

# Nahgahchiwanong

(Far end of the Great Lake)

# Dibahjimowinnan

(Narrating of Story)



*The groundbreaking ceremony at the Min No Aya Win (MNAW) Human Services building which begins an expansion of building and parking area. The project is set to be completed December 2017.*

### **In This Issue:**

|   |       |
|---|-------|
| Local News.. . . . .  | 2-3   |
| RBC Thoughts .. . . . .                                       | 4     |
| Etc. . . . .  | 5-7   |
| Health News .. . . . .  | 8-9   |
| Legal News.. . . . .  | 10    |
| James Ruttle and Mary Maidjishkang Martin Ruttle Barney . . . | 11    |
| 13 Moons . . . . .  | 12-13 |
| Community News . . . . .                                      | 14-15 |
| Calendar .. . . . .   | 16    |

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## Local news

# Min No Aya Win gets big expansion

By Zachary N. Dunaiski

Fond du Lac is always breaking ground. On Oct. 21, they quite literally broke ground as they began the expansion of the Min No Aya Win (MNAW) Human Services building.

For years now MNAW has needed to expand for services and office space, as my aunt joked with me, “people are working on top of one another,” and while the logistics have been in the works for some time, it all came to fruition on Oct. 21 as all the entities and the RBC came together to break ground and start the expansion.

Over the next 14 months MNAW will expand by 25,000 square feet, which will cost \$9.4 million. This is in addition to the \$15 million dollar Center for American Indian Resources (CAIR) expansion in Duluth (entering its final stages before opening to the public), and the FDLHSD Mashkiki Waakaigan Building in Minneapolis (which is still in the early stages but will most likely be having its ground breaking soon).

The new expansion will include space for medical, dental, behavioral health, social services, new conference space, and 144 additional parking spaces for patients and staff.

At the ground breaking ceremony, Chairman Kevin Dupuis Sr. spoke briefly but sincerely.

“Fond du Lac has come a very long way. For the expansions of the clinic itself, the building,

I got to be a part of building it, but I’ve never been in this position here to say thank you to everybody.” Chairman Dupuis seemed very honored to finally get his chance to thank everyone who helped make this expansion possible. He was also very honored that he was able to be part of the drum ceremony to start the event off right.

After those acknowledgements the Chairman wanted to pass the opportunity to speak to Secretary Treasurer Ferdinand Martineau stating to laughter from the crowd, “he’s been here for most of the time, from the inception of the first clinic, being a part of the RBC back when we still had stone wheels.”

Martineau started by talking about how he was the last of his family born at the old Indian Hospital, which led him to joke that his birth was why they closed down. It was that joke that led to how seriously Fond du Lac needed a new clinic.

“It was a sad day on Fond du Lac when that hospital closed. It provided needed care that we didn’t receive in a fair and equal manner,” Martineau said. The most startling fact about the lack of medical care back then was the information Martineau recalled.

“I remember looking at statistics when I was a kid, and one of the statistics that really stuck in my mind was the fact that an Indian male born on an Indian Reservation in the United



Chairman Kevin Dupuis Sr. (upper left) and Secretary Treasurer Ferdinand Martineau speak to the crowd before breaking ground.

States had a life expectancy of 45-47 years.”

According to Martineau it was statistics like those that led the council at the time to work on a plan for better healthcare.

“We had a vision as an RBC and our vision was to improve the healthcare on the Reser-

vation. We had some plans, and did this and that, and we had a couple of planners that worked with us. So we had an opportunity to do some general revenue bonds, and I didn’t even fully understand how it works, and so we did it and we built the first clinic here. It

was a tremendous help to our community and Phil Norgaard and Chuck Walt were a big part of that.”

It’s been a long process from the beginning of the clinic to where we are today as the clinic gets its much needed expansion. None of this would’ve

# Local news

been possible without the work of thousands of people. Councilmen and women, directors, contractors, even down to basically every single person who's worked at the clinic, because without their daily efforts, a clinic like Min No Aya Win doesn't thrive.

"The thing that makes me even more proud is that we're in our second and third generations of Fond du Lac Band members working for our clinic and working for our people here. It's really nice to see that," Martin-eau added.

Based on how the CAIR facility looks, even though it isn't completed, we can all be very excited for this new expansion right here on the Reservation.

*The RBC posing for a picture after breaking ground on the new MNAW human services building.*



## VETERANS DAY DINNER

Fond du Lac Veterans and Family Welcome

**When:** Friday, November 11th

**Where:** Black Bear Otter Creek Event Center

1785 Hwy 210

Carlton, MN 55718

**Time:** 4:30 p.m. Registration

5:00 p.m. Dinner

Contact Veterans Service Officer **Thomas Whitebird** with any questions.

**Office #:** 218-878-2670

**Cell #:** 218-269-7125



## Nahgahchiwanong Dibahjimowinnan

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

### TABLE of CONTENTS

|                                    |       |
|------------------------------------|-------|
| Local News.....                    | 2-3   |
| RBC Thoughts .....                 | 4     |
| Etc. ....                          | 5-7   |
| Health News.....                   | 8-9   |
| Legal News.....                    | 10    |
| James Ruttle and Mary Maidjishkang |       |
| Martin Ruttle Barney .....         | 11    |
| 13 Moons .....                     | 12-13 |
| Community News .....               | 14-15 |
| Calendar .....                     | 16    |

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Fond du Lac News, Tribal Center,  
1720 Big Lake Rd.,  
Cloquet, Minn. 55720.

*Editor: Zachary N. Dunaiski*

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

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

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

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

*Corporate Member of the  
Native American Journalists  
Association*

# RBC Thoughts

Artwork by Aaron Kloss

## Boozhoo,

As most of you know the RBC declared a moose season this fall. According to our biological staff we could harvest 28 animals without harming the moose herd. Their information included several years of data that they have collected on the moose. The state Department of Natural Resources requested that we not hold our season this year again but could not disagree with the data that we based our decision on. We opened the season on September 24 and have reached our declaration of 25 animals so the season is closed. It was fairly short but very successful. Congratulations to all the hunters that participated in this year's hunt.

The Big Lake Road trail project was finally approved. The \$1,150,000 trail will provide a safe place for residents to walk or bike along the road away from traffic. The proposed route will go from the Ojibwe School to Fond du Lac convenience store. Hopefully this will only be the beginning of the trail system for the Reservation.

The Elder banquet was held this past week at the convention center. It was very well attended with over 350 Band member Elders participating. There was plenty to eat with venison tips being the main course

and pumpkin bars as the dessert. The photo display by Carol Jaakola was very nice. She has been working on identifying photos so if you have any that you would like to share with her let me know and I will let her know.

We are going back to monthly open meetings again. I thought that they allowed for the RBC to have a more open dialogue with Band members, I felt that the RBC was able to address problems and keep up with issues better. It also gave the RBC the opportunity to have a rotating schedule that included Duluth and Minneapolis. I hope to see you at these meetings when we come to your community.

The last thing I would like to touch on is weekly meetings. The Wednesday meeting was lasting for upwards of 8 plus hours. In order to try to lessen the duration, the RBC went to two meetings for the week. The schedule began in October so it is too new to say if it helps. All I can say for now is that it has taken me away from my office for two days now instead of one.

*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 [ferdinand-martineau@fdlrez.com](mailto:ferdinand-martineau@fdlrez.com).*

*Gigawaabamin.*



Ferdinand Martineau



## THE MINNESOTA CHIPPEWA TRIBE'S Judi Helmin, Business Development Specialist

Will be at the

**FOND DU LAC GOVERNMENT CENTER  
Tribal Center Classroom**

**TUESDAY – NOVEMBER 22, 2016**

**10:30 a.m. – 2 p.m.**

**Are you looking to start your own business, purchase an existing business or expand your current business? We can help. The MCT Business Development Center is able to provide **FREE** assistance with:**

*Business Plan Development  
General Business Counseling  
Financial Counseling  
Business Loan Packaging  
Minority Certification Assistance*

**Contact Judi to schedule an appointment or ask questions:**

**PHONE: (218) 335-8582, extension 118**

**EMAIL: [jhelmin@mnchippewatribe.org](mailto:jhelmin@mnchippewatribe.org)**



# Etc

## Native American Heritage Month 2016

In recognition of our rich cultural heritage, Fond du Lac Human Service Division will host a number of activities for patients receiving services for the month of November.

