

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



More than a game

Fond du Lac is very serious about its basketball, but as two high school brothers prove, it isn't everything.

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Local News



Brotherly Love

How two brothers share a special bond through the game of basketball

By Dan Huculak

In the ten years I have worked for the Fond du Lac Band, I have found many interesting stories involving people in our community. This is one of those special stories.

When I worked in the newspaper office with Deborah Locke, she encouraged me to report on the sports teams at the Ojibwe School. Up to that point in 2010, Fond du Lac teams had rarely gotten any mention in our monthly newspaper. My first contact with Ojibwe School sports was with a five win Fond du Lac Boys basketball team that despite having a fairly low win total, had always scheduled the toughest competition in order to improve as a team.

The highlight came when the Boys team finally broke through and won their section in 2014 and 2015. I described their experience in the state semifinals as a Native American version of the

“Hoosiers” movie. Buses full of family, fans, students and teachers headed to Williams Arena and the Target Center in Minneapolis to show their support. It was an incredible experience.

I am still friends with Dewey Dupuis Jr., Travis Brown, Kello Brown, “Bubba” St. John, Bruce Martineau, and many others to this day. Long after their playing days have ended, I still root for these former Ogichidaag stars, and for all of the current boys and girls players to succeed after their high school playing careers have ended. Two former Ojibwe School stars are now protecting our community as Fond du Lac Police Officers.

This story is about two players on the Fond du Lac Boys basketball team. The two are also brothers. Jesus Delapaz is a senior guard on the Fond du Lac Ogichidaag Boys team. His brother Connor Barney is a sophomore forward who just reached the 1,000th point mark in his high

school career. Connor entered the game needing just five points to reach the mark. The game was stopped by the officials and photos were taken of Connor and his brothers on the court once he reached 1,000. Connor would score 19 points that game.

Some players might be jealous of a younger sibling accomplishing such a feat, but this is not the case with Jesus and Connor. After their mother passed away in 2011, the two boys and their three siblings were placed in foster care and were separated from one another in the process.

Jesus (nicknamed “Sus”) and Connor spent time separated in more than a dozen foster homes. That makes it easy to understand why the two are so close today. Jesus also pushes Connor to be the best player he can be, including working out together in the gym before or after practice.

Living in the foster care system

Jesus opened up about living

Nahgahchiwanong Dibahjimowinnan

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

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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

in a foster home. “I got placed into a foster home. It was with a Black family. I never lived with a different race, of course. I really loved my foster mother. I was ready to call her my own mom because I really looked up to her. Everything was going good, and that family made me think about my own family less often. Months would go by where I wouldn’t see them or get in contact with them. Then a social worker told me my mom had passed. I thought she moved away, not passed away. No, she died, the social worker said. I just sat there at first. I couldn’t believe it. Eventually I started crying. My foster mom helped me get through it.

“I went to my room. I started thinking that it was my fault because she passed. I started going my own way; not listening to my foster mom. That’s when the abuse started. That went on for about a year.

When things start happening to you, you get used to it. I was 12 years old. The abuse numbed me mentally and physically.”

“The abuse also made me stronger. I had to believe in myself because I thought it was my last, only option. I didn’t think I had anyone else. When I got in contact with my own family, they showed me they were there for me and they never forgot about me. That

they still loved me. But I still wanted to go my own way because things were going well for me by then. Being prepared to do everything on my own, not counting on anyone was what I got used to.”

Jesus started seeing Connor more often and the two became best friends. “I was living in Duluth with my current foster dad. I started making my way up to Bemidji every weekend to go visit my grandma. All my brothers and my sister would sometimes be there too, but it was always different with me and Connor because we liked doing the same things. It got to where I didn’t like coming home to Duluth that often. The two of us became closer than ever.”

One example of Jesus’ commitment to Connor’s well being is his recent purchase of a mobile home in order to have a place for the two to live. As an 18 year old, Jesus has aged out of the foster care system and investing in a place to live was a priority. “My goal is to show him that there is still good in life. Some kids went through foster care their whole life.”

“I want to have a good life so he (Connor) can have one,” Jesus said. The reason we’re so close now is because we were separated at a young age, not knowing that would happen to us. So now we’re preparing for whatever may happen in the future.”

Gym rats

High school players are limited in the amount of games they may participate in. The Minnesota State High School League

limits the number of games in a regular season to 26. The team practices 2-2 ½ hours a day, five days a week. Some game days do not include practices, depending on the amount of travel involved.

Most nights, the two boys leave practice and play one on one, two on two, or pick-up games at the Cloquet Community Center. Some of those nights also include working out in the gym upstairs. It’s impossible to count the number of games the two compete in each week. When the season is over, they probably play even more frequently. “More people show up in the gym when the season’s over. There’s also summer tournament games in Cass Lake, Red Lake, and Bismarck. It’s worth it,” Jesus said.

One night, after the Cloquet Community Center closed for the evening, the two still wanted to play more basketball. They checked with some friends and decided to drive to Hinckley so they could continue to play. They’ve also driven to Duluth a few times so they could play more basketball. Kids with that much desire to play and improve their skills are what coaches, players, or fans like me respectfully refer to as gym rats.

Connor’s rapid development as a player began in 2017. “He (Jesus) started pushing me to get better,” Connor said. “He put me in the weight room, got me in the gym. In eighth grade at Cass Lake Bena, I started getting in games but I never scored. I played on the eighth grade team and varsity team (in the same season). I scored

22 or 23 points a couple times on my eighth grade team but not in the varsity games,” the younger brother said.

Jesus added, “I’d even tell him, when I’m not there to work out or play ball with you, just do it, work on things you’d do in games and not work on things you wouldn’t. The motivation and his mindset he has for the game is something I’ve never seen.”

Ely Boys Head Basketball Coach Tom McDonald commented on Connor’s ability after their game against Fond du Lac earlier this season. “He has been one of the toughest players for us to guard this year. He is so tough to guard because he has great feet to make the move inside, but also has great guard skills so it is hard to guard him on the perimeter. Plus he is really strong. I think to be a very good basketball player one needs really good feet and Connor has some of the best footwork that I have seen in recent years.” In that game versus Ely, Connor, the tallest Ogichidaag player at 6’ 3,” faced double and triple teams most of the game. Connor still led the team in scoring that game.

“After he scored his thousand (in a game against Hope Academy), he and I were in the locker room after the game, just the two of us and I said, just remember that mom’s looking down on us and she’s proud.”

Are you interested in becoming a foster parent or adopting a child? Please contact FDL Human Services, Social Services Dept. at (218) 878-2145.



RBC Thoughts

Secretary/Treasurer News

Boozhoo,

The Mahnomen Water Project has had some ups and downs with financing for the project in recent weeks. We were denied money through HUD to help address the water issue but HIS agreed to fund their portion and EPA may or may not help. I have been concerned about this issue for quite a while now and asked the council to finance this program so we do not have to wait for another year. The council agreed and has committed to finance the remaining balance we cannot secure through the grant process. We will not stop trying to secure grant money but this project has waited too long to complete to wait another year.



Ferdinand Martineau

It was time for our State of the Band presentation again. It was Thursday February 20 at 5:30 p.m. in the Otter Creek Event Center. The presentation was open to all Band members that were interested in what's happening with our Reservation. I hope you were able to attend.

If you have been following the news on the Line 3 replacement for Enbridge you will have noticed that they have been awarded their certificate of need and their environmental impact statement has been deemed adequate. That means that they are now trying to obtain the remaining permits to begin the replace-

ment of L3 through Minnesota. If or when the company obtains the state, federal, and BIA permits necessary to begin construction they will pay the Band a negotiated amount for the assistance that we provided. The company will also pay an additional payment to the Band when the line goes into operation. During the negotiations the RBC negotiated a start date for the new contract for January of 2020 so we received the first installment and have placed that in long term investments until the RBC decides what will be done with the money.

The other interesting development is TC Energy is looking to renew their lease through the Reservation for its natural gas pipeline. During our talks they informed the Band of a grant that is available through their foundation and Fond du Lac applied for it. This week we were awarded the TC Energy infrastructure development grant and received our first installment of \$1 mil. There are few grant requirements except to help with needed infrastructure. We are looking at some of the things that were deleted from our capital budget this year to see if we can include some under the guidelines of this grant.

If you have any questions or comments please feel free to contact me. My office number is (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com Gigawaabamin.

Cloquet News

Hello all

This has been a very busy month as far as snow removal goes. Due to the large amount of snow this year, they have been taking care of roof snow removal as well as ice dams on roofs. It seems as though this snow and its aftermath will not let up.

To update you on the cultural center construction project, I visited the site recently and saw that they are already doing the sheet rocking and inside painting. It seems to be coming along as scheduled.

Our language/cultural department, at the direction of Charlie Smith, held a moose



Wally Dupuis

and deer hide tanning camp at the natural resources garage from February 10-14 every day that week. This was a great opportunity to learn how to tan hides. They will then be making moccasins from the deer hides and a drum from the moose hide.

Our community center continues to provide productive programming for all ages. Please see the FDL website for a list of upcoming activities.

Recently the Band purchased the old Applebee's building in Cloquet. I have received a number of questions regarding the purchase and what our plans are for the building. We currently have no concrete plan for the building

but we are looking at a few options for economic development. This building is located next to Hwy 33 and is in the major traffic corridor.

Recently, the Fond du Lac Band issued a notice (page 14) to the public that all Tribal lands will be closed to non-Band members. Our natural resource department will have a permit process for those non-Band members that want to use Band lands. This has been a long time coming, our membership has been asking for this for years.

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

Sawyer News

Boozhoo,

Namebini Giizis "Sucker moon" proved to be a busy and fast month.

In February, there have been early discussions on a number of projects. Employment opportunities will be available at the beginning of May in the area of cultural surveying. For instance, the commonly referenced 'can of worms' Duluth interchange will be a project that will need surveying. There is also remaining work at the Highway 23 project that will need Band members to finish the work at that site.



Bruce Savage

The Cary Road Farm recently received an Administration for Native Americans (ANA) grant to fund projects and work on the development of an agricultural department for the Reservation. The funds will also be used for staff, equipment, and a greenhouse. This is a 3 year grant with an overall budget of \$800,000 and had a very competitive process to gain the award. Miigwetch to everyone involved in the FDL Planning Department that helped make this possible.

Gitigaan classes will be starting again soon, please get involved and set some goals for growing your own food this season. It is always exciting to

see the gardens in the community and harvest happening in the fall. Just a reminder our first crop harvest starts in March, get your sap buckets ready. There has been a lot of conversation in the community about the upcoming sugaring season. The 'hard crust on the snow' is definitely a good description of the conditions in the woods currently. As challenging as the season can be, as Anishinaabe, we know the hard work is worth the gift of maple sugar.

*Sincerely,
Bruce M. Savage
Sawyer District Rep
Cell: (218) 393-6902
brucesavage@fdlrez.com*

RBC Thoughts

Brookston News

Boozhoo,

This past month started off with our 13 Moons Gichi Manidoo Giizis Powwow that was held at the Otter Creek Convention Center. Even though we had some snow come in for the weekend, it was still well attended by dancers, singers and spectators from around the region. Miigwech to the Powwow staff and the staff at Black Bear Casino Resort for hosting a great Powwow!

I had the opportunity to sit on a forum regarding Sex Trafficking & Human Exploitation that was held at Itasca Community College in Grand Rapids. This was put on by Congressman Pete Stauber



Roger M. Smith Sr

(R-8th Dist.MN). Fond du Lac Police Department Investigator Kelly Haffield also sat on the forum as she is the Commander of the TRUST Task Force. I also attended a preview showing of a local news station KBJR's showing of a special in-depth look at MMIW cases. A while back Chairman Dupuis, Interim Police Chief Tom Folds, and I were interviewed for this. If you look at their website it is titled Missing and Murdered: An Invisible Epidemic. On Feb. 14 there were MMIW Memorial Walks held around the country that were attended by thousands. I have seen high school cheerleaders and girls basketball and volleyball teams also show support by putting a red handprint on their faces and covering their mouths.

It is heartwarming to see the support for this very important issue that has a detrimental effect on Tribal communities and families throughout North America.

We had also attended a meeting with the Southern Chiefs Organization (Canada), this was a meeting that was held with the Tribal Leaders from the Minnesota Chippewa Tribe. It was very interesting to hear what they have been doing in Winnipeg and wanting to establish meaningful working relationships with the Minnesota Tribes.

Representative Wally Dupuis and I most recently had the opportunity to discuss rural healthcare with Senator Tina Smith (D-MN). This was held at our CAIR building in Duluth and had been attended by our HHS Director Sam Moose, Associate Directors Jennifer

Dupuis and Nate Sandman, other participants included Lake Superior Community Health Center, Lake View Hospital (Two Harbors), Cloquet Community Memorial Hospital, St. Louis County Public Health and the UM Medical School. We were able to give them a quick tour of our CAIR facility. It was an honor to have Senator Smith take the time to visit with us and to hear firsthand the issues that we have with recruiting medical/dental providers and the support staff such as nurses and technicians. We stressed that it is difficult for rural healthcare facilities to compete for personnel when there is a shortage. When we look at our local area we are going to have to compete with two large medical facilities that are currently under approximately \$1.2 billion dollar expansions. We also discussed

the importance of those on Medicare/Medicaid and how the cutting of those programs would have a serious effect on our communities.

By the time most of you read this we will have our State of the Band. I will post my presentation on the FDL webpage for those that were unable to attend.

I would like to congratulate the Band Members that attended and completed the Empowerment Class that was presented by 5 Skies Training. I was very impressed with the speeches the graduates gave. Chi Miigwech!

Roger M. Smith Sr
District III Brookston Representative
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(218) 878-7509



Empowerment class, 5 Skies organization



Southern Chiefs Organization meeting

More Local

FDL Pep Band on the big stage

Aaniin!

Josh Danderand here with an update about our school's pep band! We will be packing up and heading down to play pep band at the Target Center for the Minnesota Timberwolves home game against the Portland Trail Blazers on Sunday, Mar. 22! This is such a great opportunity for us to play our music at a different location and to represent our school on a grand scale! Our pep band has played at every boys' home game this year at the Ojibwe School and 2 girls' home games. The support, generosity, and fandom that we have received from the community has been AWESOME! A huge Miigwech to all who come to support the basketball teams, pep band, students and overall community! This year has been so great and I can't wait to see how it ends!

Our pep band is normally made up of around 22 students and 3 staff. In order to play for the Timberwolves, though, we had to up our numbers to at least 40. I am very proud to say that we are up to 45 players as of now and are reaching for that 50 member mark!

Please keep your eyes and ears open for upcoming events other than pep band as well, relating to our music program. Some of our band students will be performing a few songs at our Ziigwan Festival on March 19. We will also be hosting our 2nd Annual Talent Show in May this year. One other opportunity for travel for some of our band kids comes in the form of the 1st Annual MN Modern Band Festival at Anoka Ramsey Community College on Monday, May 18th. Several bands from around the state, including ours, who are "non-traditional" bands are welcomed to play at this festival. Bands who are rock, hip-hop, electronic, indie, etc. will be performing all day and get the opportunity to meet some local musicians, attend master classes, and watch other performances.

