting practices and values. The class will draw on the strengths of historic Indian child-rearing practices and blend traditional values with contemporary skills. Storytelling, cradleboards, harmony, lessons of nature, behavior management, and the use of praise are discussed.

CLASS 10AM - 12PM

via zoom

- Monday, December 7
- Wednesday, December 9
- Monday, December 14
- Wednesday, December 16
- Monday, December 21
- Wednesday, December 23
- Monday, December 28
- Wednesday, December 30

Register today!

Call 218-878-2145 to reserve your spot.

Class is limited.



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



# Health News

## Holiday Health Tips

The holidays may look different for many this year due to our current pandemic. Despite that, it can still be a healthy holiday season. Stay healthy and strong this season by following some of the tips below.

### Remember food safety

- After grocery shopping, refrigerator or freeze the food within two hours
- Wash your hands often especially when cooking and eating
- Keep hot foods hot and cold foods cold
- Refrigerate leftovers within two hours
- Reheat leftovers to 165°F
- Don't eat raw cookie dough

### Reduce calories, eat healthier

- Replace some of the oil or butter with applesauce
- Use a lower fat or fat free version of sour cream, yogurt, and cheese
- Sub whole wheat flour for a portion of the flour in a recipe
- Eat a small, low calorie meal or snack before a party (string cheese, pretzels, an apple or veg-

gies and dip) to prevent overeating

- Limit or avoid alcoholic beverages
- Use a small plate at the food table
- Choose fruit, cut veggies or a small amount of nuts as an appetizer
- Move away from the food table after dishing up
- Focus on conversations, family and friends rather than food
- Chew gum to prevent nibbling
- Change candy and cookie making parties to wreath making parties, gingerbread house decorating parties or home-made decoration parties to take the focus off of food

### Make activity a priority

- Start the day with stretching
- Plan a family walk after dinner
- Make a snowman with the kids
- Hit the sledding hill

### Plan ahead

- Carry healthy, on-the-go snacks, like fresh veggies or fruit and water, while shopping, to avoid the high calorie tempta-

tions. (Don't forget to wash hands or sanitize first!)

- If travelling, check the weather. Have a winter survival kit in your vehicle
- Get a flu shot. Colder weather brings more people indoors. If someone is sick, it can spread quickly. Stay home if you are sick
- Limit the number of people at a party, practice social distancing and wear a mask
- Start thinking about 2021 goals. Make them realistic and obtainable. Baby step your way to a larger goal

• Increase your knowledge on how to reduce your risk for cancer, diabetes and heart disease in 2021. Consult with your Health-care Provider or other health professional to get you going in the right direction.

Use these tips to have a healthier, more memorable holiday season and new year!

Sources include: The Academy of Nutrition and Dietetics, CDC, MDH and the American Cancer Society

## COVID-19 AND HOW TO PREPARE PROPERLY FOR QUARANTINE

Aim to have a 14-day supply of the following items, but 30 days is ideal. Only buy items you need and avoid hoarding supplies.

### MEDICATION

- Medications to treat cold, fever and pain symptoms
- Talk with your pharmacist/insurance company to discuss your options for acquiring larger quantities of certain prescriptions



### HOME SUPPLIES

- A reasonable amount of toilet paper, tissues, and paper towels
- Laundry and cleaning supplies, including disinfectant
- Toiletries like toothpaste, toothbrush, body wash, shampoo, hand sanitizer, and hand soap
  - o Hand sanitizer is useful but should only replace hand-washing when soap and water are not available.



### FOOD

- Shelf stable pantry items, such as soups, crackers, tuna, etc.
- Frozen foods



Ask a family member or friend if you need help with supplies.

People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Adapted from California Pharmacists Association



Fond du Lac Reservation | Fond du Lac Human Services Division

They learn from watching you...

# Eat More Fruits and Veggies

and your kids will too!



This institution is an equal opportunity provider.  
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.  
Fond du Lac Human Services Division | Community Health Services





# Health News

## Grieving during the holidays

We've all heard the popular song lyric..."It's the most wonderful time of the year...!" But what if it's not? The loss of a loved one is traumatic but during the holidays, the feelings of loss can be more profound.

