

Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



Brookston Biomass nears completion

This new facility in front of the Brookston Community Center (BCC) will provide heat for the BCC by burning woodchips.

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Local News

Tagwii honored by White Bison with Wellbriety Award

By Zachary N. Dunaiski

The cultural healing focus that Tagwii has embraced since its inception was recognized by White Bison, a Colorado Springs based group providing sobriety, recovery, addiction prevention, and wellness, with their Wellbriety Award. The White Bison Wellbriety Award is a national honor that acknowledges its commitment to integrating Native American cultural teachings into addiction recovery programs.

The Wellbriety Award came with a letter identifying Tagwii as an exemplary facility for its use of Wellbriety in the treatment program. It also stated "The person who nominated you said that your organization saved their life, and we are pleased to be able to recognize you for your efforts on the Fond du Lac Reservation. The beautiful description of Tagwii as the guiding star that reminds us no one should walk alone emphasizes that recovery is a shared journey of learning and self-discovery. We are grateful that Wellbriety is part of this journey for many of your clients."

Gail Dufault, FDL Alcohol and Drug Counselor, was really happy that the work she and others provide patients at Tagwii is so greatly appreciated.

"It makes me feel really good," Dufault said of how she felt after reading the letter. "We use the Wellbriety daily. In our treatment programming we really try to incorporate cultural practices to those that are comfortable with it. There's just a wide variety of ways that you can approach addiction recovery and so we supplement using the Wellbriety movement. They got a

bulk of stuff that is kind of similar to a 12-step curriculum. And it kind of incorporates culture into their recovery process and incorporates traditional Native values and culture to help you in your solution to your addiction."

The Wellbriety movement draws its teachings from traditional Native American values and practices to promote sobriety, cultural reconnection and healing in a way that parallels the concepts of a 12-step recovery program. Tagwii incorporates this Indigenous wisdom to recovery to help people regain emotional, spiritual, and physical connection to their heritage to help address the problem at the root of their addiction.

"We are in the process of teaching people more about their culture in ways that their culture can help them because of their generational trauma. A lot of people do not get raised with cultural knowledge and for me personally I found that to be true. So when I started learning about my culture, it was almost like finding a part of myself that was missing," Dufault said of using culture in the healing process. "I had always felt a little spiritually confused. Where did I belong? I'm half American Indian and half Caucasian and so the Wellbriety movement really helps you figure out what your path is and how you can incorporate Native teachings into learning about yourself. Just being able to have the ability, to incorporate the seven teachings into your recovery program and work through steps with a cultural perspective."

In addition to the certificate and letter,

Tagwii also received a Wellbriety flag. FDLHSD sees this award as validation of its efforts to provide a safe and culturally relevant environment for healing.

It really helps people to look at themselves because a lot of people when they come to a treatment facility, they may have a lot of shame and they may have a lot of other issues going on," Dufault said of the help they're able to provide people when they are their most vulnerable. "I just think it's really a good program to help people to give them a safe environment to pursue spiritual knowledge."

Tagwii extends an open invitation to anyone interested in learning more about their program.

"Anyone is more than welcome to contact us and come and take a tour or just check out our facility and what we have going on here. Our door is always open."

While Tagwii is honored by this recognition, the team's priority remains supporting individuals in the journey toward recovering through tradition Native practices while helping individuals grow with cultural connection and community support.



Nagaajiwanaang Dibaajimowinan

Translation: Stories from where the water stops

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

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

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

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

Corporate Member of the
Native American Journalists Association

Local News

Brookston Community Center Biomass District Heating Facility nears completion

By Zachary N. Dunaiski

Just a few years after the completion of the biomass heating facility at the Sawyer Community Center (SCC), Brookston Community Center (BCC) is now poised to get their own facility to offset heat costs and reduce carbon dioxide (CO₂) emissions.

The \$3.12 million project was funded mostly through grants, from the Division of Energy and Mineral Development, the Office of Indian Energy and Economic Development, the Department of Energy, and others, including contributions from the Fond du Lac Band. The cost savings in fuel and extended propane boiler life is projected to be approximately \$50,000 a year.

Much like the SCC facility, this biomass building will utilize wood chips as a cost effective, locally sourced, product instead of traditional propane to not only save money but also is estimated to reduce CO₂ emissions by 116 tons a year.

The project is a collaboration of many different people, companies, and FDL departments to see this all the way through, and nobody knows that better than Bruno Zagar, FDL Environmental Specialist and Energy Projects Manager, who was there basically every day when the Sawyer biomass facility was built.

“Thank goodness Keith Diver, Foreman for FDL Star Construction has been on site every day, I have more projects this year and can’t be there every day. Zach Zuk, FDL Senior Construction Projects Manager, is managing design modifications, processes change orders, conducting site inspections, monitors and writes project schedules and conducts biweekly construction progress meetings. James Schultz, an Electrical Engineer from LHB Inc., assists with engineering design changes

and construction administrative services. FDL Star Construction Project Manager Scott Barrett has been instrumental in the project success also.” Zagar said. “I can’t ask anything more from Zach and Keith out here. Keith has kept the whole project moving forward from start to finish, if it wasn’t for him, I don’t know how we’d do it.”

Keith Diver Sr., the on-site foreman for FDL Star, agrees with Zagar in that a project this big doesn’t get done without the work of many. His job specifically was to oversee all those different people as the foreman, and he had some very specific past training and experience for this project.

“I just oversee and keep things moving along out here. I exchange information here between the contractors and Scott Barrick, our project manager. I got roped into this just with my previous experience working on the boiler system out in Sawyer. I was on that one from start to finish. I think the only position I didn’t work on was electrical. I worked with the guys from the Netherlands, installing that automated wave. It was quite the experience,” Diver said. “The concept was basically the same but this one is a top feed, the other one was a bottom feed. I think this one will require less to keep it up and running.”

This new system is an improvement from other biomass boilers, featuring an advanced top-loading mechanism to prevent clogs and ensure more consistent fuel feeding. Other style boilers use a bottom-feed auger system that can lead to chip compaction issues. This one is designed to avoid those problems, making it more efficient and easier to maintain.

Those changes are going to make it even better for FDL as it won’t require downtime or someone to get it back up and running when it does clog, something that Zachary

Zuk, FDL Senior Construction Project Manager, noted now that this building is nearing completion.

“It’s a cool industrial building in the middle of a residential area and it provides an absolutely state-of-the-art facility, so I think it’s very intriguing,” Zuk said.

During the last several months, this project provided several Band jobs in construction, electrical, plumbing, and HVAC jobs to build a wood chip district heat plant infrastructure in the middle of the Brookston Community Center complex.

The new biomass facility is currently set to heat only the Brookston Community Center. However, discussions are ongoing regarding potential expansion to include: generate electricity, heat additional buildings or possibly have other capabilities once the building is up and running to its fullest potential.

As advancements in biomass technology continue to grow year after year, this new system represents a leap forward in sustainable energy for the Brookston community, as well as FDL’s growth in renewable energy.

The energy vision of the Band is to maximize the efficiency of energy usage and develop energy resources in ways that will sustain current and future generations by addressing the economic, environmental, and social issues of energy within the context of Fond du Lac Band’s culture, traditions and established Tribal policies for the wise use of our sun, forest, water, and wind resources.

A grand opening ceremony for Brookston’s new biomass facility is expected at some point this summer, celebrating the culmination of years of effort in bringing renewable energy solutions to another of our communities.



RBC Thoughts

Cloquet News

Hello all

Well, I think we have made it through the coldest parts of winter now and are on our way to spring. I know the Natural resource staff is preparing for the spring fishing season and I am sure that they will be updating all of us as the season becomes closer. Please keep checking their website for further information on limit's, areas/lakes, and permits.



Wally DuPuis

I have heard from many of you about the need to get our swimming pool and hot tub in the community center repaired and put back in service. I am happy to say that the repairs have been made, and these are again up and running.

Our Black Bear Casino Event Center expansion project is very near completion. Our Casino marketing staff report that they have already booked several events for this new area.

The C-store cannabis dispensary is also near completion. We are hoping to open for business very soon.

I also want to mention that our childcare facility is now up and running after a long process of developing policies and arranging necessities. Thank you to Aliza and staff for your many hours of hard work and preparation to finely get this in operation.

As always, please feel free to contact me any time by phone (218) 878-8078 or email, wallydupuis@fdlrez.com

News from the Chairman

Boozhoo Aaniin Band Members,

As spring approaches, the RBC has been actively meeting with several state agencies over the past month and participating in weekly calls with Tribal leaders. A significant concern for the Tribes in Minnesota is the request to lift the moratorium on nuclear energy storage. There will be more presentations on this issue and more discussion about safeguarding our communities. Our discussions have also focused on federal programming, but unfortunately, the common response from senators and congressional representatives has been one of uncertainty. We are diligently monitoring these issues, and there isn't a day that goes by without a discussion involving one of the agencies or representatives at both the state and federal levels.

During my visits to Washington, I meet with members of both the Republican



Bruce Savage

and Democratic parties to ensure they understand the unique relationship Tribes have with the federal government. Closer to home, I have met with Heidi Gordon, the head of the Midwest Bureau of Indian Affairs (BIA), to talk about converting fee to trust land for the Band. We are also providing training opportunities for our new staff in the land department and for those working with easements, directly through the BIA.

At the beginning of the month, Fond du Lac hosted the MIAC Language Symposium at Black Bear. It was a pleasure to have President Robert Larson of Lower Sioux Community, join me for the opening of this event, which focused on Dakota and Ojibwe language symposium.

As many of you know, we are approaching the primary election on April 15 for the vacant Secretary-Treasurer position. In March, we also testified before the Senate about the return of the land from the State of Minnesota Forestry Research Center. From what I understand, we have two

more hearings scheduled, and we hope to finalize these matters this year.

We've had meetings with the Grand Rapids school district as a part of ongoing consultation to ensure we are on track for success for American Indian students. Both Representative Otis and I attended Sovereignty Day at the Capitol. There was much discussion about governmental impacts on programs. Additionally, we are meeting with Minnesota Power to discuss our energy infrastructure within the Reservation. This is an ongoing initiative that we have been following.