Although we are doing so many great things this year, and have the past 3 years, please contact me if you have any other cool opportunities that I may not have heard about yet!

A little more about the pep band

The opportunity for Fond du Lac's Pep Band to play at the Timberwolves vs. Trailblazers game, Sunday Mar. 22 came up because the Timberwolves organization started a new program last season that greatly benefited one of FDL's newest programs.

The pep band, which started at the beginning of this year, was given the honor by the Timberwolves Organization as they allow pep band from around the state to play at their games

"I got an invitation for the program mailed to me here at the school. I thought it was cool that they even assumed we had a pep band," Josh Danderand, FDL Band Director, stated about the opportunity to play. "As luck would have it, we had started up a pep band at the beginning of the year for our school's basketball team, so the timing was perfect."

The idea for the pep band actually came up last year, and it wasn't just Josh's idea.

"The reason I started pep band this year was that at the end of last year, one of the basketball players approached me and said 'Hey Josh, when we go to other schools to play, sometimes they have their band play during the games. We should do that here,'" Josh said recalling how the pep band came to be. "Much like everything that I have done here since I started, I said yes."

The band is comprised of 7-12 graders, but is open to all community members and staff as well.

"I want us to be loud and big, so I thought, what better way to make that happen then to make this a community driven pep band, led

by our students," Josh said about the energy that the pep band brings each and every night.

The high school members that began the year had plenty of background playing instruments from the previous two years of band. The 7th and 8th graders on the other hand had to start from the beginning, but according to Josh caught up to the experienced students very quickly.

"We started slow, learning about 3 songs in the first month. But once everybody started finding their comfort zone as far as playing and learning, we really took stride. We now have a solid 18 songs that we play for the games," Josh said about how quickly the students caught onto the program. "We have played every boys' basketball game this year and 2 girls' games. We have also noticed how the crowd has taken to us and the great attendance and participation we see from the crowd. It doesn't hurt that our boys' team this year is incredible as well."

The band isn't very large compared to some schools, with that said, 20 students being in the band is quite impressive. Some of those students have played every game this year, and some make it when they can. The band is made up of eight keyboard players, a bass guitar player, an electric guitar player, and about ten drummers.

"Three of those drummers play drum kit and we always have two kits set up for each performance. We also have our history teacher play trombone, and our English teacher play trumpet," Josh added about the community and faculty involvement. "At some

games we have had community members playing as well, a flute a couple of times, and extra drummers."

At the Wolves game, the pep band will be playing during the players warm ups on the court. So while the players are warming up, the band will be playing live music just feet away from them. Josh said they will be bringing about 35 students for the performance, and about 15 staff who will also be playing.

Pep band is such an important part of a basketball game, both for the players and the band's members, and Josh knows the impact it has had on his students.

"I would have to say that this experience has impacted the students very positively. They show a lot of school spirit during the games, they love showing off videos of themselves playing to their other friends and their families, they love the positive attention that they are receiving from our community, as well as the opposing school's communities," Josh said about all the excitement the band has created.

"They have received compliments left and right from other team's parents, coaches, and refs. It is not uncommon that the coaches from the other team talk to our head coach and compliment the band, or come right up to the stage where we play during the games, and tell us that we are the best band they've heard at a basketball game! I knew that having a pep band this year would be a lot of fun, but I wasn't expecting this type of relentless positivity and support and it is awesome! This is a new tradition that we have started and it will last for a very long time."

More Local

VW settlement gives FDL money to help combat climate issues

By Zachary N. Dunaiski

As part of the Volkswagen emissions scandal from back in 2015, Fond du Lac is able to buy some new cleaner diesel work vehicles.

The 2016 settlement which will allocate \$55 million to Tribes across the country saw a big chunk of money come to Fond du Lac. The money was divvied out to Tribes, half of which was based on size of the Tribes requesting funds and the other half was divided evenly to all the Tribes that applied.

Fond du Lac received the first of the vehicles, a propane truck which was already out on the road in early February. The septic truck was the second one that came, and the employees were very excited about its arrival.

Fond du Lac received just shy of \$1 million from VW through the work of many different people in an effort to improve air quality.

“EPA reached out to Tribes regarding air quality. The reason that this settlement came about was because of the whole emissions cheating,” Joy Wiecks, FDL Air Quality Technician explains. The scandal had VW diesel vehicles spewing nitrous oxide into the air, but having software that said it was much more environmentally friendly than they appeared to be.

“Sometimes up to 40 times dirtier. So EPA reached out to air quality folks,” Joy said about how she got involved in the process.

The formula for how the money was going to be given out to Bands didn’t work perfectly at first as the math would have led Fond du lac to receive

just 200 dollars, hardly enough to do anything to protect the environment.

The money isn’t just going to cleaner diesel trucks though, as this summer Fond du Lac will be taking another step towards helping the environment with charging stations. Electric cars are becoming more and more common and soon people will be able to charge them on the Reservation.

“Black Bear is going to have theirs in one of the primo parking spots in the ramp. It’ll be right as you go in,” Joy said about the charging stations. “The Tribal center’s station will be in the back where the RBC members park, just because of how the electrical infrastructure is at the building.”

They’re currently unsure of the third spot, but know that it will be located somewhere at the Min No Aya Win Clinic. Each charging station will have two ports and each of the three buildings will have one station, meaning up to six cars can be charged at the same time.

“The trucks have been pretty straight forward, the charging stations have been new to us. We kind of fill a little niche area, the state of Minnesota has VW money as well and 15% of our money can go into EV, Electric Vehicle charging stations. The state has really exploded in terms of charging stations. If you look at a map of what use to be there vs what is there now for charging stations and we fill a nice little niche, both north and south with I35 and also east and west,” Joy said about the accessibility of the charging stations, in particular with Black Bear’s location at I35 and Hwy 210. “We’re just hop-

ing to raise awareness around the Reservation and Cloquet about electric vehicles and try to encourage people to look at them.”

Black Bear has so many benefits to people who come from off the Reservation for reasons other than just convenience.

“I really think that Black Bear is a cool location because it is 24/7 access. It’s safe. If you’re there at three in the morning you can go inside and have a cup of coffee, there are bathrooms, it’s lighted, you’re not in the middle of nowhere. It’s really accessible,” Joy said about the possibilities of the charging stations at the casino.

As has often been the case lately, the local governments have been working with Fond du Lac on these projects as well for cleaner diesel and EV stations.

“The state of Minnesota has VW money too and they’ve been good about reaching out to us and saying ‘what do you think we should do with that?’ There has been some pretty interesting give and take,” Joy said talking about the areas they’ve discussed with them. “We’ve talked about like do you go for environmental justice areas, do you go for the heavily populated areas, or do you go for areas that have the most pollutants. That would be the mines, but there aren’t as many people there.”

Fond du Lac will also be getting a dump truck and two plow trucks with the money to help replace older, less environmentally friendly vehicles around the Reservation.



Fond du Lac Reservation NE Coordinated Entry Program ONE STOP ACCESS POINT FOR HOUSING

- One Stop access point for Fond du Lac Reservation Homelessness programs & other area programs
- Including FDL Supportive and Veteran’s Housing, NE Homelessness Program
- Completing a VI-SPDAT connects applicant to other area housing opportunities in Carlton and surrounding counties.
- NE Coordinated Entry replaces the standard application process
- Determines the highest priority by using the VI-SPDAT measurement tool
- Connects applicants to other referrals if they are not eligible for FDL homelessness programs



Fond Du Lac Reservation has 3 assessors available to schedule an appointment to complete a VI-SPDAT:

Andrea Linton
Homelessness Program
Fond du Lac Reservation
FDL Social Services
218-655-3632

Valerie Whitebird
Lead Supportive Services Social Worker
Fond du Lac Reservation
FDL Social Services
218-878-8055

Nicholas Smith
Men’s Advocate
Fond du Lac Reservation
FDL Social Services CAIR – Duluth
218-279-4140



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

More Local

FDL Band member attends State of the Union

By Zachary N. Dunaiski

Mahaila Houle was invited to attend the 2020 State of the Union by U.S. Representative for Minnesota's 8th District, Pete Stauber. Mahaila has gotten a lot of attention about her trip to D.C. and wanted to make one thing abundantly

clear.

"First something that I would like to make very, very clear, because I got really irritated with it—it had nothing to do with my minority status," Mahaila stated vehemently. "Pete Stauber sought me out. He actually contacted the local 49, the operating engineers union, and was looking for an ap-

prentice that would be a good representation of the union. I had previously done a panel with Governor Walz basically just talking about my experiences as an apprentice."

The Local 49 liked her work on the panel and therefore suggested her to go with Stauber. Mahaila did not expect this offer from her House of Representative at all.

"I'm going to be completely honest with you, I was just floored," Mahaila said once she realized that this was for real. "He called me once, and I didn't believe it, I thought it was a prank call. It was a restricted number. Then I got a call from the local, giving me a heads up that Stauber's office is going to be giving you a call to let you know that he wants you to be his special guest at the State of the Union and I was like 'no way.'"

The whole night can be kind of overwhelming, and Mahaila quickly learned that.

"I can't even tell you all the important people I met. I don't even remember, plus I'm terrible with names. I expressed that to this elderly lady that was kinda hiding," Mahaila said about her wanting to get away from the chaos of the night. "It was a very tight space with all those people there, especially moseying around. I was hiding with this little old lady and I was like 'how are you?' and she

was like 'oh, not bad, how are you?' and I was like 'I can't remember anyone's name and I'm probably not going to remember your name.' and she's like 'that's fine. The only two things that you need to know are oh it's nice to meet you and oh it's good to see you' and I kind of stood by that the entire night."

Mahaila had many great memories from the night, and it's something that she definitely won't forget, but there was one part of the night she clearly enjoyed most.

"We ate a lot, so that was cool. What I was most excited for was to eat dinner," Mahaila said. Then spoke about the rest of her day that didn't involve travel, which she stated took up most of her day. "After a bunch of dinner parties in a bunch of different office spaces, everybody made their way through the underground tunnels and that's when the Senators and Congressmen and their guests got separated. Only the important guys sit downstairs. Then all the guests sit in the gallery."

The day was full of lots of stuff that for an operating engineer was frankly uninteresting, but she did say that she and Stauber had talked about other opportunities for her to get involved in.

"He did talk about mentioning me again or bringing me up with other projects, but I never touched base with him again because honestly politics stuff and all this attention is

exhausting," Mahaila said. "Being an important person is boring."

Many people would agree with Mahaila, as doing what politicians do can be very boring compared to some of our jobs, but it was really arduous to someone who's use to working with her hands for a living.

"I was screaming in agony at how boring it was in that office, I mean I loved checking out all the historical buildings. That was my favorite part. I really don't care about the rest of it," Mahaila said.

It's been a very busy beginning of the year for Mahaila who has many responsibilities with her work with the Local 49. She's a delegate and now an actor in recruiting videos they make for the youth and others unsure of their employment opportunities.

"They started making those videos for trades, so I guess in a way I already am promoting it," Mahaila said about how she was promoting heavy equipment operators before she went to D.C. "I got called a few days ago because I got an invitation asking if I'd like to do another speaking at the DECC for high school or older, kind of like a job fair thing, these are what your options are. So I'll be doing that at the end of February."

Mahaila has been a great advocate for both the Fond du Lac Band and the Local 49 and it was a real honor to speak with her.



More Local

Moose hide tanning at FDL

By Zachary N. Dunaiski

During the brutally cold February days on the Fond du Lac Reservation, it can be difficult to find fun things to do, but this year people from all over the area were able to stop at the Resource Management Garages for a moose hide tanning class.

The class was hosted by Fond du Lac's Language program and had been something that Charlie Smith, Language Coordinator, has been working on for the past few months.

"We had this big idea for a long time to do a moose hide class, but there was no program that would sponsor it. We actively asked because we had all of these moose hides," Charlie said about the decision to have language run the program.

A lot of work went into the class and the process for tanning moose hide can be time consuming, so the program made sure to have multiple moose hides for attendees to learn.

"James had one almost completely done, just up until you smoke it so that people got to see that right away. I had a moose hide that needed to be thinned, and further scraped, so they got to see what it was like right after you get all the hair off," Charlie said about the multiple hides they had at different stages in the tanning process. "We also had another moose hide thawed, so they

had a better idea of what you were doing at every level."

Charlie explained that a completely tanned moose hide can pay for the entire hunting season like the gun, ammunition, gas for the car, and even to process all the meat. The value of a tanned moose hide can be anywhere from \$2000 to \$3000, which isn't bad for a week's work.

Charlie, James, and Jim Northrup, who put on the class, are experienced in the tanning process and had lots of knowledge to pass on to the approximately 250 people who stopped by at different points during the week long class. Even as experienced as Charlie is, he learned something during this week long experience.

"We got some sheep sheers from Bruce Savage, District II Rep. We were skeptical. Bruce is a fellow tanner and he swore by the sheers. The guys at the garage had told him they didn't want to use it," Charlie said about a new experience for him. "I said, 'I want to try it so I'll come get the sheers.' Usually with the hair on it will take a week to dry out. We didn't think we could get a hide all the way in a week class, that's why we did stages. We sheered it that morning, and it was almost completely scraped by the end of that day because we threw fans on it. We did the moose in less than 24 hours to the point that we could smoke it. It was a wakeup call, I need to get some sheers because

they're going to cut the time down."

As the coordinator of the language program, Charlie put in a lot of work for this camp, but knows that it wouldn't have been possible all by himself.

"The one thing I want to mention is giving credit where credit is due. The whole reason why I tan was because of Jim Northrup III. He's my adopted older brother," Charlie said about how he got into tanning. "He texted me one day and said I'm putting on this tanning class you should come check it out. And I didn't know anything about tanning at the time. That's where I met James, my other adopted brother. Those two guys, if it wasn't for James and Jim if it wasn't for my two older brothers that I adopted, I wouldn't be tanning."

Jim and James taught Charlie how to tan, something he is very grateful for, and even this class was something Charlie couldn't take credit for.

"This whole idea for this class was Jim's. He put that camp on deer hides out at Kiwenz campground about 5 years ago now. People did deer hides all week long, and they made a drum out there. Then the college did it that winter out there," Charlie said about

remembering the need to have another tanning class. "It's been about 5 years since one has been done, so I need to give credit to Jim and allowing me to learn that skill."

The class was very successful, and the language program plans to coordinate with 13 Moons to have a moccasin

making class. The first participants to be offered the class will be those who attended the tanning class. After that, they will open it up to anyone who wants to learn to make moccasins.



Election News

2020 Election Calendar

March 27:
Notify MCT on choice of appellate forum.

March 31:
Primary
(Polling places open from 8:00 a.m. until 8:00 p.m.)