The holidays can be a busy, stressful time for people but dealing with the loss of a loved one during this time can also increase feelings of loneliness, depression & sadness. It is important to remember to take care of yourself during this time. Some things that you can do to help yourself through these times are: Allowing yourself to feel sadness or other emotions that may arise, don't let someone else tell you how you should feel; know that it is ok to express your feelings and to cry. For some, the

uncertainty of what traditions to carry on or what new ones to make can create empty feelings. A new beginning or tradition may be to do something in honor of the loved one. It is also acceptable to let yourself enjoy the beauty of the season, surround yourself with supportive people and cherish memories of the loved one.

There are many different support groups available. Check with your doctor, friends, coworkers and family. Know yourself and when you may need to ask for help.

Symptoms requiring professional intervention include: constant thoughts of being worthless or hopeless, ongoing thoughts of death or suicide, the inability to perform day-to-day activities, hearing voices or seeing things not there, the inability

to accept the loved one's death, flashbacks, nightmares or memories that continue to intrude one's thoughts, extreme weight loss, isolation, breaking ties with family or friends.

American Cancer Society is available 24/7 for support online, local bereavement groups, and other resources. Call 1-800-227-2345

Sources: American Cancer Society [www.cancer.org](http://www.cancer.org)

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

A message from your Fond du Lac Cancer Prevention Program

## WHAT IF I GET A POSITIVE COVID-19 TEST RESULT?

If you get a positive result:

- You need to notify your provider
- You must isolate for 10 days
- Notify close contacts they will need to quarantine for 14 days from date of last exposure

People who test positive for COVID-19 should think about the people with whom they spent time with, starting two days before they were tested or two days from when they first started feeling sick.

Being a **close contact** generally means being less than 6 feet from someone with COVID-19 for 15 minutes or more cumulatively throughout a 24-hour period. However, even shorter periods of time or longer distances can result in spread of the virus.



Fond du Lac Reservation | Fond du Lac Human Services Division

They learn from watching you...

# Be Active

and your kids will too!



This institution is an equal opportunity provider.  
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP  
Fond du Lac Human Services Division | Community Health Services



# 13 Moons

## Manidoo-giizisoons

The new Manidoo-giizisoons begins December 26. This is the Little Spirit Moon. Another name for this moon is Gichi-bibooni-giizis, the Big Winter 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)**

