

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



*Mohammad Abdul and Dan Huculak, WGZS Manager, interview Al Kitto, FDL Korean War Veteran, at FDL's Veteran's Day Dinner at BBCR Otter Creek Event Center for the Veteran's Voices CD. Photography by Christine Carlson*

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# Local News

## FDLTCC President passes away

Fond du Lac Tribal and Community College is mourning the loss of their president, Stephanie Hammitt, who passed away Nov. 14.

Hammitt had been named interim president in July 2018 before being named the newest FDLTCC President officially July 1, 2020. An enrolled member with FDL, Hammitt led the college through the pandemic. She loved the college and she worked there since 1990 until her passing earlier this month.

That admiration for the college was returned to her by her students and colleagues as shown by this statement submitted to the paper from FDLTCC.

“President Hammitt loved this unique and special college. She was especially proud of our students, along with the support and guidance that our staff and faculty provided. Many important college accomplishments were achieved under her leadership, and she will be missed tremendously.

“Our thoughts are with the Hammitt family as we mourn the untimely passing of our great leader, colleague, and friend,” the statement read.

Her passing leaves big shoes to fill as she led FDLTCC to so many great accomplishments including being named a 2021 Leader College by Achieving the Dream and just last month being the first two-year college in Minnesota to offer a Bachelor’s degree.



Stephanie Hammitt back in March 2019 with Lt. Governor, Peggy Flanagan and Commissioner of Higher Education, Dennis Olson Jr.

## Indian Health Director Roselyn Tso visits Fond du Lac

Earlier this month, Fond du Lac welcomed Indian Health Services (IHS) Director Roselyn Tso for a tour – marking the first time that an IHS director has selected a Tribal facility in the Bemidji Area for a site visit. The tour consisted of stops at the three FDL Human Services Division facility locations, the Band’s Regional Water Project site, and wrapped up with an in-depth discussion with FDL’s governing body, the Reservation Business Committee.

IHS is the principal federal healthcare advocate and provider of healthcare services for American Indians and Alaska Natives. Throughout the tour, local guides identified areas of need and acknowledged the successes of FDL.

“FDL leaders that came before us had the foresight to identify community needs for healthcare services,” says FDL Vice Chairperson/District III Representative Roger Smith Sr. “We are very honored to carry on that responsibility, and continue the success in services we provide from our Human Services Division. It started in a small house and to see the progress of what it is presently is monumental. This progress could not have been accomplished without the foresight from our ancestors and



Fond du Lac Public Works Manager Jordan Vandal describes the Regional Water Project to Indian Health Director Roselyn Tso. Photo by Rita Karppinen.

the partnership with IHS. We look forward to continuing to strengthen our partnership and continuing the advocacy for services to our community.”

They stopped at FDL’s Regional Water Project, a facility that was partially funded by IHS, highlighted how the project includes the addition of a new 75,000-gallon elevated water storage tower, two new wells, 7 miles of new water main distribution extensions and a water treatment plant. Full completion for the comprehensive project is anticipated December 2023. The new water system was designed to reduce disinfection by-product water contaminant levels, provide water for fire protection where none previously existed, and pave the way for potential future expansion of communities

that are not currently served by public utilities.

Although the visit was a landmark event, FDL and IHS are exploring new ways in which to collaborate on a routine basis.

“I’m honored to visit each of the twelve region sites and the purpose of these tours are to see what is working and what areas we need to improve on,” says Roselyn Tso.

The IHS will use the information gathered from the tour to address challenges and build on progress to support best practices and innovative approaches to health care, strengthen management operations, improve communication, and inform leadership as they set priorities for the agency.

## Nagaajiwanaang Dibaajimowinan

Translation: Stories from where the water stops

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

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

opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

Corporate Member of the  
Native American Journalists  
Association

# Local News

## Buffalo return to the FDL Reservation

By Zachary N. Dunaiski

In November, Native Wise LLC, a Native-owned and operated business on the Fond du Lac Reservation owned by David and Patra Wise, returned a dozen Buffalo to the FDL Reservation on their 380 acre family farm.

Native Wise LLC, which has existed for four years, founder David Wise's family has been involved in agriculture for many generations, but Wise's dream has been to return Buffalo to the area.

"How the buffalo dream became a reality, actually I was doing a research project on Ojibwe leaders and I picked Chief Buffalo because I did my family tree and I had seen that I was a direct descendant of Chief Buffalo and his daughter," Wise said about how this whole process started. "I didn't really know all about him, but that whole process of digging into it and learning about him I realized what an honor."

Native Wise LLC, partnered with The Nature Conservancy's preserves—where the buffalo came from—and Tanka Fund, a non-profit based in South Dakota, that transported the buffalo. The Tanka Fund's goal is an effort to re-establish a sustainable buffalo economy that enriches Native lives.

"It wasn't long after that, but I had a dream, and Chief Buffalo appeared to me in a dream and he said among other things, 'bring back my name-sake and it'll bring good healing to the land and the people.' I didn't know really what it meant at first exactly, but then I started thinking about the

buffalo and his name and my wife had made some connections with the Tanka project," Wise said about getting the buffalo back to the area. "It's like a dream come true to see the buffalo and hear their hoof beats back on the land again."

Buffalo, who were once here in the area until hunting and other factors forced them west, are perfect for the land and Wise is very excited to see how they'll impact the farm.

"I was talking to some Natives in South Dakota and they said that after the buffalo came back a lot of their native shrubs really did a lot better," Wise said about the buffalos impact on their surrounding nature. "They were talking about a specific kind of berry and a lot of those plants are kind of like medicines for the buffalo too."

Before the buffalo were brought to the land, Wise noted that the land wasn't great, but is hopeful they will have that same positive impact as they did in South Dakota.

"The soil test that we took said that the soil conditions were depleted and the forage was pretty minimal," Wise said about how the land was before the animals were introduced to it. "We've documented what's there now and we're working with the Extension Service and the Natural Resources Conservation Service (NRCS) and we're going to try to get a grant to have Native youth come out and help us collect data each year on the different graphs that come back versus what we got now and then look at soil health and soil fertility. Like a 10 year period

to see how the buffalo interact with the natural environment."

Wise hopes that people in the area will follow the path that he has set and bring buffalo back to the surrounding area.

"The more I learn about buffalo with our area, it would be nice to see a reintroduction of natural wild buffalo back into the ceded territories in the ancestral lands," Wise said about what his hopes were for buffalo in the area. "I'd like to see that. I'd like to see the expansion of buffalo back onto their home range as much as possible. It's one of my goals."

The future of Native Wise's buffalo is to have them also be a food source, but Wise doesn't just want them to be there solely for food.

"To treat them humanely. I've been to a few buffalo farms where they're just basically on feedlots and I don't like that. That gave me a bad vibe," Wise said about how his farm will treat the buffalo. "I'd like to encourage more Tribes in the area and Tribal producers to get involved and bring back more buffalo. We can, I think, for food sovereignty reasons and also just for spiritual reasons to reconnect those sacred animals back to the land. I think it's healing for the people and the land."

Anyone who wants to learn more about buffalos or any of the other projects occurring on the farm can contact David Wise through Facebook and email at [nativewisellc@gmail.com](mailto:nativewisellc@gmail.com).



Brad Blacketter, Sawyer Representative, and David Wise (right) enjoying the ceremony for the return of buffalo Nov. 11. Photo by Ivy Vainio.



Photo by Ivy Vainio.

# RBC Thoughts

## Thank you from the family of Tim Diver

Thank you to the RBC for the assistance for the funeral costs, the plant, and the cooks for donating the amazing food for the wake. Also thanks to the FDLOS and FACE staff and students for also donating the plant. To Jake in Brookston for having the fire at his house and all of the fire keepers. For allowing us to have his services at the new cultural center. To the Black Bear Casino Resort for donating food for the funeral. To Rick DeFoe for all his funeral guidance and also providing the funeral services.

*The family of Tim Diver*

Elder's Christmas Dinner Dec. 16 11 a.m. - 2 p.m. BBCR Otter Creek Convention Center

## Cloquet News

This month a ground-breaking ceremony was held at the site of the new child care building that is being built. This building will be located on the northern end of the football field next to the Tribal center. When completed this building will be able to care for 44 children. This has been something we have needed for a long time and will help us out tremendously with having a place for our employees to bring their children while the parents are



Wally Dupuis

at work. I am looking forward to the completion of this project to be sometime next summer.

The road and sidewalk project that has been ongoing in the compound area is near completion. The curbs and gutters have been installed as well as the black top for the roads has been completed. Currently they are working on the laying of concrete for the sidewalks. I have visited the site on a regular basis and can see the improvements being made each time I visit.

The demolition of the old hotel at the Black Bear Casino Resort site

is also well underway. It is kind of bitter sweet to see this go but it was way past its time and usefulness. We were obligated to an expensive maintenance cost for this building as it stood unable to be used. We had electrical problems, water problems and many other issues with the building as it aged. At this time, a decision as to what it will be replaced with has not been decided. There are a number of suggestions and possibilities for its replacement. We are researching each of them and with community input I think a plan will be approved soon.

## FDL Elder Christmas Party

Open to Enrolled Band Member 52+ and Spouses

**No Children Please, this is an Elder only Event!**

**Friday, December 16, 2022**

**9:00 a.m. Registration**

**11:00 a.m. 2 p.m. Dinner & Drawings**

**Black Bear Casino Resort**

**Otter Creek Convention Center**

**Must be present to win**

Questions call Velvet Linden (218) 878-8053

**Please bring a non-perishable food item for the local food shelf.**



**Attention Fond du Lac Community**

**Please keep your address current to ensure delivery of important information related to Fond du Lac Reservation topics and elections.**



**Please send address change to:**

Linda Nelson, Enrollment Officer  
1720 Big Lake Rd.  
Cloquet, MN 55720

# RBC Thoughts

## FDL builds new childcare facility

By Zachary N. Dunaiski

On October 25, Fond du Lac broke ground on a brand-new childcare facility located on the old football field between the Tribal Center and head start.