April 1:
General Reservation Election Board certifies Primary Results. (Prior to 8:00 p.m.)

April 2:
General Reservation Election Board publishes Primary Results.

April 3:
Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

April 3:
Deadline to Post Regular Election Notice without Primary.

April 7:
4:30 p.m. - Deadline for Contest of Primary Election. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe).

April 8 (Results, if Allowed or 6th or 7th If earlier request):
Deadline for Decision on Request for Recount and Results of Recount, if allowed.

April 17:
Deadline for Decision on Contest

April 20 (or within 3 days of decision on Contest):
4:30 p.m. - Deadline for Appeal to Court of Election Appeals. (Filed with the Executive Director of the Minnesota

Chippewa Tribe and with Reservation Tribunal rendering Decision).

April 23 (or within 3 days upon receipt of Notice to Appeal):
Record of Contest forwarded to Court of Election Appeals.

April 27 (hearing within 7 days notice of appeal):
Last Day for Hearing on Appeal

May 7 (10 days from hearing on appeal):
Last Day for Decision on Appeal

May 8:
TEC provides ballots for General Election.

June 9:
General Election
(Polling Places open from 8:00 a.m. until 8:00 p.m.)

June 10:
General Reservation Election Board certifies results of Election.
Prior to 8:00 p.m.

June 11:
General Reservation Election Board publishes Election results.

June 12:
Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

June 16:
4:30p.m. - Deadline for Notice of Contest. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)

June 17 (or 15, 16, if request for Recount is filed before deadline):
Decision on Request for Recount and Results of Recount, if allowed.

June 26:

Deadline for Decision on Contest for General Election. June 29 (or within 3 days of decision on Contest):
4:30 p.m. - Deadline for appeal to Court of Election Appeals. (Filed with Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering Decision).

July 2 (or within 3 days upon receipt of Notice to Appeal):
Record of contest forwarded to Court of Election Appeals.

July 6 (hearing within 7 days notice of appeal):
Last Day for Hearing on Appeal.

July 14
Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.

July 16 (or Ten days from Hearing on Appeal):
Deadline for decision of the Court of Elections Appeal.
Day following Decision of Appeal:
Winning candidate prevailing on appeal takes office.

Primary Election Notice

A Primary Minnesota Chippewa Tribal Election of the FONDDU LAC Reservation Business Committee will be held on March 31, 2020 to fill the following positions;
Election Date: March 31, 2020

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

Brookston Community Center
8200 Belich Road
Cloquet, MN
Polls Open 8 a.m.-8 p.m.

CANDIDATES FOR CHAIRPERSON - 4 Year Term
Only two (2) Candidates
No Primary Election

CANDIDATES FOR DISTRICT I (Cloquet) COMMITTEEPERSON - 4 Year Term
Wally Dupuis (Incumbent)
Eugene (Eny) Reynolds
Todd j. Tidaback
Jeroam Defoe
Jarvis (Chubbs) Paro

CANDIDATES FOR DISTRICT III (Brookston) COMMITTEEPERSON - 4 Year Term
Phillip J. Savage
Roberta Fox
Roger M. Smith, Sr. (Incumbent)

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

Section 1.6. Voter Eligibility.

1.6(A). Judging Qualifications.

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

1.6(B). Eligibility to Vote: Generally.

Eligible voters are enrolled members of the Tribe, 18 years of age or over. All eligible voters shall vote by secret

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

1.6(C). Eligibility to Vote: Absentee.

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

Election News

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

NOTICE

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

Candidate statements

The 2020 election is coming up beginning with the primary election on Mar. 31. There are three positions up for eligibility, but only two of those positions will have a primary election.

District I and District III will have primary elections, but as only two candidates, Kevin R. Dupuis Sr. (Incumbent) and Bryan (Bear) Bosto, are running for the position of Chairperson, no Primary Election is need.

The following statements are of the candidates, they have not been altered except to meet our format. The candidates' names appear here as they will on the ballot as determined by the election lottery. Cloquet: Wally Dupuis (Incumbent), Eugene (ENY) Reynolds, Todd J. Tidaback, Jeroam Defoe, and Jarvis (Chubbs) Paro. Brookston: Phillip J. Savage, Roberta Fox, and Roger M. Smith, Sr. (Incumbent).

District I Candidates

Wally Dupuis (Incumbent)

Chose not to submit a statement

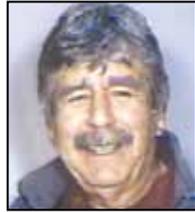
Eugene (ENY) Reynolds

Boozhoo niiji Fond du Lac Voters

On March 31, 2020 FDL will hold its primary election.

As a former District I Representative, Vice-chair, acting Chairman, it is with great enthusiasm that I am asking for your vote for re-election to the position of Cloquet District I representative. It was a tremendous honor for me to serve the wonderful people of Fond du Lac from 2004-2008. I believe that I have represented our reservation best interest during my tenure, and hope the good people of District I will give me the chance to serve again.

- As District I Rep I developed planned and implemented the Fond du Lac day labor program to fill a much needed gap in employment.
- Initiated a new customer service program at Black Bear Casino.
- United Fond du Lac programs in promoting healthy lifestyles.
- Initiated cultural revival to bring back true values of Anishinaabe people.
- Supported the biggest construction project the Band has ever undertaken, the 120 million dollar expansion of the



Eugene (ENY) Reynolds

Black Bear Casino.

I have over 25 years of experience in management and leadership. 15 years shipping supervisor with Potlatch. Represented Fond du Lac on the Great Lakes Indian Fish and Wildlife Commission, National Indian Gaming Association Board, and Mash Ka Wisen Board. 2 years Training in heavy equipment in the Job-Corp. 2 years Business Management FDL College.

These are some of the programs I supported and a brief history of my experience and my education. I believe there is much more we can do together to make Fond du Lac a better place to live, work and raise a family. Although we live in the most prosperous time in the history of Fond du Lac there are still people in need, together we can make a difference.

Vote "ENY" on March 31 Miigwech

Todd J. Tidaback

Boozhoo all Fond du Lac band members.

My name is Todd J. Tidaback, and I am running for District I Representative. I am the proud son of Barbara J. Tidaback who has spent the last 29 years working for the Fond du Lac Reservation.

I have 30 years of practical business leadership experience. I have lead people and teams to achieve results. I served on the Board of Directors for Ronald McDonald House and Mott's Children's Hospital. My education consists of an Associate of Arts, Associate of Science and a Bachelor of Arts.

- Your elected officials work for you who are the people of Fond du Lac. Somewhere along the way our officials forgot whom they work for.
- Currently we experience a lack of communication, a lack of involving the people, and mostly a lack of growth and results.
- We need leaders who listen, communicate and get results.
- We can no longer sit idly by and accept leaders who do not deliver results.
- It is time that District I has a representative who will listen, seek feedback and create change that our reservation sorely needs.
- As your District I representative I pledge to listen, to be available, and to seek advice and guidance from the people I represent.
- It is a privilege and an honor to run as your District I Representative.
- We need change! Vote for Todd J. Tidaback. 317-714-7992 Chi Miigwech.

Jeroam DeFoe

Boozhoo everyone,

My name is Jeroam DeFoe, my father is Melvin DeFoe and my mother is Gladys Martin. I lived and grew up on the Fond du Lac Reservation my entire life. I have experienced the many joys and hardships that the community has to offer. Since a young age I have wanted to make positive impacts and better our community in



Jeroam DeFoe

any way possible. To ensure I accomplish my goals of increasing the standard of living and quality of life in our community, I participated in The National Youth Leadership Council, The Blandin Foundation and other leadership trainings. I pursued secondary education and graduated from Fond du Lac Tribal and Community College with a Business/Financial Services degree (A.S), Small Business Entrepreneurship degree (A.A.S), and an Associate of Arts degree (A.A). I am currently one semester away from graduating from The College of St. Scholastica with my bachelor's in business administration, business management degree. I would like to take everything I have learned through life experience and schooling and create positive growth in our community.

My main purpose of pursuing the Tribal Council is improving the standard of living that will lead to a higher quality of life for our elders, children, and adults. In order for us to prosper in our community we must utilize our resources, invest in our people, businesses and in new business ventures. We need to get the kids ready for secondary education, trades, and to succeed in day to day life. Education is important and it is necessary to invest in our people and encourage any type of secondary education ensuring the opportunities to be successful in any way we choose.

Thank you for your valuable time and support,
Yours truly,
Jeroam DeFoe

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Jarvis (Chubbs) Paro

Boozhoo, my name is Jarvis “Chubbs” Paro. Beybiskaanyaash “Flying Spirit Giving out Light”. I am a candidate for District 1 Representative of the Fond du Lac Band of Lake Superior Chippewa. It’s an honor to say that I am raising my family with the same neighborhood family values that were instilled in me from when I was growing up in the Danielson community; work hard, be kind to your neighbors, treat your neighbors with respect and watch out for one another.



Jarvis (Chubbs) Paro

If elected, I plan to focus on • Supporting all aspects of incorporating our culture and language throughout the reservation. • Supporting law enforcement in its everyday fight against the drug epidemic. • Supporting a wage assessment for our employees. • Supporting our future leaders, our youth. • Supporting veterans and making sure they have access to the services that they need. • Supporting our band members with furthering their education. • Searching for business ideas to fill our business properties that continuously remain empty.

Not only is this the community I’ve lived in my entire life, it is where I raise my family. I care about our reservation, our district, our

band members and community members. This position is not something I will take lightly. I want to see growth for our reservation and I want to see growth right here in our own district.

All of these issues need input from our community. We also need someone who cares deeply about our district to take on these issues and address them. I am a person of dedication, fairness, transparency and honesty. I will continue to be that person if elected.

I am asking for your support in this upcoming election.

Feel free to call me at (218) 393-9849 or send me an email at jarvisparo@yahoo.com so we can discuss your thoughts and ideas.

Miigwech.

District III Candidates

Phillip J. Savage

Boozhoo. An important decision is in the hands of the Brookston voters. I am personally disappointed with the lack of economic and professional development that hasn’t taken place in the Brookston district. There are many residents who could benefit from District specific work programs. There are people willing to work but who are suffering from lack of transportation or child care just to name a couple barriers. It was very disheartening to see the Brookston District green House completely unutilized and empty during this past

growing season. The benefits of agriculture are staggering, there are many ways to earn a living from agriculture, from growing specialized produce to greenhouse management. Brookston District needs to become a top producer for agricultural products and services. I would like to see FDL embrace the benefits of growing hemp and cannabis not only for economic security but for health reasons as well. There are many industrial opportunities with growing hemp, they range from textiles to building materials. We cannot afford to wait on representatives whose personal bias will keep our district/reservation from becoming financial power houses. Please believe when I say that outside influences want us in poverty want us to suffer health disparities want us to keep letting drugs and alcohol kill our young people. This past year has been difficult for the Brookston District with the loss of two young men, and a murdered Brookston elder, the MMIW issue is alive in the Brookston district as well. It saddens me to see this happening to our people both young and old. As Brookston Rep I will stand up for our people and customs 100%. I also vow to never take orders from an outside source or organization who don’t have FDL’s wellbeing in their heart or as their main concern. Miigwech!!

Roberta Fox

Chose not to submit a statement

Roger M. Smith, Sr. (Incumbent)

Boozhoo,

I have had the great honor to serve Fond du Lac as the District III Representative for the last 4 yrs. I have worked very hard on several issues to improve the quality of life for our Band Members.

Here are some of the issues: Governmental

Relations -Vastly improving relations w/surrounding City and County Governments resulting in quarterly meetings with some.

-FDL Flag installation in local schools, local Mayor’s Office, ICWA county courtrooms locally and in Twin Cities.

Public Safety

-Strong supporter of MMIW locally and nationally

-Initiated Sex Trafficking grant submittal resulting in the creation of the TRUST (Tribes United Against Sex Trafficking) Task Force that FDLPD created resulting in increased funding.

-FDL Representative on Governors MMIW Task Force.

-MN Tribal Representative on former Governors Law Enforcement & Community Relations Task Force.

Youth

-Initiated work towards Youth Camp cultural teachings with \$170k committed toward a high



Roger M. Smith Sr

rope confidence course.

-Only RBC member to have Summer Youth Participant assigned to office to work towards the creation of Youth Council.

-Mentor to students interested in Tribal Government.

Natural Resources

-Supported posting no trespass all FDL Tribal Lands.

-Supporter of Elk Restoration project in the 1854 Ceded Territory.

-Over 1,000 acres in land acquisition in District with majority being undeveloped land to be used for

conservation purposes.

Sovereignty and Tribal Operations

-Stronger TERO ordinance that outside businesses must follow.

-Supporter of HR Assessment and need to implement recommendations, Black Bear Casino Resort and Fond du Luth Casino assessment.

-Establishment of a Youth Shelter that will be located in the District.

There are several more great things that were accomplished and still more work to be done. I respectfully ask for your ongoing support to continue to serve you as your District III Representative!!!

Roger M. Smith Sr.

District III Brookston Representative

Legends for March

Research by
Christine Carlson

The Trailing Arbutus – by Adelaide George Bennett

In the vast, primeval forest, unremembered moons ago, When the streams were dumb and palsied, all the earth was white with snow, When the eerie wind went chasing evil spirits through the wood, 'Neath the gaunt and leafless tree-tops, an old Indian teepee stood. In it lied an old man only, with white locks and flowing beard, Clad in furs from head to foot-sole, like one to the north-land reared:

Weakly his scant fire resisted the dread storm-fiend's icy breath, And its deep, portentous rumblings spoke of swift approaching death. Crouching there, "O Mannaboosho," cried he through the awful night, "Here behold me, thy brave warrior. I will conquer in thy might." Then the lodge door softly opened and in stepped a beauteous form. Clad in ferns and sweet spring grasses. When she breathed, the air grew warm. Large her eyes were, glowing brightly, as at night, the lustrous fawn's. Red her cheeks were like wild roses or bright carmine-tinted dawns. Long her hair and black as raven's, trailing o'er the frozen ground, And her hands with pussy-willows, like close-fitting gloves were bound. Fair wild-flowers crowned her tresses and

her dainty little feet, Were encased in two white lilies from the great lakes pure and sweet.

Said the old man, "Ah, my daughter, I am glad to see you here. Though my lodge is cold and cheerless, it will shield you, never fear; But pray tell me, fearless maiden, how these icy blasts you dare, To confront in such strange clothing? Will you not the secret share? I am old Kabibonokka, and my breath in ice congeals. When I shake my locks, the snow falls. All the earth my power feels. Hastily the birds fly southward and the squirrels safely hide." "Ah how strange!" replied the maiden. "I spread beauty far and wide. When I shake my raven tresses, soft, warm rain falls from the sky, All the birds come back a-building in the leafy tree-tops high." Thus they talked, but soon the teepee grew like summer, strangely warm, And the old man's head dropped listless o'er a soundly-sleeping form. High the sun rode in the heavens, and a bluebird pert and trim, Called out, "Say-ee, I am thirsty;" and the rivers flowed for him. As the old man slept, the maiden passed her hand above his head, And he grew smaller and smaller, till, all mortal substance sped, But a mass of green leaves growing there remained upon the earth; And the fairy maiden stooping, with an air of quiet mirth, Took pink-tinted

flowers and hid them all about beneath the leaves; and her sweet, fresh breath upon them, like a spell she softly breathes, As she sings with clear wild warbling's, "of my graces, I give all; And who shall desire to pluck thee, on his bended knees shall fall."