**Dakaanimad ..... wind (cold)**

**Waabani-noodin ..... wind (east)**

**Giiwedin..... wind (north)**

**Zhaawani-noodin ..... wind (south)**

**Goon..... snow**

**Maajipon ..... snow (start to)**

### Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

BAAPINAKAMIGAD/Festivities

BAKWEZHIGANAABOO/Gravy

EMIKWAAN/Ladle

GOJIPIJIGE/Taste

GWAASHKWEZI/Energetic

JISHAAKWAIGAN/Hide Scraper

MANIDOOGIIZISOONS/December

MIKWAMIIWADAMON/Icy Road

NITAAWIGI/Grow

OKANAKOSIMAAN/Squash

WAAWAASHKESHI/Deer

WANAGEKOGAMIG/Bark Lodge

ZHAABOONIN/Goose Berry

ZHINGOBAANDAG/Fir Bough

ZOONGINIKE/Strong Arm



# 13 Moons

## 'Twas the Night Before Ojibwe Christmas

'Twas the night before Niibaa-anama'egiizhigad, when all through the wiigiwaam  
 Not an awakaan was stirring, not even a waawaabiganoojiinh;  
 The moccasins were hung by the smoke hole with care,  
 In hopes that Miigiwe Miskwaa Gichi Inini soon would be there;  
 The abinoojiinhyag were nestled all snug in their nibaaganan,  
 While visions of ziinzibaakwad danced in their nishttigwaan;  
 And nimaama in her moshwens, and I in my makadewindibe,  
 Had just settled down for a long biiboan zhiibaangwashi,  
 When outside the wiigiwaam there arose such a clatter,  
 I sprang from the nibaagan to see what was the matter.  
 Away to the waasechigan I flew like inaabiwin,  
 Tore open the shutters and threw up the giibiiga'iganiigin. The dibik-giizis on the  
 breast of onaaband  
 Gave a shine like duct tape to objects zazagaamagad,  
 When, what to my wondering nishkiizhigooon should appear,  
 But a miniature toboggan, and eight tiny waawaaskeshi,  
 With a little old driver, so lively and wajepii,  
 I knew in a moment it must be Miigiwe Miskwaa Gichi Inini.  
 More rapid than migiziwag his coursers they came,  
 And he whistled, and biibaagi, and izhi-wiinde by name;  
 "Now, Bimibatoo! now, Niimi! now, Babaamishimo and Moozhikwe!  
 On, Anang! on Zaagi! on, Animikii and Wawaasese!  
 To the top of the porch! to the top of the wiigiwaam!  
 Now Bimibide! Ipide! Ombibidemagad!"  
 As dry leaves that before the wiindigoo fly,  
 When they meet with BIA, mount to the sky,  
 So up to the apakwaan the coursers they flew,  
 With the tobaggon full of toys, and Miigiwe Miskwaa Gichi Inini too.  
 And then, in a twinkling, I heard on the apakwaan  
 The prancing and pawing of each little inzid.

As I drew in my iniji, and was turning around,  
 Down the chimney Miigiwe Miskwaa Gichi Inini came with a bound.  
 He was dressed all in gipagawe, from his head to his foot,  
 And his clothes were all tarnished with bingwiand and soot;  
 A bundle of toys he mangiwane on his back,  
 And he looked like a adaawewinini just opening his pack.  
 His ishkiinzigooon -- how they twinkled! his inowan how merry!  
 His miskwanowan were like roses, his nose like a choke-cherry!  
 His droll little indooon was drawn up like a bow,  
 And the beard of his chin was as white as gichimookamaan;  
 The stump of a opwaagan he held tight in his wiibidaakaajiganan ,  
 And the smoke it encircled his head like a miskwaanigan;  
 He was full up on frybread with little round belly,  
 That shook, when he laughed like a wiigwaasinaagan of jelly.  
 He was chubby and wiinin, a right jolly old elf,  
 And I giimoodaapi when I saw him, in spite of myself;  
 A wink of his ishkiinzigooon and a twist of his mangindibe,  
 Soon gave me to know I had nothing to gotaaji;  
 He ojibwemo not a word, but went straight to his work,  
 And filled all the moccasins; then turned with a jerk,  
 And laying his ibinaakwaanininj aside of his nose,  
 And wewebikweni, up the smoke hole he rose;  
 He sprang to his toboggan, to his waawaaskeshi gave a whistle,  
 And away they all onjinizhimo like the down of a thistle.  
 But I heard him biibaagi, ere he drove out of sight,  
 "Happy Niibaa-anama'egiizhigad to all,  
 And to all baamaapii."

Source: <http://www.nativetech.org/poetry/ojibwechristmas.html>

# COVID updates

## Eleven new COVID-19 testing sites to open across Minnesota; mail order program now available statewide

*New testing sites to remain open 3-5 days a week through at least end of year*

In order to expand access to free, “no barrier” COVID-19 testing, the Minnesota Department of Health (MDH) today announced 11 new longer-term COVID-19 testing sites will open across Minnesota in the coming weeks. Ten of the testing sites will be at National Guard Armories in Albert Lea, Anoka, Crookston, Fairmont, Hibbing, Hutchinson, Inver Grove Heights, Morris, Stillwater, and Wadena (see full list below). The 11th will be in the west metro.

In addition to the 11 new testing sites, the COVID-19 Test at Home program is now available to all Minnesotans across the state. This is an expansion from the pilot, which was previously made available in 23 counties and the Red Lake Nation.

“Minnesota is entering the most difficult phase of the pandemic yet,” said Minnesota Commissioner of Health Jan Malcolm. “We have record levels of new cases, high hospitalization numbers, and increased community spread. At the same time, we know promising vaccines are

entering new stages of development.”