The location was chosen because the two facilities will then be able to share playground equipment. The building, which will fill a big need for a lack of childcare for Band members and FDL employees, had a lot of people putting in a lot of effort to get it accomplished as Mike Murray, Construction Project Manager, said during the groundbreaking. “A lot of work by the Fond du Lac staff just to get this project off the ground,”

Murray said, a sentiment that was echoed by the council who stated that they just work with the approval of funds, but it is the employees themselves that make these projects possible.

Most of the council was present for the ground breaking and spoke, addressing how eager they are to get this building up and running to help the community.

“One of the things we always look at is child care, and do we have enough? After an assessment I think where we’re at doesn’t suffice what we need right now,” Chairman Kevin Dupuis Sr. said during the ceremony “It’s been needed for a very long time.”

The building is expected to be done in 2023.



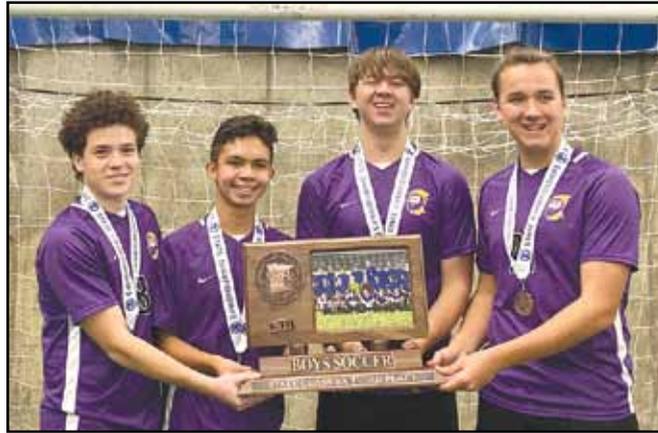
# More Local

## FDL represented in the MN State Soccer Tournament

Ojibwe soccer players take it to the Bank! The sectional champions from Cloquet Esko Carlton are the largest group of Anishinaabe/Ojibwe players in our area taking on the Minnesota State Soccer Tournament on November 1-4. Pictured here: Sander Tibbetts, Rizal Agaton Howes, Max Sundquist, and Mason Sundquist, all Fond du Lac descendants. Our community of athletes proudly represented and ultimately took 3rd place in the State against Richfield.



Sawyer's Fond du Lac/Muscogee Nation Member Rizal Agaton Howes takes on Delasalle at the bank. Photo by Bonnie Besvold



Sander Tibbetts, Rizal Agaton Howes, Max Sundquist, and Mason Sundquist holding their 3rd place trophy. All four boys are descendants of FDL Band members. Photo by Giizh (Sarah) Agaton Howes.



The CHS 2022 3rd place soccer team. Photo by Giizh (Sarah) Agaton Howes.

The Girls Cloquet Lumberjack Soccer team was the LSC conference champs for 8 straight seasons. They made it to the first-round playoffs in the state high school tournament falling to the East Mankato Cougars 0-1. Katelyn Olson, the daughter of Thomas Olson and Gina Olson, she had an amazing 12 saves - 7 in the first half. Also pictured is Natalia Hernandez daughter of Brooke Copa and Jesus Hernandez - Addison Sandman daughter of Nate and Nicole Sandman - Tenique Moose daughter of Sam Moose and Laura Garza - Ellise Boyd-Affias daughter of Tami Boyd



Photo by David Harwig ViewThroughMyLens



Photo by Jed Carlson/Superior Telegram via the Pine Journal



Photo by Michele Wick

# More Local

## Scott Behling and Kelly Leal win at 2022 pumpkin run/walk 5k

Fond du Lac Tribal and Community College (FDLTCC) welcomed runners and walkers back to the beautiful FDLTCC campus for the 17th Annual Pumpkin Run & Walk 5K on October 22, 2022. Participants were treated to wonderful fall weather for the 5K race on Saturday in Cloquet. The oldest Halloween-themed race in northern Minnesota had 190 runners and walkers.

Overall winner Scott Behling of Duluth finished with a time of 15:21.5. Tom Sederquist of Duluth finished second in 15:34.5 and David Hyöppönen of Duluth was third with a time of 17:24.6. Kelly Leal of Duluth finished first in the women's overall division with a time of 22:16.4, placing her eighth overall. Second place went to Amber Kantonen of Mahtowa in 23:06.9, followed by Cassie Gaede of Duluth in 23:45.7 for third place.

Race participants celebrated the theme of the Pumpkin Run by wearing creative costumes or orange and black clothing.

Competition was tight for the coveted Best Costume awards, with the winners covering a range of characters including a pair of tooth fairies, a fish taco, Cruella de Vil and a dalmatian, and more!

The race course started on the FDLTCC campus and then followed 14th Street going south to the Valley View neighborhood and then turned around on Harner Lane and returned along 14th Street to the cam-

pus. The race was professionally timed by Gopher State Events using electronic chip timing attached to each participant's race number bib, and individual results and a finish line photo were sent to each finisher immediately upon crossing the finish line.

Upper Lakes Foods provided all the fantastic post-race refreshments, and several other local businesses sponsored the race including Tortoise & Hare Footwear, Duluth

Running Company, Austin Jarrow, Melin Promotional Advertising, Conservation Corps Minnesota & Iowa and Air National Guard 148th Fighter Wing.

Complete race results are available at [www.gopherstateevents.com \(https://gsetiming.com/results/fitness\\_events/results.asp?event\\_type=5&event\\_id=0\)](https://gsetiming.com/results/fitness_events/results.asp?event_type=5&event_id=0) and photos are available on the Fond du Lac Tribal and Community College Facebook page.

## Halloween celebration returns to FDLCCC

*Photos by Rita Karppinen.*



# School News

## Principal Update

**B**oozhoo Fond du Lac Ojibwe School community. We have completed our first quarter of school (all of it in-person instead of online). Whew! It is always a joy to see our students every day.

Each day, I try to spend a bit of time in various classrooms. Many times, it's a "walk-through" where I walk in and around the classroom to observe for up to five minutes. Most of the time I get to see part of the teacher's lesson, or I get to see students working on their daily assignments. Sometimes, I sit in the classroom and help a student with a math or reading assignment. Today, I was able to sit in Ms. Jodie's classroom and help the students with their beading projects. I enjoy my conversations with students at these times. Often, I ask for input or ideas on how to improve an aspect of the school, and, I usually get some very thoughtful answers. Today, I asked a couple of 5th grade students for any suggestions for changes in Opening and Closing Ceremony. They did not have suggestions for changes, but did state they like to hear the drum, and they would like to see everyone dance. I have to agree. I do love to hear the drum and singers at our Openings and Closing Ceremonies. It makes my heart happy, and it is good to hear that it is important to our students, too.

Families, I want to thank-you for your support in our cell phone issue. We did have an increase in inappropriate cell phone usage with our students this year. In all honesty, it became a frustrating issue for all staff. We are now seeing a decrease. Cell phones certainly can be an amazing tool; however, they also can impede your child's learning. I often worry about how much time my own grown children spend on their cells phone. It can be a tough balance, but I encourage you to talk with your children about their cell phone use.

Important dates:

December 2 – Early release / Mid-quarter grades due

December 6 – School Board Meeting

December 21 – Biboon Celebration

December 22 – Early Release/Staff Development

December 23 – January 3 is Winter Break

Reminder – we also have a Facebook page where we post announcements. For those who have a Facebook account you can find our page by searching Fond du Lac Ojibwe School, Cloquet, MN

Miigwech.

Valerie Tanner

Anung Ginew Ikwe

K-12 Building Principal

## Assistant Principal Update

**W**e are back in school with no masks and no online learning. It has been a busy past two months here at the Ojibwe School.

We were able to hire a driver's education instructor who ran two courses for drivers ed. We have provided classes to 25 students in August and October. We are very fortunate to have Matt Berger here to teach and to instruct behind the wheel.

We had a guest speaker from Little Priest Tribal College talk about the courses they offer and about how to attend their college. Shirley Miner was able to bring the speaker over to the Ojibwe School after he was talking with the students at Cloquet

High School.

What we are looking forward to is great sportsmanship for the high school girls' and boys' basketball season. We need our community support at the games and we need to have encouragement and excitement for our players. It is always a fun time for our community and school when we get to watch our students play.

We have our students and staff working on gifts for the Elder's baskets. Our high school students are ready to serve our Elders at the Christmas dinner on Dec. 16. Velvet Linden has asked us to bring students to help serve and they are excited.

The College Connect Program will

start in January if some of our 10, 11, and 12 graders are interested in trying out the college setting. We hope to have a math and English course for them to take at the college with their English and math instructor.

We will be planning our Biboon celebration here soon and hope to have activities for students and community to participate in. Some of the things we do for Biboon celebration are Snow Snakes Gooni Ginebig/Shoo shoo me, storytelling, and hand games. The staff will make sure all of our students can attend these events throughout the day and families will be invited here for a feast on Dec. 21.



*Above left: Seniors are participating in an intense workshop on digital media in partnership with the Cultural Center.*

*Above right: Our staff enjoying some food prior to our professional development.*

*Left: Staff taking time to visit with each other and enjoy some food.*

# School News

## Message from the FDLOS Nurse

Dear Parents and Guardians:

The school year is in full swing along with illnesses spreading within the school and community. From Covid-19, influenza, strep throat, and the common cold, sickness is lurking. The following is some information to help prevent the spread of illness and hopefully keep everyone safe and healthy with the holidays fast approaching.

Covid-19 and influenza do have several of the same symptoms, so testing can be a very useful tool to find out for sure. Testing may be done at local clinics or rapid tests are available from the school. Common symptoms of both viruses include fever, chills, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches.