Then as onward moved the maiden through the woods and neath the plains, All the jocund birds sang to her, o'er her fell the spring-time rains, And the arbutus in beauty, 'neath her fairy footsteps sprung. Nowhere else in vale or woodland were the precious seed lets flung. Still Northern Minnesota, near the great unsalted sea, Trace we will the maiden's footsteps where these self-same blossoms be.

Trailing arbutus also known as *Epigaea Repens* is an evergreen ground cover that grows in acidic soil found in sandy or rocky woods. Only once in my life have I smelled the incredible arbutus that show their blossoms only in the Spring. I hope to experience this once again.

The Circle of Nature

A long time ago the leaves of the trees thought themselves as much a permanent part of the tree itself as the trunk and the branches, never dreaming that a time would come when they might flutter away and fall to the earth and die.

A hint of their sad fate was carried to them one midsummer day by a little telltale breeze that, unsent by the Great Spirit, whispered to them that their departure was at hand; that soon, very soon, instead of sunshine and warmth, there would come storm and cold.

The poor little green leaves were sorely disturbed and perplexed, but while they fluttered and whispered anxiously with each other as to whether these things might really be true. Bravely they kept up courage to the world only a growing brightness and seeming cheer day after day until all cried aloud in admiration; "How brilliant and how amazing are our little friends, the leaves, all shimmering in scarlet and gold. How very well and happy they look" while underneath it all the brave-hearted leaves, one after another, felt a creeping

chill and dark foreboding and loosening of their hold upon life and home and happiness.

Slowly their colors faded as their vitality ebbed away; slowly they fluttered down to the heart of the kind earth mother who sooner or later gathers to her arms once more the earth born in each of her children—the body, but not the spirit of even a little leaf.

For the Great Spirit, looking down, decreed, "You shall not die! Spirit of the flying, fluttering brown leaf, enter into the brown birds of the air! Spirit of the crimson leaf, enter into the red! Spirit of the yellow, spirit of the green enter into my yellow birds and my green songsters!"

So the legend tells us the birds nest in the trees, for is it but a return to their old home.



Photography by Christine Carlson

Etc



Evan Mullen and Sam Ammesmaki hold boxes they made using wood joinery, without nails or screws.



Nigigoons displays his beautiful gothic lettering and one of the many drumsticks that he made this year.

FDLOJS Honor Roll

Congratulations to the students that made the A or B Honor Roll 2nd quarter.

A Honor Roll (name and grade)

Berlin Herrera 7, Journey Mellen 7, Joseph Wichern 7, Savanna Bosto 8, Mary Jane Eagle 9, Maci Gingras Martin 9, Kaleb Sharlow 9, Nicholas Stapleton 10, and Samuel Ammesmaki 11.

B Honor Roll

Margaret Sumner 7, Jordell Brown 8, Tiara Kingbird 8, Naddia Ammesmaki 9, Jordan Brown 9, Dannin Savage 9, Gabriel Hudson 10, Aidan Murkerson 10, Naomi Ammesmaki 11, and Isabelle Proulx 11.

Fond du Lac Band issues policy on access to Band-owned lands

The Fond du Lac Band announced a new policy governing hunting on and access to its Band lands on Jan. 27. Over the upcoming months, the Band will post all Band-owned lands with signs that read “No Trespassing- Fond du Lac Band permit required” with additional information on how to obtain a permit. The policy is part of the Band’s effort to better manage and conserve its resources.

Fond du Lac’s Reservation Business Committee approved the change last April in order to uphold the Band’s heritage of conscientious resource stewardship. “For us, these lands, waters, animals,

and plants are a source of food and medicine that are intrinsic elements of our way of life, which is why it is so important for us to strike a balance between usage and natural renewal processes,” says Kevin DuPuis, Chairman of the Fond du Lac Band. “We also recognize these resources provide appealing recreational opportunities for people outside our Band, which is why we welcome the general public to utilize the permitting system to access Band-owned land in a responsible way that helps us protect these sensitive habitats.”

Band-owned lands are defined as all lands owned in fee or held in trust on the Fond du Lac Reservation for the Band, the Minnesota Chippewa Tribe, or any allotment land where the Fond du Lac Band is part owner of that allotment. This policy does not govern an individual’s ability to engage in any outdoor activity, such as hunting, fishing, and trapping on the Reservation. An individual’s ability to engage in outdoor activities is governed by other applicable laws, such as the Band’s conservation code or state hunting laws.

“This policy is about taking proactive steps to ensure that traditions centered around hunting, fishing, trapping, and gathering remain viable and sustainable customs on these precious lands for current future generations,” says Thomas Howes, Natural Resources Program Manager of the Fond du Lac Band. “Over the years, we have seen an enormous amount of stress placed on these fragile ecosystems. Issues such

as illegal garbage dumping, increased ATV traffic, and overall growth in population have the potential to take their toll on wildlife and vegetation.”

As part of the posting process, the Band’s Resource Management staff will begin issuing monthly and annual permits to the general public for access to Tribal land at the cost of \$25 for a monthly permit or \$100 for a one-year permit. We will prohibit certain activities such as overnight camping, leaving a fire unattended, harvesting of timber or non-timber forest products, etc. These prohibitions will be listed on the permit and communicated to permit holders at the time of permit issuance.

There will be exceptions to the posting policy. In particular all lands acquired over the past several years with funding from the Outdoor Heritage Fund will still be open to the general public for outdoor recreation. In addition, this policy will not affect any existing easements or agreements in place for such things as ski or snowmobile trails on the Reservation.

Biindigen (Kindergarten Round-Up)

Do you have a child who will be five-years old by September 1, 2020? We invite you to come to tour the school, visit the classroom and meet the teachers and staff at the Fond du Lac Ojibwe School.

Stop in anytime between 4-6 p.m. on Mar. 19. The school will also be celebrating ziigwan-with special spring activities.

Etc

Lt. Governor Flanagan Receives National Native American Leadership Award

Lieutenant Governor Peggy Flanagan today was awarded the Native American Leadership Award by the National Congress of American Indians (NCAI) in Washington, D.C. The highest-ranking Native woman elected to executive office in the history of the United States, Lieutenant Governor Flanagan was recognized for her work raising awareness of issues affecting Native communities, increasing civic engagement, improving lives in Indian Country, and transforming tribal-state relations in Minnesota.

"I'm honored to receive this distinguished award on behalf of all our people," said Lieutenant Governor Flanagan. "For generations, policy has been done to us and not with us. That is why I've dedicated my career to ensuring Indigenous people have a seat at the table. I'm proud of the work we've done to lift up Native voices, and I won't stop fighting until our people are seen, heard and valued at every level of government."

"Lieutenant Governor Flanagan is a tireless advocate for children, families, Indigenous people, and marginalized communities," said Governor Walz. "She has made history in her work to strengthen government-to-government relations between the state and tribal nations, and elevate and support

the robust urban Indian community in Minnesota. I can't think of anyone more deserving of this award than my partner in justice in the Governor's office."

During their first year in office, Governor Walz and Lieutenant Governor Flanagan worked with the legislature to pass a budget that invests in Native American communities. This includes the creation of the Missing and Murdered Indigenous Women Task Force, expanding the Department of Transportation's Government-to-Government Tribal-State Relations Training within the department and other state agencies, equalizing funding for students enrolled in Bureau of Indian Education schools, and establishing the American Indian Early Intervention Program to help American Indian families living on reservations and urban areas access culturally appropriate early intervention services. Governor Walz also signed a historic executive order to expand tribal-state relations in the state of Minnesota and affirm tribal rights to self-govern and self-determination; which was created in consultation with both state agencies and tribal governments.

Sign-up for Spring Spearing/Netting

Recourse Management Division (RMD) will be using the same plan for distributing permits in 2020 as we have the last few years.

First thing in the morning, RMD staff will be sending

out a mass email/text to all individuals that register for spearing ahead of time (register using the link on the FDL website). This daily notification will identify the lakes and number of permits available for that night. Band members that want to be included in the daily drawing can either respond to the email or call in to the RMD office (218) 878-7155 or on weekends at (218) 721-8317 by no later than 11:00 a.m.

Band members that do not have email may still phone in on a daily basis to find out which lakes are open, and if interested, may request to be in the daily drawings. RMD staff will have a daily drawing to distribute available permits to all of those that can participate. RMD staff will notify the winners daily by 1:00 p.m. If you don't hear from staff by 1 p.m., you were not drawn for that night.

RMD will not be keeping a waiting list for the next evening's activities. Winners can pick up their permit at the boat landing. Conservation Officers will have a list of all Band members that have been issued permits for the evening.

Notice

Fond du Lac Ojibwe School is seeking School Board Representative 1 at Large

Interested candidates are encouraged to submit a letter of interest identifying strengths and interest in becoming a school board member to:

Michelle DeMenge
Fond du Lac Ojibwe School
49 University Rd
Cloquet, MN 55720
218-878-7241 (Office)
218-878-7263 (Fax)
michelledemenge@fdlrez.com

Close Date: Open Until Filled

Public Meeting

Comprehensive plan discussion

Enrollees of the Fond du Lac Band are encouraged to attend a public hearing to discuss the new comprehensive plan for the Reservation. There will be three initial public meetings.

The meetings are: Fond du Lac Tribal Center, 1720 Big Lake Road, Tribal Center – Classroom, Wednesday, Mar. 11 5–7 p.m.

Fond du Lac Brookston Center, 8200 Belich Road, Brookston Center – Dining Room, Wednesday, Mar. 18 5–7 p.m.

Fond du Lac Sawyer Center, 3243 Moorhead Road, Sawyer Center – Dining Room, Wednesday, Mar. 26 5–7 p.m.

FDL Propane reminders

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



ANNUAL Child Abuse Prevention Walk & Brunch

Saturday, April 25, 2020

FDL Head Start Gym
Registration: 10:00 am
Walk: 11:00 am

Drum Group
Informational Tables

Brunch Served
After Walk

For more information or to volunteer, please contact:
Fond du Lac Social Services,
Email: childsupport@fdlrez.com
Phone: 218-878-2149
Fax: 218-878-2109



In collaboration with FDL Head Start
Fond du Lac Human Services Division | Social Services Department

Etc

things.

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

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

FDL Propane's regular hours of operation are Monday through Friday 8 a.m.-4:30 p.m. Propane's after hours are

Monday through Friday 4:30-8 p.m. as well as on Saturday and Sunday from 8 a.m.-8 p.m.

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

For more information or to order your propane call them during business hours at (218) 879-4869.

FACE Program

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

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

FACE has been designed to implement a family literacy program for the American Indian families in BIE-funded

schools. Program services integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal visits, FACE Family Circle (Group Connections), screening, and resource network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and Parent and Child Together (PACT) Time.

Not only do we focus on literacy at school but we 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.

FDL regional drinking water system project planning updates – February 2020

I would like to thank the area residents and other concerned individuals who have attended past meetings regarding this project. The department understands the frustration from community members on the pace of such a project and concerns of drinking water with disinfection by-product exceedances.

Recent updates include the conclusion of the Preliminary Engineering Report, with a selected alternative to construct a regional drinking water system. New system components will include two (2) production wells, a water treatment plant, a water tower, and water main extensions. The project will be phased, the first phase is to construct production wells, the water treatment plant, the water main north to the Mahnomen Community, and the water tower; this approach will ensure Mahnomen residents receive safe drinking water prior to the second phase,



ATTENTION

Fond du Lac Veterans

If you are interested in attending the National Native American Veterans Memorial Dedication Ceremony in Washington D.C. on November 11, 2020

Please contact:

Tom Whitebird (FDL VSO) 878-2670

Velvet Linden 878-8053

For more information

Deadline to sign up: March 20, 2020

Minnesota Chippewa Tribe Finance Corporation

First-Time Homebuyer Education Class

SATURDAY, MARCH 28, 2020

Time: 8:30 - 4:30 p.m.

Location: Minnesota Chippewa Tribe Building
15542 State Hwy 371 NW, Cass Lake, MN



First-time Homebuyer Education

is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

Course Topics

- Budgeting for a Home
- Obtaining a Mortgage with MCT
- What to look for in an Existing Home
- Procedures for New Construction
- Fee Land/Lease Land
- Working with a Real Estate Agent
- Closing your Loan
- Maintaining your Home
- Avoiding Delinquency

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

No childcare is provided so please make other arrangements.

Etc

where water main extensions are constructed to the Danielson Community.

The Band maintains full commitment to this project, and continues to use internal resources in efforts to leverage other project funds from agencies, including Indian Health Service, US Environmental Protection Agency, Housing and Urban Development, Iron Range Resources and Rehabilitation, and USDA-Rural Development.

While the project had a funding set-back in not being awarded a large HUD grant in late December of 2019; the Band continued to plan, design and move forward, seeking additional project funding elsewhere. Currently, we are 30% complete with project plans and specifications, and anticipate having final project designs completed in late April or early May. Our goal is to begin phase construction, September of 2020.

Please note, the FDL Water/Wastewater Department will continue to routinely monitor for the presence of contaminants in the Community Water System as required by the Safe Drinking Water Act. As part of our Disinfection By-Product (DBP) Maximum Contaminant Level (MCL) violation, the department will monitor on a quarterly basis (February, May, August, November 2020) and issue Public Notifications as required by the Public Notice Rule should the exceedance remain.

Please review these notifications, as they do

provide recent water quality DBP figures, and small project updates, which is important in maintaining a project understanding and timeline.

Lastly, I continue to ask for your patience and understanding as this project moves forward, and welcome all comments and questions.

I would also like to welcome folks to an upcoming meeting, being held on Thursday, March 19 at 5pm, at the Brookston Community Center.

Thank you.

Jordan Vandal, FDL Water/Wastewater Manager
(218) 878-7595 – Office
(218) 343-2782 – Cell

GED graduates

The Fond du Lac Band is pleased to congratulate the following individuals, who have recently received a General Education Development (GED) Diplomas after working in Fond du Lac's GED preparation program: Christin Applebee (July 2019) Danny Barney (May 2018) Shelley Bobrowski (July 2018) Jennifer Drift (November 2019) Tyler Duffy (December 2019) Michael Peterson (Aug 2019) Austin Reynolds (2018) Dylan Tiessen (May 2019)

As of Jan. 30, 2020, there are seventeen (17) other individuals actively working

toward their GED through the Fond du Lac program. All of these individuals deserve credit and support for devoting their time and energy to furthering their education.