Looking ahead, be sure to get outside and enjoy the change of season. We have the Elder Spring Banquet coming up on April 1, which is always an enjoyable event to attend.

Please reach out to me if you have any questions or would like to talk further on any issues.

Gigawaabamin,
Bruce Savage
Fond du Lac Band of Lake Superior
Chippewa Chairman



Chairman Bruce Savage (left) and President Robert Larson of Lower Sioux Community

Ojibwemotaadidaa Omaa Gidakiiminoang
Presents
Immersion Summer Camp
Applications Open Now!

Applications are due by noon **April 7th, 2025**. Taught by master speakers and university faculty, Ojibwemotaadidaa is an Ojibwe Immersion Academy for Ojibwe language learners who seek to improve their language proficiency, pass the language on to others, and are prepared for an Ojibwe-only environment. Applications can be found on our website.

June 16th - June 27th, 2025
Cloquet Forestry Center, Cloquet, MN
Fond du Lac

Fond du Lac College

Contact us if you have any additional questions:
www.ojibwemotaadidaa.weebly.com

More Local

2024 was a big year for WGZS projects

By Dan Huculak

It was a busy year in 2024 for WGZS – the first radio station owned by the Fond du Lac Band. We entered our 14th year of broadcasting back in September. The first of two large projects was completed earlier last year, with the final connections for the much larger project being wrapped up in February.

But before I share what we accomplished at the radio station, I wanted to take you back to 2011-2013. For those of you who listened to WGZS during the early days of the station, you may recall when we were only operating on FM mono. This went on for more than two years. The only way to get our signal to the transmitter 20 miles away was to rely on a telephone connection. If you are old enough to remember America Online (AOL) with dial-up internet connections, you might have a better understanding of the primitive technology of the day.

The original connection would crash a minimum of 6-7 times per day, followed by an automatic re-dial until the connection was restored. The signal would take about a minute to redial and reconnect every time it crashed. Another problem was dealing with an unreliable phone connection while trying to obtain critical transmitter readings.

The purchase of WKLK helped to mostly solve the original problem. WGZS would never have obtained FM stereo without WKLK. And getting there took months of trials, purchasing equipment, and receiving the necessary approvals from the Federal Communications Commission and Federal Aviation Administration.

None of this was easy. The

WKLK piece of this challenging puzzle required transferring the WGZS signal from the Ojibwe School to the WKLK tower north of Cloquet, followed by a 15-mile microwave signal transfer to the WGZS tower near the far northwest boundary of the Reservation. The connection brought stereo sound and a more reliable signal than using the only national telephone and internet provider available in 2011.

Fast forward to 2024. Connecting to Aaniin was the first project completed, and it took a long time to accomplish. We connected to Aaniin to send the signal from the WGZS studio to the transmitter. Using Aaniin was an easy decision for several reasons. The FDL-operated internet service provider (ISP) sends our signal via a more reliable system, so depending on the typically slow response from an outside ISP was no longer necessary.

This brings me to our second project: The Band purchased a new Nautel transmitter. The Broadcast Electronics (BE) model that was new when the station began broadcasting in 2011 could not reach full power since May 2023.

Availability of spare parts started to become an issue for the BE transmitter. The BE uses a large tube that is not only expensive to replace, but there are very few companies still building or repairing them. Tube reliability was another big concern. The most recent replacement tube was defective when it was purchased in 2023. The manufacturer repaired it un-

der warranty, but the turnaround process took three months to complete. When the repair was completed, the power output increased but it was still well below 50 percent.

The new Nautel transmitter is 100 percent solid state, so tubes are no longer necessary. It is also more reliable. Finally, the Nautel has another big advantage over the BE in that it runs much cooler, so air conditioning will operate less often. Energy usage is expected to drop by approximately 15 percent. The energy savings will pay for the transmitter 10-12 years from now. But

the most important aspect of the purchase is that grant funding covered the entire cost.

Aaniin now provides a better sounding signal, and we can now control transmitter access remotely from our desks. This eliminates most of those 40-mile round trips to investigate problems or get transmitter readings when phones stop working.

As luck would have it, the previous ISP notified our IT division that it was ending its T1 service after the Aaniin service was established. This affected WKLK-FM's ability to send its signal to its transmitter. Our solution:

since the system purchased in 2013 still worked effectively and was still installed on the two broadcast towers, our engineer switched the transmitter and receiver at the two transmitters. Instead of sending the WGZS signal from WKLK, the process is now reversed.

The cooperation within our FDL divisions made everything possible. Thanks to the leadership and staff at the Ojibwe School, Aaniin, the FDL IT Division, and FDL Public Works Department, these projects were completed while saving the Band a lot of money.



New desktop access to WGZS transmitter provides more detailed monitoring of critical transmitter functions and readings. Connecting to Aaniin also enables the station to send signal to transmitter more efficiently and reduces operating costs by eliminating two telephone lines at the transmitter.

More Local

OOG adult immersion has success over winter months

Ojibwemotaadidaa Omaa Gidaakiiminaang (OOG) has been busy this winter with our adult immersion academy. In January, students met with first language speakers and learned about trapping and skinning amik (beaver). In February, we had first language speakers teaching how to fillet fish, which ended in a delicious fish fry!

Applications are now available (due Apr. 7 by noon) for our summer immersion cohort, running from Monday, June 16 through Friday, June 27. Applications can be found on our website: ojibwemotaadidaa.weebly.com and any questions can be emailed to us at ojibwemotaadidaa@gmail.com. Miigwech!



Ganawendaawasowin is up and running

By Aliza Kettelhut

Boozho/Aaniin community members,

I want to start by saying WE DID IT! Fond du Lac Band now has its very first stand-alone childcare facility up and running. Thank you all for your incredible patience during this journey, as it felt like it was taking a long time to finally see the light at the end of the tunnel. I can't express how much joy it brings to me, seeing and hearing the children in our building.

I also wanted to provide the community with an update. Our center has four classrooms and three of them are open with children. We are looking to open the fourth classroom in the near future. As warm weather approaches, you will see and hear more children outside.

We highly encourage all families to fill out an application. These can be found on our website FDLBand.org under "Community". However, we do prioritize FDL enrollees who are Full-Time employees.

- We are looking for Toddlers and Preschoolers
- Our weekly rate is \$260 per week. This was based on Parent Aware, Area Child Care Centers, and County rates
- Please be mindful and cautious when driving into the parking lot
- Hiring for staff- please see website for more details
- Ganawendaawasowin Child Care Center (218) 878-8000

Again, I want to say chi-miigwech for the patience. If you have any questions, please reach out to me (218) 878-8000.

Final strategic planning meeting

By Zachary N. Dunaiski

Fond du Lac has been working to involve the community and employees on a strategic plan for the future of the Reservation, and they are encouraging everyone to participate in the final review meetings Apr. 9.

"The main thing that we're trying to get across is that the strategic plan is for everyone," Jamie Adams, FDL Economic Development Planner, said of the goal of this final meeting. "We want community members involved in the strategic plan because it impacts the services we provide to the community, but also it's an

internal document and a work plan for the staff so having that input from both the community and staff is important."

These final meetings are the last chance for community and employees to offer feedback on the draft plan before it moves for approval by the Reservation Business Committee (RBC) in May. These last meetings will be hosted Apr. 9 11:30 a.m. and 5 p.m. in the Cloquet Community Center (light refreshments will be provided).

During these planning cycles, members have stated where they would like to see changes made and the general plan for the Band. There have also been ses-

sions with employees to weigh in on the strategic plan for the Band will be heading in over the next 5-10 years. The hope is meeting with both community and employees is that a collaboration and agreed upon goal will be determined that both sides would like to see.

During these previous sessions a draft of the strategic plan was drawn up, and this final session will focus on reviewing key priorities as well as communicating the strategies of the strategic plan going forward, rather than making any major changes to the plan at this point.

"We're hopefully not adding too much more to what we have

but kind of getting that feedback on the proposed implementation of this plan like 'does this make sense for the community' and 'does it align with our vision'," Adams said of keeping the community and employees involved right up until the final RBC approval of the strategic plan. "They'll able to view the plan and discuss some of the key focus areas and how those focus areas will be implemented."

Fond du Lac has focused on the future with strategic plans before, and the goal will be focusing on the next five years, following precedent set by those previous iterations.

As this will impact the entire

community, these meetings will be open to all ages from youth to Elders. The two meetings are scheduled to allow more convenience as to when people are available, but anyone can attend either meeting.

With RBC approval not too far away, these meeting mark an important opportunity for members of our community to review and even contribute to Fond du Lac's plans for the future before it becomes and official guiding document to lead our Reservation into the future. The planning division is urging the community to take part in shaping our future so that everyone can have their voices heard in this vital plan.

More Local

Chairman Bruce Savage advocates for the Fond du Lac Band in Washington D.C.

Media content provided by the Fond du Lac Communications Division.

Chairman Bruce Savage was in Washington D.C. last month meeting with the House Appropriations Committee to advocate for our Fond du Lac Band of Lake Superior Chippewa along with other tribes from across the country. The House Appropriations Committee is a powerful committee in Congress that oversees federal spending, including funds for critical programs that support tribal communities.

Chairman Savage's testimony before the committee focused on the urgent need for continued and increased federal funding for programs that are essential to the well-being and sovereignty of the Fond du Lac Band. These programs support everything from natural resource management and environmental protection to education, public safety, and health services for our members.

Below are the key areas Chairman Savage addressed:

1. BIA: Trust-Natural Resources Management

Chairman Savage urged Congress to fully fund efforts to protect and sustain the natural resources of the Fond du Lac Reservation and Ceded Territory. These resources, which include forests, lakes, and rivers, are vital to the cultural, spiritual, and physical health of our community. Continued funding ensures that we can carry out essential environmental protection efforts and preserve our Treaty rights to hunt, fish, and gather.

2. Environmental Protection Agency (EPA)

Chairman Savage asked Congress to increase funding for EPA programs that protect our water and air quality, restore wetlands, and support sustainability initiatives. These efforts help ensure that our land, water, and air remain safe for future generations.

3. BIA: Public Safety and Justice

Chairman Savage highlighted the need for greater funding for law enforcement

on the Fond du Lac Reservation, especially as substance abuse issues and crime increase. He called for increased staffing, training, and resources to ensure our community remains safe and well-supported.