The Minnesota Department of Health recommends vaccination as the best protection against COVID and influenza. Throughout the season, local clinics and public health buildings offer the vaccination either through appointments or flu/COVID vaccination clinics they may hold. So, please stay tuned to local media and newspapers regarding such information.

Wash, wash, wash your hands! This is the #1 way to help prevent sickness and the spread of germs besides vaccinations! Following are the steps of proper hand washing:

1. Turn on the faucet with lukewarm water (not hot or cold).
2. Apply a generous amount of soap and start to lather.
3. Rub hands together vigorously to get rid of the germs. Palms, the tops of your hands, fingertips, and your wrists should be

washed. This step should take at the very least 20 seconds. For small children, encourage them to sing the ABC song or twinkle, twinkle little star for the appropriate time for washing. Just remember, the longer you wash, the more effective it will be.

4. After at least 20 seconds of scrubbing, rinse your hands with lukewarm water, with your fingers pointing down, so water does not run up your arm and potentially spread more germs.

5. After rinsing, shake the excess water off and dry using a clean towel or paper towels.

6. Turn off the water. Try to use a paper towel to turn off the faucet! Remember, you turned on the faucet before you washed the germs away!

7. Hand washing needs to be done several times a day, and definitely before and after you eat!

8. An alcohol-based, waterless hand sanitizer may be used if soap and water are not available.

Besides proper hand washing, I encourage you to get plenty of rest. This should be 9-10 hours a night for children, and 7-8 hours of sleep a night for adults. This helps charge our immune system, so it can help prevent sickness and shorten healing time. Also, eat a variety of fruits & vegetables, along with nutritious meals daily. Those foods packed with vitamins and minerals are especially important. Moreover, I encourage you to exercise at least 2-3 times a week, take a multivitamin daily, and drink plenty of water. Eight glasses of water or even more a day is encouraged, as it helps flush our system and keeps us well hydrated. Finally, stay away from those who are sick, and try

to avoid over crowded areas. The more people, the more germs! Also, try to remember if you are sick, please cover your cough and try to stay home so you can rest and prevent the spread of germs!

When to keep your child home from school: (Please inform the office of illnesses).

1. Testing positive for COVID-19. (will need to isolate and stay home for 5 days from date tested positive or more if symptoms persist or still feverish).
2. Uncontrollable cough, aches & pains along with cough, and malaise or fatigue.
3. Fever of more than 99.9 degrees F.
4. Vomiting or diarrhea.
5. Strep throat (tonsils may be swollen, throat may be red, and you may see white patches on the throat or tonsils).
6. Pink eye (redness of the eye with discharge and itchiness).
7. Any other known disease that is contagious, i.e., chicken pox, etc.

You know your child(ren) more than anyone. Call their physician and schedule an appointment for your child if a fever of 99.9 degrees F persists for several days in combination with a cough, sore throat, and shortness of breath. Those with underlying conditions, such as COPD or asthma, should especially see their physician.

Please call if you have any questions (218) 878-7244. I hope you and your family stay healthy for this cold, flu, and COVID-19 season!

Sincerely,  
Tara Wolter, RN  
FDLOS – School Nurse



Field trips are an important aspect of school activities. Students are taught about their surroundings and the history from the Anishinaabe perspective.



One of our witches asking a question at our Computer Science training.



Our band instructor has built time in his schedule for regular class, small group instruction, and individual instruction to increase student skills.

# School News

## Special Education Department at Fond du Lac Ojibwe School

First quarter has ended and we are getting into winter already! The special education department has added three new staff members in the last few months and they are so excited to be working with students. All of the staff love working with our students at the Ojibwe School – between seeing their happy faces, helping them learn, and getting to know these wonderful kids.



Volleyball Coach Littlewolf showing how to rock your ribbon skirt while coaching.

## New Special Education teacher

My name is Patti Williams, and I am the new special education teacher. I welcome this opportunity to teach at the Fond du Lac Ojibwe School. I have been teaching for several years in a variety of settings. Jason and I have been married for 34 years, and we have two grown children and two grand dogs. I love water sports, especially waterskiing. In the winter we like to downhill ski and snowmobile. We also enjoy music.

## The Importance of Sight Word Recognition

By Meredith Martin, K-3 Academic Specialist FDLOS

What are sight words and why are they important? Sight words are a list of approximately 200 words that appear in about 50% of school text. Sight words get their name because most of them cannot be phonologically sounded out, but rather need to be memorized and recognized on “sight”. Automatically recognizing sight words help children become efficient and effective readers. Practicing sight

words at home each night will help build proficiency in reading.

Here is a short list of ways to practice sight words.

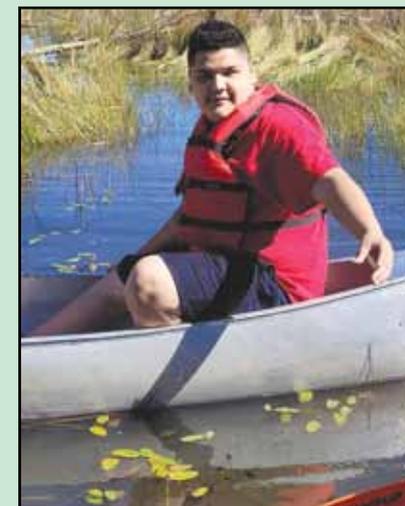
- flash cards – write sight words on index cards and practice them with someone at home
- memory game – create a memory game using sight words and play with family members
- salt trays – pour salt onto a plate and trace the sight words with your finger in the salt
- rainbow write – practice writing sight words with different colored writing utensils (pencil, pen, marker, colored pencil)
- say/spell/write – say the word, spell the word, and then write the word (white boards are fun for this)



FDLOS staff taking time to refresh and enjoy painting with the new art teacher.



Students are enjoying team building activities with our staff and staff from the Cultural Center.



FDLOS volleyball players are warming up under the direction of their coaches.

# School News

## Mr. Lucas Anderson



### New Art Education teacher

Boozhoo ~ My name is Lucas Anderson. I am a Father, Artist/Craftsman, Educator, World Traveler & Foodie.

I am the new Art Educator here at the FDL Ojibwe School. I'm excited to bring Visual Art back to the students here! I have been an Art Educator for over 17 years. As a child I was drawing, building, and creating. My father had a wood shop and he taught me how to use tools/power tools safely.

People often ask me "what's your medium?" My favorite response is "Innovation". I work professionally in pottery, drawing/painting,



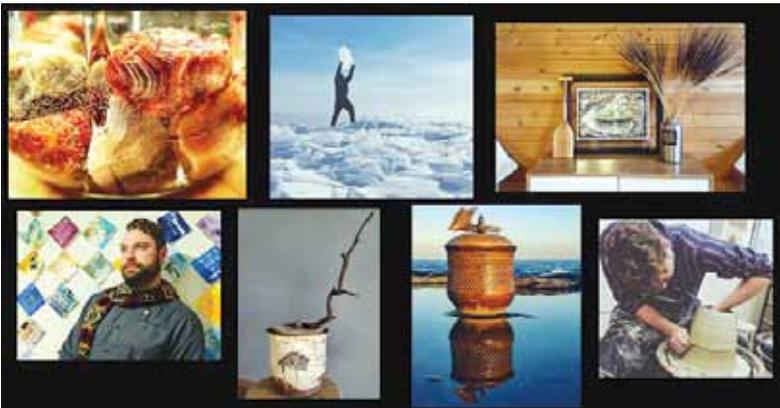
Lucas Anderson

illustration, sculpture, photography, jewelry and more. I personally enjoy creative problem solving,

while building an understanding of the techniques required to become a skilled craftsman/artist.

I'm excited to share my passion for art, art history, craft & Native American art to our students! It's so important to understand art in our visual culture today while expressing ourselves and building skills to last a lifetime.

Check out my ceramics on Instagram: @ tamarack\_ceramics



## Revised Ojibwe School Calendar (FACE-Grade 12) 2022-2023

49 University Road, Cloquet, MN 55720 \*Ojibwe School 878-7261 \*Fax 218-878-7263

No School Staff/Students Teacher Pd/No School School Events School Board Meeting Early Dismissal (12:30 pm)

### (August) Manoominike-giizis

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

### (September) Waatebaga-giizis

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

### (October) Binaakwii-giizis

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

### (November) Gashkadino-giizis

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

### (December) Manidoo-giizisoons

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

### (January) Gishimanidoo-giizis

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

#### Student Days

Quarter One	43 days
Quarter Two	43 days
Quarter Three	48 days
Quarter Four	46 days

### August 2022 (3)

9-School Board Meeting  
15-19 Return to Work/Compliance Check for Teachers  
16-18-Admin Returns  
22-All Teachers/Staff Return  
26-Day Off for Staff/Teacher Workday  
29-Back to School for Students  
31-Parent Advisory Group Mtg 12pm

### September 2022 (21)

1-Back to School BBQ  
2-Early Release/Staff Dev  
5-Holiday/Labor Day  
6-School Board Meeting  
6-FACE Back to School for Students  
16-Picture Day  
20-FACE Family Circle  
28-PAG Mtg 12pm  
30-Early Release/Mid-Quarter Grades Due

### October 2022 (19)

4-School Board Meeting  
7-Pokey Jaris Paro Powwow  
10-Holiday/Indigenous People's Day  
13-FACE Pumpkin Patch  
13-Family/Teacher Corf 4-8pm  
14-Family/Teacher Corf 1-3:30 pm/Early Release  
18-FACE Family Circle  
21-Picture Re-take Day  
28-PAG Mtg 12pm  
28-Early Release/End of 1st Quarter  
31-No School for Students/Teacher Dev

### November 2022 (19)

1-2nd Quarter Begins  
1-School Board Meeting  
11-Holiday/Veteran's Day  
15-FACE Family Circle  
23-Early Release/Staff Dev  
24-25-Holiday/Thanksgiving  
30-PAG Mtg 12pm