The Fond du Lac GED program is open to anyone who is an FDL Enrollee, relative of an Enrollee, or an FDL employee. Contact Joan Markon for more information.

Would you like to get your GED so you can go to college or increase employment opportunities and earnings? Peter Spooner works with students every Thursday, 5-7 p.m. at the FDL Cloquet Community Center Library.

Dennis Angell works with students by appointment at several locations, including the Sawyer Center, Cloquet Center, Brookston Center, or in Duluth. Classes and tests are free to FDL Enrollees, family members and FDL employees.

Contact Joan Markon at FDL Community Services, (218) 878-2658 or JoanMarkon@fdlrez.org for more information.

Aspiring Entrepreneur or Small Business Owner?



Attend a Free Small Business Development Workshop in Cloquet, Minnesota!

Training by RedWind in Partnership with
The Fond du Lac Band

WHEN: Thursday April 2nd & Friday, April 3th
TIME: 9:00am – 4:00pm (Class materials & refreshments provided)
WHERE: Fond du Lac Tribal Community Center (Room 1420)
1720 Big Lake Road
Cloquet, MN 55720
REGISTER: http://www.nativesmallbusiness.org/minnesota_2020
OR CONTACT: Jamie Adams, Fond du Lac Planning, 218-878-2631.

DAY 1

- Entrepreneurial Skills and Knowledge
- Business Planning (Business Model, Value Proposition and Differentiation)
- Marketing (Who are my customers, how to reach customers)

DAY 2

- Market Research
- Record Keeping
- General Business Issues Overview
- Cash Planning & Tools for Financial Management

jameiadams@fdlrez.com

More about the workshop: http://www.nativesmallbusiness.org/inside_the_workshop

Native American Entrepreneurial Empowerment Workshops are provided to native communities across the country through support from the United States Small Business Administration (SBA) Office of Native American Affairs (ONAA). ONAA contracted with RedWind to provide workshops through contract number: SBAHQ-17-F-0050. Find more information at <http://www.nativesmallbusiness.org/>



NATIVE AMERICAN ENTREPRENEURIAL
EMPOWERMENT WORKSHOPS

FIVE SKIES TRAINING AND CONSULTING EMPOWERMENT TRAINING



This program is open to applicants over the age of 18 who are enrolled members of Federally Recognized Tribes, descendants of enrolled members, and to non-native spouses of, or parents of, enrolled tribal members. Proof of eligibility will be collected prior to selection. All information is required.

What the training includes:

This program includes our proprietary Empowerment Training; an overview of the industry and OSHA 30; financial literacy; resumes and interviews and many other critical core skills valued by all employers. After this 5-week program, you will have the opportunity for additional weeks of trade specific training with one of the four (4) Trades associated with pipeline work. Several classes will be conducted throughout Minnesota with class start dates occurring each month through project launch. Non-Local participants will be assisted with lodging. All participants will receive a weekly stipend. There is no cost to attend.

What to expect at this event:

You will be able to meet with program instructors and ask questions about the training. We will go over the training calendar and schedule; scan copies of your required documentation and administer the pre-training drug screen. Five Skies Training and Consulting will also accept applications on-site, but we encourage everyone to apply on-line. Please bring a copy of your driver's license, social security card, and your tribal identification card or proof of eligibility.

Orientation meetings are scheduling monthly beginning in February. Trainings start every 6 weeks beginning February 10th, 2020. More information is available at www.fiveskies.org

OPPORTUNITY IS KNOCKING! IF YOU HAVE EVER BEEN INTERESTED IN A CONSTRUCTION AND/OR UNION CAREER, THEN COME SEE US AND STOP BY OUR NEXT EVENT.



For more information call:
715-670-0553 or 612-638-6713
or email:

UPT@fstcllc.com
Facebook: @5SkiesTraining

Apply online at:
www.fiveskies.org



Etc

FDLTCC announces 2019 fall semester Dean's List

Fond du Lac Tribal and Community College in Cloquet, Minnesota, announced that 193 students attending the college during Fall Semester 2019 earned academic honors and have been placed on the Dean's List for the semester grading period. Requirements for earning Dean's List honors at Fond du Lac Tribal and Community College include maintaining a GPA of 3.0 or higher while completing 12 or more course credits during the semester. Students may take daytime classes, evening classes, weekend classes, online classes, or a combination of the above classes. A total of 1,704 fulltime and parttime students were enrolled at Fond du Lac Tribal and Community College during Fall Semester 2019.

The following students were named to the Dean's List for Fall Semester 2019:

Barnum, Minnesota

Arraya Laitinen
Coltt Sullivan
Christopher Wright

Bloomington, Minnesota

Rosario Vega Palacios

Carlton, Minnesota

Aaron Baxley
Elijah Blue
Kaitlyn Johnson
Calli Rosier
James Stracek
Jonathan Stracek
Benjamin Talarico

Chisago City, Minnesota

Levi Bierman

Cloquet, Minnesota

Ahna Anderson
Joy Armstrong
Annee Beck
Naomi Bents
Darlene Bobrowski
Carmen Bocanegra
Timothy Bongs
Nevaeh Bridge
Nikkita Buckanaga
Samantha Childs
Edward DeFoe
Shania DeLille
Jessica Dixon
Chantel Dybvig
Richard Egge
Larry Ehrman
McKenzie Eldredge
Mikayla Freeman
Samirra Glass
Ava Grondahl
Dezaray Haberling
Tyler Harms-Synkiew
Alana Hill
Shaun Himango
Braden Holty
Taylor Houle
Bushear Jenkins
Mijajejan Jourdain
Tyler Koskela
Lexis Kunz
Jerid LaChappelle
Kara Larson
Jordan Leimer
Allison Lussier
Kylie McKeon
Cedar Melby
Gary Miskwaa Bineshii
Spencer Nynas
Jalisa Ojibway
Jessica O'Leary
Brianna Ostby
Jordan Paulson

Aaliyah Peterson

Erik Petoletti
Clarence Rainey
Elizabeth Rilea
Tina Rispoli
Bailey Robinson
Levi Rossing
Antonio Sarazua
Elijha Schnortz
Alexis Schroeder
Nicole Sloan
Rhiley Smith
Luke Stillwell
Evan Streblov
Reid Sunnarborg
Joshua Sutherland
Angela Teigland
Nichole Theisen
Dylan Tiessen
Alberto Torres
Danielle Vick
John Waltjer
Katherine Welman
Sharon Williams

Coon Rapids, Minnesota

Bradley Limanen

Cotton, Minnesota

Lydia Gagnon

Cromwell, Minnesota

Dakota Burton
Jeremiah Greene

Duluth, Minnesota

Paige Anderson
Zayne Anderson
Toni Backlund
Michael Bradley
Marcus Childs
Mikayla Cozzi
Joseph Cullen
Anika Entrikin-Molnau
Christopher Gower
Zachary Haldorson-Horton
Jessica Horn
Alexandra Isackson
Benjamin Luhm
Amanda Miller
Paul Morales
Dylon Morrison
Ryan Norland
Sean Norland
Kyle Pederson

Key Powless

Maddyson Robertson
Ray Sandman
December Simmons
Debra Templer

Esko, Minnesota

Sheila Belland
Jennifer Drift
Dariano Giancola
Morgan Hill
Scott LaVoie
Avery Liljegren
Mylee Montminy
Justine Pelletier
Lucas Pyrlik

Grand Portage, Minnesota

Samantha Scalise

Grand Rapids, Minnesota

Riley MacLean

Hermantown, Minnesota

Jared Cleveland
Brooke Dahlin
Isabelle Germolus
Emily Johnson
Alexander Michalski

Hinckley, Minnesota

Heather Munson
Darnell St. John
Abigail Weber

Hoyt Lakes, Minnesota

Dustin Huhta

Jacobson, Minnesota

Kelli Ross

Kerrick, Minnesota

Mya Nixon

Kettle River, Minnesota

Janice Rarick

Little Fork, Minnesota

Taylor Wendt

Mahnomen, Minnesota

Carissa Coleman

Mahtowa, Minnesota

Kylee Berquist

Mantorville, Minnesota

Tracy Asche

Milaca, Minnesota

Alysia Eckley

Minneapolis, Minnesota

Liibaan Dahir

Moose Lake, Minnesota

Amanda Johnston

Mora, Minnesota

Daphne Shabaiash
Brandon Thomsen

Mountain Iron, Minnesota

Dawnis Braddick

Onamia, Minnesota

Arvid Paschke

Proctor, Minnesota

Sarah Stewart

Rochester, Minnesota

Christopher Streed

Rosemount, Minnesota

Ashley Rosel

Saginaw, Minnesota

Hope Calogero
Joseph Carter
Rosemarie Maki

Sandstone, Minnesota

Rhonda Diver

Savage, Minnesota

Logan Adair

Sawyer, Minnesota

John Roterman

Sturgeon Lake, Minnesota

Sherry Carlson
Moriah Gill
Skyla Thompson

Tamarack, Minnesota

Kathryn Demenge

Two Harbors, Minnesota

Nickolas Detlefsen
Chloe Hietala
Katherine Ochtrup
Ryan Redden

Waconia, Minnesota

Conner Brose

White Bear Lake, Minnesota

Dominic Smith

Willow River, Minnesota

Stephanie Keinanen

Wrenshall, Minnesota

Cheryl Caribou
Tanner Carlson
Tyler Olson
Haleigh Peterson

Wright, Minnesota

Danielle Richards
Chalita Thiminkul

Northridge, California

Kara Lindstrom

Bonifay, Florida

Justice Bice

Fort Myers, Florida

Sammy Noel

Groveland, Florida

Stephen Webster

Howey in the Hill, Florida

Jarrett Wiley

Indianapolis, Indiana

Brent Sullivan

Louisville, Kentucky

Admir Fale
LaRontay Standard

Baton Rouge, Louisiana

Jacques Jackson

Park Hills, Missouri

Darryl Buckhanan

Etc

St. Louis, Missouri
Christopher Jones

Cincinnati, Ohio
Rayshaad Roddy

Columbus, Ohio
Quri Hickman

Groveport, Ohio
Eric Grant

Lennox, South Dakota
Bailey Cramer

Georgetown, Texas
Mason Klinger

Hutto, Texas
Hero Douglas

Hawthorne, Wisconsin
Dalton Luoma

Hudson, Wisconsin
Josephine Antonich

Milwaukee, Wisconsin
Amari Smith

Ojibwa, Wisconsin
Nicholas Heath

Somerset, Wisconsin
Connor Haukom

Superior, Wisconsin
Spencer Severson
Michelle Gucinski
Torri Kallinen
Samuel Kucera
Toni Mathews

FDLTCC receives \$100,000 donation for endowed scholarship
Fond du Lac Tribal and Community College

received a \$100,000 donation from Beverly and Richard Fink to create an endowed scholarship for students attending the college. The gift is believed to be the largest private donation ever given to support student scholarships at the college, and the second-largest private donation ever given to Fond du Lac Tribal and Community College.

The \$100,000 gift to Fond du Lac Tribal and Community College is part of a \$760,000 pledge to Minnesota State Colleges and Universities to provide continued support to the Beverly and Richard Fink Summer Scholars Program. This is the second major gift from Beverly and Richard Fink, building on an initial gift of \$960,000 committed in 2017 to Minnesota State that established the Summer Scholars Program.

In the Finks' recent pledge, Fond du Lac Tribal and Community College was the only institution to specifically receive a gift to establish an endowed scholarship. The new fund within the Fond du Lac Tribal and Community College Foundation was created out of the donors' desire to support American Indian communities and education.

"We are grateful that Beverly and Richard

Fink recognize the challenges many of our students experience and thoughtfully chose to support our students through scholarships created by the endowed fund," said Stephanie Hammitt, President of Fond du Lac Tribal and Community College. "Their incredible gift will help many students and benefit generations to come."

An endowed scholarship is established by a donor and invested. Scholarships are awarded in perpetuity using only the interest accrued in a designated time period, and not using the principal of the endowed fund.

The Beverly and Richard Fink Summer Scholars Program grew out of the donors' interest to reduce disparities in educational outcomes by reducing the impact of financial disparities and disparities in academic preparedness. By intervening early, the impact of the Summer Scholars Program increases the likelihood of college student success and degree completion.

Richard Fink is the former leader of G&K Services, a Minnetonka-based uniform company. Beverly and Richard Fink have supported students and programs at many higher education institutions including

Minnesota State and the University of Minnesota.

Vacancy announcement

ANA ENVIRONMENTAL BIOLOGIST: 6-month full time position, (funded March 6, 2020 until September 29, 2020), for the Great Lakes Indian Fish and Wildlife Commission (GLIFWC), located on the Bad River Reservation at Odanah, WI. GLIFWC serves 11 Ojibwe tribes in the implementation and management of treaty harvesting rights. (Administration for Native Americans/BIA In-kind funded at 100% time).

SALARY: The starting salary range for this position is \$39,707 - \$43,679 depending upon qualifications and experience. GLIFWC offers a full range of benefits including health insurance, retirement plan, disability insurance, and life insurance.

For more information visit glifwc.org or call (715) 682-6619.

Fond du Lac Ojibwe School Board Regular Meeting

Jan. 7, 2020 FDLOJS Board Room 3 p.m.
Called to order: 3:07 p.m.
Roll Call:
Present: Jeffrey Tibbetts,

Attention FDL Elders 55+

The National Indian Council on Aging (NICOA) Conference

will be held @

Nugget Resort & Casino

August 17-21, 2020

Sparks, NV

If you are interested in attending this conference & would like more information

Please call:

Velvet Linden

(218) 878-8053

(518) 818-8023

ELDER CONCERNS GROUP



SALAD/HOTDISH

LUNCHEON



FRIDAY

MARCH 13, 2020

11:00am - 1:00pm



\$5.00 A PLATE

50/50 RAFFLE

**\$1 a Ticket
6 for \$5**

Fond du Lac Tribal Center

ENP/CC Room

1720 Big Lake Rd.

Sponsored by: FDL Elders Concerns Group

Etc

Joyce LaPorte, Debra Johnson-Fuller, Robert Peacock, Michael Diver-quorum.
 Absent: Carol Wuolett, Jennifer Dupuis- resigned.
 Others present:
 Superintendent Jennifer Murray, School Principal Valerie Tanner; Sped Coordinator Sharon Belanger, Cultural Coordinator Tara Dupuis, Financial Director Bridget Paulson.
 Reading of the Mission Statement and Vision by Joyce LaPorte.
 Approval of Agenda- Motion made by Jeffrey Tibbetts, 2nd by Joyce LaPorte, all in favor, 0

opposed, motion carried.
 Approval of Minutes December 2019-Motion made by Joyce LaPorte, 2nd by Robert Peacock, all in favor, 0 opposed, motion carried.
 Review of the ledger – Reviewed by Bridget Paulson
New business:
 i. Strategic Plan Review- Work based learning-expanding circle and life skills- 30 hrs work based before graduation. Action plan for end of year, Facilitator Mirja Hanson possible contact for strategic plan for review and or revision if needed, make sure we are on

task.
 Develop ways to improve hiring, and retention, Jennifer Murray will get stats on staff turnover by next planning meeting, check on posting with UMD.
 ii. Wellness Job Description Review- discussion documenting student involvement.
 iii. Student Connection Survey- Dan DuPay will turn in this week.
 iv. Early Graduation Policy- Not complete, Valerie sent out for parent input, will submit when input is recorded.
 v. Student Senate- not present.