Patients will have an opportunity to hear and see stories about the rich history of the Fond du Lac Reservation prior to its robust development. These activities include a "Remember When" group interview of elders in the community. Patients will also be offered ready to eat traditional food on select days during the month along with a weekly drawing give away.

We are currently looking for traditional recipes to offer the community. If you have a recipe you would like to share please call Sophie Tibbetts at (218) 879-2112 or email at [sophietibbetts@fdlrez.com](mailto:sophietibbetts@fdlrez.com).

## Happy Thanksgiving FDL Elders

*From the Fond du Lac Reservation Business Committee*

On Nov. 1, 2016 \$60.00 will be distributed to each Elder 52 or over for Thanksgiving. The funds will either be deposited on your US Bank Focus card (if you receive your funds monthly) or as a check mailed to your address on file. Happy Thanksgiving!

## Notice

The Reservation Business Committee is seeking an individual from the Brookston District to serve on the Land

Use Committee. The purpose of this committee is to advise, assist, and oversee the use, protection, and development of land within the boundaries of the Reservation. Interested individuals should contact Jack Bassett at (218) 879-8043 or by email [Jackbassett@fdlrez.com](mailto:Jackbassett@fdlrez.com)

## Classroom drivers education

The classroom portion of the Drivers Education class will be offered at FDL. Students must have thirty hours of classroom training before they may take their permit test. Classes will be from 4-7 p.m. in the library classroom Nov. 28-30, Dec. 1, 5-8, 12, and 13. There will be no Friday classes. Students must be 14 ½ to enroll. We will no longer be offering the over-the-road portion of the program.

The class fee is \$120. Students who qualify for sports funding may use those funds to cover the class fee. Students using sports funding should fill out an enrollment form and contact Wanda Smith to verify funding. Those paying for the class should complete an enrollment form, pay the fee at Enterprise Accounting, and bring the form and receipt to Joan Markon.

The enrollment form is available on the FDL website under Community Services. For more information, contact Joan at (218) 878-2658.

## Fond du Lac Ojibwe after school activities

Wanted: Powwow Dance Instructor

Hours 3-5:30 p.m. Monday-Wednesday  
November 7, 2016 to January 11, 2017  
And/or January 23, 2017 to May 11, 2017.  
For more information call (218) 878-7239 or email [mariade-foe@fdlrez.com](mailto:mariade-foe@fdlrez.com)

## Tech corner

*By Charles Hilliard,  
Technology Instructor*

The Ojibwe School is now in its second year of a 1:1 technology initiative that is helping students with engagement, and developing a sense of "ownership" in their education.

In addition to the tablet computers the students have in the classroom, we have expanded our hardware resources to include two mobile laptop labs that are available for use by our students. We are in the process of expanding our wireless access to accommodate the increased demand on our wireless network.

We have just launched an exciting new program at the school. The program is loosely modeled after the school's successful Reading Buddy program. Our 6th grade students have begun working with community Elders in an ongoing teaching and learning collaborative. We believe that this partnership will help our students develop an awareness of the importance of assuming an active role in their communities. In addition, we hope it will help community Elders who are taking part to gain basic technology skills, allowing them to use personal digital technology with confidence.

## Transit corner

Over the past several months Fond du Lac Transit has continued to improve its efforts to streamline costs by moving ahead with the Zone Plan, realigning the deviated fixed route, and the procurement of new vehicles as well as

developing a Transit Advisory Committee.

Buses will operate in 3 zones allowing for fewer traveled miles within the Reservation boundaries that will include Sawyer, Brookston, and Cloquet. The Deviated Fixed Route (DFR) will also be restructured



## Suicide Awareness Memorial Walk

On Saturday, Oct. 8, FDL Ojibwe School students, staff, and Prevention Intervention participated in the Suicide Awareness Memorial Walk.

Hundreds walked in Carlton with banners, ribbons, and special t-shirts to show support for this cause. This event is held to remember loved ones lost to suicide and to educate for prevention. Students at the FDL Ojibwe School take part in different suicide prevention activities throughout the school year to learn more about this sensitive topic.

For more information, please contact Maria Maki at (218) 878-7256 or [mariamaki@fdlrez.com](mailto:mariamaki@fdlrez.com)

## Attention Fond du Lac Band Members

Your form for the 2017 Distribution has been sent to your last known address.

Please complete and return this form by 12/1/16 if you would like a monthly payment in January 2017.

If your address has changed and you have not received a form please contact the Payroll Department at:

(218)878-8021 or 1-800-365-1613

# Etc

to include the Miller Hill Mall in Duluth upon approval of the Minnesota Department of Transportation. Identified DFR stop locations will be eliminated as the zoned vehicles will cover those pick-up positions. Extremely strict guidelines will be developed to avoid leaving passengers stranded at the mall

without transportation back to their points of origin. However, we strongly encourage passengers assume primary responsibility for returning trips.

Also, as a reminder, passengers should book early for advanced scheduling. The Director has called for and met with staff on the logistics of the

plan. There continues an open invitation to any person(s) or departments who would like to offer input into the new zone plan. The anticipated roll-out date for this plan is scheduled for November 2016.

Passengers will find that through connectivity transportation between zones

will greatly decrease wait time and enhance driver availability. The primary purpose for changing the system is because far too often buses were being called to the same areas resulting in decreased efficiency. The On-Demand portion of the system will remain intact as a carry-over for those passengers that need extended connectivity and for those special needs passengers.

The Fond du Lac Transit system has moved forward in its effort to realize a more efficient transit program. With cooperation and input of

all transit staff members along with planning and the RBC new buses have been approved through grants actualized by the grants and planning department-a big thank you. It is anticipated that within three to six months five new vehicles will be added to the fleet.

Noticeable improvements will include a more user friendly wheelchair access. Also, the anticipation is larger buses will have a forward kneeling system enabling easier access for mobility challenged individuals.

The Transportation Director will be enlisting individuals to join the Fond du Lac Transit Advisory Committee. Individuals will include those from elderly, Veterans, handicapped, and current-regular ridership. This forum will provide those sectors to bring in concerns about transit with the hope of improving transit operations. The director will host meetings that will occur quarterly. Minutes from those meetings will be approved and posted to the Fond du Lac newspaper. Interested persons should contact the Transportation Director at (218) 878-8008.

bagamiwizh weweni arrive carrying someone safely

## FDL Historical Society meeting

*Fri. Dec. 9 12-6 p.m. Cloquet Community Center Library Classroom*

The FDL Rez Historical Society is having an all-community event for the purpose of identifying historical Reservation and family photos. Please come join us and find out what the

Historical Society already has. We will have a slide show of historic FDL photos. Please bring any family photos you would like to share. At this event, we will scan and return your originals, keeping the scanned copies for our collection. There will be light snacks and beverages provided.

## Fond du Lac Ojibwe School Board Regular Meeting

*Tuesday August 2, 2016 FDLOJS Board Room 3 p.m.*

Call to Order: 3:00 p.m.

Roll Call: Wayne Dupuis, Debra Johnson-Fuller, Joyce LaPorte, Shawn Johnson, Patty Petite, Kathleen Garsow, Betty Anderson, Dorothy Olson.

Absent: Carol Wuollet

Others Present: Jennifer Johnson, Superintendent; Vicki Oberstar, Counselor; Charles Hilliard, Technology Teacher; Dawn Newman, U of M Extension Facilitator; Tara Dupuis, Principal.

Reading of the Mission Statement & Vision: Read by Dorothy Olson.

Motion to approve the agenda: Joyce LaPorte, seconded by Betty Anderson, all in favor, 0 opposed, motion carried.

Motion to approve the July 12, 2016 regular meeting minutes: Debra Johnson-Fuller, seconded by Dorothy Olson, all in favor, 0 opposed, motion carried.

Review the ledger: no discussion

### New business:

I. Charles Hilliard – FDL Ojibwe School Website: Need school board member pictures

## End-of-the-Year Language Table Awards Event

**Wednesday, November 16, 2016-5:00 to 7:30**

*Nagaajiwanaang Genawendangig Anishinaabemowin*  
("The ones who take care of Anishinaabemowin) at Fond du Lac")

The Fond du Lac Language Program invites everyone to join us for the

End-of-the-Year Language Table Awards Event at the Cloquet Community Center.