### December 2022 (16)

2-Early Release/Mid-Quarter Grades Due  
6-School Board Meeting  
20-FACE Family Circle  
21-Biboon Celebration  
22-Early Release/Staff Dev  
23-30-Holiday/Winter Break

### January 2023 (19)

2-Holiday/Winter Break  
3-No School for Students/Teacher Dev  
4-Return to School  
4-PAG Mtg 12pm  
10-School Board Meeting  
13-Early Release/End of 2nd Quarter  
16-Holiday/Martin Luther King Jr Day  
17-3rd Quarter Begins

### February 2023 (19)

1-PAG Mtg 12pm  
7-School Board Meeting  
17-Early Release/Mid-Quarter Grades Due  
21-FACE Family Circle  
20-Holiday/Presidents' Day

### March 2023 (18)

1-PAG Mtg 12pm  
2-Family/Teacher Corf 4-6pm  
3-Family/Teacher Corf 1-3:30pm/Early Release  
7-School Board Meeting  
21-FACE Family Circle  
23-Zigwan Celebration/Kindergarten Round Up 4-6pm  
24-Early Release/End of 3rd Quarter  
27-31-Break/No School  
29-PAG Mtg 12pm

### April 2023 (19)

3-4th Quarter Begins  
4-School Board Meeting  
7-Holiday/Good Friday  
14-Kindergarten Round Up w/ Classes in Session  
18-FACE Family Circle  
26-PAG Mtg 12pm

### May 2023 (21)

2-School Board Meeting  
5-Early Release/Mid Quarter Grades Due  
8-No-School/All-Staff Development Day  
9 Holiday/FDL Memorial Day  
24-Last Day for EC Students  
26-Early Release/Staff Dev  
26-Last Day for Seniors/Graduation Ceremony  
29-Holiday/Memorial Day  
31-Last Day for AE Students

### June 2023 (6)

1-Graduation for FACE  
7-PAG Mtg 12pm  
7-End of Year BBQ  
9-Early Release for Students/Last Day for Students  
9-Last Day for Staff  
13-Teachers Last Day  
13-School Board Meeting  
15-Admin Last Day  
19-Holiday/Juneteenth

### July 2023

4-Holiday/Independence Day  
11-School Board Meeting

### (February) Namebini-giizis

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

### (March) Onabani-giizis

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

### (April) Iskigamizge-giizis

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

### (May) Zeagibegaa-giizis

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

### (June) Ode'imini-giizis

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

### (July) Aabite-niibino-giizis

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

#### 2022-2023

180- Student Contact Days  
\* In the event of inclement weather, days will be added to the end of the year.

Watch and listen to these local stations for School Closings:

KBJR, WDIO, KDAL, KSTP, KQDS, WWAX, KZIO, KTGO, KRBR, WEBC, KKCB, KLDJ, KUSZ, WKLK, WGZS

# Give Yourself a Holiday Gift – Choose Your Own Life’s Script

## Similarities of “Skip” Sandman, LeRoy Defoe and Christine Carlson

Story and Photography by  
Christine Carlson

### Ray “Skip or Miskomiigwan” Sandman

A friend called me about Skip Sandman “Walking on”. Then a couple of days later, quite by accident while looking for something else, I found the article written about Skip on May 2022 in this paper. The headline was Sandman graduates from FDLTCC. A section reads “This is a significant moment in Skip’s life as he was told by his guidance counselor in high school that he would never amount to anything, so he advised Skip to quit school and join the service. Skip felt he didn’t have very good grades, lived on the reservation and he believed the guidance

*counselor as he was older and a professional. Skip joined the Navy and ended up in the Viet Nam War at age 17”.*

In the spring of this year, Skip graduated from the FDLTCC with an Associate of Arts degree and was on the Dean’s List. He attended college as an adult student and succeeded in many phases of life. He was an inspiration to so many others. Miigwech to Skip.

### LeRoy “Dutch or Obsibiness” Defoe

My dear friend the late LeRoy Defoe shared with me what some schoolmates and acquaintances called him. They called him Zero, meaning the he was nothing and would be nothing. Just plain worthless. How cruel words can be especially at a young age.

LeRoy and friend Greg Price

started talking about renaming the beautiful, concrete bridge which crosses the historic St. Louis River at old Fond du Lac after the war hero and peacemaker Biauswah. These ideas came in the 1980’s.

Years later and the reality of naming the bridge was getting closer, LeRoy heard some acquaintances say that he had no business working on this project because he was not a Veteran. Oh, those same cruel words.

Luckily LeRoy had 2 other names. He chose to use “Obsib-in-ness” and friends called him “Dutch”.

Oh, I loved LeRoy Defoe! There are many kinds of love, and ours was not a romantic one. Ours was a desire for friendship, to find answers, to seek history and to document. That was our love. We both were in the “business of death” so to speak. His work with the multitude of cemeteries and then started the important Grave Registration Project that continues today and so much more. Miigwech to LeRoy

### Christine Carlson – “Sweet Willow”

I attended Morgan Park High School in Duluth. In my senior year, the guidance counselor told me I was not college material. After graduation, I did attend UMD for the first year and did not do well. I dropped out, got married and had my first son.

Ten years later as an adult

student and single parent, I worked full time and attended college at night and during the summer. It took 8 years and in 1980, graduated with an Elementary Education degree and a Women’s Studies minor.

I went back to school again at UMD and received a Special Education Degree in 1991. The moral of this story is live your own script. There may be roadblocks but learn from them and continue on. Life may not be easy but remember not to be guided by negative words or scripts.

### Researching Stories for this Newspaper

In March of 2009, I walked into the Rez newspaper office and spoke with Deborah Locke and mentioned that I had some stories to tell about old Fond du Lac. She hired me on the spot.

I later heard that a woman who was a Fond du Lac Band member said, “I had no business researching or telling stories because I was not Native American”. This did hurt my heart and soul as I really loved researching and solving many of “histories mysteries” a term that Jeff Savage used. My love is to research and tell the stories of those that have walked this earth and gone before us.

After much contemplation, I had a choice to make – live someone else’s script of cruelty or choose my own and thirteen years later, I am still researching, documenting and telling stories.

### Self-Fulfilling Prophecy

If you were told you were going to fail, you may fail. If you are called cruel names, you may feel that pain that causes a road block to feeling good about one’s life or accomplishes. Scrap those negative scripts!

### The Lesson to be Learned

Its ok if mistakes are made along the way as there may, or will be time for restitution and forgiveness or joy from learning. Perfection is irrelevant. Doing your best is a great accomplishment. Your spirit will prevail.

Be bold and don’t let others make your decisions in life before you even get started. Hopefully counselors are encouraging and better than years earlier. Hopefully the issues of bullying and cruelty are being addressed at home, the workplace, educational intuitions and in day to day living.

People with power or influence may try to write your script, but make a concerted effort to live your own life. If you don’t succeed, try again and again. Ask for help, if need be, as there is no time like the present.

Be courageous and believe in yourself and know in your heart what you may want to decide or work for or accomplish for you, your community, your family, your country or those you love.

Happy Holidays



2014 at Mash-Ka-Wisen Treatment Center event in Sawyer. Pat (Beargrease) Skog, Skip Sandman and Teresa (Beargrease) Trout. Pat mentioned that Skip’s mother was from the Beargrease family.

# Ashi-niswi giizisoog (Thirteen 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

### 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)

Giiwedini ..... 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/Laddle

GOJIPIJIGE/Taste

GWAASHKWEZI/Energetic

JISHAAKWAIGAN/Hide Scrapper

MANIDOOGIIZISOONS/December

MIKWAMIWADAMON/Icy Road

NITAAWIGI/Grow

OKANAKOSIMAAN/Squash

WAAWAASHKESHI/Deer

WANAGEKOGAMIG/Bark Lodge

ZHAABOONIN/Goose Berry

ZHINGOBAANDAG/Fir Bough

ZOONGINIKE/Strong Arm

# Etc



## Veteran's Day Dinner returns

*Photos by Heather Abrahamson*

With the pandemic phase of COVID-19 behind us, the Veteran's Day Dinner returned to the Black Bear Casino Resort for the first time since the 2019 holiday.

Veteran's Day is always a great day to thank all Fond du Lac Veterans for their service to this country but this year felt especially special since it was the first time we were able to gather for such an occasion in a long time.

Thank you to the FDL Veterans for all you have given for our freedoms.



**Remember Elder's Christmas Dinner**  
Dec. 16  
11 a.m. - 2 p.m.  
BBCR Otter Creek Convention Center

Etc



## FDLOS students take a bite out of a local apple

A photo from the Great Lakes Apple Crunch back on Oct. 13. The children enjoyed their healthy snack and a chance to get outside with their classmates.

## FDLREZHS has a new temporary location

Fond du Lac Rez Historical Society "FDLREZHS" is temporarily located at the Carlton County Historical Society's "Old Library" at 406 Cloquet Avenue, Cloquet, Minn. (218) 879-1938

There will not be a meeting in December, but meetings will resume again next year on Jan. 13 at 10:30 a.m.

Agenda: Grant writing; Old Indian hospital; Archives.

Meetings are open and accessible to every community member and the FDLHS strongly encourages involvement from young to old, anyone hoping to foster awareness of the Fond du Lac History and Ancestry.

The FDLHS is an Elder Volunteer Group and not affiliated with any other Historical Society Group.

## YOUth matters

FDL will host a youth sobriety feast on the second Wednesday of every month in the Tribal Center ENP from 5-7 p.m.

## Youth in Recovery – this is for you

For FDL youth ages 13-17 FDL's Mino Wii Jii Win will host a weekly Wellbriety, a support group for the Fond du Lac youth. These support groups will be every Thursday 5-6:30 p.m.

## Women, Infants, and Children nutrition program!

Foster care families did you know that your foster child is eligible for WIC?

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

When you participate in WIC you can receive: milk, cheese, yogurt, juice, eggs, cereal, beans, peanut butter, whole grain items and fresh fruits or vegetables (\$25 - \$49/month), infant foods.