Old Business:
 i. Fond du Lac Ojibwemowin and Culture Licensure Policy remains open for further review (still pending) Not on Portal contact Jeff Savage-Charlie Smith.
 ii. Transportation contract for FDLOS bussing services- No new information Supervisor reports – Superintendent Jennifer Murray- Reviewed Building Principal Valerie Tanner- report reviewed with discussion. Cell phone policy needs to be put in Student Handbook. New hires Dawn LaPrairie 4th-6th grade, Brian

Stillday Jr PT Drum Instructor. Education Grants and Accountability Manager Dan Anderson- Reviewed Sharon Belanger- Reviewed Athletic Program Manager Earl Otis- no report Transportation Michael Quam- no report Face Coordinator Lorraine Houle- report reviewed. After School Activities Maria Defoe- report reviewed. Cultural Curriculum Coordinator Tara Dupuis, report reviewed with discussion. Wellness Coordinator Dan DuPay- Discussed- calm room referrals need to be more will meet with Deb Eagle.

Other:
 Dale Sautbine presented FDL Ojibwe School with a jacket to be displayed in the school.
 Cheryl Hague- Parent concern
 Tara Dupuis- Parent concern
 Julia Lintgen- Parent concern
 Specialty meeting with School Board January 15, 2020 12:00 pm.
 Motion made by Michael Diver, seconded by Robert Peacock, all in favor, 0 opposed, motion carried to Adjourn. Adjourned at 5:55 pm. Recorded by Michelle DeMenge.

The Fond du Lac Reservation summer youth employment program is now accepting applications!
 Applications can be picked

STATE OPIOID RESPONSE PROGRAM

SOR

ATTENTION:
 MARCH 31 will be the LAST DAY to sign up for SOR.
 Only existing participants will be able to get ongoing case management and direct assistance.

A temporary, limited assistance program for participants with past or present opioid or other addictive, qualifying substance

A one-time opportunity to access assistance with obtaining/maintaining housing.



Eligibility:

- Past or present opioid/other qualifying addictive substances
- Homeless or in danger of being homeless/threat of eviction
- Newly housed/formerly homeless, in need of assistance of supplies/necessities for unit. (limited funds)
- A willingness to participate in case management and steps toward obtaining/maintaining housing

Types of allowable assistance:

- Damage deposit/first month rent
- Temporary hardship rental assistance (1-2 months)
- Utility assistance (electric, gas, propane)
- Car repairs (if vehicle is used for employment, employment search, school, treatment, other for purpose of obtaining/remaining housed)
- Limited furnishings - beds, kitchen items, tutor (necessities)
- Fine/fee assistance to reinstate driving privileges (limited)
- Moving expenses (moving truck rental)
- Treatment expenses.
- Invoices are required for all services

Not Allowed:

- Hotel stays
- Vehicle purchases
- Long term rental assistance
- This program is temporary, funded by the State Opioid Response grant. Clients are required to participate in case management.

Call for an appointment:

- Andrea Linton | 218-655-3632
- Valerie Whitebird | 218-878-8055
- Barbara Perttu | 218-878-3883
- Sharon Luukkainen | 218-878-3880
- Tracy Mullen | 218-878-3709



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

Women's Support Group



Wednesdays | 5:30 pm - 7:00 pm
 Min No Aya Win Human Services Center
 Lower Level Conference Room [W1 Door]

talking circle | emotional support | discussion of women's issues | opportunities for spiritual growth, healing and cultural teachings

For more information or any questions, contact
 Marcia, Sexual Assault Advocate at 218-878-3784,
 Renee, Domestic Abuse Advocate at 218-878-2698 or
 Caroline, General Crime Advocate at 218-878-3784.

Refreshments provided. | Childcare is not provided.

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

Etc

up at the Tribal Center,
Human Resources
You must be between
the ages of 14 TO 17
Applications will be
accepted through May 1,
2020
Applications will not be
accepted after this date.

The closing date will
be adhered to and
applications
will NOT be accepted
after May 1, 2020
For more information
contact Patti Jo Fineday at
(218) 878-7535.

**Biindigen
Kindergarten Roundup
March 19 4 - 6 p.m.
at FDLOJS**

Fond du Lac Human Services Division
Congratulations
2019 YEARS OF SERVICE

Thank you for your hard work and dedication
to the Fond du Lac community!

35 YEARS OF SERVICE

Coleen Carlson, Dental

30 YEARS OF SERVICE

Deti Susienka, Home Health Services
Willy Reponen, Maintenance

25 YEARS OF SERVICE

Michelle Clark, Dental
Tracie Little, Home Health Services
Jennifer Youngs, Medical

20 YEARS OF SERVICE

Penny Defoe, Administrative Services
Rhonda Bodin, Pharmacy
Lesa Turnbull, Social Services

15 YEARS OF SERVICE

Alexis Drake, Administrative Services
Sarah Murray, Administrative Services
Risa Ann Brown, Community Health Services
Kara Stonelamer, Community Health Services
Abby Garselak, Dental
Greg Aebi, Medical
Scott Bodin, Medical
Barb Powell, Medical
Amanda Thompson, Medical
Rocoy Werh, Medical

10 YEARS OF SERVICE

Joey Jacobson, Behavioral Health Services
Wendy Kutter, Dental
Jeanne Rice, Medical/Optical
Chad Balcer, Pharmacy
Michael Munnell, Substance Use Disorder
Becky Robinson, Substance Use Disorder

5 YEARS OF SERVICE

Cheri Dahl, Administrative Services
Chelsey Swanson, Administrative Services
Megan Watt, Administrative Services
Joseph Curran, Behavioral Health Services
Jaime Milbride-Scott, Behavioral Health Services
Margaret Chiles, Community Health Services
Katherine Gokee, Community Health Services
Amber Dougherty, Home Health Services
Alyssa Martila-Savage, Medical
Elisabeth Thomsen, Medical
Teresa Dudley, Pharmacy
Elizabeth Moore, Pharmacy
Alyssa Stone, Pharmacy
Teresa Wagner, Pharmacy
Jamie Starberg, Social Services
Shela Tipping, Substance Use Disorder



BLACK BEAR SPRING CHALLENGE

April 3-5, 2020

CARLTON, MN

Sanctioned by the ACC www.cribbage.org



Playing Location	Notices	Lodging	Director
Black Bear Casino 1785 Hwy 210	www.cribbage.org	Black Bear Casino & Hotel 1-888-771-0777	Gordy Jurek
Carlton MN 55718 I 35 & Hwy 210 exit 235	NO Alcohol allowed in Hotel	1-218-878-2327 \$78.20 + tax Request special rate	Co-Directors Ed Balcer Larry Leidenheimer

Black Bear has reserved a block of rooms Please book your room before March 3, 2020
To receive the special rate, you must mention the "Black Bear Spring Challenge Cribbage Tournament".

SCHEDULED EVENTS

Friday Singles	Saturday Main	Saturday Nite Playoffs	Sunday Main Playoffs
6:00 PM Registration	7:00 AM Registration	1st Round	Second Round
7:00 PM Play	8:15 AM Orientation	TBA	7:30 AM
9 Games	8:30 AM Play	Best 3 of 5 games	
\$25 Entry	22 Games (2 games vs. 11)		Consolation
Pay: 1 of 5	Top 25% will playoff	Singles	8:00 AM Registration
Send questions to:	*\$80 Entry (Includes lunch) **	6:00 PM Registration	9:00 AM Play
Gordy Jurek	**\$85 after 3/28/2020	7:00 PM Play	9 Games
218-213-1946	\$20 Optional (Graduated	9 Games	\$50 Entry
gordyj@hotmail.com	Q Pool Paid to all	\$25 Entry	(includes \$10
	Qualifiers in Q Pool)	Pay: 1 of 5	Graduated Qpool paid
			all qualifiers)

Larry Leidenheimer 218-213-4730 lcleid1123@YAHOO.COM	Trophies Awarded	Consolation Playoffs Around Noon Best 2 of 3 games Pay 1 out of 4
--	-------------------------	---

****\$85 Entry After 3/31/20 No Exceptions**

Make Checks Payable to **Gordy Jurek** and Mail to: Gordy Jurek, 5763 Marigold Ln, Duluth, MN 55810

CASH ONLY -- DAY OF TOURNAMENT

Please Print

Name _____ ACC# _____	Fri Night: _____	\$25 _____
Address _____	All Events (pays 1 of 5)	\$20 _____
City _____ St _____ Zip _____	Main Entry Fee:	\$80 _____
Phone _____	Main Entry Late Fee:	\$85 _____
I agree to abide by the rules of the American Cribbage Congress.	Main Q-Pool	\$20 _____
Handicap Seating Requested: _____	Saturday Night:	\$25 _____
Signature _____ Date _____	Total	\$ _____



UP TO \$100,000 IN CASH PRIZES

WIN A WINNEBAGO

MARCH 7TH - 28TH



WINNEBAGO

SATURDAYS | 6-9 PM

- Earn entries starting Sunday, March 1st
- Twelve (12) lucky cash winners each night.

GRAND PRIZE NIGHT: MARCH 28TH

- Eleven (11) lucky cash winners.
- One (1) winner of a 2020 Winnebago Minnie Winnie 22R, Class C.

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

blackbearcasinoresort.com

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

FOLLOW US:



Keep up to date on social media with drawings, info, promotions & entertainment.

LIVE IN THE OTTER CREEK EVENT CENTER

Kim Russo

"STAR OF THE HAUNTING OF"

-THE HAPPY-MEDIUM-

LIVE READINGS & AUDIENCE INTERACTION

MARCH 6TH

DOORS OPEN 6 PM
SHOW AT 7 PM

TICKETS \$30 - \$50

AVAILABLE AT THE PLAYERS CLUB OR ONLINE

blackbearcasinoresort.com



Make The Bear your place!

Legal News

Officer Spotlight: Jared Braveheart

My name is Jared Braveheart, I'm a police officer for Fond du Lac. I've been on the force for about four months now, I'm still in my field training. I've got about a month left. My father is from Fond du Lac and my mother is from Pine Ridge. So I come from Ojibwe roots and Lakota roots.

Something interesting about myself or unique is that I spent five years in the Marine Corps. I was a door gunner on a helicopter and got out with 600 flight hours.

What made me want to be a cop and how old was I: well growing up my grandfather was a huge inspiration in my life. He was in the Army, and a Korean War Vet. I've always looked up to him and wanted to follow his path and from a very young age he brought me into the

Lakota culture and taught me the ways. He always instilled in me that we are warriors. The men are warriors. The warrior blood is instilled in me whether I want it or not. So from a very young age I always knew that I wanted to do the military, and I always looked at police officers with respect. They're the protectors, they protect us. I've always wanted to be in that role. I joined the military and when I got out I went to school to be an officer and here I am.

I think the community policing model helps us do our job. It created positive relationships between us and the community. We aren't out here to be the bad guy. We've got a job to do. There are laws to keep everyone honest and we're here to enforce those laws. Sometimes it comes out for us to be the bad guy. Just to

be out there and about with the community, whether it is the RBC, Brookston Center, Sawyer Center, or Stuff the Squad events, or barbecues with the police officers. We have those so that children can come meet us and know us on a more personal level. We put our pants on the same way everyone else does - the only thing different is we carry a badge.

I chose to work for Fond du Lac because I grew up here for a good portion of my life. It is home. When I got out of the military, they would have paid for me to move anywhere I wanted, but I came back home. I wanted to serve my people. Another great aspect of working here is that I know a lot of the people. I think that will help. I have a good rapport with a lot of them. I feel that kind of helps me.

My favorite part of

working for Fond du Lac is I grew up here. I didn't exactly follow the right path, so I've kind of been on the other side of the fence. And here I am today on this side of the fence, so I'm able to demonstrate that and hopefully be a good role model for the younger kids and people I grew up with that are my age. They can see how I turned my life around and hopefully give them inspiration to do the same.

The most satisfying aspect of the job is just getting a thank you. When we're done with a call, just knowing that they feel satisfied with whatever the call was.

Something about me that people might not know is that I was born on the Pine Ridge Indian Reservation.

If I can do it you can do it.



Legal notice

The following is a list of Band members who have monies in trust with the Fond du Lac Band. We are requesting the Band member, or his/her heirs, if the Band member is deceased, contact the Fond du Lac Legal Affairs Office at 218-878-2632 or toll-free at 1-800-365-1613, to assist the Band in distributing the trust monies. Unless a personal data form or heirship application has been filed with this office within

one year of this notice, the identified funds will revert back to the Fond du Lac Band. *The one year period commences with the first publication.

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

BURLINGAME, Donna
CASSIDY, Denise
CICHY, Gerard
CICHY, Leslie
COUTURE, James A.

DEFOE, Roy, Jr.
DIVER, Robert "Leroy" John
ELLS, Patricia
ENGLER, Catherine
FARRELL, Margo J.
HAARSAKER, Brenda
*HILPIPRE, Jean M.
JANSEN, Mary Jo
KLASSEN, Llorra A.
LAFAVE, Darren Houle
LAFAVE-KING, Jacqueline
LAPRAIRIE, Robert
LEE, Patricia J.
MAGNUS, Karen A.

MAJOR, Barbara
MARTIN, John Francis Jr.
MARTIN, Kim I.
MARTINEAU, Loretta C.
MARZINSKE, Florence
MARZINSKE, Larry
MUELLER Neva
OLP, Madison S.
OWENS, Louise K.
OSCEOLA, Bonita
SAVAGE, Mark
SIROIS, Warren
SMITH, Robert W.
SOULIER, Gary

ST. GEORGE, Richard J.
THOMPSON, Henrietta
THOMPSON, Lester P.
TUTTLE, James III
VANERT, Patricia A.
WILLIAMSON, Donna M.
ZIEBARTH, Frances M.



Health News

March is Colorectal Month

By Denise Houle,
Cancer outreach worker

March is National Colorectal Cancer Awareness Month. Colorectal cancer is the second most common cancer among Northern Plains American Indians (following lung cancer) – a population with rates 53 percent higher than the general U.S. population. There are usually no symptoms of colorectal cancer until the cancer is in an advanced stage. In 95% of colon cancer cases start out as polyps. When caught early, colon cancer is 90% survivable. The American Cancer Society have major guideline changes with the new recommendations stating screening should begin at age 45 for people at average risk and American Indians should also start screenings at age 45.