4. Bureau of Indian Education (BIE)

Chairman Savage emphasized the importance of increasing BIE funding to meet the educational needs of our students at Fond du Lac Ojibwe School. With a high graduation rate of 99.3%, our school is making great strides, but more support is needed to ensure our students have access to the mental health services and academic support they need.

5. Indian Health Service (IHS)

Chairman Savage called on Congress to provide full funding for IHS, which is essential for meeting the healthcare needs of our people. Current funding meets only 33% of the needs, and without adequate resources, our community faces significant health disparities.

We are proud of Chairman Savage's leadership and grateful for his ongoing efforts to secure the funding and resources necessary for our community's success.

Watch Chairman Savage's full testimony and review his four-page witness statement here:

Video of testimony to House Appropriations Committee: https://www.youtube.com/watch?v=1XCYX52Cw_g&t=2997s [49:52 to 56:23]

Four-page witness statement: <https://docs.house.gov/meetings/AP/AP06/20250225/117914/HHRG-119-AP06-Wstate-SavageB-20250225.pdf>

Miigwech to Chairman Savage's efforts to ensure a stronger future for the Fond du Lac Band of Lake Superior Chippewa. Miigwech!

Special thanks to the Fond du Lac Communications Division for their work in documenting and sharing this important advocacy effort.

Staying healthy at home by improving indoor air quality

Springtime is here, and with it comes pollen, mold, and dust! Cleaning up around the house during springtime is both a seasonal tradition and an important step in improving indoor air quality. Pollutants can accumulate throughout the winter months and negatively impact indoor air quality. While we're cooped up indoors and doing our best to stay warm, contaminants like smoke particles, pet dander, mold, and pollen can build up. Indoor air quality has a significant impact on overall health. Short-term exposure to poor indoor air quality could cause irritation in the eyes, nose, and throat, headaches, and fatigue. Long-term exposure to poor indoor air quality could lead to respiratory diseases, heart disease, and cancer. As snow melts and pollen is reintroduced into the air, Spring reminds us to revitalize our surroundings and take proper precautions to protect our health. Here are some ways to improve indoor air quality at home!

There are several sources that can emit pollutants and negatively affect indoor air quality at home. The EPA states that, for most air quality issues, source control is the most effective means of improving indoor air quality. Some common sources include combustion appliances (furnaces, wood-burning or coal-burning stoves, etc.), tobacco products, excess moisture, building materials, and cleaning products. Some sources, like cleaning, maintenance, smoking and certain hobbies intermittently release pollutants into the air. Pollutant concentrations can linger in the air for extended periods after some activities. Other sources, such as building materials or cleaning products release pollutants more or less continuously. Additionally, external sources like radon, wildfire smoke, or pesticides can infiltrate indoor spaces and negatively impact air quality.

Increasing the amount of clean outdoor air entering your home is one approach to lowering the concentration of indoor air pollutants. You can see how clean outdoor air is anytime at <https://www.airnow.gov/>. Using window or attic

fans, window air conditioner units, or simply cracking a window are all ways to increase ventilation. Additionally, bathroom and kitchen fans that exhaust outdoors can improve the ventilation rate as well. Certain activities emit large volumes of pollutants—consider opening your doors or windows when doing things like painting, stripping paint, cooking, engaging in maintenance, or doing anything else that might kick up dust or create odd smells.

When introducing clean outdoor air isn't enough, air purifiers can help. Utilizing an air purifier is another method of improving indoor air quality at home. Air purifiers draw in contaminated air and pass it through a series of filters, capturing pollutants, particles, and other contaminants. Household air purifiers generally use one of two kinds of filters: carbon filters, or High Efficiency Particulate Arresting, HEPA, filters. Carbon filters use activated charcoal or carbon to capture fumes, smoke, or volatile organic compounds in the air; HEPA filters use a fine fiberglass mesh to capture microscopic particles. Some air purifiers utilize both HEPA and carbon filters to maximize filtration. After passing through the filters, clean air is then circulated back into the room. Consider purchasing an air purifier or building your own for cleaner indoor air.

Springtime is a great opportunity for us to refresh our surroundings. By tackling air pollutants and improving indoor air quality, you can foster a healthier home environment as the season changes.

For more information on air quality topics, watch for updates on the Fond du Lac Resource Management Facebook page, visit our website at https://fdlband.org/services/resource_management/environmental_programs/air/index.php, or reach out to Fond du Lac Air Program Coordinator, Paige Huhta, at paigehuhta@fdlband.org, Fond du Lac Air Environmental Outreach Coordinator, Anthony Mazzini, at anthonymazzini@fdlband.org, or Minnesota GreenCorps Member, Zaakir Hassan, at zaakirhassan@fdlband.org. Miigwech!

Election News

Fond du Lac Special Election Calendar Secretary/Treasurer 2025

Prepared in accordance with the Minnesota Chippewa Tribe Election Ordinance (Revised 12/11/2023)

April 8, 2025: RBC notifies MCT on choice of appellate forum

April 15, 2025: Special Primary Election (Polling places open 8:00 a.m. - 8:00 p.m.)

April 16, 2025: General Reservation Election Board certifies Special Primary Results (Prior to 8:00 p.m.)

April 17, 2025: General Reservation Election Board publishes Special Primary Results

April 21, 2025: Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

April 22, 2025: 4:30 p.m. - Deadline for Notice of Contest of Special Primary Election (Filed with Reservation Election Contest Judge and Executive Director of the Minnesota Chippewa Tribe)

April 28, 2025 (or earlier depending on date of request): Deadline for Decision on Request for Recount and Results of Recount, if allowed

May 2, 2025: Deadline for Decision on Contest of Special Primary Election

May 5, 2025 (or within 3 days of decision on Contest): 4:30 p.m. - Deadline for appeal to Election Court of Appeals (Filed with the Executive Director of the Minnesota Chippewa Tribe and with Reservation Tribunal rendering Decision)

May 8, 2025 (at least two (2) days prior to the hearing date): Record of contest forwarded to Election Court of Appeals

May 12, 2025 (hearing within seven (7) days of notice of appeal): Last Day for Hearing on Appeal

May 16, 2025: Last Day for Decision on Appeal

May 19, 2025 (or earlier if no appeal): TEC/AES provides ballots for Special General Election

May 27, 2025 (or earlier if no appeal): RBC prepares and posts Notice of Special General Election

June 17, 2025: Special General Election (Polling place open 8:00 a.m. - 8:00 p.m.)

June 18, 2025: General Reservation Election Board certifies results of Special Election. (Prior to 8:00 p.m.)

June 18, 2025: General Reservation Election Board publishes Special Election results

June 20, 2025 (Third day following Special Election): 5:00 p.m. - Deadline for Request for Recount (Filed with General Election Board prior to 5:00 p.m.)

June 24, 2025 (By 7th day following the election): 4:30 p.m. - Deadline for Notice of Contest of Special Election (Filed with Reservation Election Contest Judge and Executive Director of the Minnesota Chippewa Tribe).

June 25, 2025 (or within 5 days following the day Request is filed): Decision on Request for Recount and Results of Recount, if allowed

June 27, 2025: Winning candidate assumes office by operation of law at 12:01 a.m., unless the election is contested in which case the winning candidate assumes office at 12:01 a.m. on the day following the final order if order upholds the election.

July 7, 2025 (or within 10 days of the deadline for filing a Notice of Contest): Deadline for Decision on Contest of Special General Election

July 10, 2025 (or within 3 days of decision on Contest): 4:30 p.m. - Deadline for appeal to Election Court of Appeals. (Filed with the Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering Decision)

July 15, 2025 (at least two (2) days prior to the hearing date): Record of contest forwarded to Election Court of Appeals

July 17, 2025 (within one week (7) days from receipt of the Notice of Appeal): Last day for hearing on Appeal

July 27, 2025 (or 10 days of Hearing on Appeal): Deadline for decision of the Election Court of Appeals

Day following Decision on Appeal: Winning candidate takes office at 12:01 a.m. if election is upheld

NOTICE

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

Gidaa-o-biinjwebinige!
Go Vote!

VOTE

Gidaa-mikwendaan
ge-biinjwebinigeyan!
Remember to Vote!

Election News

Special Primary Election Notice

A Special Primary Election for Secretary/Treasurer on the Fond du Lac Reservation Business Committee will be held on April 15, 2025.

ELECTION DATE: April 15, 2025

POLLING PLACES:

DISTRICT I: Fond du Lac Tribal

Center ENP Dining Hall, 1720

Big Lake Road, Cloquet, MN

DISTRICT II: Sawyer Community

Center, 3243 Moorhead Road,

Sawyer, MN

DISTRICT III: Brookston Com-

munity Center, 8200 Belich

Road, Cloquet, MN

POLLS OPEN: 8:00 a.m. POLLS

CLOSE: 8:00 p.m.

*** ABSENTEE VOTING ***

GENERAL ELECTION BOARD

Fond du Lac Tribal Building

P.O. Box 430

1720 Big Lake Road

Cloquet, MN 55720

CANDIDATES FOR SECRETARY/

TREASURER for the remainder

of the unexpired four (4) year

term:

Jennifer Murray

Donna Ennis

Donald (Don) Wiesen

Sophie Tibbetts

James Roy Blacketter III

Janelle Barney

Josyaah Budreau

Wayne Dupuis

Victoria Smith

Charles (Charlie) Smith

Candidate statements

The 2025 special election is here with the primary election on Apr. 15. This special election is for the open Secretary/Treasurer position.

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. Secretary Treasurer: Jennifer Murray, Donna Ennis, Donald (Don) Wiesen, Sophie Tibbetts, James Roy Blacketter III, Janelle Barney, Josyaah Budreau, Wayne Dupuis, Victoria Smith, and Charles (Charlie) Smith.

Polling places for the April 15, 2025 Special Primary Election are:

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

District II Sawyer Community Center, 3243 Moorhead Road, Sawyer, MN

District III Brookston Community Center, 8200 Belich Road, Cloquet, MN

Polls shall be open from 8:00 a.m. to 8:00 p.m.