2016 Awards

Feast and Games begin at 5:00 p.m., Awards at 6:00 p.m., with prizes, language games and activities until 7:30 p.m.



**Quiz Bowl Practice**

*Jenga*  
*Dominoes*  
*Ojibwe Cribbage*  
*Anishinaabeg Trivia*  
*Children's games*



**Ojibwe Jenga**

(LEFT) CCC Language Table offers a chance to practice for FDL Quiz Bowl Captains James Friedman and Jacob Reynolds, who practice Minnesota Anishinaabeg Trivial Pursuit at the Cloquet Community Center Language Table.

(RIGHT) CCC Language Table Instructor John Niigaanimad Daniel considers Jenga block as student Mike Barney observes.

**You are invited to the "END-OF-THE-YEAR" Language Table Awards Event at the FDL Cloquet Community Center. See what your language tables at all three Fond du Lac Community Centers have been doing this year. Awards to students in various categories will be presented, along with awards to outstanding language table helpers. Everyone is Welcome!!!**

# Etc

to post. School Board minutes can be posted only after approval. Community will have the ability to blog, anonymous comments will not be accepted, all comments sent to Chairman Wayne Dupuis and cc'd to Superintendent Johnson. Policy will be developed for community comments under School Board Blog under Community Comments.

II. Dawn Newman – School board governance training: Dawn Newman lead a discussion on 5 strengths in our community: 1. Vision 2. Accountability 3. Policy 4. Community Leadership 5. Board/ Superintendent Leadership.

All board members will complete the Strength Finders survey by August 12, 2016. Dawn Newman will meet with each board member individually to review each board member's five strengths.

III. School board Budget for Back to School Open House: - Community involvement committee will advertise on the WGZS and the electronic billboard. The open house will include a catered barbeque and drawings for sweatshirts and t-shirts. The committee would also like to hand out postcards and brochures. The Community Involvement sub-committee will meet on Aug. 9, 2016 at 9 a.m. with Jennifer Johnson to create a FDLOJS brochure. It will be printed at the Ojibwe School or handout at the upcoming meet & greet event on Sept. 2, 2016. The budget will be finalized at the special meeting Aug. 16, 2016.

Tara Dupuis entered 4:30 p.m.  
**Old business:**

I. 2016 Parent Student Handbook Revised - RBC approved July 27, 2016

II. Wellness Policy: Need a committee to update the Wellness Policy.

III. ACTS: Superintendent John-

son updated the board on the information received from Roger Bordeaux.

IV. Transportation Safety Person Update: Superintendent Johnson updated the board on the new safety persons - Scott Archambault and Mel Buckholtz.

V. Literacy Policy: Updated testing subscription for SY 2016-2017 From DIBELS to AIMSweb. Motion to approve updated policy Betty Anderson, seconded by Debra Johnson-Fuller, all in favor, 0 opposed, motion carried.

VI. School Board Governance Training: Motion to approve the Extension Program Fee Agreement Patty Petite, seconded by Betty Anderson, all in favor, 0 opposed, motion carried.

VII. 21st Century Community Learning Center - award documents will be distributed mid-August.

VIII. Airplane Project Subcommittee: The board discussed contract for services options with Industrial Arts Teacher or outside proposals. The Board agrees administration should contract with current Industrial Arts teacher.

Supervisor reports:

Superintendent Johnson updated the board on TNEC activity, ESSA, Tribal equalization, Modernization Act with NJOMA and the CYFAR grant.

Principal Tara Dupuis updated the board on summer school and activities, postings for staff and enrollment.

Motion to adjourn: Dorothy Olson, seconded by Patty Petite, all in favor, 0 opposed, motion carried.

Adjourn 5:08 p.m.

Recorded by: Jennifer Trotterchaude

# FDL EQUIPMENT



# AUCTION



**START: OCTOBER 24, 2016**

**END: NOVEMBER 4, 2016**



**\* OPEN TO ALL FDL BAND MEMBERS.**

**\* ACCEPTING SEALED BIDS IN OPERATIONS**

**DEPT. UNTIL 4:30PM ON 11/4/2016.**

**\* BID OPENING 11/7/2016**

**(have 7 days to remove).**



**\* ITEMS CAN BE VIEWED DURING REGULAR BUSINESS HOURS.**



- BOATS**
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**CONTACT: WES @ (218) 576-9552  
FOR HEAVY EQUIPMENT APPOINTMENT**

**A COMPLETE LIST CAN BE PICKED UP @  
THE PUBLIC WORKS OFFICE OR THE TRIBAL  
CENTER FRONT DESK.  
FOR MORE INFORMATION:  
CALL JIM KIRSCH (218) 878-7506**



# Health News

## Preparing Meat Safely

By Kara Stoneburner,  
RDL, Public Health Dietitian

Over the next several months, there will be family gatherings, feasts and holiday celebrations. Most events involve food. If you plan to host a gathering, be aware of what you can do to prevent food-borne illnesses. When having meat at your gathering, keep the following things in mind.

To thaw meat safely, it should never be left on the countertop. According to the USDA there are only 3 safe ways to thaw: the refrigerator, cold water, or the microwave.

### Refrigerator thawing

- Plan 24 hours for every 4-5 pounds of meat in a refrigerator set at 40°F or colder

- Place meat in a container to prevent juices from dripping on other foods.

Once thawed, cook meat within 1-2 days

Whole turkeys:

- 4-12# turkey allow 1-3 days thaw in refrigerator
- 12-16# turkey allow 3-4 days
- 16-20# turkey allow 4-5 days
- 20-24# turkey allow 5-6 days

### Cold water thawing

Plan on 30 minutes for every 1 pound

Place meat in a leak-proof plastic bag

Place in full container of cold water

Change water every 30 minutes, until thawed

Cook immediately after thawing

- Whole turkeys:
- 4-12# turkey allow 2-6 hours
  - 12-16# turkey allow 6-8 hours
  - 16-20# turkey allow 8-10 hours
  - 20-24# turkey allow 10-12 hours

### Microwave thawing

- Follow the microwave manufacturer's instructions on defrosting
- Cook immediately after thawing.

Once the meat is thawed, it is time to cook it! Remember to always roast meat in an oven temperature of 325°F or above to prevent the meat from remain-

ing in the "Danger Zone" (temperatures of 40°-140°F) for too long, causing bacteria to multiply.

A stuffed turkey (or other stuffed meat) will take longer to cook. Always use a food thermometer to test internal temperatures of the meat. Take the temperature, in several areas, from the thickest part of the meat. Internal temperature guidelines are listed for meats that are not ground.

Turkey 165°; Beef/veal 145°; Lamb 145°; Pork 145°; Wild game-bird 165°; Venison 145°

After the meat reaches the appropriate internal temperature, remove from oven. Allow meat to "rest" for at least 3 minutes before carving and consuming. Allow a whole turkey to rest for 20 minutes before removing stuffing and carving.

Other safety tips include:

- Wash hands before, during, and after handling food
  - Use separate cutting boards, plates, and serving dishes for raw meats
  - Refrigerate leftovers within 2 hours; don't store the stuffing inside the bird
  - Keep leftovers covered, in the refrigerator, 3-4 days; if you plan to keep the food longer, freeze it
  - Keep hot foods hot (above 140°) and cold foods cold (below 40°)
- Now you can relax and enjoy your meal knowing you prepared the meat as safely as you could! Questions can also be answered at USDA Meat and Poultry Hotline 1-888-674-6854.

Sources include *USDA Food Safety and Inspection Service, MDH, Michiganvenison.com*

## Country Chili Mix makes 8 servings

- 1 lb. kidney beans
- 3 Tbsp. chili powder
- 2 Tbsp. dehydrated onions
- 1 Tbsp. garlic salt
- 1 tsp. oregano
- ¾ tsp. salt
- ¼ tsp. cayenne pepper (optional)

\* To reduce sodium, substitute garlic powder for some of the garlic salt. Pour the kidney beans into a clean quart-sized jar. In a small bowl, mix the remaining ingredients. Pour mixture into a clear sandwich bag and place it on top of the beans. Cover the jar tightly with a lid, decorate and attach a copy of the recipe card.