Colon cancer is also on the rise for younger adults aged 20-39. According to the Mayo Clinic, “Young age of colorectal cancer onset is one

of the hallmarks of hereditary colorectal cancer syndromes, and these syndromes contribute disproportionately to young-onset colorectal cancers”. Knowing your family history is very important.

Risk factors that you can change are: get your screenings done, quit smoking, increase your physical activity, changing unhealthy diets, limit alcohol use and being overweight or obese.

Risk factors you cannot change include: age, sex, family history of colorectal cancer, personal history of colorectal polyps or colorectal cancer, race or ethnicity.

You can stop colon cancer with screening. Be your own advocate.

Remember to talk with your healthcare provider about what colorectal cancer test is best for you.

Source: *American Indian Cancer Foundation* www.americanindiancancer.org, *American Cancer Society* www.cancer.org, *Colon Cancer Alliance: Mayo Clinic Proceed-*

Announcement

If you receive the Medicare Part B reimbursement quarterly, your annual renewal is due by March 15, 2020. If you need help in completing this renewal please call the Patient Advocate line at the Min No Aya Win Clinic (218) 878-2165.

Thank you
Peggy Broughton, Erica Dupuis, James Barney
(Medical Social Worker)



FDA investigation completed on diabetes drug metformin

Metformin is a prescription drug that helps control high blood sugar in people with pre-diabetes and type 2 diabetes. The brand name versions of metformin include Glucophage, Glucophage XR, Fortamet, and Glumetza. According to the American Diabetes Association’s (ADA) Standards of Medical Care in Diabetes 2020, it’s the preferred initial medication for the treatment of type 2 diabetes. The ADA Standards go on to say that Metformin is effective and safe, is inexpensive, and may reduce risk of cardiovascular events and death. It also has beneficial effects on A1C (average blood sugar over past 2-3 months), weight, and cardiovascular mortality.

Once started, metformin should be continued as long as it is tolerated and not contraindicated. The principal side effects of metformin are bloating, abdominal discomfort, and diarrhea. Those side effects are reduced by gradually increasing the dose over 4 weeks.

Last December, concern arose about metformin being contaminated with a cancer-causing contaminant known as N-nitrosodimethylamine (NDMA). NDMA is a contaminant commonly found in water and foods. People are regularly exposed to it in relatively low amounts, which aren’t harmful to human health, according to the FDA. Certain metformin drugs in other countries were reported to contain low levels of NDMA. The FDA began

an investigation to determine whether metformin in the U.S. market is contaminated with NDMA, but recommended its continued use.

The FDA didn’t find unacceptable levels of NDMA in metformin products. On Feb. 3, 2020, the FDA said “some metformin drug products tested showed no detectable levels of NDMA, while others showed low levels of NDMA.” They noted the low levels are similar to what one would be exposed to from grilled or smoked meats. They recommended that patients continue taking metformin to keep their diabetes under control. To date, FDA has not recommended metformin recalls in the US.





Health News

Supporting mothers and first foods

A new Lactation Policy has been approved by the Reservation Business Committee on Jan. 14. This requires all Programs and Enterprises to have a designated lactation room for their breastfeeding employees and to allow for adequate time to express milk. The rooms are specifically designed to create a private, quiet, and peaceful atmosphere that nursing mothers can utilize for lactation needs.

Additional amenities in each room, thanks to grant funding, may include: a medical grade breast pump, breastmilk storage bags, soothing music, art work, snacks, etc. This lactation policy was adopted in recognition of the importance and benefits of breastfeeding and to support nursing mothers with appropriate time and adequate space allowed for lactation.

“Food Sovereignty starts with The First Food – Doodooshaaboo (breastmilk)

Empowering Indigenous women to reconnect to a traditional practice, Breastfeeding, is the start to reclaiming food sovereignty. A mother providing her newborn her milk restores a bond that was once taken from her ancestors. That bond begins to heal, not only the mom, but the community as well. Babies that are exclusively breastfed for 6 months have a reduced risk of: ear infections, diarrhea, allergies, obesity, diabetes, leukemia, other childhood cancers and the list goes on. A mother’s milk contains thousands of different components that continually change to meet the newborn’s needs. A mother providing her breastmilk to her children sets them up with a strong foundation and strengthens

her identity as a caregiver.”-Excerpt from the FDL’s Food Sovereignty Assessment

Grant funding received in early 2019 from Born to Thrive and Hunger Solutions allowed Fond du Lac to facilitate the creation of this policy, offer training to managers and supervisors, set up a number of lactation rooms and support indigenous foods in the WIC (Women, Infants, and Children Nutrition Program). To date, lactation rooms have been identified at: Min-No-Aya-Win, Center of American Indian Resources (CAIR), Assisted Living, Fond-du-Luth, Head Start, and the Tribal Center.

This policy will go into effect immediately at all Fond du Lac Programs and Enterprises. If your work place needs assistance in identifying and creating a lactation space, Community Health Services can assist as needed.

If you need additional support for breastfeeding please call Fond du Lac WIC at (218) 878-2115.

If you need assistance in identifying a lactation space for your building or program please call Community Health Services at (218) 878-3790.

If you are a breastfeeding or an expecting mother and have more questions on the lactation policy please call Employee Benefits at (218) 878-2622 or talk with your supervisor.

This recently adopted lactation policy will go into effect immediately at all Fond du Lac programs and enterprises. The policy will require those entities to have a designated location for employees who are nursing mothers.

“As a working mom for Fond du Lac, these types of policies really make a difference for our babies,

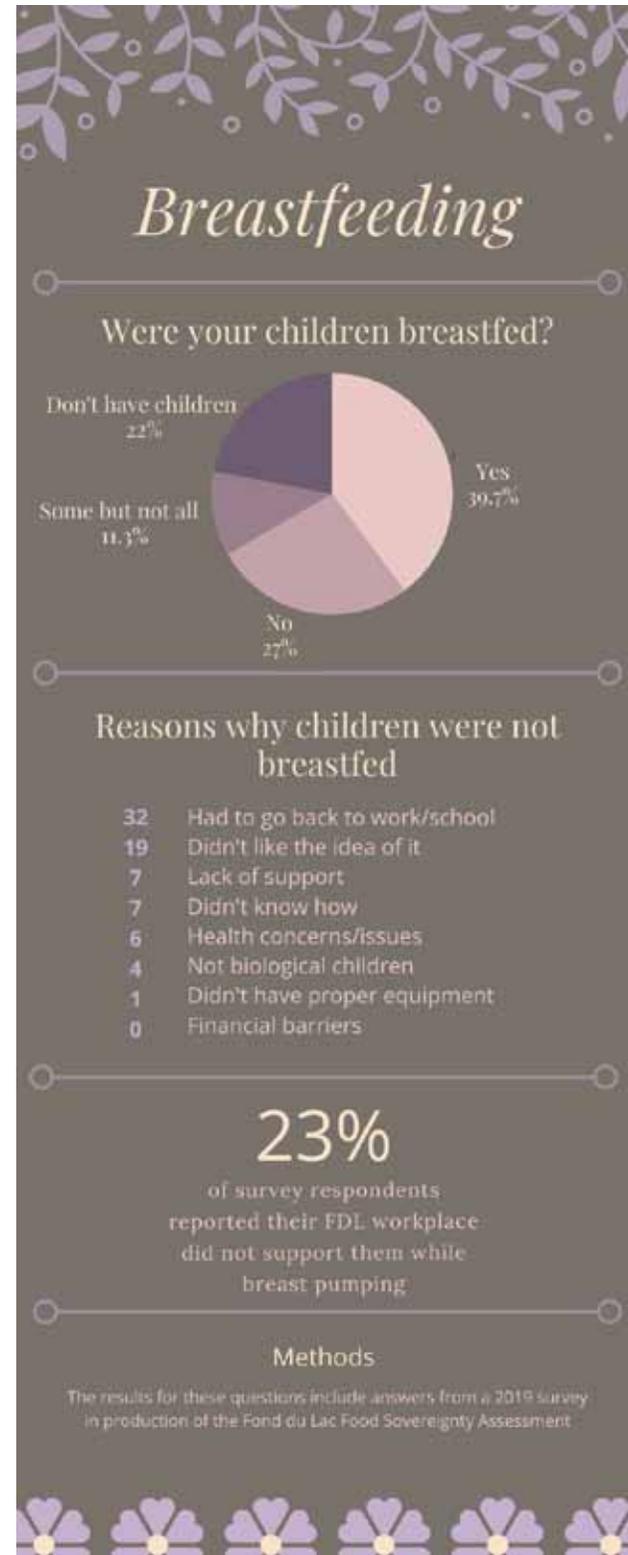
our families and the community,” says Naomi Defoe, Public Health Nurse “As Indigenous women we can connect to our traditional practice of breastfeeding. The bonding and the overall health benefits for a breastfed baby and the mother is so empowering.” says, Rita Aspinwall, Communications Director for the Fond du Lac Band.

The Band is committed to moving toward food sovereignty, which begins with the first food: doo-doooshaaboo (breastmilk). Working mothers are an important part of our workforce at Fond du Lac and the Band wants to create spaces that allow them to stay connected to their little ones and for the babies to reap all the health benefits of being breastfed.

Lactation rooms will be designed to create a private, quiet, and peaceful atmosphere. The rooms will have the following a medical grade breast pump, breast milk bags, soothing music, artwork, refrigerator and snacks. Additional amenities may also be available, depending on resources and location needs.

The Fond du Lac Planning Division and Community Health Services led the policy initiative through funding provided by The Born to Thrive Grant and Hunger Solutions Grant awarded in the Spring of 2019. To date there are lactation rooms at: Min-No-Aya-Win, Center of American Indian Resources (CAIR), Assisted Living, Fond-du-Luth, Head Start, and the Tribal Center.

Survey responses are from Fond du Lac’s 2019 Food Sovereignty Assessment. The full assessment will be released in 2020.





Health News

National Nutrition Month®

By Kara Stoneburner, RDN
LD, Community Health Services
Dietitian

March is National Nutrition Month®. The theme for 2020 is Eat Right, Bite by Bite. It is implying that even small changes

can be healthful.

The Academy of Nutrition and Dietetics provides four key messages broken into four weeks to help initiate some healthful changes:

Week 1: Eat a variety of nutritious foods every day

- Include healthful foods from

all food groups

- Hydrate healthfully
- Learn how to read the Nutrition Facts Panel
- Practice portion control
- Take time to enjoy food.

Week 2: Plan your meals each week

- Use a grocery list to shop for healthful foods
- Be menu savvy when dining out
- Choose healthful recipes
- Enjoy healthful eating at school and work
- Plan healthful eating while traveling.

Week 3: Learn Skills to create tasty meals

- Keep healthful ingredients on hand
- Practice proper home food safety
- Share meals together as a family when possible
- Reduce food waste
- Try new flavors and foods.

Week 4: Consult a Registered Dietitian Nutritionist (RDN)

- Ask your provider for a referral to a RDN
- Receive personalized nutri-

tion advice to meet your goals

- Meet RDNs in a variety of settings throughout the community
- Find an RDN who is specialized to serve your unique needs
- Thrive through the transformative power of food and nutrition.

Don't become overwhelmed with all the tips and suggestions mentioned. Keep in mind the theme this year: Eat Right, Bite by Bite. Start with small, manageable changes and grow from there. Here is an example of some small changes to start with for week 1:

- Add a ½ cup of vegetables to your lunch or dinner
- Drink an additional 8oz of water each day
- Google Nutrition Facts Panel
- Use a smaller plate at meal-time
- Pause in-between bites of food and reflect how it actually tastes.

Continue the healthful changes you've made into the next week. Keep repeating the weeks throughout the entire year adding small, new changes when you are ready.

For further information contact your healthcare provider or a RDN.

Great websites to find healthy, reliable nutrition information include: www.eatright.org and www.choosemyplate.gov.

*Sources include: The Academy of Nutrition and Dietetics

March is National Nutrition Month®

Choosing nutritious foods and getting enough physical activity can make a significant difference in your health. For National Nutrition Month® 2020, in March, your health care team encourages people to make informed food choices and develop sound eating and physical activity habits.

This year's theme, Eat Right, Bite by Bite, promotes eating a variety of nutritious foods every day, planning and creating healthful meals each week and the value of consulting a registered dietitian nutritionist.

Developing healthful eating habits does not mean undertaking drastic lifestyle changes. Registered dietitian nutritionists help their clients develop individualized eating and activity plans with simple steps that can help them meet their health goals. These simple steps are developed to become lifelong habits.

Eat a variety of nutritious foods every day.

Meal planning

Enjoy healthful eating at school, work, and home.

Cook & prep

Learn skills to create tasty meals to share and enjoy.

Visit an RDN

See a registered dietitian nutritionist, call (218) 878-2190 to make an appointment.

A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping on can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall



Stepping On has been researched and proven to reduce falls by 30%!

Stepping On WORKSHOP 2020

Thursday, April 23 - June 4, 2020 | 1pm - 3pm
Cloquet Community Center | 1720 Big Lake Road | Cloquet, MN

To register, call 218-878-2126.

Workshop is limited to 12 people.



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



Ashi-niswi giizisoog (Thirteen Moons)

Onaabani-giizis

The new Onaabani-giizis begins March 6. This is the Hard Crust on the Snow Moon. Other names for this moon are Bebookwedaagime-giizis, the Snowshoe Breaking Moon; Aandego-giizis, Crow moon; Nika-giizis, the Goose Moon and Ziinsibaakwadooke-giizis, the Sugar Making Moon.

Fond du Lac Sugar Bush Tapping guidelines

The intent of these guidelines is to assure area sugar bush (iskigamizigan) resources remain healthy and productive now and into the future. These guidelines are based on published research and on the advice of local experts.

Site Selection

- Choose sites that are accessible throughout the entire tapping season. Dirt roads or woodland trails that may be useable in the beginning of the season can often become very muddy and rutted as the frost goes out of the ground and the ground becomes soft. Select sites with good access that does not require crossing wetlands or other sensitive areas that may be damaged, especially near the end of the season.

- Choose sites with healthy, large-crowned sugar maples (ininaatig) and/or red maples (zhiishiiigimiwanzh). Avoid selecting areas where the trees show signs of stress or decline (e.g. dead or dying tops, missing bark, trees defoliated by forest tent caterpillars the previous year, etc.).

- Always make sure you have the appropriate permission to tap the trees or to access the land.

Tree Selection

- Select healthy, full-crowned sugar maple, red maple, silver maple, or box elder trees that are at least 10" in diameter at chest height. Tapping smaller trees will yield little sap and risk the long-term health of the tree.
- Expect 9-13 gallons of sap per tree for the season. Flow rates are highest on warm days following cool nights.
- Avoid driving ATV's, tractors, trucks, or other vehicles within 20-30 feet of the base of the tree during the tapping season. The ground is soft and the roots can be damaged, affecting the health of the tree. Instead, carry buckets or bags by hand to vehicles, wagons, or other maintenance equipment. Healthy roots make healthy trees.