Jennifer Murray

Aaniin/Boozhoo, my name is Jennifer Murray. I am a proud member of the Mukwa Clan, daughter of Rosella LaFave and granddaughter of Edward and Irene (Petite) LaFave and a lifelong advocate for our community. For over 21 years, I have served the Fond du Lac Reservation in leadership roles dedicated to education, advocacy, and resource management. My experience as a teacher, mentor, principal, superintendent, and grant writer has given me the skills to guide our Band toward a stronger future.

As a leader, I have always prioritized transparency, financial responsibility, and culturally grounded decision-making. I have successfully managed multi-million-dollar budgets, secured funding for vital programs,



and strengthened partnerships that amplify our voices at state and national levels.

As Secretary/Treasurer, I will remain committed to responsible financial stewardship, ensuring sustainable growth and economic stability for our Band.

Education remains a top priority. Through my role on the Tribal Nations Education Committee, serving as Chair (2020-2024) and currently as Treasurer, I have fought for equitable funding and culturally relevant programming for our youth. I will continue to advocate for substantial educational opportunities that preserve our traditions while preparing future generations for success.

Community well-being is at the heart of my service. I played a key role in the Emergency Operations Center during the pandemic, ensuring access to food, vaccines, and safe learning environments. I will champion initiatives that promote health-care access, economic development, and programs that uplift our elders, youth, and families.

With your support, I will continue working toward a stronger, more resilient future for Fond du Lac that breaks barriers, strengthens our economy, creates career and job opportunities, fosters business development, and prioritizes safety for all. Together, we will build a thriving community for generations to come.

Miigwech,
Vote Jennifer (Jenn) Murray
Secretary/Treasurer

Donna Ennis

Boozhoo fellow tribal members,

My name is Donna Ennis, I am a member of the fish clan (Giigoonh Dodem) and a



fifth-generation descendant of Chief Joseph Osaugie. I am a proud wife, mother and grandmother whose career is dedicated to taking care of our youth and elders.

I am running for Secretary/Treasurer to utilize my experience and education to lead Fond du Lac through these difficult times and with our community's success at the forefront of my efforts. In my economic plan, my vision includes diversifying our economy beyond gaming and making economic decisions that will affect the next seven generations.

My education and experience have all been designed with a position in tribal governance as the end goal. I received my Master's degree in Tribal Administration and Governance, which includes tribal accounting, in 2016 from the University of Minnesota Duluth. In 2019, I transferred to the University of Arizona School of Law where I graduated with a master's in legal studies focusing on Indigenous Law and Policy in 2021. In 2021 I returned to law school and graduated in 2023 with my Executive Juris Doctorate from Purdue University Global.

As a licensed social worker, I have worked with families my whole career. Engaging with the elderly has always been a passion of mine. When I worked as community center manager at FDL, I enjoyed working with the elders and working with the afterschool children as well.

Here is a list of some of my volunteer work: Governor appointed to the Minnesota Board of Social Work, Cannabis Advisory Council and Mentally Ill and Dangerous Civil Commitment Task Force. I am on the FDL Economic Development Committee, and I am the vice chair of National Indian Council on Aging (NICOA).

Donald (Don) Wiesen

Aaniin/boozoo.

Nindizinkaaz miskwaanakwad, nindodem Muck-wa. (English: sky/red cloud, bear

clan). My government name is Donald "don" Wiesen, and I am seeking your support to elect me as our next Secretary-Treasurer. Most of my adult life has been working with American Indian people and Tribes.

Administratively, I have held the title of Superintendent of Schools at Lac Courte Oreilles, the first Director of Education for our reservation, and spent thirty-five years in an administrative role.

My education includes a Master's of Legal Studies in Indigenous Peoples Law from the University of Oklahoma School of Law, a Master's of Tribal Administration and Governance from the University of Minnesota, Duluth, and a Bachelor's of Science/Arts in education from the University of Minnesota, Duluth. My extensive education, experience, and skills provide the necessary proficiencies for our reservation's Secretary-Treasurer position.

I have devoted my life to supporting American Indian Tribes, Elders, adults, youth, and children locally, regionally, and countrywide. I have had the opportunity to testify before Congress and our state government several times. I was a member of a team of professionals who developed the legislation PL 100-297.

As an administrator, I have demonstrated my financial management skills by overseeing budgets totaling over \$102 million throughout my career,



Election News

with individual budgets reaching up to \$25 million. Significantly, throughout this period, I have consistently avoided audit exceptions, which is a testament to my proficiency and dependability.

With your support, a devoted Fond du Lac band member, I am eager to serve as your next Secretary-Treasurer. Let us join forces and work towards giving Fond du Lac back to our community. I kindly request your support by voting for Donald "Don" Wiesen for Secretary-Treasurer in our primary election on April 15, 2025. miigwech

Sophie Tibbetts

Boozhoo
My name is Sophie Tibbetts. I'm running for Secretary/Treasurer of Fond du Lac reservation and would be honored to have your support. I reside in Sawyer, MN and am a single mom of two boys. I'm a long-distance runner and enjoy participating in cultural activities, primarily netting and ricing, with my dad. I graduated in 2008 from FDLTCC with my A.A degree.



I have been employed at Fond du Lac Human Services for 14 years. I have spent 11 years as the Executive Administrative Assistant, working alongside the Directors and Associate Directors for FDL Human Services. This position has helped me in understanding the complexities within tribal administration.

The skills and knowledge I have gained over the past 11 years are instrumental to this position. Some key job duties include:

- Accurate record-keeping, personnel and financial; creating, managing spreadsheets for budgets and grants, assisting with

tracking, monitoring of budgets and grants.

- Preparing grant proposals, contracts, agreements and resolutions.
- Understanding the policies and procedures to get things reviewed, approved and accomplished.
- Researching options for small-scale and large-scale purchases, preparing paperwork for purchase approval
- Assisting with remodeling and new construction projects.
- Managing credit card purchases and payments

- Values
- Our community
 - Financial Transparency
 - Growth
 - Sustainability
 - Future Generations
- What would I like to do?
- Identify and create/enhance revenue generating enterprises for long-term growth
 - Invest in our band members and their businesses/skills/talents
 - Review where money is allocated, assess if it's fiscally appropriate/healthy (This is key in determining what else we can invest in)
 - Create/advocate for budgeting strategies to benefit our growth
 - Build stronger partnerships with the outside communities

I am thankful to be a part of Fond du Lac. We need to be committed to making financial decisions that will benefit us now and for the future.
Miigwech!
Sophie Tibbetts

James Roy Blacketter III

SECURING OUR FUTURE! OUR VI-



SION, YOUR VOTE

Boozhoo. My name is James "Tubby" Blacketter III, and I am running for FDL Secretary-Treasurer.

Dear Tribal Members,

We stand at a pivotal moment. Our future is uncertain, and our security is at risk. It's time to act decisively to:

- Mobilize resources,
- Rebuild infrastructure,
- And stop kicking cans down the road!

WHY YOUR VOTE MATTERS I bring experience in business management, grant writing, and hands-on work within FDL in propane, housing, accounting, recycling, and more. As a proud FDL member and former 12 Bravo Army Reservist, I've gained the skills and perspective to address our challenges and create solutions.

Together, we can:

- Foster economic growth by creating jobs and circulating money within our Tribe.
- Protect our rice beds and natural resources.
- Develop housing policies that promote equality and support those in need.
- Teach our students finance and accounting skills, offering them meaningful alternatives to video games and phones, and preparing them for financial independence at 18.

Let's fortify our community and create lasting change for generations to come. We must also ensure that our family members, whether they reside across the country or around the globe, are heard and have a better connection, protecting our children's future and giving our elders the safety and security they need to know they are loved and appreciated.

With Gratitude and Determination, James "Tubby" Blacketter III

Janelle Barney

Fond du Lac Band Members,



I am respectfully announcing my candidacy for Secretary-Treasurer for the Fond du Lac Band. I am honored to ask for your support in this important special election.

With 8 years of combined experience in the Tribes Social Services program, administration, leadership in the Bands Tribal Child Welfare program, Homelessness Program, Tribal Adult Protection, appointed member to the Minnesota Indian Child Welfare Advisory Council, program development, assisting with Tribal policy and Tribal code development, fiduciary responsibility with: grants, budgets, program and financial system structuring, and many years of public service to the community.

I am committed to using this term efficiently to:

- Identify gaps to Strengthen Accountability & Oversight – Reviewing safeguards, reporting measures, create/update policy for clarity to protect Tribal resources.
- Collaborate with Tribal Programs to Secure Grants & Funding – Continue to seek and advocate for funding that support infrastructure and our most vulnerable populations but not limited to: Elders, Veterans, children and family well-being.
- Continued Support for Employees, Tribal Operations and Employee Tribal Training Programs – Recognizing and advocating for the employees who provide vital services to our members, ensuring they have the resources and positive leadership necessary to succeed. Actively work to secure more funding for Indig-

enous Trades programs.

- Align financial strategies with pressing community needs based on current data - Actively advocate at the Tribal, local, state, and federal levels, ensuring our community's needs are prioritized. Work to secure funding, strengthen budgets, resources, and policy changes to enhance the well-being of our people.
- Continue to stand up for our inherent Cultural Rights, Identity and Practices – Ensuring culture is grounded in the Bands funding, services, supports, policy and programs for our community's well-being.

I recognize this is a short term however, that does not mean we cannot make a lasting, positive impact.

Janelle Barney

Josyaah Budreau

Boozhoo Relatives, My name



is Josyaah Budreau, and I am honored to seek your support for Secretary-Treasurer. Our Nation uplifted me through education, healthcare, employment, and culture, and I'm committed to ensuring all Band members receive these same opportunities. During these challenging times, we need leaders who honor tradition while building a sustainable future.

The Secretary-Treasurer position demands transparency, trust, and strategic leadership. Building on my background in research on Native health, social service work, policy development, youth mentorship, and financial literacy, I'll conduct a comprehensive review of the Band's financial obligations to

Election News

identify areas of strength and need. I have successfully managed budgets for community programs at the Brookston Center, as well as projects under the Cobell Land Buy Back initiative. These experiences have prepared me to strengthen our financial footing while addressing the critical needs our people face. My priorities:

1. Workforce Empowerment: Improve retention, offer competitive wages, strengthen career development pathways, and offer flexible work options.
2. Effective Governance: Instituting more effective cross-department collaboration, implementing proactive planning, and creating a Youth Council to ensure youth are heard.
3. Strategic Financial Growth: Seek new grants, expand funding sources, build new partnerships to mitigate risk, and invest wisely to protect our financial independence.
4. Holistic Healthcare: Focus on preventive services, elder care improvements, and in-home nursing support, honoring those who preserved our ways.