Cover and set aside at room temperature for one hour. Drain and rinse the beans. Fill a pot with 6 cups of water and add the beans. Cook beans until soft, about one hour; simmer gently with lid tilted. Brown meat; drain and add to the beans with tomatoes and sauce. Add in seasonings, stir and simmer, covered, for one hour. Add a little more water if needed to thin the broth. For best flavor, use mix within one year. Makes eight servings. Each serving has 240 calories, 6 g fat, 21 g carbohydrate and 290 mg sodium.

### Country Chili Directions

1 container Country Chili Mix  
Additional ingredients:  
10 c. water (for soaking beans)  
1 (8-oz.) can reduced-sodium tomato sauce  
1 (24-oz.) can diced tomatoes  
1 lb. ground beef or turkey  
6 c. water (for cooking beans)  
Remove bag of seasoning from jar and rinse beans. In a stockpot, bring 10 cups of water to a boil. Add beans and return to a boil; let boil two to three minutes.

Mix It Up to Expand Your Gift Giving Dollar With Food Mixes in a Jar  
North Dakota State University  
Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist  
Kendra Otto, Program Assistant  
<https://www.ag.ndsu.edu/mortoncountyextension/food-nutrition-and-health/mix-it-up-food-mixes-in-a-jar>

HAVE YOU  
GOTTEN YOUR  
FLU SHOT?

### FDL COMMUNITY FLU SHOTS

Monday, November 7, 2016  
4:30pm - 6:00pm  
Sawyer Community Center

Wednesday, November 9, 2016  
3:30pm - 6:30pm  
Cloquet Community Center

Monday, November 14, 2016  
4:30pm - 6:00pm  
Sawyer Community Center

Wednesday, November 16, 2016  
5:00pm - 6:30pm  
Brookston Community Center

Saturday, November 19, 2016  
12:00pm - 3:00pm  
Brookston Community Center

Monday, November 21, 2016  
3:30pm - 6:30pm  
Cloquet Community Center

Friday, December 2, 2016  
8:30am - 12:00pm  
Elders Christmas Party @ BBCR



In order for children in foster care to receive the flu vaccination, written authorization will be needed. Contact your tribal social worker for assistance and for questions call Cindy Parton at 218-678-2148.

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



# Health News

## Spotlight On... Fond du Lac Human Services Division, dental department

The Min No Aya Win dental clinic offers a full range of preventive and restorative services including exams, cleanings, periodontal care, fluoride treatments, athletic mouth guards, fillings, crowns, veneers, bridges, bleaching, root canal treatment, dentures, partial dentures, TMJ splints, and oral cancer screenings. We have a network of dental specialist for referrals when necessary.

In addition to the clinical services we provide, we would like to let you know about some of the additional services we offer.

Prevention activities for children (FDL Baby Shower, Head Start and Early Start Screenings, Children's Dental Health Month activities), FDL health fair, Smoking cessation referrals, Fluoride testing of well water.

### Orthodontic program

An orthodontic program is available to FDL self-enrolled children under the age of 18 and living in the service area that are in need of orthodontic care. Our dentists identify the orthodontic need and the children are then screened by our contracted orthodontist in December. Contact the clinic for more details if your child is self-enrolled and in need of orthodontic care.

### Diabetic program

Diabetes and oral health are intimately related. Poorly managed diabetes can result in advancement of periodontal disease, oral infections, and tooth loss. Likewise, poor oral hygiene with moderate to advanced periodontal diseases or a tooth abscess can cause blood sugars to spiral out of control.

The medical and dental departments have collaborated on efforts to reduce the diabetic patient's A1C. On our part, we address gum disease, elimination of infections, complete your restorative needs, monitor your blood glucose, and provide education. By becoming part of this year long program, you will receive more frequent cleanings to reduce

inflammation, priority in scheduling appointments, and several incentives for your participation (including a Sonicare toothbrush). If you have diabetes and are interested in participating, please call the dental clinic to register.

### University of Minnesota School of Dentistry student extern program

For the last eight years, in collaboration with the U of MN School of Dentistry, we have offered a three week externship for 4th year dental students to provide care in our clinic. We work closely with the students, teaching clinical skills, mentoring them, and exposing them to a career in Indian Health. Three of our staff dentists (Dr. Aurora, Dr. Kate, and Dr. Tanner) have previously participated in this program and this experience was instrumental in choosing our clinic to work at when they graduated.

### Blood pressure screening

If you are over the age of 18 you may have noticed that we take a blood pressure reading at the start of each appointment and are wondering why this is necessary. Your blood pressure readings are of concern to your dentist because very high or very low readings can put you at risk for a medical emergency in the dental chair. Your blood pressure can be affected by the local anesthetic we give to numb your teeth before a procedure, and by anxiety you may have about your procedure. After evaluating your blood pressure, your dentist may choose a different local anesthetic or, in some cases, elect to reschedule your treatment and refer you to your primary medical provider who will work with you to control your blood pressure before you are seen again in the dental clinic. This is just one more step we have added to provide you with comprehensive care, and most importantly, keep you safe.

If you would like to make an appointment, please contact the dental receptionist at (218) 878-2163.

## Flu update 2016

Flu Season is once again upon us. Here are some updated facts and frequently asked questions regarding this year's influenza vaccine:

### What is influenza (flu)?

Influenza is a contagious respiratory disease that can be prevented by immunization. It is not the same as the "stomach flu". Influenza is caused by a virus that attacks the nose, throat and lungs. Symptoms come on quickly and include: fever, dry cough, sore throat, headache, extreme tiredness, stuffed up nose, and body aches. These symptoms can be severe.

### How is the flu different from a cold?

A cold generally stays up in the head while the flu brings body aches, fever, and extreme fatigue. A person with a cold can usually keep up their normal daily activities, while someone with the flu will often feel too sick to do so.

### Who is most at risk for getting very sick from the flu?

- \*people age 65 and older
- \*infants/young children
- \*pregnant women
- \*people with certain health conditions such as asthma, diabetes, and heart disease
- \*Native Americans, African Americans, and Hispanics peoples.

### Should I get a flu vaccination this year?

Yes! Everyone older than 6 months of age should be vaccinated. Even if you got the seasonal flu vaccine last year, you should still get vaccinated this year.

### Can you get the flu from the flu shot?

No! Some people do get mild flu-like symptoms for a short time after being vaccinated, but this is a sign that your body is responding to the vaccine and giving you protection. It is not the flu.

Vaccinate your family-protect your community: Ask your provider for a flu shot or watch for upcoming community clinics and get vaccinated.

Source: Minnesota Department of Health

## November is Lung Cancer Awareness Month

Did you know that lung cancer was not common before the 1930's? It was after that era when smoking dramatically increased. Lung cancer is the second leading cause of death among Native Americans and Alaskan Natives (AI/AN).

One reason lung cancer is so deadly is that it is hard to detect in its early stages. In the Northern and Southern Plains regions, death rates for AI/AN men were higher than white men for cancers of the lung, colon and rectum, prostate, and larynx. AI/AN women in both regions also had significantly higher rates of lung, colon and rectum, and cervical cancers.

Lung cancer usually has no symptoms in its early stages. When they start to appear, they can include:

- Chronic hacking, raspy coughing, sometimes with mucus that has blood in it
- Respiratory infections that keep coming back, including bronchitis or pneumonia

- Shortness of breath that gets worse, wheezing, lasting chest pain
  - Hoarseness
  - Swelling of the neck and face
  - Pain and weakness in the shoulder, arm, or hand
  - Fatigue, weakness, loss of weight and appetite, fever that comes and goes, severe headaches, and body pain
  - Trouble swallowing
- Things you can do to lower your risks are:
- Don't smoke
  - Be active and exercise
  - Talk to your provider about getting screened

Always remember to consult your Healthcare Provider with any questions or concerns. A message from your Fond du Lac Cancer Prevention Program

Sources: Center for Disease Control, [www.cdc.gov](http://www.cdc.gov) and [www.webmd.com/lung-cancer](http://www.webmd.com/lung-cancer)