Spile Selection

- Smaller spiles are preferable to larger spiles. Research shows smaller spiles will deliver as much sap as larger spiles with less damage to the tree.
- Use 5/16" or 19/64" spiles if possible. These spiles should not be placed more than 1 1/2" deep.
- Older style 7/16" spiles are still acceptable but should be replaced with smaller spiles when possible. This size spile should not be placed more

than 2 1/2" deep.

- Do not tap frozen trees as this can cause the bark to split. Only tap trees when the sap has begun to flow.
- Use a drill-bit that is the same size as the tap you are intending to use and wrap a piece of tape around the drill-bit at the desired depth. This will serve as a guide to help avoid drilling too deep.
- Holes should be drilled at a slight upward angle so that sap can flow down and out of the hole.
- Tap the spiles in carefully to avoid damaging the tree. Avoid tapping discolored or damaged looking bark as these areas may have fungal infections and tap holes may serve as entry points.

Number of Spiles and Their Placement

- The number of spiles per tree should be based on the diameter of the tree at chest height.
- Trees smaller than 10" in diameter should not be tapped.
 - Trees 10" – 18" in diameter should have no more than 1 tap per tree.
 - Trees larger than 18" can have up to 2 taps per tree. No tree should have more than 2 taps.
 - Spiles should be spaced at least 6 inches horizontally and 2 feet vertically from previous

year's tap hole locations. This assures water and nutrients can still flow between the roots to leaves.

- Never re-tap existing holes or drill new taps near the end of the season trying to prolong the season.
- Spiles should be placed in the tree about 2-4 feet above the ground level.

When to Start and When to Stop Collecting Sap

- Sap will start to flow when the days are in the 40F's and the nights are below freezing, typically mid-March in Northern Minnesota. Flow tends to slow or stop when daytime temperatures are cool or below freezing.
- Sap will start to taste "buddy" (bad) when the buds start to expand at

the end of the season. When you observe buds expanding, cease collecting sap. Red maples may start to bud before sugar maples. **Be sure to remove all spiles from trees and clean up other equipment from the site at the end of the season. **Be careful when boiling sap outdoors - spring is also wildfire season! ** Miigwech!



Fond du Lac Community Interest Workshop

Please join us to learn more about manoomin (wild rice), food safety, and GLIFWC's Model Food Code Project. Plus make your own Manoomin Flour to take home!

Friday, March 13th 3-5 PM

Cloquet Center ENP
1720 Big Lake Rd. Cloquet, MN 55720

Questions? Please contact project staff: Owen Schwartz (715-685-2147)



Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing thirteenmoons@fdlrez.com Don't forget to check us out on Facebook! 13 Moons Ashi niswi giizisoog

This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.

Ashi-niswi giizisoog (Thirteen Moons)

13 Moons Snowsnakes



Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words. All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure
“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father
“i”- sounds like the “i” in sit
“ii”- sounds like the “ee” in feet
“o”- sounds like the “o” in go
“oo”- sounds like the “oo” in food
“e”- sounds like the “ay” in stay

Biiwan blizzard

Ningwaanakwad cloudy
Awan..... foggy (be)
Zasakwaa..... frost (heavy)
Mashkawadin.....frozen (be)

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

N	W	H	T	A	H	O	D	M	C	W	N	J	R	G	C	X	U	T	A	BIGISHKANAD/Rotten
V	A	N	C	X	R	X	B	A	S	E	I	E	V	J	X	V	Q	T	O	BIMIKAWAAN/Footprint
L	E	A	E	M	S	L	A	A	Q	T	H	M	U	M	B	W	Q	Z	J	BIZAAN/Quiet
T	T	O	Z	N	P	C	D	M	N	O	S	Y	F	K	Y	F	C	F	J	DIKINAAGAN/Cradle Board
K	G	L	N	I	O	P	E	A	W	T	O	H	K	I	C	S	Z	E	Z	GITIGAAN/Garden
H	C	R	H	I	B	O	A	K	Y	W	G	D	B	P	U	Y	V	X	B	GODIGOSHIN/Injured
L	T	O	O	E	G	R	K	A	Q	A	I	A	Y	Z	B	U	R	I	B	GWEKIWEBINIGAN/Pancake
X	C	S	B	P	X	A	W	A	E	A	D	Q	P	K	Y	O	G	A	O	MAAMAKAADIZ/Astonish
T	H	N	Y	E	W	P	M	D	S	G	O	H	H	Z	B	I	A	W	F	MITIGWAAB/Bow
G	W	E	K	I	W	E	B	I	N	I	G	A	N	R	S	W	U	N	G	NENOOKASI/Humming Bird
O	M	A	S	H	K	O	O	Z	I	N	S	C	J	H	G	P	M	I	F	OMASHKOOZ/Elk
N	A	G	A	A	N	I	K	I	D	N	A	X	K	I	J	C	T	S	P	ONIGAMIINSING/Duluth
H	W	A	A	D	A	U	I	O	C	P	S	A	T	Y	W	I	V	Q	F	WETOTWAAG/Jello
Z	Y	C	T	V	J	J	K	P	V	U	N	I	W	I	G	X	I	L	D	ZHINGOS/ Weasel
K	H	K	T	H	T	C	A	T	P	A	M	V	N	A	X	U	P	X	U	
C	B	N	A	L	G	J	S	F	D	S	A	X	A	G	K	B	Z	E	Y	
Y	P	L	V	N	J	Y	H	N	P	X	R	N	O	Z	O	I	M	D	N	
F	S	Z	T	U	S	O	G	N	I	H	Z	W	L	A	G	X	M	J	L	
R	R	A	S	J	L	L	H	D	T	Y	Y	B	K	T	K	J	X	I	F	
F	M	A	X	F	L	O	H	Q	R	J	I	D	T	Z	P	M	M	T	B	



Community News

These community pages are yours, the members and employees of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths. Please include the full names of the individuals in the greeting announcement, as well as the date of the occasion. Full names, including individual last names are required.

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Mar. 16, 2020 for the April 2020 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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

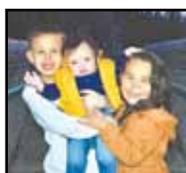
Happy Birthday

Wishing a very happy birthday to my son **David Petite Jr.** (Feb. 21), 34 yrs old, have a wonderful day.

Love Mom, Izzy, April, Royce, Sabrina, Rylan, Dez, James and Kayla, and Tato, Matt, Baby Matthew

Happy 7th birthday to our little man, **Travis Brown Jr.** (Feb. 25)!

We love you to the moon and back a million times.
Love, Mom, Dad, Laila, and Kahari



Happy birthday **Ed Misquadace** (Mar. 5) I hope you have a long on-going year, for the best.

Love, your momma

Happy 20th birthday to **Jennifer Louise Shabaiash** (Mar. 6) you are missed and thought about every day. I love you, you will have the best day ever.

Love, your mother Yvonne

Happy birthday to the most beautiful woman in the world, my Mother **Renee DuFault**, 66 (Mar. 7)! We all miss you Mom and hope you come back to visit soon!

Love your daughters < 3

Happy birthday **Chanelle Lumbar**, 9 (Mar. 7)! You are growing into a beautiful young lady! Keep up the good work in school!

Love, your auntie Cakes

Happy sweet sixteenth birthday to one of my most handsomest baby boys **Brian B. Shabaiash** (Mar. 17) I love and miss you very much but I know you had the most awesomest day ever.
Love, your mother Yvonne

Happy birthday to **Roger Smith Jr** (Mar. 23)
Love Vic and Pops

Happy birthday to this cutie pie, **Roger Smith Jr.** (Mar. 23) We love you very much and can't wait to see what the year 31 brings to you.
Love, Kristen, Mav, Lola, and Phoebe



Stephanie D. Shabaiash will be turning, ha ha ha, happy birthday to my beautiful baby girl. We are going to have an awesome day because you only turn ha ha ha once, not twice lol.
Love, your mother Yvonne

Obituary

Angela Susan Barney, 52, of Cloquet, Minnesota, passed away at St. Luke's Hospital on Thursday, January 30, 2020. Born January 10, 1968, in Cloquet, Minnesota, she was the daughter of Leslie Sr. and Bonita (Shabiash) Barney.

Angela grew up in Cloquet, graduating in 1988 from Fond du Lac Ojibway School. She went on to earn her Associate of Applied Science Degree from Fond du Lac Tribal and Community College in 2015. Angela most enjoyed working as a Youth Counselor for the

P I program. Her career also included working for Fond du Lac Accounting as a payroll clerk, and as a cook for the Elder Nutrition program in Brookston. Angela loved music and traveling and shopping and just being out and about with friends. She will be missed for her laughter and love of good humor.

Angela is survived by her son Nathan Barney; Mother Bonita Barney; her brother Leon Barney of Brookston; sister Tracey Shabiash of Grand Rapids; and many nieces and nephews. She was preceded in death by her father and two brothers.

Herman Trotterchaude, 66, of Detroit Lakes, MN passed away Friday, January 24, 2020 at Essential Health in Fargo, ND. Herman was born October 3, 1953 in Cloquet, Minnesota to Mary (Thompson) and Herman Trotterchaude Sr. As an adult, he enjoyed traveling, boating, and collecting hats. He was a proud member of the Iron Workers Union in Duluth and St. Paul. Following 34 years as an iron worker, he retired May 1, 2014.

Survivors are significant other, Colleen Feran; children, Jennifer Trotterchaude, Richard Trotterchaude; granddaughters, Emily Trotterchaude and Kate Barrick; sisters, Rita (Maurice) Ojibway, Renee Lees, Rhonda Trotterchaude, Renata Trotterchaude, Reva Trotterchaude, and Ross



Trotterchaude (Jacob Gehling); many nieces and nephews.

Herman was preceded in death by his parents; his son, Tyler John Trotterchaude; brothers, Randy, Richard, Renard, and Rex and sister, Ranell.

Special thanks are extended to the medical staff of Essentia - Fargo, Essentia - Detroit Lakes, Fond du Lac Human Services, Fond du Lac Graves Registrar, family, and friends.

Daryold Blacketter, age 79 of Cloquet, MN passed away on Wednesday, February 19, 2020 at the Sunnyside Health Care Center in Cloquet. He was born on April 19, 1940 in Cloquet, MN to James and Lillian (Paquette) Blacketter, Sr.



Daryold worked in the woods logging as a young man and was a roofer for many years. He served several terms on the RBC council over the years. Daryold was an outdoorsman at heart, hunting, fishing and logging. He was an avid MN Vikings fan, enjoying games with family and friends.

Daryold was preceded in death by his parents; his siblings, James, Jr., Clarence, Charles, Roger Blacketter, Sylvia Smith and Joyce Blacketter. Survivors include his brother, Bruce (Maryann) Blacketter; his daughter, Teresa (Dan) White; his son, Blake (Joanne Carey) Evanson; his grandchildren, Eric Norris, Kevin Painter and Cholena



Community News

Painter and eight great grandchildren.

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
- 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 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

Attention FDL Elders 55+

The National Indian Council on Aging (NICOA) Conference

will be held @

Nugget Resort & Casino

August 17-21, 2020

Sparks, NV

If you are interested in attending this conference & would like more information

Please call:

**Velvet Linden
(218) 878-8053**

ELDER CONCERNS GROUP



SALAD/HOTDISH

LUNCHEON



FRIDAY

MARCH 13, 2020

11:00am - 1:00pm

\$5.00 A PLATE

50/50

RAFFLE

\$1 a Ticket

6 for \$5

Fond du Lac Tribal Center

ENP/CC Room

1720 Big Lake Rd.

Sponsored by: FDL Elders Concerns Group

Historical Society

The FDLREZ Historical Society meets the second Friday of each month at the FDL Resource Management building 10 a.m. to 2 p.m.

The meetings in 2020 will be March. 13, Apr. 10, May 8, June 12, and as always they will have a table at the FDL Enrollee Days.

If you have any questions, please contact Carol Jaakola at (218) 393-9284.

Here are two photos submitted by the FDL Historical Society, if you have any information on the pictures, please contact them, or stop by a meeting at the Resource Management building.



Onaabani Giizis –Hard Crust on the Snow Moon– March 2020

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Come & Swim & use the gym Talking Circle 1 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC CMA 6 p.m. CCC	Get Fit 12 p.m. CCC Gitigaan 4 p.m. CCC Beading 5:30 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Real Solutions 12 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Real Solutions 12 p.m. MNAW Kim Russo: The Happy Medium 7 p.m. BBCR	Come & Swim & use the gym
1	2	3	4	5	6	7
Come & Swim & use the gym Elder movie morning 11 a.m. Talking Circle 1 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC CMA 6 p.m. CCC	Get Fit 12 p.m. CCC Caregiver support group 12 p.m. CHS Gitigaan 4 p.m. CCC Beading 5:30 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC Adult game day 1 p.m. CCC GED 2 p.m. SCC Comprehensive Plan Discussion 5 p.m. CCC Women's group 5:30 p.m. MNAW	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Real Solutions 12 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	FDLREZ Historical Society 10 a.m. FDLRM Elder Raffle/Luncheon 11 a.m. CCC (fundraiser) Real Solutions 12 p.m. MNAW Beading 5:30 p.m. CCC	Come & Swim & use the gym
8	9	10	11	12	13	14
Come & Swim & use the gym Family movie morning 10 a.m. Talking Circle 1 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC CMA 6 p.m. CCC	Get Fit 12 p.m. CCC Parenting second time around 1 p.m. CHS Gitigaan 4 p.m. CCC Beading 5:30 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Comprehensive Plan Discussion 5 p.m. BCC Women's group 5:30 p.m. MNAW	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Real Solutions 12 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC Mahnomen meeting 5 p.m. BCC Open RBC meeting 5:30 p.m. CAIR AA Support 6 p.m. CCC	Real Solutions 12 p.m. MNAW Beading 5:30 p.m. CCC Rock the Otter III 7 p.m. BBCR	Come & Swim & use the gym
15	16	17	18	19	20	21
Come & Swim & use the gym Elder movie morning 11 a.m. Talking Circle 1 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC CMA 6 p.m. CCC	Get Fit 12 p.m. CCC Gitigaan 4 p.m. CCC Beading 5:30 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Sobriety Feast 6 p.m. CCC	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Real Solutions 12 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC Comprehensive Plan Discussion 5 p.m. SCC AA Support 6 p.m. CCC	Real Solutions 12 p.m. MNAW Beading 5:30 p.m. CCC	Come & Swim & use the gym
22	23	24	25	26	27	28
Come & Swim & use the gym Talking Circle 1 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC CMA 6 p.m. CCC	Primary Election Get Fit 12 p.m. CCC Gitigaan 4 p.m. CCC Beading 5:30 p.m. CCC	Elder Raffle/Luncheon fundraiser Mar. 13 11 a.m. CCC	Open RBC meeting Mar. 19 5:30 p.m. CAIR	Rock the Otter III Mar. 20 7 p.m. BBCR	Darci Lynne & friends Apr. 17 7 p.m. BBCR
29	30	31				

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