I have a Master's degree in Sociology, which focuses on identifying and addressing long term issues. Also, I have a Master's certificate in Political Science. I've witnessed our community's challenges and recognize the enduring strength and wisdom rooted in our culture. That cultural strength has guided past generations and will sustain us for the next seven. Let's forge a future that respects tradition and embraces innovation.

Miigwech, contact me at (218)-565-1746.

-Josyaah

Wayne Dupuis

Boozhoo Fond du Lac Band Members,

My name is Wayne Dupuis, and I am honored

to run for Secretary/Treasurer in the special election on April 15, 2025.

With decades of experience working for the Fond du Lac Band, I bring a deep understanding of our governance, finances, and community needs. I have served in key leadership roles, including Environmental Program Manager, Housing Director, Human Resources Director, and Employee Assistance Coordinator. In these roles, I have successfully managed tribal programs, housing projects, financial planning, environmental policy, and workforce development.

Beyond my work for the Band, I have also served on several boards and committees dedicated to strengthening our community, including:

- Human Services Board – Advocating for improved health and social services.
- Language Board – Supporting the preservation and revitalization of our Anishinaabe language.
- Economic Development Board – Promoting financial growth and business opportunities for our Band.
- Constitutional Reform Delegate – Working toward self-governance and strengthening our tribal constitution.

As Secretary/Treasurer, I will:

- Ensure financial transparency by providing clear, accessible reports to all Band members.
- Protect and manage our financial resources to support long-term economic sustainability.
- Advance economic develop-



ment by fostering job creation and entrepreneurship.

- Uphold our sovereignty by ensuring financial decisions align with our cultural and community priorities.

Our community deserves a leader who values integrity, open communication, and responsible financial management. I am committed to ensuring that our funds are used efficiently to benefit all Band members today and for generations to come.

Your voice matters. Together, we can build a stronger, culturally grounded, and financially secure future. I respectfully ask for your vote on April 15, 2025.

Miigwech, Wayne Dupuis

Victoria Smith

Aaniin Band Members & Family,

My name is Victoria (Vickie) Smith (Northrup)

I am Running for the special election April 15 (primary) Secretary Treasurer Position on the Fond du Lac Reservation. My parents are Leslie Northrup & the late Judith Northrup (Graves). I'm a 49 yrs old wife and mother of 2 boys, a grandmother of 1 grandson & 2 identical twin granddaughters. We are also raising a niece and 2 nephews. We have also raised our 20-yr old nephew who's attending the University of Minnesota

Here are just some of the issues I am willing to work on:

- I want to work on any of the programs pertaining to Social Services. (Homelessness that happens from the Drug Epidemic, Childcare Programs, Elders Care, Cancer Care).
- Support the elder programs, support an increase in Per Capita for them.



- The FDL Housing/homelessness in general & from the drug epidemic
- I would support an increase in Per Capital payments
- Tribal Enrollment and address reducing blood quantum enrollment.

If you would like to talk to me further about any of the issues I have presented. Please feel free to contact me at 218-428-2694 or vickiesmith24vs@gmail.com I look forward to hearing from you! Thank you!

Sincerely, Victoria "Vickie" Smith

Charles (Charlie) Smith

My Top Priorities as Secretary-Treasurer are:

- Always Put Our Community First
- Support Tribal Member Owned Small Businesses
- Expand Our Enterprises & Investment Portfolio with Equitable Partnerships with Companies
- Create Transparency with Our Government
- Declare a State of Emergency for Our Language
- Address & Fund Our Housing Crisis
- Address & Fund Our Opioid Crisis
- Support & Advocate for Our Veterans
- Continue to expand Our Healthcare
- Strengthen & Protect Our Treaty Rights within the Ceded Territories
- Strengthen MMIR Movement
- Advocate for an additional Hotel & Sports Recreational Center
- Advocate for a Per Cap Payment Increase for Elders 60 years and older

My message is simple. We

need to put our community first. Minnesota is forecast to be in a \$6 Billion deficit in 2028 and 2029 coupled with the Federal Cuts, our Tribal Funding will be affected. Our lives will be impacted by this. That is why I am advocating for an increase for our Elders' Per Capita payment as a Cost Living Payment.

As a person in Recovery for 18 years now, I understand that our Opioid Crisis is not going to fix itself and addicts will not stop themselves. I wish to add a Narcotics Unit where we can start cleaning up our community and support our Recovery Services.

By declaring a State of Emergency for our language, we can fund it as such and tie services to it to incentivize learning our language.

I am proposing to build partnerships with companies to increase revenue streams and diversify our investments. These partnerships will allow us to invest in ourselves while not relying on the Federal and State Government. It is time to build these new Partnerships, expand our Enterprises and invest in ourselves because we cannot rely on the Federal or State funding as before.

Miigwech,
Charlie Smith
218-428-7506 Charlie@ibaenterprise.com



#FDLSTRONG

Etc



Chairman Bruce Savage joins Lt. Governor Peggy Flanagan to Promote Child Tax Credit & Advanced Payments for Minnesota families

Chairman Savage was proud to stand alongside Lt. Governor Peggy Flanagan and Commissioner Paul Marquart at Community Action Duluth Feb. 20 to promote the Child Tax Credit and Advanced Payments—a vital initiative designed to help Minnesota families.

The program is set to reduce child poverty by a third, benefiting over 182,000 children across the state.

Key Highlights:

- Over 10,000 Minnesota families are already receiving advanced Child Tax Credit payments, offering monthly support for immediate relief.
- Families can receive up to \$3,500 for two children, plus a credit for older children (ages 18-24) to help even more families.
- Free tax help is available at 170 sites, both in-person and online, ensuring families can easily access these vital credits.

Let's make sure no one misses out! Take full advantage of these benefits today and create a better future for our children.

For more details, visit:

- Child Tax Credit: <https://www.revenue.state.mn.us/child-tax-credit>
- Advanced Payments: <https://www.revenue.state.mn.us/advance-payments-child...>
- Credit for Qualifying Older Children: <https://www.revenue.state.mn.us/credit-qualifying-older...>

Stay tuned for more updates on how to make the most of these benefits!

Miigwech to Chairman Savage for your promotion of this important initiative and for your continued support in helping our families.

Heart Berry partners with city of Cloquet to create mural for Pinehurst Bandshell in Ojibwe style

Heart Berry, in collaboration with the City of Cloquet, is excited to announce the creation of a stunning new mural at the iconic Cloquet Pinehurst Bandshell. This new artwork, designed by renowned Fond du Lac artist Giizh (Sarah) Agaton Howes, will feature beautiful Ojibwe motifs and is set to become a celebrated landmark in the community. The mural is expected to be revealed ahead of the summer swim season, adding a vibrant touch to this historic structure.

As part of this artistic collaboration, Heart Berry invites the public to join in on the creative process through a series of community paint nights. These events will be held at the Heart Berry shop at 1111 Cloquet Avenue on March 17 and 24, with additional sessions possible. Local residents and art enthusiasts are encouraged to sign up and participate in bringing this

beautiful Ojibwe-inspired piece to life.

The mural is just one element of a broader initiative to enhance signage across the City of Cloquet and the Fond du Lac area. The new signage will incorporate Ojibwe language and art, marking an important step toward strengthening the community's cultural identity and supporting the return to an active, thriving community.

For more information, to register for paint nights, or for media inquiries, please contact Heart Berry at: Email: info@heartberry.com or Phone: 218-481-0640

Cold weather rule reminder

Each power company and metered fuel company has a cold weather rule. These agreements aid consumers by keeping their heat and electricity on during the coldest months of the year. Vendors and states have different policies regarding payments and the end of the program. In most states the end of the program is either April 15 or May 1.

When the program ends, the vendor can request the entire amount

outstanding and turn off the power if no payments have been made. Many times, the payments can be quite large since what people pay on the cold weather rule is less than the actual monthly bill.

To avoid a possible disconnect, contact your power or metered fuel vendor before the end of the cold weather rule and negotiate a payment plan. Companies are willing to make arrangements to cover your current bills and also pay off your arrears. If you just ignore your bill, companies will disconnect you. Typically disconnects are based on what is over 90 days overdue.

If you have an emergency and are unable to make the payment you agreed on, call the vendor before the due date. You can renegotiate payments. With most companies, if you miss a payment, you are removed from any payment plan, all money owed becomes due, your power or fuel will be cut, and you won't be able to make a plan for another year.

If you haven't received a bill, call your vendor. Bills are sent monthly.

Minnesota Chippewa Tribe Finance Corporation

First-Time Homebuyer Education Class

SATURDAY, APRIL 5, 2025
Time: 9:00 a.m. - 5:00 p.m.
Location: Minnesota Chippewa Tribe Building
15542 State 371 NW, Cass Lake, MN



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

First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

Please reserve your spot in this class with Michael Northbird at (218) 335-8582, extension 150 or mnorthbird@mchippewatribe.org

Childcare is NOT provided so please make other arrangements.

Night Out For Caregivers

Join Us for a Dinner and Painting Night with Karen Savage Blue!

We invite you to join us for a relaxing and fun night of painting, guided by Karen Savage Blue, while enjoying a delicious dinner and connecting with others in similar caregiving roles. This evening is for you and the loved ones you care for!

Space is Limited!
Please RSVP by calling Jolene at 218-878-2125.

This evening celebrates the dedicated caregivers of Native elders and those supporting Native individuals living with Alzheimer's disease or related disorders.

Wednesday, May 14, 2025
4:30pm - 7:30pm

This special evening is for Native elders who provide care for children under the age of 18 who are not their own by birth or adoption, as well as Native elders caring for adults with disabilities.

Wednesday, May 28, 2025
4:30pm - 7:30pm

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

Etc

FDL hosts GED

GED classes are available at FDL. They are open to FDL Band members, FDL Family, members of federally recognized Tribes, and FDL employees. Anyone over the age of 19 may take the test. Students 16-18 must be withdrawn from school and apply to the department of education for an age waiver.