If you are pregnant, or have recently delivered, or have a child under the age of five in

# Madwetaagozin enendaman! (Be heard with your thoughts!)



## Fond du Lac Housing & Community Needs Assessment

ENDING 12/31/22. 2 WAYS TO PARTICIPATE:

### 1) Selected Homes Survey

**Did you get a survey code mailed to you or dropped off at your house? If so, you are a part of the randomly selected survey group and qualify for a \$10 gift card incentive from FDL Gas & Grocery & a chance at other raffle prizes for completing the survey.**

### 2) General Survey

**This shorter survey is open to all community members regardless of residence and no code is required. Incentives and raffle prizes are not included for this group.**

**Please help Fond du Lac plan for the future. Scan the QR code or visit the website <http://www.fdlrez.com/survey.htm> to fill out your survey online today - do not delay!**

**Need help finding your code, a paper copy or any assistance getting it done? Contact [FDLplanning@fdlrez.com](mailto:FDLplanning@fdlrez.com) or call 218-878-2642.**

# Etc

your household, please call to schedule a WIC appointment. Appointments can be done over the phone or in person. You will receive all your WIC benefits on one card, saving you time, and allowing you flexibility. For more information contact your local WIC program: Fond du Lac Reservation WIC Program –

(218) 878-2115, Carlton County WIC Program – (218) 878-2853, or St Louis County WIC Program – (218) 725-5211.

## FDLOS Honor roll

### A Honor Roll

7 – Rhyenn Kesner  
9 – Savannah DeFoe

9 – Gordon Yellow  
10 – Opichi Petite  
10 – Isabella Roy  
10 – Joseph Wichern  
11 – Jeffery Defoe  
11 – Cheyenne Olson  
11 – James Wichern  
12 – Naddia Ann  
12 – Adrianna Cloud  
12 – Maci Gingras Martin

12 – Layla Nickaboine  
12 – Cyrus Sloan

### B HONOR ROLL

7- Kali Shaw  
8 – Onix Downwind  
8 – Greenlee Fineday  
9 - Willie Diggs III  
9 – Layla Misquadace  
10 – Nakia Drift

11 – Savanna Bosto  
11 – Jordell Brown  
11 – Allen Defoe  
11 – Charles Lumbar  
12 – Jordan Brown  
12 – Racheal Fosness  
12 – Lynkin Peacock-Kesner  
12 – Dannin Savage  
12 – Samuel Tiessen



## BECOME A FOSTER PARENT

*Open your home. Change a child's life forever.*

Foster parenting is not a lifetime commitment to a child, but a commitment to be meaningful during the child's lifetime.

When you open your home, you:

- Restore trust and hope to children in need
- Help keep brothers and sisters together
- Help children maintain cultural and religious values
- Allow time for families to heal

*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) 878-2145.



*You can be the one to make a difference.*



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



# Stuff THE FDL SQUAD



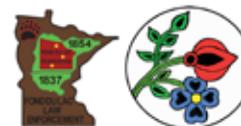
**PLEASE BRING A BRAND-NEW UNWRAPPED TOY**

**Monday, Nov. 14, 2022 | 10am – 6pm**  
*Min No Aya Win Clinic*

**Monday, Nov. 14, 2022 | 10am – 6pm**  
*Fond du Lac Gas & Grocery*

**Monday, Dec. 5, 2022 | 12pm – 8pm**  
*Tribal Center*

*Thank you for your donations!*



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



Etc

## New EAP Coordinator starts at FDL

Hello, my name is Rebecca Provost, and I am your new EA/ER Coordinator (Employee Assistance/Employee Relations Coordinator). I am not new to the community, as I spent the last 10 years with the Human Services Division as their safety officer, as well as conducting food safety inspections throughout the Reservation. Circling around to my roots, back in EAP, is something I am truly excited about. This is a wonderful benefit for all employees, and their immediate family members, who may have every day stressors that may become too much to handle.

Fond du Lac EA/ER's program mission for all employees, and their immediate family members, is to:

“Recognize that many everyday life stressors can negatively affect employee well-being by creating a stressful work environment. Fond du Lac's Employee Assistance Program (EAP) is a benefit program that assists employees, and their immediate family members, with personal or work-related problems that may impact their job performance, health or general well-being.”

EAP is also committed to ensuring your privacy is a priority, by upholding strict confidentiality standards. Your personal information is kept confidential in accordance with federal laws and the EAP Code of Conduct. No one will know you have accessed the program services unless you specifically grant permission.

EAP can be a resource for everyday stressors such as

managing debt, budgeting, stress management, conflict resolution, communication skills, family pressures, drug or alcohol abuse, helping you to achieve healthy goals, or any other stressors you may have. Sometimes it is also just a place to go to find problem-solving skills or a safe place to vent. EAP is here for you to find solutions to those small problems before they become BIG problems.

Remember, you CAN be the driving force for change!

Rebecca Provost, MSEd, Fond du Lac Employee Assistance/Employee Relations Coordinator  
Email: [rebeccaprovost@fdlrez.com](mailto:rebeccaprovost@fdlrez.com)

(218) 878-7514 (w)  
(218) 390-4993 (c)

Monday – Fridays, 8 a.m. - 4:30 p.m., unless otherwise previously arranged.

More information/articles to come in the following months.

## Ezhi-ayaamagak Inanaamowin (State of the Air): The status of outdoor air quality at Fond du Lac

Can you remember a time when the air was unpleasant to breathe? Air quality has a large impact on our gizhewiziwin (health) and agwajayi'ii eyaamagak kina baa-ayaayang (the environment), sometimes in ways we don't notice. High levels of air pollution can increase health risks, hinder the growth of culturally-significant plants, and harm fish and wildlife. On the flip side, good air quality allows us to be active, productive, and healthy. It enables us to get outside, recreate, and seek the healing



# Na'enimonigamig CANNERY HOURS



**Monday - Friday: 8 am - 4 pm**

**After hours and weekends by appointment only.**

To reserve the cannery, please email [naenimonigamig@fdlrez.com](mailto:naenimonigamig@fdlrez.com) or call 218-590-6263

Na'enimonigamig, Fond du Lac's kitchen/cannery facility, is open to all Fond du Lac community members to preserve their harvest.

Located at 960 Cary Road, Cloquet, MN.

## EQUIPMENT AVAILABLE FOR USE

- Butchering facility
- Sugar Bush processing equipment; filter press, bottler, sugar maker
- Walk-in refrigerator and freezer
- Canning Equipment
- Pressure Cooker
- Dehydrator
- Vacuum Sealer
- Root Cellar & more!



# Etc

properties of the natural world. Fortunately, at Fond du Lac, the outdoor air quality is pretty good! According to the MPCA's Air Quality Map (based on emissions data from 2017), the worst regional pollution score on the reservation was 0.08. To put this score into perspective, the health risk posed by the air in this region is lower than the risk posed by the air in 80% of all other regions in the state of Minnesota. The other three regions that comprise the Fond du Lac Reservation reported air scores that bested 90% of all other regions. While this is reassuring, it's good to keep in mind that air quality is both situational and local. As some may recall, wildfires in the

summer of 2021 contributed to days of smoky air that plagued the Northwoods for weeks, posing health risks for many communities. Even on days with clean air forecasts, the air you breathe may be negatively impacted by local wood smoke or vehicle exhaust.

Given the significance and nature of air, it can be useful to stay informed on the air of our region. There are several ways to do this. On the FDL website, directly above the weather report, are two different links: Current Air Quality and FDL Real Time Air Data. The first link takes you to a MPCA map which shows current air conditions and offers an air quality forecast for the

following days. The second link takes you to a purple air registry which offers real time air data, including hourly measurements of particulate matter (PM) across the U.S. Other ways to stay informed include downloading the EPA's "AirNow" app to your phone, checking your device's weather app, or keeping an alert ear for air reports when you watch the biidaajimowin (news).

Have questions or comments about air quality at FDL? Reach out to the FDL Air Program Coordinator, Paige Huhta, at [paigehuhta@fdlrez.com](mailto:paigehuhta@fdlrez.com), FDL Air Program Technician, Anthony Mazzini, at [anthonymazzini@fdlrez.com](mailto:anthonymazzini@fdlrez.com), or FDL GreenCorps Member, Carson Becicka, at [carsonbecicka@fdlrez.com](mailto:carsonbecicka@fdlrez.com). Miigwech!

## Notice of Name Change

In the Matter of the Name Change of: KYRIE A. PETITE, Minor Child, MATIAH OJIBWAY, Petitioner. Case No.: NC-0006-2022 NOTICE OF NAME CHANGE.

Notice is hereby given that on November 8, 2022, an Order was issued changing the name of Kyrie Aryan Petite to Kyrie Alan Ojibway.

## Notice of Hearing on Probate Petition

In the Matter of the Estate of: GERALD L. REYNOLDS, SR., Decedent, NIKKI HARRIS, Petitioner. Case No.: PR-0012-2022 NOTICE OF HEARING ON PROBATE PETITION.

NOTICE TO THE HEIRS, BENEFICIARIES, AND ALL OTHER INTERESTED PARTIES: NIKKI HARRIS HAS PETITIONED FOR APPOINTMENT

AS PERSONAL REPRESENTATIVE OF THIS ESTATE.

THIS MATTER HAS BEEN SET FOR HEARING ON THE PROBATE PETITION FOR: Wednesday, December 21, 2022 at 11:00 a.m. at the Fond du Lac Band of Lake Superior Chippewa Tribal Court, located at 28 University Road, Cloquet, Minnesota 55720.

## Amended General Notice to Creditors

In the Matter of the Estate of: KENNETH L. DEFOE, JR., Decedent, DEANNA M. BENJAMIN, Petitioner. Case No.: PR-0009-2021 AMENDED GENERAL NOTICE TO CREDITORS.