# FDL Law Enforcement news

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

- Sept. 1 Fraud/Scam report, caller claiming to be with the Federal Government, advised to not answer if they call back and attempt to block the number
- Sept. 2 Security from Black Bear Casino requesting assistance to evict two people from the property, one was arrested and jailed for a warrant, other was advised of the warrant
- Sept. 3 Report of kids in the roadway, caller afraid they could get hit, located older juveniles and they were heading to a residence
- Sept. 4 Report of an individual out walking, located a bottle full of syringes in between the store and compound, collected for proper disposal
- Sept. 5 Traffic stop on Hwy 2/Brandon Rd, driver warned for speeding
- Sept. 6 Complaint received about a car being sold, and the buyer has not made payments yet, advised it is a civil matter
- Sept. 7 Report of a "sick" raccoon, call was forwarded to Conservation
- Sept. 8 Located female walking down Airport Rd, assisted her with a ride home
- Sept. 9 Hot-rodder's in the area of Brookston/Demenge Rd. unable to locate
- Sept. 10 Traffic stop Hwy 210/W Moorhead Rd, driver warned for speeding
- Sept. 11 Cartwright Rd./University Rd. Vehicle located in the ditch unoccupied, contained an empty bottle of alcohol in the back seat, could not locate anyone, vehicle towed
- Sept. 12 Report of a dog running loose in the Whitetail/Wolf Ridge Area, spoke to owner and dog got off the leash, dog is back on leash at home
- Sept. 13 Report of a verbal argument between a brother and sister, spoke to the sister and advised her to remain calm and ignore the brothers taunting
- Sept. 14 Report of a syringe on the ground in the FDL Homes area, located syringe and properly disposed of it
- Sept. 15 Report of a large tree blocking the road, checked hazard and contacted another agency for removal
- Sept. 16 Traffic stop performed rear entrance of the casino, driver arrested on a warrant, transported to jail
- Sept. 17 Call for a check welfare; party was located, safe and sound
- Sept. 18 Request for a porcupine located in front of the main entrance to the casino, porcupine was taken into custody and released back into his natural habitat on Cartwright in the woods
- Sept. 19 Report of an unwanted person, both were parties were intoxicated, unwanted guest was transported home
- Sept. 20 Traffic stop on Hwy 210/Lind Rd, cited for speeding and driving after suspension
- Sept. 21 Report that a door on a vacant unit was kicked in, extra patrol assigned
- Sept. 22 Report of a disturbance at the Cultural Museum, unable to locate individual
- Sept. 23 Complaint of people banging on exterior doors and windows at supportive housing, checked the surrounding area, unable to locate anybody
- Sept. 24 Small amount of marijuana found at the Gas and Grocery, will be disposed of
- Sept. 25 Traffic stop on University/Cartwright Rd, driver warned for no rear license plate light
- Sept. 26 A theft reported from Pine/Brandon Rd, a generator was stolen
- Sept. 27 Provided a courtesy ride to a female walking on Hwy 210 and Central Hall Rd
- Sept. 28 Traffic stop on Jack Pine/White Spruce Drive, driver warned for speeding
- Sept. 29 Traffic stop at the Gas and Grocery, driver warned for speeding
- Sept. 30 Alarms are sounding at the Supportive Housing Office, spoke to the alarm company and they are testing the alarms in numerous buildings.

## Legal notice

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

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

ANKERSTROM, Arthur  
BELGARDE, Elias  
CADOTTE, Daniel  
CICHY, Gerard  
CICHY, Leslie  
CONNORS, Aurelious  
CROWE, Mary Jo  
DEFOE, Richard  
DIVER, Russell  
INGALLS, Robert  
KING, Julie  
LAPRAIRIE, Robert  
MARTINEAU, Frances  
MARZINSKE, Larry  
MILLER, James  
PARKS, Margaret  
ROBERTS, Nina  
SAVAGE, Kyle  
SAVAGE, Mark  
SHAUL, Scott  
TOPPING, Debra

## Notice

Fond du Lac Management, Inc. has applied to the Fond du Lac Reservation Business Committee for licenses to conduct Class II Gaming, Class III Video, and Class III Blackjack at the Fond du Lac Black Bear Casino, under the Fond du Lac Gaming Ordinance #09/93, as amended. The review of the application will come before the Fond du Lac Reservation Business Committee in an Open Session on December 7, 2016, 9:00 a.m. at the Fond du Lac Tribal Center, 1720 Big Lake Road, Cloquet, Minnesota.

## Notice

Fond du Lac Management, Inc. has applied to the Fond du Lac Reservation Business Committee for licenses to conduct Class III Video, and Class III Blackjack at the Fond-du-Luth Casino, under the Fond du Lac Gaming Ordinance #09/93, as amended. The review of the application will come before the Fond du Lac Reservation Business Committee in an Open Session on December 7, 2016, 9:00 a.m. at the Fond du Lac Tribal Center, 1720 Big Lake Road, Cloquet, Minnesota.

# James Ruttle and Mary Maidjishkang Martin Ruttle Barney

Research by Christine Carlson

**1861 Census for Canada**  
James Ruttle age 26 whose birth is in 1835 and born in Ireland. He was married and his home is Dorchester, Elgin, Canada West.

**A Perilous Trip from Duluth to Silver Island and James Ruttle Saves the Day – Duluth Weekly Times – 11-30-1871**

*The Steamer Lotta Bernard is Caught in ice and in Storms, breaks her rudder, is washed ashore, is at last got off and reaches Duluth after a tedious voyage of 17 days, in a badly damaged condition.*

*Fortunately, a man named James Ruttle was there who had a forge and by means of it, they were enabled at length to repair the rudder and after a tedious and vexatious delay of several days, they left at 9 o'clock on Monday morning for Duluth, and reached here on Tuesday morning; and a happy set of fellows they were, not only the passengers, but officers and crew, for they had a most perilous voyage.*

**A Paragraph about James Ruttle from Indian Trails by Richard E. Carey**

*In 1876 I met an old trapper named James Ruttell from Grand Portage, who had trapped all his life on the North Shore of Lake Superior, and was married to an Indian woman. He said that other old trappers had told him that in their young days, or about one hundred years before Ruttell was telling me, they had caught a good many maned fox along the North Shore of Lake Superior. But Ruttle said he had never seen one caught on Lake Superior in his day.*

**Grave Registration Project**

Mary Maiadjishkang Ruttle died on Oct. 16, 1913 at 68 years old.

Her mother was Julia Mawinass and her father was Wendjimadab.

**1877 Genaolical Roll of the Fond du Lac Band of Chippewa**

The name Wendjimandab and Mawinas show up twice on this roll. Number 4 shows the name of Belanadjeshkaug a male age 24 who was son of Wendjimandab and of Mawinas.

Number 273 is Enimasang a male age 30. Enimasang is the son of Wendjimadab and Mawinas. Enmiasang has two children John a male age 14 and a female Nijobikwe age 12. They are the children of Enimasang and Manidogijigokw.

**A Fight in Grand Marais in November of 1877**

James Ruttle and a man by the name of Jack Piskey had a desperate fight on Mayhew's Dock at Grand Marais. The fight was over some traps of Ruttles. At the trial, Ruttle shot and killed Piskey and subsequently served time in Stillwater for manslaughter in the second degree. After serving several months time, Ruttle was pardoned.

**1880 Federal Census for Twin Lakes, Carlton Minn.**

James Ruttle age 48 was born about 1832 in Canada. His occupation was blacksmith. James' wife is Mary Ruttle age 36 and born in Minnesota. The children listed are James age 14, William H. age 12, Charlot age 9, and Ardelle age 3.

**Jas. Ruttle Makes Nice "Stake" – The Duluth Tribune of 11-2-1883**

We take it that almost everybody is glad when any of the old pioneers up in this country has a streak of good luck, and we think that all the people at the head of the lake will be glad to learn that old pioneer, Jas. Ruttle, recently sold a one-sixteenth interest in

forty acres of land owned by him in Lake county on which a valuable silver mine is supposed to be located to Mark Paine for \$5,000 cash. This sum will give the old settler quite a good start, while the interest in the mine that he has remaining is sufficient to make him a millionaire, if the mine should pan out as it is confidently expected to do.

**Carlton County Courthouse Records**

James Ruttle age 58 was born in Canada died on June 9, 1888. His father was Henry from Canada and mother was Anna from Canada.

**1889 Fond du Lac Band Census**

Number 629 is Madjiskung age 47, Bill age 20, Jacob age 18, Mary age 15, and Harriet age 6.

**LaPointe Census for 1895**

Number 793 is Mary Wahjishkung Ruttle age 53 and a widow. Her daughter Harriet was age 12.