Classes are held on an "on call" basis at times and places that fit student's schedules. For more information, contact Joan (218) 878-2658 or Dennis (218) 393-6643.

Spearing and netting season begins soon

Aaniin / Boozhoo,
Spring is fast approaching, and it is time to sign up for spring spearing and netting.

FDL Resource Management Division (RMD) will be using the same online sign up, and permit distribution system in 2025 as last year.

Each morning, RMD will send a notification to all FDL Band

members that have signed up (sign up using the link on the FDL website). This daily notification will identify the lakes and landings for that night. FDL Band members that want to be included in the daily drawing MUST respond to the email or call the RMD office no later than 11:00 a.m.

RMD office: (218) 878-7155 or (218) 721-8317 on weekends

Band members may call RMD daily for information.

RMD staff will notify the permit recipients daily by 1:00 p.m. If you don't hear from staff by 1:00 p.m., you did NOT receive a permit for that night.

Permit recipients can pick up their permit at the designated boat landing. Conservation Officers will have a list of all Band members that have been issued permits for the evening. Like last year, there will NOT be a wait list.

Any further questions can be answered by FDL Fisheries Biologist Eric Torvinen, erictorvinen@fdlrez.com or (218) 348-1691.

Springtime burn reminder

Boozhoo!

Happy springtime everyone! It is that time of year again when we must be prepared for the possibility of wildfires occurring. The Fond du Lac wildfire team would like to remind everyone that dead vegetation takes the place of snow from now until "green up" sometime in May. Burning is the best way to remove this vegetation, but only if done safely. Warm, dry, and windy days are the least safe times to burn and may cause uncontrolled wildfires with just a spark. For information on when is the best time to burn and to get a burn permit for property on trust lands, please contact Resource Management at (218) 878-7118.

Per our Community Wildfire Protection Plan, our team is conducting home ignition zone assessments to ensure that those who reside on trust lands have the safest possible living space when it comes to being prepared for the event of an uncontrolled wildfire.

If you do not reside on trust lands but would like a home ignition zone assessment conducted by professionals who can advise you on the best practices to help prepare your home and property against the effects of uncontrolled wildfire, please contact Resource Management at (218) 451-4336 or your local MN DNR office.

NICOA Conference

Greetings Fond du Lac Elder, This is an informational letter for the Fond du Lac Elders 55+ who are interested in attending the National Indian Council on Aging (NICOA).

The conference is being held at the Choctaw Casino Resort, 4216 US-69, Durant, Oklahoma, from Monday, September 29, 2025, through Friday, October 3, 2025.

Each Fond du Lac Elder and Non-Fond du Lac attending the conference must pay their own Membership Dues and Registration.

Early Registration Fee for voting Band members is \$200.00 Membership Dues for Voting member

is \$150.00 Early registration ends March 31, 2025.

Please submit the forms directly to NICOA prior to March 31, 2025 as prices will increase after early registration closes.

National Indian Council on Aging, ATT: Billie Tohee (Membership Dues)/Accounting, 8500 Menaul Blvd. NE, Ste. B470, Albuquerque, NM 87122

Both the registration form and membership dues must be paid before hotel reservations can be made, according to NICOA. There are three modes of travel to choose from:

Bus- The bus will leave from the Fond du Lac Community Center Saturday, September 27, 2025, at 8:00 A.M. SHARP! Located at 1720 Big Lake Rd., Cloquet, MN 55720. The bus will return Sunday, October 5, 2025, at approximately 10:00 P.M.

There will be one overnight stay on the way to Oklahoma on Friday evening September 27, 2025, and one overnight stay on the return

Fond du Lac Producer Micro-Grants

Open 3/17 - 4/7

The Fond du Lac Band and Food Sovereignty Initiative are happy to announce a one-time micro-grant opportunity with help from the Blue Cross Blue Shield of Minnesota. We will be awarding 10 micro-grants up to \$1,000 each to help food producers build their capacity. Applications must be submitted by 4:30PM on Monday, April 7th.

Scan the QR code for the application. The application and instructions can also be found on the Fond du Lac Website, under the Agricultural Page. Paper copies available at the Planning Office or Na'enimonigamig

Any questions please contact JamieAdams@fdlband.org or (218) 878-2631. Applicants will be notified of the grant decision by Monday, April 14th, 2024.

Gitigaan Series Spring 2025

April

Tuesdays 5-6:30pm, March through May. A light meal served at 5, virtual or in person at Giizhimijimewining 964 Cary Rd, Cloquet MN. Classes are free and open to the public.

Register at Tinyurl.com/2025Gitigaan
Join Virtually at Tinyurl.com/2025Gitigaanvirtual

April 1- Wild Foods Cooking Demo with Derek Nicholas aka Niigaanibines, Red Cliff Band Member, and founder of Wiising LLC. Demonstration on using wild foods in the kitchen.

April 8- Invasive Species with Kelsey Taylor, Fond du Lac Invasive Species Coordinator. Conversation on the environmental importance of identifying, reporting, and preventing invasive plant species within agriculture.

April 15- Seed Starting with John Fisher Merritt, Local Organic Farmer and Former Owner of Food Farm. Seed starting workshop, learn about seed starting skills and techniques.

April 22- Preparing Local and Culturally Relevant Foods for Youth with Mace Fonoti, Fond du Lac Ojibwe School Head Chef. Meal and presentation on preparing local and culturally relevant foods in ways that engage youth.

April 29- So you want to Raise Chickens, Eh? with Sue Connor, Local Grower, and Owner of Red Rooster Farm and Garden. Presentation on raising backyard birds.

Save the Date
June 7th Gitigaan
Plant and Seed
Giveaway

Home Garden Tilling
sign up
tinyurl.com/yyn2rrr
or call (218) 990-6263

Classes are subject to change. For further details and class updates follow @FDLGitigaan on Facebook or Instagram. Contact: Campbell.lucherg@fdlband.org with any questions

THIS IS
**BLACK
BEAR
COUNTRY!**

SHOWS

LIVE IN CONCERT

NIGHT RANGER

EST. 1982

FRIDAY
APRIL 11TH | 7 PM

TICKETS: \$30 - \$70

Etc

trip from the conference on Saturday, October 4, 2025. Hotel to be determined.

All accommodations will be made for you.

Plane- If you choose to fly, it is your responsibility to make your own travel arrangements; to and from the Choctaw Casino Resort. Hotel reservations for the conference will be made for you.

Reimbursement will be for your flight in the equal amount of the cost of a seat on the bus and up to \$50 luggage and roundtrip shuttle service.

Please submit your receipts to Karen Martineau-Elder Advocate for reimbursement.

Reimbursement amount will be determined after the NICOA conference closes August 15, 2025.

Drive- If you choose to drive, you will be responsible for your own travel arrangements to and from the NICOA Conference at the Choctaw Casino Resort, Durant, Oklahoma.

You will be reimbursed for two hotel nights, one night to Durant,

Oklahoma, and one night back at the amount of what the reserved hotel rooms are quoted for the travelers on the bus.

Reimbursement for your Mileage is \$.70 per mile and is allowed for one driver per vehicle. Unless you follow the bus.

If you choose to follow the bus to the conference, your hotel accommodations will be made for you to stay at the same hotel as the travelers on the bus.

Please let me know whichever form of transportation you will be using, along with a copy of your Registration Fee and Membership Dues.

All hotel rooms will have at least two guests with no more than four guests per room.

Please sign up with whom you would like to room with for the trip to the NICOA conference no room changes will be permitted

All Fond du Lac Elders are required to attend the workshops. If you do not attend, you must pay back the amount paid on your behalf to attend this conference.

All Non-Fond du Lac Elders Spouse or Non-Fond du Lac Member will be placed on a "Waiting List." until the deadline for the sign-up date,

August 15, 2025. If there are any seats available, you will be required to pay for your seat on the bus and your own hotel accommodations at the same rate as the travelers on the bus.

Please contact me or NICOA directly at (505) 292-2001, if you have any questions. Karen Martineau Fond du Lac Elder Advocate 927 Trettel Lane Cloquet, MN 55720 (218) 878-3711 or (218) 409-4531 karenmartineau@fdlband.org

As President Trump dismantles the U.S. Department of Education, Governor Walz outlines impact on Minnesota stu-

dents and families

Governor Tim Walz visited an elementary school in Fridley to highlight the impact on Minnesota students and families as President Trump dismantles the U.S. Department of Education. Funding from the U.S. Department of Education provides critical resources to meet the needs of 2,500 schools and over 860,000 students in Minnesota.

"Dismantling the Department of Education has nothing to do with improving outcomes for our kids, it's simply about taking away resources for public schools. As a former teacher, I know that President Trump's dismantling of the U.S. Department of Education will do damage to our schools that will impact our kids for years to come," said Governor Walz. "As President Trump and his billionaire-led administration slash resources for students, I'm going to fight back as hard as I can to make sure kids have access to food, education, and opportunity." Minnesota has a long-standing

commitment to high-quality education and strong state-level policies that protect every child's right to learn in a safe, supportive, and inclusive environment. For decades, federal investments have played a role in ensuring students receive the support they need to learn and thrive.

"Kids need stability," said Education Commissioner Willie Jett. "These actions will have the biggest consequences in our rural communities, on students from low-income families, and on those needing special education services. The Minnesota Department of Education is still here, and we will continue to work hard to ensure every student, regardless of their background or circumstance, has access to a quality education.

As President Trump dismantles the U.S. Department of Education, key programs and longstanding protections for students and schools in Minnesota are at risk, including \$256 million in funding for students with disabilities; over \$192 million to support students

JOIN US FOR
BINGO cize
Beginning February 5th

Meet new people and new friends, enhance life's enjoyment, and improve overall quality of life!

Wednesdays | 9am - 10am
MNAW | Clara Smith Room

Please join Community Health Services for our 10 week elder exercise program.

For more information, please call 218-878-3790.

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

Are you a Caregiver?

The caregivers program can assist you in caring for your loved ones by providing:

- Education
- Training
- Support
- Referrals for respite services

Who is eligible:

Someone taking care of a Native elder

Individuals taking care of a Native person with Alzheimer's disease or related disorder

Native elder who provides care to a child under the age of 18 who is not their child by birth or adoption

A Native elder caring for an adult with disabilities

Please call 218-878-2125 for more information.