AMENDED GENERAL NOTICE TO CREDITORS

Notice is given that Probate proceedings are pending in the Fond du Lac Tribal Court regarding the Estate of Kenneth Larry DeFoe, Jr.

Any claims against the above-referenced estate must be filed on or before February 28, 2023 or the claims will be barred. All claims must be filed with the Tribal Court and provided to the personal representative by the deadline in order to be considered.

The address of the personal representative of the estate is:

Deanna M. Benjamin  
4806 Hwy 33  
Saginaw, MN 55779

The mailing address of the Tribal Court is:

Fond du Lac Band of Lake Superior Chippewa Tribal Court  
1720 Big Lake Road  
Cloquet, MN 55720

## General Notice to Creditors

In the Matter of the Estate of: ELAINE CAROL MCFATRIDGE (DEFOE), Decedent. Case No.: PR-0010-2022 GENERAL NOTICE TO CREDITORS.

Notice is given that Probate proceedings are pending in the Fond du Lac Tribal Court regarding the Estate of Elaine Carol McFatrige (DeFoe).

Any claims against the above-referenced estate must be filed on or before February 28, 2023 or the claims will be barred. All claims must be filed with the Tribal Court and provided to the personal representative by the deadline in order to be considered.

The address for Gary Miskwaa Bineshii, the personal representative of the estate is:

Gary Miskwaa Bineshii  
353 Ridge Road  
Cloquet, MN 55720

The mailing address of the Tribal Court is:

Fond du Lac Band of Lake Superior Chippewa Tribal Court  
1720 Big Lake Road  
Cloquet, MN 55720

## LEGAL NOTICE – DECEMBER 2022

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



## Construction Days

This photo was submitted to the FDL newspaper office titled "Construction Days" from 1983. This photo of Dave Tiessen, Billy Wise, and Rodney Moose was taken while building houses on the Rez in June of 1983.

Etc

to the Fond du Lac Band. \*The one-year period commences with the first publication.

**BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:**

BOURDON, Robert Bernard  
 BULLOCK, Sharon Mae  
 CICHY, Gerard  
 CICHY, Leslie  
 DEFOE, Dale Edward  
 DEFOE, Kenneth Larry Jr.  
 DEFOE, Steven Joseph  
 DOUGLAS, Mime A.  
 ENGLER, Virginia  
 ERICKSON, Judith Lenore

HOFFMAN, Cotee Lee  
 LAPRAIRIE, Robert  
 MARTIN, James Ernest Sr.  
 MARTIN, Tina Marie  
 MARZINSKE, Larry  
 MATHISON, Michael  
 OWENS, Louise K.  
 OTIS, Doris  
 ROY, Lee David  
 SAVAGE, Gerald Jr.  
 SENNETT, Billie Jo  
 SMITH, Karrie Anne  
 SMITH, Richard Joseph  
 SOULIER, Gary  
 ST. GEORGE, Richard J.  
 THOMPSON, Dennis K. Jr.  
 WHITE (DURHEIM), Mindy



FOND DU LAC TRANSIT

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 Full Time Mechanic Position

**Competitive Wages | Great Benefits |  
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Apply today at [www.fdlrez.com](http://www.fdlrez.com) or call 218-878-2653



**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, soil health, seed saving, pest, disease and weed management, 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 and engage with USDA and service programs.



Apply by December 20th, 2022.

Contact: Erika Resendiz Alonso [erika.resendizalonso@fdltcc.edu](mailto:erika.resendizalonso@fdltcc.edu)



# Health News

## Trifecta of illnesses

By: Callie Bassett, RN

Greetings from your community health nurses! I'm sure you've been hearing about the trifecta of illnesses this season. We're here to educate you on what signs and symptoms to be on the lookout for and, of course, ways to prevent them.

RSV (Respiratory Syncytial Virus) is a common respiratory virus that often results in cold-like symptoms that can be mild, but could lead to serious illness. RSV is contagious for 3 to 8 days and can be dangerous for some infants and young children. Most RSV infections go away on their own in a week or two. At this time, there is no specific treatment for RSV.

Specific testing will be needed to indicate whether you have influenza or COVID-19 due to both of them having similar signs and symptoms. From what we know COVID-19 spreads more easily than the flu, but may take longer to show symptoms and be contagious for longer periods of time. Signs and symptoms are cough, sore throat, runny/stuffy nose, muscle/body aches, headaches, fatigue and sometimes vomiting and diarrhea but this is more common in children than adults. Having a fever or feeling feverish is also a symptom. However, not everyone with influenza will have a fever. A change in or loss of taste/smell is a

more common symptom in COVID-19 cases.

There are treatment options for COVID-19 and influenza. Antiviral drugs may be a treatment option for influenza. These drugs work best when started on the first or second day of symptoms. COVID-19 has a couple of treatment options available: antiviral treatment and monoclonal antibody treatment. These can be in pill form to be taken orally or through an injection or IV infusion. Similar to influenza treatments, it is best to start at the onset of symptoms to have the best outcome! For more information on treatment options please reach out to your primary care provider!

Because we are indoors more than the summer months, it could make us more susceptible to infection. It is okay to remind individuals not to hug, touch or kiss your child(ren), especially if they are infants/newborns. Help protect yourself and loved ones from these illnesses by washing hands frequently, covering your cough/sneeze, stay home when sick, sanitize high traffic areas often, and by getting vaccinated!

*For more information on where to get vaccinated please go to [www.vaccines.gov](http://www.vaccines.gov).*

*Reference: [www.cdc.gov](http://www.cdc.gov)*

## A message from the community health nurses

Every December 1st is celebrated is World AIDS Day. This year the theme is "Putting Ourselves to the Test: Achieving Equity to End HIV." With increased numbers of HIV cases in the Duluth area since an outbreak was declared in 2019 it is important that we also work to achieve equity in testing measures. The CDC recommends that everyone between the ages of

13-64 get tested for HIV at least one time in their lifetime. Those with certain risk factors may need more frequent testing. It is also important we work to end the stigma towards HIV/AIDS.

If you or someone you know needs an HIV test resources in the Duluth area and surrounding include:

Lake Superior Community Health-care Center (218) 722-1497, Fond du

Lac Human Services (218) 879-1227  
Planned Parenthood (218) 722-0833,  
or WE Health Clinic (218) 727-3352.

For more information visit <https://www.hiv.gov/events/awareness-days/world-aids-day> or <https://www.cdc.gov/hiv/basics/testing.html>

*Miigwech, Cedar, Laura, Kristie, Naomi, and Callie*

## Are you up to date?

### Cancer screen week: December 5-9

#### Breast Cancer - Mammogram

- Age 40-44 could start screening annually
- Age 45-54 recommended to screen annually
- Age 55+ could switch to every 2 years or continue annually

#### Cervical Cancer – Pap smear/HPV testing with normal results

- Age 21-29: pap smear every 3 years
- Age 30-65: pap/HPV testing every 5 years or pap every 3 years

#### Colon Cancer – Colonoscopy/FIT testing

- Age 45-49 Fit test annually
- Age 50-75 colonoscopy every 10 yrs (if normal) preferred. FIT annually (if not high risk)

#### Prostate Cancer – PSA test

- Age 55-69 Discuss risks/benefits with provider

#### Lung Cancer - LDCT Scan

- Age 55-80: 20+ Pack year history; current smoker or quit in last 15 years

#### Skin Cancer – Monthly self-exam-all ages



# Health News

## Health tips for a more enjoyable holiday season

Holidays can be a great time for family, friends, and celebrations, however shorter days in the winter, colder weather, more social/family gatherings and traditions for eating an abundance of high-calorie foods can all contribute to stress.

Find tips below to help the holidays be healthier, happier, and more enjoyable for all:

**Stress less.** Focus on your holiday traditions. Make time for friends, family, good cheer, and relaxation as much as possible. Sleep is important and try to stick to a routine when possible even during travel and celebrations. Avoiding or limiting caffeine, alcohol, and larger meals before bed will help with a good night's rest.

**Dress warm.** Have headwear that covers your ears, mittens instead of gloves, well insulated socks and dress in layers of loose, warm clothing. Check weather forecasts and wind chill before going out. If your clothes become wet, change them as soon as possible. Cold weather hazards may be prevented when taking measures to protect yourself against the cold, such as packing an emergency supply kit and warm clothing while traveling.

**Drink water.** Winter may be a good time for hot cocoa and cider in moderation. When attending gatherings, ask if there will be water

and other low- or no calorie beverage options or bring your own. Keep balanced with at least 8 cups of water per day. Water can keep you hydrated, healthy, and may help fight germs and sicknesses.

**Exercise.** Regular activity can keep us healthy, both mentally and physically. Choosing an exercise that is right for the elements may be a challenge. If exercising outside, wear layers that can be removed easily for the weather. When the temperature is well below 0 degrees and or the windchill is extreme, choose indoor exercises such as exercise DVDs to help keep you motivated to move in the warmth of your home or a fitness or weight management program. The structure and group support can help get through the holidays and to keep on track through the year.

**Eating before an event.** Having a meal before leaving will help you to feel fuller if you can't miss the event and you'll most likely eat smaller portions when you arrive. Bring a healthy dish for everyone such as a vegetable tray or a fruit salad. You can also purchase pre-made ones at a grocery store.

**Keep the germs away.** Washing our hands is one of the best ways to avoid getting sick and spreading common winter illnesses such as the cold and flu. Washing hands only takes 20 seconds,

scrubbing all surfaces and rinsing well.

**Get immunized.** Immunizations such as the COVID-19 primary series or boosters and flu vaccines can help prevent getting seriously ill from viruses.

Following these tips can help you to have a safe and healthy holiday season. There are a variety of support groups available. Check with your doctor, friends, coworkers, and family. Know yourself and when you may need to ask for help. Always remember to consult your Healthcare provider with any questions or concerns.