**Duluth Explorer Capt. J. J. Hibbard - Duluth Evening Herald of August 21, 1897 and the Kindness of the Ruttle Family**

About Capt. Hibbard – *During the winter of 1862, about Christmas time, he was at Burlington bay in a small twelve-foot canoe, when a squall came up and his frail craft capsized. After three-quarters of an hour's desperate struggle in the icy waters, he managed to reach shore, about a mile from his house where a family named Ruttle was then living. He was stiff with cold, but crawled on his hands and knees through the woods and thick brush, where, as he expresses it "through the kindness of the Ruttle family and the aid of a bottle of whisky, I was brought to and in a few days was able to return home to Superior.*

**More Grave Registration Records – Children of Mary and James Ruttle**

Walter "Wassa" Ruttle died on Aug. 19, 1908 at 38 years old. James Ruttle died on Nov. 1, 1918 at 50 years of age. Anna E. Couture died on Oct. 11, 1955 at 74 years old.

**1900 United States Federal Census for the Fond du Lac Reservation**

Maiadjishkang age 60 was the head of household. Her children are Jacob Ruttle age 32 and Helen Ruttle age 17.

**1905 Minnesota Territorial Census for Grand Portage in Cook County**

Number 764 is Maiadjushkang age 60 and James Ruttle age 38, Walter Ruttle age 36, and Dave Ruttle age 40, and husband of Angelique age 37.

**1910 United States Federal Census for Brookston, Minn.**

Mary Ruttle, age 73 is listed as the mother-in-law with the Frank and Mary Barney Family. Also listed with the Barney family are brother-in-laws David Ruttle age 42 who was a stone mason and Jaka Ruttle age 48 who was listed as a ferryman on the river.



Top left to right: David, Harriet, mother Anna/Ella/Harriet (Ruttle) Couture, Annie. Front row: Theresa, father John Couture, baby Christine and Elizabeth/Lizza. Photo courtesy of Sharon Shuck.

# Ashi-niswi giizisoog (Thirteen Moons)

## Gashkadino-giizis

*Gashkadino-giizis is the Freezing Moon. The new moon begins November 29. Other names for this moon are Adikomemi-giizis, the Whitefish Moon.*

### Introducing FDL Environmental Program's new Green Corp member

**B**oozhoo, I am, Jesse Godbold, the newest member of Minnesota GreenCorps, a statewide AmeriCorps program dedicated to helping preserve and protect Minnesota's environment while training a new generation of environmental professionals. I will be serving in the Environmental Program at Fond du Lac and will be focused on a wide variety of sustainability initiatives throughout the community. A few of my projects include assisting with the Journey and Bimaaji'idiwin Ojibwe Gardens, developing a trail connecting the Ojibwe School to the Cloquet Forestry Center, evaluating green transportation and waste diversion options, and tracking energy conservation measures.

Ripening in the foothills of the Appalachian Mountains in rural eastern Kentucky, I gained an awareness and appreciation of the peace of wild things. I received my B.S. in Wildlife Management from Eastern Kentucky and have worked around the country in a multitude of roles: lavender farmer, cabinetmaker, mooz (moose) researcher, just to name a few. Living in the Great Lakes region for three years has continued to strengthen my commitment to working for our natural resources. I appreciate the opportunity to serve Fond du Lac and look forward to lending a hand in the community. Miigwech!

## Bimaaji'idiwin Ojibwe Garden Program harvest summary

**T**he Bimaaji'idiwin Ojibwe Garden Program continues to be a great success. This garden season resulted in 960 pounds of produce being donated to Fond du Lac community programs and individuals. Fifty-five pounds of the total produce was harvested to the Cloquet Community Center Elders Nutrition Program. Eighty pounds of produce was donated to the 6th Annual Ganawen-jigewin Maawanji'idiwin Gathering & Gitigaan Fall Feast held on Sept. 22, 2016. Seven hundred pounds was donated to community members and an additional 125 pounds of food was preserved by canning, drying, and freezing.

The Bimaaji'idiwin program used peppers, beets, and carrots to demonstrate food preservation by holding a

workshop on canning, drying, and freezing foods at the Fond du Lac Tribal and Community College. We canned pickled beets and pepper jelly. Carrots were blanched and frozen and beets were made into chips using a dehydrator. Additional herbs were dried for future use include basil, sweet grass, sage, cooking sage, rosemary, peppers, thyme, and lemon balm.

The Bimaaji'idiwin program has saved seeds for next year plantings from two varieties of beans, pumpkin, sage, cilantro, and various varieties of peppers. These seeds will be used in the garden next spring.

Upcoming programs will include a workshop on Quik-books coming up in December and the Bimaaji'idiwin Agriculture Conference held in February.

| Program and Community Members | Donated    |
|-------------------------------|------------|
| Cloquet ENP                   | 55 pounds  |
| Fall Feast                    | 80 pounds  |
| Community Members             | 700 pounds |
| Preserved                     | 125 pounds |
| Total                         | 960 pounds |

*Beets in the dehydrator*



## 13 Moons Adopts Brighton Beach

**T**he 13 Moons adopted Brighton Beach in Duluth, Minn. this past September through the Alliance for the Great Lakes <https://greatlakes.org/>. September Adopt-a-Beach is the largest annual day of action for the Great Lakes. Thousands of volunteers

cleanup beaches around the Great Lakes while collecting valuable data used by researchers. The results: cleaner beaches and data on pollution sources that can be used to develop solutions to pollution problems. Volunteers enhance local beaches and shorelines by picking

up trash and recording their findings, information that shared with beach managers and scientists. The events are held as part of the International Coastal Clean-up, a global event.

Volunteers for the 13 Moons Brighton Beach cleanup effort collected

thirty one pounds of trash. Most of the trash collected were cigarette butts and plastic food containers. Chi-Miigwech to Rick Gitar, Cristina Weske, and Jesse Godbold from Fond du Lac Resource Management Division programs.

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

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

# Ashi-niswi giizisoog Ojibwemowin Page

## Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

### Double Vowel Chart

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

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

### Colors

Black- Makadewaa

Red- Miskwaa

White- Waabishkaa

Blue or Green- Ozhaawashkwaa

Brown or Yellow- Ozhaawaa

Source: [www.ojibwe.org/home/pdf/ojibwe\\_beginner\\_dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

### — Ojibwe Wordlist —

|                 |                       |
|-----------------|-----------------------|
| One .....       | Bizhig                |
| Two .....       | Niizh                 |
| Three.....      | Niswi                 |
| Four.....       | Niiwin                |
| Five .....      | Naanan                |
| Six.....        | Ningodwaaswi          |
| Seven.....      | Niizhwaaswi           |
| Eight .....     | Nishwaaswi            |
| Nine .....      | Zhaangaswi            |
| Ten .....       | Midaaswi              |
| One week .....  | Ningo anami'e giizhig |
| One month ..... | Ningo giizis          |
| One year.....   | Ningo biboon          |
| Pounds .....    | Dibaabiishkoojigan    |
| Gallons .....   | Mnikwaajigan          |
| Miles .....     | Dasodiba'igan         |

Source: [www.ojibwe.org/home/pdf/ojibwe\\_beginner\\_dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)



# 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 November 15, 2016 for the December 2016 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



Happy belated 1st birthday **Aniyah Defoe** (Oct. 6) *We love you lots from Justice and Monica*

Happy belated birthday to my wild child **Whitney Mayorga** (Oct. 20) *Love, mom and Mitch*

Happy birthday to my awesome daughter **Dez McMullen** (Nov. 1), have a wonderful 25th birthday. *Love, mom, April and Royce, Matt and Angel and Caboose, Sabrina, James and Kayla, Rylan, Davey and Izzy*

Happy birthday **Joseph Waller** (Nov. 4), you are a good man and very loved by all of us. *Love, auntie Tammy and your family*

Happy birthday **Tina Foldesi** (Nov. 5), we are truly blessed to have you as our sister. Live life to the fullest. *Love, your entire family*

Happy birthday **Tim Phipps** (Nov. 6), glad to have you around with all your knowledge and humor. *Love, all the in-laws*

A special happy birthday to all the **Marines** (Nov. 10) **Joseph Waller, Chuck Smith** and the many others who put this country first. *We are grateful. Semper Fi*

Happy 13th birthday **Alyza "Muffy" "Dovey" Savage** (Nov. 10) *Love, mom, dad, and brother*