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

CHILD ABUSE PREVENTION WALK & BRUNCH

Saturday, April 26, 2025
DRAWINGS FOR WALK PARTICIPANTS

Human Services Division, lower level parking lot

Registration: 9:30 am
Walk: 10:00 am

Drum Group
Informational Tables
Brunch Will Be Served

For more information or to volunteer, please contact Fond du Lac Social Services.
Email: MarissaMiller@FDLBand.org
Phone: 218-655-3650

Fond du Lac Human Services Division | Social Services Department

Etc

from low-income backgrounds, and English learners; \$27 million to support academic enrichment activities; \$6 million in funding for students in rural schools; and \$38 million to support children living on military bases or Native American reservations.

Disruptions to the U.S. Department of Education will also impact over \$100 million in annual federal funding supporting Minnesota's workforce development programs including career and technical education and workforce development and funding to expand employment and services for individuals with disabilities.

Cuts will impact students and families relying on financial aid supports and institutions receiving funding to increase access for low-income and first generation students. This includes \$368 million in Pell Grants supporting 83,000 students in Minnesota and \$27 billion in current and outstanding federal loans supporting the education of 789,000 Minnesota borrowers.

Competitive funds, including funding to support mental health and prepare mental health professionals to serve Minnesota schools, and funding to recruit and develop teachers and educators is also at risk.

U.S. Senators Tina Smith, Amy Klobuchar press administration on potential closure of Indian Health Service Office in Bemidji

Closure could disrupt critical health care for Tribal Nations and Native Communities

U.S. Senators Tina Smith (D-Minn.), a member of the Senate Committee on Indian Affairs, and Amy Klobuchar (D-Minn.) wrote a letter demanding answers about the potential termination of the Indian Health Service office lease in Bemidji. In a letter to General Services Administration (GSA)

Administrator Stephen Ehikian and Health and Human Services Secretary Robert F. Kennedy, Jr., the Senators highlighted the devastating impact this decision could have on the health and well-being of thousands of Native Americans across the region.

"Thousands of members of federally recognized Tribal Nations receive healthcare within the Bemidji Area Office's purview. This includes emergency care, substance use disorder treatment, mental healthcare, primary, specialty, and dental care, and much more. Without an operational Area Office, recipients of this care will face immediate disruptions in care and health consequences. It is unconscionable to risk the healthcare of children and families in this way," wrote the Senators.

The Bemidji Area Office is responsible for healthcare services for 34 Tribal Nations and 4 urban Indian health programs in 5 states. In the letter, Senators Smith and Klobuchar underscored that IHS services are provided under the

federal government's trust and treaty obligations to Tribal Nations and that any disruption in operations could jeopardize essential medical services. They demanded clarity on whether GSA intends to terminate the lease and if so, what plans exist to prevent service disruptions.

You can access full text of the letter here: ciosenus.app.box.com/s/fvkstg911xp0khs1qbwmo-kokzskj9fke

Upcoming powwow schedule

April 5, 2025 40th Annual UMM Morris Wacipi - Contest. Location: Morris, Minn. Cougar Sports Center. Info: Tashina Red Hawk (redha006@morris.um.edu). MC(s): Pat Bad hand Sr. AD(s): Chaske LaBlanc. Host Drum(s): Yellow Medicine. Cost: Free

April 12, 2025 2025 American Indian Education Powwow - Traditional. Location: Champlin, Minn.

Champlin Park High School, 6025 109th Ave. N.

April 12, 2025 Anwebiwin Niimiidiwin Annual Resting Powwow - Traditional. Location: Cass Lake, Minn. Boys & Girls Club of the Leech Lake Area, 208 Central Ave. Additional Info: Grand entry 1 and 6 p.m. \$4K drum split.

April 12, 2025 2nd Annual Minnesota State University Mankato Spring Round Dance - Traditional. Location: Mankato, Minn. Mankato East High School, 2600 Hoffman Rd. MC(s): Crow Bellecourt. Cost: Free. Additional Info: 1 to 6 p.m.

April 19, 2025 Zoongideewin Powwow - Traditional. Location: Virginia, Minn. Iron Trail Motors Event Center, 919 6th St. S. Info: Toni (218) 404-8377. MC(s): Terry Goodsky. AD(s): Lance Kingbird. Host Drum(s): Lake Vermilion, co-host Lac La Croix. Additional Info: Grand entries 1 and 5 p.m. Dinner break 4 p.m.

PREVENT DIABETES

JOIN FORCES WITH A TRAINED LIFESTYLE COACH AND A SUPPORTIVE GROUP OF PEOPLE WHO CAN HELP YOU TO PREVENT DIABETES.

We are often told to make healthy lifestyle changes, yet given little direction. The Diabetes Prevention Program can help you learn **WHAT** changes to make and **HOW** to make those changes a regular part of **YOUR** life.

WHEN: Classes Starting: April and September 2025
Class times/days determined by the group and what works for you.

WHERE: MNAW and CAIR
In-Person-limited to 10 per location.

CONTACT: Chris Foss to sign up!
218.878.3721

- EAT HEALTHY & LOSE WEIGHT
- SELF-MONITOR
- MANAGE STRESS
- STAY MOTIVATED
- BE ACTIVE
- PROBLEM SOLVE
- CHANGE YOUR LIFESTYLE
- BE POSITIVE

For more information about the Diabetes Prevention Program, call 218-878-3721.

PREVENT2
A POWER PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Must meet program eligibility requirements.
Fond du Lac Human Services Division | Diabetes Prevention Program

ABOUT 40%
ON AVERAGE FLU VACCINES HAVE REDUCED THE RISK OF FLU HOSPITALIZATIONS AMONG ADULTS BY ABOUT 40%.

Flu Vaccines Save Lives

With the recent increase in cases of influenza locally and across the nation, it is especially important to protect yourselves and others from the flu. Getting vaccinated, performing frequent hand hygiene, covering your cough, and wearing a mask or N95 are safety measures that can be used to prevent the spread of respiratory illness.

The Minnesota Department of Health (MDH) emphasizes:
"Flu is a contagious respiratory disease. It is not the same as the "stomach flu." Flu is caused by a virus that attacks the nose, throat, and lungs. It can cause mild to severe illness and at times can lead to death."
"Flu symptoms include fever, dry cough, sore throat, headache, extreme tiredness, and body aches. Not everyone will have a fever or experience all of these symptoms. Symptoms usually begin suddenly and might be severe enough to stop your daily activities."

Infection prevention places emphasis on avoiding sickness rather than treating illness. HSD stresses the importance of infection prevention throughout the processes practiced at all of its facilities. HSD would like to thank its health home members, patients, clients, and relatives for doing their part to also prioritize infection prevention in the community.

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

Join us at our
CANCER SUPPORT GROUP
2025

Tuesday, January 28 | 5 PM
Tuesday, February 25 | 5 PM
Tuesday, March 25 | 5 PM
Tuesday, April 22 | 5 PM
Tuesday, May 27 | 5 PM
Tuesday, June 24 | 5 PM

Contact Jolene at:
jolenegansen@FDLBand.org
or call 218-878-2125 to RSVP

LET'S FIGHT CANCER TOGETHER

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

Etc

April 26, 2025
7th Annual Student Honoring Powwow – Traditional. Location: New Brighton, Minn. Irondale High School, 2425 Long Lake Road. MC(s): Jerry Dearly. AD(s): Vinny Dionne and Zack Redbear. Host Drum(s): Bear Runner. Invited: Raining Thunder & Mississippi Ojibwe. Additional Info: Grand entry 1 p.m. Feast 6 p.m.

April 26, 2025
Osseo Area Schools 28th Annual Indian Education Powwow – Contest. Location: Osseo, MN. Osseo Middle School, 10223 93rd Ave. N. MC(s): Ricky White. AD(s): Rocky Makes Room For Them. Host Drum(s): Mato Pejuta (Santee, NE). Additional Info: Grand entry 1 p.m., Senior honoring 2 p.m., Feast 5 p.m.

April 27, 2025
Chimising Ziigwan Youth Powwow – Traditional. Location: Isle, Minn. Isle School, 730 5th Ave. South. MC(s): Migizy Sullivan. AD(s): Mike DeMain. Host

Drum(s): Hay Creek & Little Otter. Cost: Open to the public. Additional Info: Grand Entry 1 p.m.

LEGAL NOTICE – APRIL 2025

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:

ARMAJO, Charlotte Mae
ASHER, Geraldine
CICHY, Gerard
CICHY, Leslie
CLEMENS, Susan Rae
COUTURE, Wannisa Lynn
DEFOE, Todd Douglas
DIVER, Chaya M.
DIVER, Mary Jane
EKBERG, Leatrice Adele
FAGAN, Roselynn Lee
GROO, Robert M. Jr.
GURNEAU, Duane V.
JOHNSON, Rebecca
JOHNSON-FULLER, Debra
KING, Lois
KNUTSON, Nancy Lee
LAPRAIRIE, Simon M.
LEWIS, Kayla Rose
MAGNUS, Karen Ann
MARTINEAU, Katrina

MARZINSKE, Larry
MCFATRIDGE, Guy Eldon
MOOSE, Chantel
NEWAGO, Michael Joseph Jr.
OLP, Madison S.
OWENS, Louise K.
PEACOCK, John
PETITE, Benjamin F.
PETITE, Dale R.
PETITE, Velvet Marie
POWERS, Richard Glen
ROY, Felisha Ann
SAVAGE, Geraldine Marie

SAVAGE, Terry B.
SMITH, Destinee R.
SMITH, Russell Frederic
SMITH, Yvonne Gertrude
SOULIER, Gary
ST. GEORGE, Richard J.
STROM, Zackery L.
STRONG, Kevin Frederick
TABAKO, Russell A.
TROTTERCHAUDE, Chauncey D.
WARD, Jared J. Jr.
WHITEBIRD, Douglas E.
WIENER, Josephine

What is oral cancer?

Cancer is a disease where cells in the body grow out of control. Oral cancer is a disease where cancer cells form in the mouth, lips, cheeks, gums, tongue, hard palate, tonsils and the throat.