“Right now, our job is to build a bridge to that day when safe and effective vaccines are widely available. We do that by working together to limit the impacts of COVID-19 on our families and communities through the simple steps we know make a difference. That includes social distancing, masking, avoiding crowds, staying home when sick, and getting tested when appropriate. This latest expansion of testing makes that last part easier by providing Minnesotans with an unprecedented level of access to COVID-19 tests, putting nearly every Minnesotan just three days from a test result,” continued Malcolm.

All of the new testing sites, as well as the mail order program, offer COVID-19 testing to any Minnesotan who wants to be tested, whether they have symptoms or not, and does not require insurance. Some sites will offer nasal swab testing, others will offer saliva testing. They will stay in operation until at least the end of the year to provide sustained testing capacity across the state.

The sites at National Guard

Armories will be staffed by a combination of local public health staff and members of the Minnesota National Guard. Nearly 100 members of the National Guard are being deployed to provide support with logistics, registration, check in and check out, supply management and transportation. These sites will replace the “pop-up” style of community testing events, which for the past several months, would arrive in a community for 2-3 days of testing.

“Our mobile community testing events allowed us to test thousands of Minnesotans, in all corners of the state,” said Dan Huff, Assistant Commissioner for Health Protection. “We came to communities experiencing spikes in cases or hotspots. But now, every community is seeing spikes in cases. By placing these testing sites in armories for the time being, we’re able to spend more time providing tests, instead of setting up new testing sites every week. This expansion allows us to be more efficient and provide more access to more people.”

The state will also open a new saliva testing site in Burnsville, at the former Pier 1 store, on

Monday, Nov 16. It is the 10th saliva site operated by Vault Medical Services, which has also partnered with the state to offer the COVID-19 Test at Home program statewide.

“Our mail order at-home test program is another way we are helping Minnesotans stay safe, which also includes the 10 on-site testing facilities across the state, and the Oakdale COVID-19 lab,” said Vault Health Founder and CEO Jason Feldman. “Now, residents can access our tests from the safety of their own home under the digital supervision of a practitioner with results in the same amount of time.”

Through the COVID-19 Test at Home program, any person in

Minnesota can order a saliva test to be delivered at their home with expedited shipping. The test is then sent to the new lab in Oakdale, Minnesota, for processing.

“The pilot program provided valuable insight and important information about how the program works in practice, not just in our more populated areas of the state, but in our smaller communities as well. Using what we’ve learned, we’ve made the Test at Home program easier to use, more accessible, and more user-friendly,” continued Huff.

Find more information about the COVID-19 Test at Home program and find the link to order a test at COVID-19 Test at Home.

### New MDH Testing Sites

#### Albert Lea

National Guard Armory  
410 Prospect Ave.  
Opens Nov. 18

#### Anoka

National Guard Armory  
408 Main Street E  
Opens Nov. 17

#### Crookston

National Guard Armory  
1801 University Ave.  
Opens Nov. 16

#### Fairmont

National Guard Armory  
700 N Fairlakes Ave.  
Opens Nov. 18

#### Hibbing

National Guard Armory  
2310 Brooklyn Dr.  
Opens Nov. 18

#### Hutchinson

National Guard Armory  
1200 Adams St. SE  
Opens Nov. 30

#### Inver Grove Heights

National Guard Armory  
8076 Babcock Trail  
Opens Nov. 17

#### Morris

National Guard Armory  
722 Iowa Ave.  
Opens Nov. 18

#### Stillwater

National Guard Armory  
350 Maryknoll Dr. N.  
Opens Nov. 16

#### Wadena

National Guard Armory  
517 Jefferson St. N.

### Propane not open to public, available by phone or internet

With the increased number of COVID-19 cases, FDL Propane will no longer be open to the public. The propane offices will still be staffed, but will be conducting all business over the phone

and/or internet.

Customers can call the propane office 8 a.m.-4:30 p.m. Monday-Friday (218)-879-4869. If you need the after-hours emergency line, it is available weekdays from 4:30 p.m.-8 p.m. and 8 a.m.-8 p.m. week-

ends at 1-866-803-9718

With the increase of positive cases it is imperative that Fond du Lac Propane adjusts the building access protocols. Thank you for your understanding and patience.