Sending birthday wishes to Heaven to my **Grandma Helen Sanda** (Nov. 12). You embody love to me, and I miss you every day. We all do. I love you and it is a great day you were born. I am thankful for this day and thankful for my Grandma. Thinking of everyone today... *Love, Allie*

Happy 11th birthday **Allen DeFoe** (Nov. 15) *From the girls, Justice, Monica, and Aniyah*

Happy birthday to my niece **Nellie Tibbetts** (Nov. 16) I love you my little niece! You are beautiful, funny, and just a little spitfire. I hope you have a wonderful birthday and a wonderful 7th year of life. *Love, auntie Sophie and cousin Sewell*

Sending birthday wishes to my littlest niece **Nellie Tibbetts** (Nov. 16). I love you, Nel. You are the light in my life, little bright woman. I am grateful to watch you grow and to be your Auntie. I love you forever and hope you have a fun, fantastic, funky day, my darling girl. *Love, Allie*

The happiest of birthday wishes to my beautiful sister **Sophie Tibbetts** (Nov. 18). I have loved you since before you were born, sister, and will love you every day after for all time. Thank you for being you. You have such a good heart, and I am lucky to have you. Thank you for making me a big sister. It is one of my favorite things to be. Thank you for being such a good friend to me all the time. I hope your day is as wonderful as you, my love. *Love, Allie*

Happy birthday **Thomas Foldesi Jr.** (Nov. 19), every day we are grateful for you. You are loved more than words could express. *Love, your family*

Happy birthday auntie **Leah Savage** (Nov. 20) *With love: Phil, Lyssa, Dylan, and Muffy*

Happy birthday to my amazing father **Theodore (Ted) DeFoe** (Nov. 23) wishing you the best. Have a great day toand and every day and be safe. We love ya. *Love always, your daughter Alisha and kids*

Birthday blessings to "my dad" **Bob Bassett** (Nov. 23) on his 97th birthday. *Love, from Darlene*



Happy 1st birthday to our little lumberjack **Kruz James Skoglund** (Nov.

24), you have been a blessing to this whole family! *Love, mommy and grandma! November 24, 2016-our Thanksgiving boy*

Happy birthday **Emilee Heifner** (Nov. 24), we hope the anniversary of your 29th birthday goes well. *Love, Chris, mom, dad, Sam, Maggie, Ted, Zach, Steph, and Mason*

Happy birthday to one of my top sons, **Doug Misquadace** (Nov. 25) *Love, your mom*

Happy birthday **Josie Wichern** (Nov. 25) *Love, Justice, Monica, and Aniyah*

Happy 9th birthday **Theodore James Yellowrobe** (Nov. 26), we love you son. *Love always, mom, dad, Philly, and Nina*



Happy 23rd birthday **Alycia Erickson** (Nov. 26) we love you always *Love, mom, Darrell, and Cody*

The Program Accounting Staff would like to wish **Bridget Paulson** (Nov. 26) a very happy birthday.

Happy birthday to my niece **Sage Ross** (Nov. 27) I love and miss you Sage! I hope you have a fabulous birthday! *Love, auntie Sophie and cousin Sewell*



# Community News

Happy birthday to my sweet, beautiful, big-hearted niece **Sage Ross** (Nov. 27). Sage, I love you to the moon and back. You are my first niece and made me an Auntie, and I am so grateful to you for that and just grateful for you. You are such a big piece of my heart, and I hope this new year of life brings you good tidings. You deserve everything good, my love.  
*Love, Allie*

I would like to wish my lovely wife **Dawn Reynolds** (Nov. 28) a very happy birthday  
*I love you, Fritz*

Happy birthday grandpa **Jeff Savage** (Nov. 28)  
*With love: Phil, Lyssa, Dylan, and Muffy*

Happy 27th birthday to my dad **Clint Caleb Northrup** (Nov. 30)  
*Love always, Antonio and Colton Northrup*



## Congratulations

**Jasper Loons** wanted to share this photo of his 50" Bull Moose taken during this seasons moose hunt.



## Thank you

I want to thank you for playing in my brother's golf outing. Thank you for all the donations from the merchants and

golf courses. Also thank you to all those who helped out. The donations go to cancer and diabetes. We raised \$800 dollars so \$400 will go to each.

Thank you from, Irma Stein and Eugen Reynolds

## Memorial

**Michael Allan Lund** (Nov. 17, 2006) it's been 10 years since you passed away and we truly miss you. You're on our mind every day we will always love and miss you.

*The Lund family*

## Obituary

**Theodore "Smokey" John Barten, Jr.**, 77, passed away at his residence on September 20, 2016. Smokey was born on July 24, 1939, in Hayward, Wisc., to Theodore J. Barten, Sr. and Mary (DeView) Barten. He was one of 14 children and grew up working on his family's dairy farm. He married Donna Coykendall on October 17, 1959, in Pine City, Minn. Smokey was an engine technician in the Gas Industry for many years while living in Iowa.

Smokey's interests included horses, archery, hunting and fishing. He belonged to the Pony Express Riders of Iowa and the AQHA. Smokey did not know a stranger and loved visiting with people, telling stories and practical jokes. He also spent a lot of time in his shop "putzing" as he called it, creating things out of horseshoes, antlers, and wood.

Smokey was preceded in death by his parents, two brothers (Ole and Raymond), three sisters (Gerry, Charlene,

and Ida), and one granddaughter (Camryn) He is survived by his wife, Donna of Sheridan, sons Greg (Kris) of Winter, Minn., Scott of Sheridan, daughters Chris Evans (Kevin) of Lake Havasu, Ariz., and Julie Davidson of Parkston, S.D., 8 grandchildren, 8 great grandchildren.

## Home for sale

31 Homes St., Cloquet  
2+ bedroom with garage  
Call Frank (218) 348-8979

## FDL job listings

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

## FDL Reservation

Dental Hygienist On Call MNAW  
Certified Diabetes Educator/Dietitian FT MNAW & CAIR  
MIS Project Administrator I FT Tribal Center  
Laboratory Technician FT MNAW & CAIR  
Ojibwemowin Teacher FT FDLOJS  
School Linked Mental Health Administrative Specialist FT  
FDL Human Services  
Licensed Alcohol and Drug Counselor FT Temp FDL Human Services  
Registered Dental Assistant On Call Temp MNAW Human Services Center  
Pharmacy Technician FT CAIR  
Foster Care Licensing and Placement Specialist FT MNAW  
Behavioral Health Specialist FT MNAW & CAIR  
Clinical Assistant FT/On Call MNAW & CAIR  
AODA Outpatient Treatment Technician FT MNAW  
Instructional Assistant PT On Call FDLOJS

Mental Health Counselor FT MNAW & CAIR  
Custodian FT/On Call/Sub FDLOJS  
Min No Wii Jii Win Program Case Manager FT Min No Wii Jii Win  
Pharmacy Technician FT Mashkiki Waakaagan, Mpls  
Clinic Physician FT/PT/On Call MNAW & CAIR  
Mental Health Case Manager FT MNAW & CAIR  
Skilled Laborer 1 FT Tribal Center  
GED Teacher PT Tribal Center, BCC, or SCC  
Licensed Alcohol and Drug Counselor FT Min No Wii Jii Win or Tagwii Recovery Center  
Reading Buddies PT FDLOJS  
Driver's Training Instructor PT Tribal Center  
Driver/Cook On Call BCC  
School Secretary/Receptionist On Call/Sub FDLOJS  
Cook Helper On Call/Sub FDLOJS  
Driver/Cook On Call Tribal Center  
Substitute Teacher On Call/Sub FDLOJS  
Transportation Driver FT/PT FDL Transportation  
Nursing Assistant FT/PT FDL Assisted Living  
Recreational Aide 1 FT/PT SCC  
Recreational Aide 2 FT/PT SCC  
Recreational Aide 1 FT/PT BCC  
Recreational Aide 1 FT/PT CCC  
Recreational Aide 2 FT/PT CCC  
Clinical Pharmacist On Call MNAW, CAIR, Mashkiki Waakaagan-Mpls.  
Pharmacy Technician On Call/Sub MNAW, CAIR, Mashkiki Waakaagan-Mpls.  
Transit Dispatcher FT/PT/On Call FDL Transit  
Bus Monitor PT/On Call FDL Education  
Substitute Staff On Call FDL Head Start  
Programs Teacher FDL Head Start  
Teacher Assistant FDL Head Start