A message from your Fond du Lac Cancer Control Project  
Sources: American Cancer Society is available 24/7 for support online, local bereavement groups, and other resources. 1-800-227-2345  
[www.cancer.org](http://www.cancer.org), [www.mayoclinic.org](http://Mayo Clinic)

Have a  
safe  
and  
happy  
holiday  
season

## Recipe of the Month: Cranberry pecan rice pilaf

### Dietitian's tip:

Once you get the hang of this formula to bulk up rice, change the nuts and dried fruit to suit your taste. Almonds and walnuts are great substitutions. Serves 6

### Ingredients

- 2 cups cooked brown basmati rice, room temperature
- 1 1/2 teaspoons olive oil
- 1 cup chopped onion
- 3/4 cup chopped celery
- 1/2 cup chopped pecans
- 1/2 cup dried cranberries
- 1 tablespoon fresh thyme leaves
- 1/2 teaspoon kosher salt

### Directions

Warm a large nonstick sauté pan to medium heat. Add the olive oil, and sauté the onion and celery. Once the vegetables become soft and tender, add the cooked rice, pecans, cranberries, thyme and salt. Mix until combined and warmed through.

Nutritional analysis per Serving size: 1/2 cup Calories 189, Total fat 8 g, Saturated fat 1 g, Trans fat 0 g, Monounsaturated fat 5 g, Cholesterol 0 mg, Sodium 179 mg, Total carbohydrate 27 g, Dietary fiber 3 g, Total sugars 9 g, Protein 3 g

Recipe adapted from: <https://www.mayoclinic.org/healthy-lifestyle/recipes/cranberry-pecan-rice-pilaf/rcp-20197701>



## RESPIRATORY SYNCYTIAL VIRUS (RSV)

RSV is a common respiratory virus that circulates each year in the United States, usually from late fall through early spring. RSV can be serious, especially for infants and older adults.



### SYMPTOMS

Runny nose, decreased appetite, coughing, sneezing, fever, and wheezing



### PREVENTION

Cover coughs and sneezes, wash hands often, avoid contact with sick people



### STAY UP TO DATE WITH VACCINATIONS

COVID and flu vaccines

### HELP PREVENT THE SPREAD OF RSV

- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands
- Wash your hands often with soap and water for at least 20 seconds
- Avoid close contact, such as kissing, shaking hands, and sharing cups and eating utensils, with others
- Clean frequently touched surfaces such as doorknobs and mobile devices

### FOR MORE INFORMATION VISIT:

[www.IHS.gov](http://www.IHS.gov)  
or the CDC RSV Homepage  
<https://www.cdc.gov/rsv/>

In an emergency, dial 911 or your local emergency number immediately.

# Health News

## Healthy holidays

By Kara Stoneburner, RDN LD,  
Community Health Services  
Dietitian

The holidays are filled with food and beverages that may not be friendly to your health or the waistline. Being overweight or obese can put you at a higher risk for developing certain cancers, diabetes and heart disease. Listed below are some helpful, healthy tips to keep in mind over the next few months.

- Never arrive at a party hungry. Eat a small, healthy snack, such as veggies and dip, fruit, a cheese stick or a small amount of nuts beforehand to prevent overeating
- Avoid hanging out by the buffet table. Initiate conversations away from the food. Chew gum or mints to prevent snacking on chips, candies and cookies
- Before the party, have a plan on what and how much you will eat and drink. Scan the entire table of food before filling your plate. Use the smallest plate available and don't stack your food
- Focus on vegetables when filling your plate
- Be choosy about sweets, but allow yourself to take a small portion of your favorite dessert
- Refrigerate leftovers in a shallow, sealed, labeled and dated container within an hour of eating. This also prevents mindless snacking
- Bring a healthy dish to share at the party. Google healthier versions of your favorite recipes
- Monitor beverages. Alcohol, eggnog and other holiday favorites can pack a lot of calories in a small glass. Stick with water, seltzer water, coffee, unsweetened tea or diet soda. If you want an alcoholic beverage, try mixing a 1/2 glass of wine with sparkling water

- Walk it off– plan a physical activity and invite the other guests along
  - When running errands or shopping, pack some healthy snacks, such as fresh veggies, fruit or pretzels and a water to avoid the high calorie temptations at the food court and the check-out aisles
  - 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
  - Remember food safety
  - After grocery shopping, get your food into the refrigerator or freezer within two hours
  - Wash your hands often when cooking and eating
  - Keep hot foods hot and cold foods cold
  - Reheat leftovers to 165°F
  - Don't eat raw cookie dough
  - Plan ahead
  - If travelling, check the weather. Have a winter survival kit in your vehicle
  - Get a flu shot. Stay home if you are sick
  - Start thinking about 2023 health 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
  - Consult with your Healthcare Provider or other health professional to get you going in the right direction
- Cheers to a healthier holiday season!

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

## Services to help during the holidays

Sometimes food can be scarce and families are looking for services to help. Here is a brief list of food shelves and community meals. Please be sure to call first as dates, times and locations may vary and some services may have restrictions based on residency and age.

### St. Louis County Damiano Center Community Kitchen

206 W 4th St Duluth  
(218) 722-8708

- Continental breakfast: Monday/Wednesday-Sunday 8:30-9:30 a.m.
  - Lunch: Monday/Wednesday-Sunday 11:30 a.m.-1 p.m.
- Damiano Center Kids' Kitchen  
206 W 4th St Duluth  
(218) 722-0375
- Lunch during summer
  - Dinner during school year: Monday-Thursday 2:30-5:30 p.m.

Accompanying adult may eat with child

### Loaves & Fishes Community Dorothy Day House

1712 Jefferson St Duluth  
(218) 724-2054

- Dinner served daily at 6pm

### Chum Chum Drop-in

125 N 1st Ave W Duluth  
(218) 726-0153 ext. 211

- Breakfast: Wednesday 10 a.m.

### Chum West Food Shelf

4831 Grand Ave Duluth  
(Our Saviors Lutheran Church)  
(218) 624-0333

- Monday 10 a.m.-12 p.m.

### Chum Food Shelf

120 N 1st Ave W Duluth  
(218) 727-2391

- Wednesday & Friday: 10 a.m.-12 p.m. or until supplies run out

### Life House (serves youth 14-24 years of age)

102 W 1st St Duluth  
(218) 722-7431 ext. 117

- Lunch (ages 19-24): Monday/Tuesday/Thursday/Friday 11

a.m.-1:30 p.m.

- Lunch (ages 19-24): Wednesday 12-1 p.m.

- Dinner (ages 15-19): Monday-Friday 3-5:30 p.m.

### Union Gospel Mission

219 E 1st St Duluth  
(218) 722-1196

- Lunch: Monday-Friday 12-1 p.m.

- Dinner: Monday-Friday 4:30-5:30 p.m.

### Living Waters Food Shelf

332 N 40th Ave W Duluth  
(218) 624-2596

- Tuesday 10 a.m.-1 p.m.

- Friday 4-7 p.m.

### Water's Edge Community Church Food Shelf

2202 W 3rd St Duluth  
(218) 722-4141

### Fruit of the Vine Community Food Shelf

1533 W Arrowhead Rd Duluth  
(218) 525-3462

- Saturday 9:30 a.m.-11:30 a.m.

- Tuesday 6-8 p.m.

- Every 4th Friday 9:30-10:30 a.m.

### Proctor Food Shelf

100 Pionk Dr Proctor  
(218) 628-6288

- Wednesday 10 a.m.-1 p.m.

### Hermantown RSVP & Family Resource Center

(218) 729-5509

### Second Harvest Norther Lakes Food Shelf

4503 Airport Blvd Duluth  
(218) 727-5653

- Tuesday 10 a.m.-1:30 p.m.

### Duluth Salvation Army Food Shelf & meal program

215 S 27th Ave W Duluth  
(218) 722-7934

- Monday/Thursday 1:30-4 p.m.

- Wednesday-medical food shelf- appointment only 1-3 p.m.

- Daily bagged lunches: Monday-Friday 11 a.m.-12:30 p.m.

### Neighborhood Family Center Food Shelf

2331 W 3rd St Duluth  
(218) 727-9379

- Saturday 9am-12pm  
Carlton County

Cloquet Senior Center  
1100 Olympic Dr Cloquet  
(218) 879-5870

### Second Harvest Mobile Food Pantry

615 12th St Cloquet  
(Our Saviors Lutheran Church)  
(218) 336-2312

### Moose Lake Food Shelf

308 Elm Ave Moose Lake  
(in alley, basement of Joe Jitters)  
(218) 382-0058

- Friday 8:30 a.m.-12 p.m.

- 1st Wednesday of the month 3-6 p.m.

### Tri-Community Food Shelf

5597 MN 210 Cromwell  
(serves Cromwell, Tamarack  
and Wright communities)

- Friday 3-5:30 p.m.

### Fond du Lac Food Distribution

50 University Rd Cloquet  
(218) 878-7505

- Monday-Friday 8:30 a.m.-11:30 a.m. and 1-4 p.m.

### Fond du Lac Social Services Community Food Shelf

927 Trettel Lane Cloquet  
(218) 878-2145

- Monday-Friday 9 a.m.-3 p.m.

Other resources:

### Minnesota Food Assistance Program (MFAP)

### Minnesota Family Investment Program (MFIP)

### Supplemental Nutrition Assistance Program (SNAP)

- Call the Minnesota Hotline for more information 800-657-3698 or apply online at [mnbenefits.mn.gov](http://mnbenefits.mn.gov)

### Women, Infant and Children Breastfeeding and Nutrition Program (WIC)

- Fond du Lac Reservation WIC Program – (218) 878-2115
- Carlton County WIC Program – (218) 878-2853
- St Louis County WIC Program – (218) 725-5211
- 2-1-1 Community Resource Information Line

# Community News

Merry Christmas from the Jaris M. "Pokey" Paro Assisted Living Residence and Fond du Lac Home Health Services

## Happy birthday

Happy 1st golden birthday to our princess **Amiyah Savage Rule** (Dec. 1)  
*Love, Mom, Dad, Jayden, Jolana, and Adrian*



## Congratulations



Congratulations to **Katelyn Olson** who was named Homecoming Queen and **Marco Mayorga**, Homecoming King.