# COVID updates

## Pfizer and BioNTech complete trials, report 95% effective

Last week Pfizer and German partner BioNTech reported that their COVID-19 vaccine had a 90% effective rate, but this week they're saying that their vaccine is 95% effective just days after Moderna released that their vaccine was also 95% effective.

Pfizer and BioNTech have also completed their trials this week with those numbers and say that they plan to seek approval from U.S. regulators this week, the Associated Press (AP) reports. They have also begun the approval process in Europe, the U.K., and Canada.

Pfizer and BioNTech had initially estimated the vaccine was more than 90% effective

after 94 infections had been counted in a study that included 44,000 people. With the new announcement, the company now has accumulated 170 infections in the study -- and said only eight of them occurred in volunteers who got the actual vaccine rather than a dummy shot. One of those eight developed severe disease, the company said.

Of the 44,000 participants only eight people were infected, and those are very promising results. The top medical experts in the world were hoping for 75% effective rate, so 95% is exceeding the best that many were hoping for.

Most importantly is how it will impact those most affected

by the virus. The results, while also preliminary look good for the Elders in our communities.

They said the vaccine was more than 94% effective in adults over age 65, though it is not clear exactly how that was determined with only eight infections in the vaccinated group to analyze and no breakdown provided of those people's ages.

Moderna, which is a one dose vaccine, has said that they can have 20 million doses produced by year's end. That number, with Pfizer's expectations, could mean millions of American's are vaccinated within the next couple of months.

Pfizer and BioNTech said

they expect to produce up to 50 million vaccine doses globally in 2020 and up to 1.3 billion doses in 2021.

Remember as these vaccines rollout, that the way to make them effective is if as many people as possible get them. So when this vaccine becomes available, talk to you health-care provider if you have questions, but remember vaccines are best chance for the quickest possible return to normal.

The hard work remains ahead of us. But there is also hope on the horizon. We must continue to keep numbers low to save those we care about, and that will make the next several months difficult as we all grow weary of the pandemic. Please, stay safe and stay strong FDL.

Source: <https://apnews.com/article/coronavirus-pandemic-9d71455cfce0ff047dee4d-f873ec1023>

## AMA announces new public health threat

The pandemic has made 2020 a difficult year, but over the last handful of years, or since 1968, or since 1865, or since 1492, this country has been plagued by one issue that too many can't seem to accept, that systemic racism exists and is a real problem.

Nov. 16, the American Medical Association (AMA) announced that their pledge, that they've been working on since June, to confront systemic racism has now acted to explicitly recognize it as a public health threat. This is something that needs to happen,

especially as the AMA's website states, during this pandemic.

"The AMA recognizes that racism negatively impacts and exacerbates health inequities among historically marginalized communities. Without systemic and structural-level change, health inequities will continue to exist, and the overall health of the nation will suffer," said AMA Board Member Willarda V. Edwards, MD, MBA.

"As physicians and leaders in medicine, we are committed to optimal health for all, and are working to en-

sure all people and communities reach their full health potential," Dr. Edwards said. "Declaring racism as an urgent public health threat is a step in the right direction toward advancing equity in medicine and public health, while creating pathways for truth, healing, and reconciliation."

While COVID-19 has ravaged communities across America, communities of color have been hit hardest by the pandemic. Acknowledging systemic racism as a public health threat will be vital in saving lives and communities.

## FOND DU LAC FOOD BOX DISTRIBUTION EVENT



NOVEMBER 24TH & DECEMBER 9TH  
FDL HEAD START PARKING LOT  
10 AM- 7 PM

THIS EVENT IS FOR THE FOND DU LAC COMMUNITY  
\*WHILE SUPPLIES LAST\*



# Community News

## Community News updates

If you're looking for a way to let people know that you care about them while remaining socially distant, these community pages are a great outlet for Band members and employees of the Fond du Lac Band. 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 Dec. 15, 2020 for the January 2021 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, and please leave a message as I am working remotely, but I will get your messages and call you back. Please remember to include the date of the birthday, anniversary, etc. in your greeting. Always include a phone number where you can be reached and your name. If you would like to have a picture posted with the message, we can work that out too. Materials may be edited for clarity and length.