Deli Clerk PT FDLGG  
Transit Driver FT/PT/On Call FDL Transit  
School Bus Driver FT/PT/On Call FDL Education  
Health Care Assistant FT/PT MNAW & FDL Assisted Living  
Store Clerk PT FDLGG  
Convenience Store Gas Attendant PT FDLGG

## Black Bear Casino Resort

Vault Cashier FT/PT  
Room Attendant FT  
Bus Person FT/PT  
Gift Shop Clerk FT  
Buffet Host/Hostess FT  
Golf Course Groundskeeper FT/PT Seasonal  
Steward FT  
Arcade Attendant PT  
Golf Course Pro Shop Sales Representative PT  
Golf Course Ranger/Starter FT/PT  
Golf Course Concession Sales Representative FT/PT  
Golf Course Cart Attendant FT/PT  
Slot Attendant PT  
Custodial Associate FT  
Gift Shop Clerk PT  
Bell Staff PT  
Sage Deli Cook FT  
Bingo Vendor/Floor Worker PT  
Players Club Representative FT/PT  
Wait Staff FT/PT  
Hotel Laundry Worker/Hauler FT  
Hotel Room Attendant/Housekeeper FT/PT  
Drop Team Worker FT

## Fond-du-Luth

Security Guard/Dispatch FT  
Janitor FT/PT  
Clean up Worker FT/PT  
Beverage Waitperson/Bartender FT/PT  
Cage Cashier FT/PT  
Players Club Representative FT/PT  
Slot Attendant FT/PT  
Slot Technician FT/PT

# Gashkadino-giizis – Freezing Moon – November 2016

CCC: Cloquet Community Center, (218)878-7510; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185;

CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BCCR: Black Bear Casino Resort; OJS: FDL Ojibwe School;

CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center;

FDLTCC: Fond du Lac Tribal & Community College; OJSHS: Ojibwe School Head Start; FDLGG: Fond du Lac Gas & Grocery; TRC: Tagwii Recovery Center;

FDLM: Fond du Lac Museum; CPT: Cloquet Premier Theatre; RMD: Resource Management Division; TCC: Tribal Center Classroom; FACE: Family and Child Education

Bldg. MKWTC: Mash-ka-wisen Treatment Center; DC: Damiano Center; FDLSH: FDL Supportive Housing; CHS: old FDLSS door; MTC: MN Chippewa Tribal building;

ALR: Assisted Living Residence; FDC: (Food Distribution Center); PLT: Perch Lake Townhall

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|--|---|--|--|--|--|
| <b>Veteran's dinner</b><br>Nov. 11<br>5 p.m.<br>BBCR               | <b>RBC open meeting</b><br>Nov. 17<br>1:30 p.m.<br>SCC   | Get fit 12 p.m. CCC<br>WIC 12 p.m. CAIR<br>AA/NA support 12 p.m.<br>TRC   | Elder water aerobics<br>8:15 a.m. CCC<br>Elder exercise 9 a.m.<br>CCC<br>Game day 1 p.m. CCC<br>GED 2 p.m. SCC<br>Language Table 5 p.m.<br>BCC     | Come & Swim & use<br>the gym<br>AA/support 6 p.m. SCC  | GED (call)<br>AA/support 6 p.m. BCC  | Come & Swim & use<br>the gym<br>AA/support 6 p.m. SCC  |
|  |  | 1   | 2  | 3  | 4  | 5  |
| Come & Swim & use<br>the gym                                       | Elder water aerobics<br>8:15 a.m. CCC<br>Elder exercise 9 a.m.<br>CCC<br>Cards 9 a.m. CCC<br>GED 9 a.m. SCC<br>Cribbage 5 p.m. CCC<br>Language Table 5 p.m.<br>SCC | <b>Election Day</b><br>Get fit 12 p.m. CCC<br>WIC 12 p.m. CAIR<br>Caregiver support group<br>12 p.m. CHS<br>AA/NA support 12 p.m.<br>TRC                    | Elder water aerobics<br>8:15 a.m. CCC<br>Elder exercise 9 a.m.<br>CCC<br>Game day 1 p.m. CCC<br>GED 2 p.m. SCC<br>Language Table 5 p.m.<br>BCC     | Elder fall prevention 9<br>a.m. CCC<br>Sewing 9 a.m. CCC<br>Get fit 12 p.m. CCC<br>GED 4:30 p.m. CCC<br>Open Gym 5 p.m. CCC<br>Language Table 5 p.m.<br>CCC<br>AA/support 6 p.m. CCC | <b>Happy Veteran's Day</b><br><br>Veteran's dinner 5 p.m.<br>BBCR  | Come & Swim & use<br>the gym<br>AA/support 6 p.m. SCC<br><b>Throw down at the Bear 7 p.m. BBCR</b> |
| 6  | 7  | 8   | 9  | 10   | 11   | 12   |
| Come & Swim & use the<br>gym<br><b>Elder movie morning 11 a.m.</b> | Elder water aerobics<br>8:15 a.m. CCC<br>Elder exercise 9 a.m.<br>CCC<br>Cards 9 a.m. CCC<br>GED 9 a.m. SCC<br>Cribbage 5 p.m. CCC<br>Language Table 5 p.m.<br>SCC | Get fit 12 p.m. CCC<br>WIC 12 p.m. MNAW<br>AA/NA support 12 p.m.<br>TRC<br>Parenting second time<br>around 1 p.m. CHS<br>Health and nutrition 5<br>p.m. CCC | Elder water aerobics<br>8:15 a.m. CCC<br>Elder exercise 9 a.m.<br>CCC<br>Game day 1 p.m. CCC<br>GED 2 p.m. SCC<br><b>Language Table 5 p.m. BCC</b> | Sewing 9 a.m. CCC<br>Get fit 12 p.m. CCC<br><b>RBC open meeting 1:30 p.m. SCC</b><br>GED 4:30 p.m. CCC<br>Open Gym 5 p.m. CCC<br>AA/support 6 p.m. CCC                               | GED (call)<br><b>Elder Bake Sale 10 a.m. CCC</b><br>AA/support 6 p.m. BCC<br><b>Randy Houser 7 p.m. BBCR</b> | Come & Swim & use<br>the gym<br>AA/support 6 p.m. SCC  |
| 13   | 14   | 15  | 16   | 17   | 18   | 19   |
| Come & Swim & use<br>the gym<br>Cloquet movie morning<br>11 a.m.   | Elder water aerobics<br>8:15 a.m. CCC<br>Elder exercise 9 a.m.<br>CCC<br>Cards 9 a.m. CCC<br>GED 9 a.m. SCC<br>Cribbage 5 p.m. CCC<br>Language Table 5 p.m.<br>SCC | Get fit 12 p.m. CCC<br>WIC 12 p.m. MNAW<br>AA/NA support 12 p.m.<br>TRC   | Elder water aerobics<br>8:15 a.m. CCC<br>Elder exercise 9 a.m.<br>CCC<br>Game day 1 p.m. CCC<br>GED 2 p.m. SCC                                     | <b>Happy Thanksgiving</b>  | <b>Closed for the holiday</b>  | Come & Swim & use the<br>gym<br>AA/support 6 p.m. SCC  |
| 20   | 21   | 22  | 23   | 24   | 25   | 26   |
| Come & Swim & use<br>the gym<br><b>Elder movie morning 11 a.m.</b> | Elder water aerobics<br>8:15 a.m. CCC<br>Elder exercise 9 a.m.<br>CCC<br>Cards 9 a.m. CCC<br>GED 9 a.m. SCC<br>Cribbage 5 p.m. CCC<br>Language Table 5 p.m.<br>SCC | Get fit 12 p.m. CCC<br>AA/NA support 12 p.m.<br>TRC   | Elder water aerobics<br>8:15 a.m. CCC<br>Elder exercise 9 a.m.<br>CCC<br>Game day 1 p.m. CCC<br>GED 2 p.m. SCC                                     | <b>Throw down at the Bear</b><br>Nov. 12<br>7 p.m.<br>BBCR   | <b>Randy Houser</b><br>Nov. 18<br>7 p.m.<br>BBCR   | <b>Elder Movie Morning</b><br>Nov. 13, 27<br>11 a.m.   |
| 27   | 28   | 29  | 30   |  |  |  |

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