Both of them are FDL descendants and the first native youth to have received the titles at Cloquet High School.

## Obituary

**Patricia B. Scurlock: Waabanoodinokwe- East Wind Woman**, was born February 7, 1950 at St. Mary's Hospital in Duluth, Minnesota. Patricia departed the physical world on October 14, 2022 at her home in Tempe, Arizona.



An enrolled member of the Fond du Lac Band of Lake Superior Chippewa, Patricia graduated from Albrook High School in 1968 and soon after enlisted in the United States Army. After basic training Patricia was stationed at Fort McClellan, Alabama. During this time she met a fellow soldier who became her husband of 52 years, Presley Scurlock. After 20 years of service to her country, Patricia was transferred to the "Retired Reserve" in 1994. Not one to be

idle, Patricia received her LPN Degree and after 22 years of service, retired from Essentia Health - St. Mary's Medical Center in August of 2012.

Patricia is survived by her husband Presley; her son, Nicholas Scurlock; her daughter Cynthia Finley. Her Grandchildren, Amanda, Andrew, Austin, Jenna and Great Grandchildren Auriana and Jason; Her siblings Russell J. (Anna) Bankey; Ray "Skip" (Babette) Sandman; Sandra (Jeff) Savage; Ernestine "Doolie" Ritchie; Darlene Sandman; and multiple nieces, nephews and cousins.

In the Spirit World, Patricia joined her parents Russell F. Bankey and Josephine N. (Beargrease) Sandman; her sons Curtis and Jason Scurlock; her Paternal Grandparents Frederick and Jennifer Bankey; her Maternal Grandparents Mike and Charlotte Beargrease; her Nephews Eric Bankey and Guy Hayden; and her favorite Aunt, Doris Otis. Patricia was a woman with courage, a strong work ethic, and she loved meeting and talking with everyone. An angel who had a heart of gold will be greatly missed by all who knew and loved her.

A memorial service will be held at a later date.



**Stephanie Gail Hammitt**, age 60, of Cloquet, Minnesota died peacefully on Monday, November 14, 2022, at her home. A scholarship fund

will be organized by the family in honor of Stephanie. Donations are encouraged in lieu of flowers.

Stephanie was born on October 22, 1962, to Peter and Priscilla (Roy) Defoe in Minneapolis, Minnesota. She was raised in Cloquet, attending Leech Elementary, Cloquet Middle, and Cloquet High

Schools. During her childhood, she was an active member of the school band. Her clarinet talents were on display in the Indian Honor Band that even brought her to perform at a Washington Redskins game. She graduated from high school in 1980. Stephanie furthered her education at the University of Minnesota - Duluth, where she earned her bachelor's degree in accounting in 1984.

Stephanie was united in marriage to Brian Hammitt on June 7, 1986, at Queen of Peace Catholic Church where she was a life-long member. The two made their home in Cloquet. Throughout her career, she served the Fond du Lac Tribal and Community College for over 30 years. She served as Vice-President of Finance Administration, two terms as Chief Financial Officer (from 1990-1996 and 2008-2016), and board member and chair of the Board of Directors. She was made Interim President of the college in 2018, earning her title of President in 2019, and was very honored to become the first female to hold that position. Stephanie also held an active role on several local boards including the United Way, school, and hockey boards.

Stephanie was an avid fan of the Minnesota Vikings and Wild. She was also a dirt track race fan, initiated by trips to the track with her father and later reinforced as she watched her own children race. Stephanie loved cross-stitching and other crafts which became treasured gifts for family and friends. She was also known to have a deep love of Christmas and made it a goal to add to her decorations and lights each year (much to the frustration of her husband). Stephanie was most proud of her family, especially loving the title of Nana to her grandchildren with whom she loved spending time, reading books, and going on adventures. Stephanie is survived by her

husband, Brian; children, Matthew Hammitt (Annisia Peterson), Christopher (Alyssa) Hammitt, Jonathon Hammitt (Tonya Kloos), and Annika Hammitt (Tanner Hicks); grandchildren, Eli, Adeline, Becket, Kolbe, and newborn Cordelia; sister, Michelle (Robert) LaFave; several nieces and nephews; parents-in-law, Roland and Barbara Hammitt; and beloved dog, Brutus. She was preceded in death by her parents; son, Jesse on April 25, 1995; grandparents, Peter and Margaret DuFault and David and Christina Roy; grandparents-in-law, Gerald and Helen Hammitt and George and Edna Oraskovich; and brother-in-law, Rick DeBolt.

**Ray "Skip" Sandman, "Miskomiigwan"** age 68 of Duluth, MN, began his journey to the spirit world on October 30, 2022,



in Duluth, MN. Skip was a Fond du Lac Lake Superior of Ojibwe tribal elder. He was born December 28, 1953, in Toledo, Ohio, the son of Josephine Beargrease Sandman and Ray Sandman. Skip grew up on the Fond du Lac Reservation in the town of Brookston and attended Albrook High School. In the spring of 2022, Skip walked his first stage after earning his degree from Fond du Lac Tribal and Community College.

Skip enlisted in the U.S. Navy at 17 years old, where he served 2 tours of duty in Viet Nam as Petty Officer of the crash and salvage team on the USS Oriskany CVA 34. After his honorable discharge, Skip was employed as a Corrections Officer by Northeast Regional Correction Center for 25 years before retiring.

Skip was motivated by a dream to help others which led to his political career running for the Duluth City Council at large and

twice entering the race for the 8th Congressional district advocating for the protection of the water for the future generations. His most passionate work was using his gift as a spiritual advisor and traditional healer for over thirty years. He worked with Mille Lacs Band of Ojibwe, Mash-ka Wisen treatment center and numerous other organizations and individuals from many communities that traveled to his home. He always opened his heart and home for people that needed healing and spiritual guidance. He was honored to help build the program at the Fond du Lac Cultural Center. His hope was to establish traditional healing for his community of Fond du Lac. He was able to create the foundation and his dream was for the work to continue. He respected the gift that he carried for the people that came to him for help and healing.

Skip and his lovely wife of 32 years, Babette, were foster parents for many years. They also adopted children in the traditional way.

Skip is survived by his wife, Babette; brother Jim; sisters Sandy, Doolie, and Darlene; children, Joe, Nathan, Daniel, Kristy, Govinda, Megan, Alicia, and Miranda; 14 grandchildren; one great grandchild; nephews and nieces, countless namesakes; and many spiritual relatives. He was preceded in death by his parents; his sister, Patricia; and four nephews.

## FDL job openings

Fond du Lac Reservation and its enterprises has many terrific job openings available. If you are looking for a great place to work, visit the FDL website (<http://fdlrez.com/HR/employment.htm>) to find the perfect job for you.

DECEMBER 3 - 24<sup>TH</sup>

# SANTA'S STASH

**DRAWINGS SATURDAYS 6 - 9 PM**

DECEMBER 3, 10, & 17<sup>TH</sup>:

- START EARNING ENTRIES ON NOVEMBER 27, 2022.
- TWELVE (12) WINNERS EACH SATURDAY NIGHT.
- WIN UP TO \$10,000.

GRAND PRIZE NIGHT - SATURDAY, DECEMBER 24<sup>TH</sup>:

- TWELVE (12) WINNERS.
- WIN UP TO \$25,000!

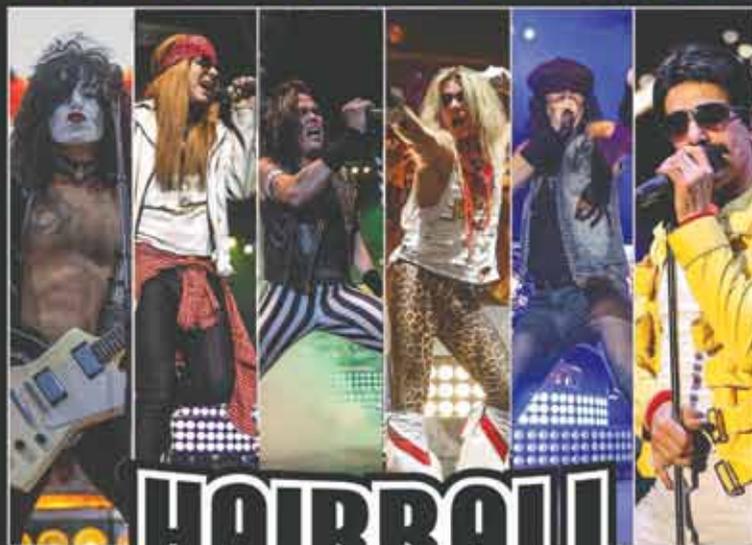
OVER  
**\$160,000**  
IN CASH DRAWINGS!

[blackbearcasinoresort.com](http://blackbearcasinoresort.com)

See official rules. Owned and operated by the Fond du Lac Band of Lake Superior Chippewa. Management reserves all rights.

OTTER CREEK EVENT CENTER

**DEC 9 @ 7 PM**



## HAIRBALL

**\$30 GENERAL ADMISSION**

MIX OF STANDING ROOM ONLY & TABLES/CHAIRS

DOORS 6 PM | SHOW 7 PM

Tickets available at the Players Club or online at [blackbearcasinoresort.com](http://blackbearcasinoresort.com)

New  
**YEAR'S**  
2022 *Eye*  
*Drawings and Hot Seats*

SATURDAY, DECEMBER 31, 2022 FROM 5 PM  
TO SUNDAY, JANUARY 1, 2023 AT 2 AM!

- START EARNING ENTRIES FOR DRAWINGS ON DECEMBER 25, 2022.
- FIVE (5) DRAWINGS AND TWO (2) HOT SEAT WINNERS EVERY HOUR!
- \$100,000 IN CASH TO BE GIVEN AWAY!