### Happy Birthday

Happy birthday to my son; **Lance Northbird** (Dec. 14), Granddaughter; **Veahra Gracy** a Big "3" years old (Dec. 2), and **Lance Jr.**

**(aka Bubaz)** turning "9" (Nov. 30)  
*Love always,  
Momma/  
Gramma  
Bear Gail  
Dufault*



Happy 7th birthday to the baby of the family **Mr. Jordan (Shordy) Wright**

(Dec. 13).  
*Mom and Dad love you more and hope you have the best day ever.*

Happy 10th birthday to our sweet little boy **Mr. Jayden Wright** (Dec. 17).

*Dad and Mom Erin love you a ton and hope you have the best day ever.*

Happy 20th birthday to my most favorite brother in the world **River Ray** (Dec. 13).

Hope you have a good day bro and we all love you!  
*Love your favorite sister Erin Marie and the Fam*

### Thank You

Thanks!  
I want to say a humble "Chi-miigwech" to everyone who supported my campaign to represent Ward 5



on the Cloquet City Council. Everyone who voted, shared posts, made phone calls, wrote letters, talked to friends and relatives... WE DID IT! I have always said that I am nothing without our community and this victory belongs to us. Native American voters made a difference at the polls this election here and across the Nation! I look forward to representing with an open heart, a clear mind and asemaa leading the way over the next 4 years. Miigwech, Indinawemaagaanidog. - Lyz Jaakola

### FDL job listings

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

### FDL Reservation

- Substitute Teacher FDL Education On Call/Sub
- Cook Helper FDL Education On Call/Sub
- Secretary/Receptionist FDL Education On Call/Sub
- Reading Buddies FDL Education On Call/Sub
- Instructional Assistant FDL Education On Call/Sub
- Custodian FDL Education On Call/Sub
- Transportation Driver FDL Transportation FT/PT
- Nursing Assistant FDL Assisted Living FT/PT
- Recreational Aide 1, Sawyer SCC FT/PT
- Recreational Aide 2, Sawyer

SCC FT/PT

- Recreational Aide 1, Brookston BCC FT/PT
- Recreational Aide 2, Brookston BCC FT/PT
- Recreational Aide 1, Cloquet CCC FT/PT
- Recreational Aide 2, Cloquet CCC FT/PT
- Clinical Pharmacist MNAW, CAIR & Mpls On Call/Sub
- Pharmacy Technician MNAW, CAIR & Mpls On Call/Sub
- Transit Dispatcher FDL Transit FT/PT/On Call
- Head Start Substitutes FDLHS On Call
- Deli Clerk FDLGG PT
- Transit Driver FDL Transit FT/PT/On Call
- School Bus Driver FDL Education FT/PT/On Call
- Health Care Assistant MNAW, Assisted Living, Home Care FT/PT
- Store Clerk FDLGG PT
- Convenience Store Gas Attendant FDLGG PT

### Black Bear Casino Resort

- Golf Youth Cart Attendant PT Seasonal
- Cook I FT
- Cook II FT
- Cook III FT
- Beverage Server FT/PT
- Groundskeeper FT
- Buffet Runner FT
- Table Games Dealer PT
- Vault Cashier FT/PT
- Bus Person FT/PT
- Gift Shop Clerk FT
- Buffet Host/Hostess FT/PT
- Golf Course

Groundskeeper FT/PT Seasonal

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

### Fond-du-Luth

- Security Guard/Dispatch FT
  - Janitor FT/PT
  - Clean up Worker FT/PT
  - Beverage Waitperson/Bartender FT/PT
  - Cage Cashier FT/PT
  - Players Club Representative FT/PT
  - Slot Attendant FT/PT
  - Slot Technician FT/PT
- FDL Minneapolis listings
- Clinical Pharmacist On Call
  - Pharmacy Technician On Call/Sub