What can I do?

- AVOID COMMERCIAL TOBACCO**
Tobacco exposes the mouth to cancer-causing chemicals. *Learn more at: AICAF.org/quit*
- LIMIT ALCOHOL USE**
Alcohol can cause cancer by damaging DNA
- GET VACCINATED AGAINST HPV**
HPV (human papillomavirus) infects oral cells. HPV often has no symptoms. Vaccinating is essential. *Learn more at: AICAF.org/hpv*
- LIMIT SUN EXPOSURE**
Sun exposure can cause lip cancer. Use a lip balm with sunscreen to protect your lips from harmful sun exposure
- MAINTAIN HEALTHY WEIGHT AND BE ACTIVE**
Poor diet and lack of exercise can make it easier to develop cancer

PREVENTION TIPS: WHAT CAN I DO?

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you? Write your score in the boxes below

| | | | | |
|----------------------------------|-------|---------|---------|------|
| Younger than 40 years (0 points) | 4*10" | 119-142 | 143-190 | 191+ |
| 40-49 years (1 point) | 4*11" | 124-147 | 148-197 | 198+ |
| 50-59 years (2 points) | 5*0" | 128-152 | 153-203 | 204+ |
| 60 years or older (3 points) | 5*1" | 132-157 | 158-210 | 211+ |
2. Are you a man or a woman?

| | | | | |
|------------------|-------|---------|---------|------|
| Man (1 point) | 5*2" | 136-163 | 164-217 | 218+ |
| Woman (0 points) | 5*3" | 141-168 | 169-224 | 225+ |
| | 5*4" | 145-173 | 174-231 | 232+ |
| | 5*5" | 150-179 | 180-239 | 240+ |
| | 5*6" | 155-185 | 186-246 | 247+ |
| | 5*7" | 159-190 | 191-254 | 255+ |
| | 5*8" | 164-196 | 197-261 | 262+ |
| | 5*9" | 169-202 | 203-269 | 270+ |
| | 5*10" | 174-208 | 209-277 | 278+ |
| | 5*11" | 179-214 | 215-285 | 286+ |
| | 6*0" | 184-220 | 221-293 | 294+ |
| | 6*1" | 189-226 | 227-301 | 302+ |
| | 6*2" | 194-232 | 233-310 | 311+ |
| | 6*3" | 200-239 | 240-318 | 319+ |
| | 6*4" | 205-245 | 246-327 | 328+ |
3. If you are a woman, have you ever been diagnosed with gestational diabetes?

| | |
|---------------|----------|
| Yes (1 point) | 1 Point |
| No (0 points) | 0 Points |
4. Do you have a mother, father, sister, or brother with diabetes?

| | |
|---------------|----------|
| Yes (1 point) | 1 Point |
| No (0 points) | 0 Points |
5. Have you ever been diagnosed with high blood pressure?

| | |
|---------------|----------|
| Yes (1 point) | 1 Point |
| No (0 points) | 0 Points |
6. Are you physically active?

| | |
|----------------|----------|
| Yes (0 points) | 0 Points |
| No (1 point) | 1 Point |
7. What is your weight category?

| | | |
|---------|----------|----------|
| 1 Point | 2 Points | 3 Points |
|---------|----------|----------|

Adapted from Bang et al., Ann Intern Med 151:705-703, 2009. Original algorithm was validated without gestational diabetes as part of the model.

Total score:

If you scored 5 or higher — You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes
Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Fond du Lac Tribal and Community College Extension Program

Bimaaji'idiwin Producer Training Program

Garden Planning and Seed Starting

Saturday April 12th
10:00 a.m. to 12:30 p.m.
FDLTCC Commons
2101 14th St, Cloquet MN 55720

- Virtual:** Presentation on Seeds with Seed Savers Exchange.
- In person:** Join Erika Resendiz Alonso for a Garden Planning Presentation and Hands-on Seed Starting with Soil Blocks, where you can come and learn about seeds, start your own plants, and be part of a community planting seeds together!
- Kids** are welcome, free and open to everyone.
- Lunch** will be provided.

Questions: erika.resendizalonso@fdltcc.edu or 218 878 7141

Fond du Lac Elder Spring Banquet

OPEN TO ENROLLED BAND MEMBERS 52+ NO CHILDREN PLEASE, ELDER EVENT ONLY

April 1, 2025

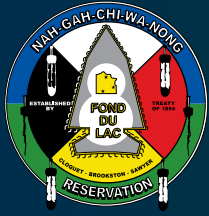
Otter Creek Event Center
Black Bear Casino Resort

Registration: 4pm
Dinner: 5pm - 7pm

\$25.00 Cash Voucher
Free Hotel Room: 1-888-771-0777

Any question, please contact Karen at (218) 409-4531.

Etc



We Need Your Input:
Willard Munger Trail Connection
 Trail Alternatives Discussion



The Fond du Lac Band of Lake Superior Chippewa is planning a **Willard Munger trail connection** from Carlton, to both the Black Bear Casino Resort and the Fond du Lac Tribal and Community College.

Join us at an Open House where you can:

- Review proposed trail design
- Learn about the process of selecting the design
- Provide comments/feedback

Thursday, April 3

Fond du Lac Tribal and Community College
 2101 14th St., Cloquet MN

Find us on the first floor in the amphitheater.

The location is handicap accessible.

Session 1
 11:00a.m. – 1:00p.m.
Formal presentation at 11:30

Session 2
 4:00p.m. – 6:00p.m.
Formal presentation at 4:30

Same Info, 2 sessions!

The Fond du Lac Band's Munger Trail Connection project aims to connect residents of the Cloquet and Carlton area to the Munger Trail, Fond du Lac Tribal and Community College, and the Black Bear Casino Resort. This trail system will benefit our entire community by improving access to these key areas for local residents and visitors. Your input is vital to ensuring it meets the needs of everyone in the area.

**SPREAD KINDNESS
 NOT GERMS**



**PLEASE WASH
 YOUR HANDS**

CustomSigns.com

Fond du Lac Reservation

WIC Program

The Fond du Lac WIC Program is a nutrition education program that offers monthly food benefits, tips on healthy eating, breastfeeding support, and referrals to other services for **women, infants, and children.**

Dads, foster parents, and other legal guardians can participate in the WIC program with their WIC eligible



Serving families located in Carlton and St Louis Co.
Apply for WIC Today



Must meet program eligibility requirements.

"This institution is an equal opportunity provider."

FDL 2025 Strategic Plan

COMMUNITY FOCUS GROUPS

Join us to review and share feedback on Fond du Lac's updated strategic plan and offer insights on outcomes and implementation. These sessions will help ensure the plan aligns with community priorities and captures the collective hopes for the future.

Light Refreshments Provided (Sandwich, Veggie and Fruit Platter)
 All Ages Welcomed and Encouraged

Community Focus Groups
Wednesday, April 9th

Wednesday, April 9th
 11:30am - 1:30pm
 Cloquet Community Center

Wednesday, April 9th
 5:00pm - 7:00pm
 Cloquet Community Center

Let's plan together!



Fond du Lac Elder Spring Banquet

OPEN TO ENROLLED BAND MEMBERS 52+
 NO CHILDREN PLEASE, ELDER EVENT ONLY

April 1, 2025

Otter Creek Event Center
Black Bear Casino Resort

Registration: 4pm
Dinner: 5pm - 7pm

\$25.00 Cash Voucher
 Free Hotel Room: 1-888-771-0777

Any question, please contact
 Karen at (218) 409-4531.

Health News

Debunking claims of Vaping – How not to get fooled

By Deb Smith,
CHS Health Educator

Teens are more susceptible to misinformation and social media trends than adults, often falling for myths like vaping being safer than traditional cigarettes or that fruity and candy flavors don't attract younger users. While it's true that e-cigarettes are legally sold to those over 21, the issue arises when adults purchase these products for minors, contributing to underage access. This creates significant health risks for young people, as vaping can have harmful effects on their developing bodies and lead to addiction.

Prevalent habit of the older generation:

Cigarettes were the most popular form of tobacco consumption until recent years, when vaping became more prominent and combustible smoking declined. The common thing between Vape and cigarettes is nicotine, and it is highly addictive. Increasing use of nicotine products often means that cravings become stronger and cannot be easily controlled.

Unpacking the misconceptions:

#1 myth: Vaping is harmless: Many teens believe that vaping is a safe alternative to smoking. However harmful chemicals enter the lungs. It's not vapor like steam which is primarily water. While cig vapor has multiple ingredients including harmful chemicals that alter lungs and breathing. Vapor from e-cigarettes have fine particles of e-liquid with propylene glycol, vegetable glycerin and nicotine.

Web MD states that propylene glycol has several industrial applications, including:

Antifreeze: Used for engine coolants and de-icing solutions for aircraft.

Solvent: Aiding in the manufacturing of paints, varnishes, and plastics.

Artificial Smoke: Generating smoke effects for theatrical performances and firefighting drills.

#2 Myth: Vaping helps you quit smoking. While e-cigarettes were initially marketed as smoking quit tool, they can lead to nicotine addiction and have been proven to be ineffective for smoking cessation.

#3 Myth: Fruit and candy

flavored e-liquids are safer. Nope, while teens often believe that fruit e-liquid is less harmful than tobacco flavored ones, the flavors themselves can be toxic when inhaled.

#4 Myth: Everyone is doing it and its socially okay to do everywhere, no one gets harmed. Wrong! There is elevated risk of brain and lung harms from breathing in formaldehyde found in vape juice. Vape smoke affects others around it, like second-hand smoke.

#5 Myth The vape relieves teens of stress. Vaping can initially seem to help with anxiety or stress but over time these feelings increase. When vaping nicotine enters the bloodstream and quickly reaches the brain. It stimulates the release of neurotransmitters like dopamine and serotonin – which are associated with feelings of joy and relaxation. There are diverse functions of serotonin, mostly mood, thinking, reward, learning, appetite, memory and more. The brain becomes accustomed to nicotine and starts to rely on it to release dopamine and serotonin. This leads to nicotine dependence and without it, causes

withdrawal symptoms including increased anxiety and irritability. This is known as the cycle of dependence. Finally, the cycle is complete as the individual has increased urges to vape again to regain that sense of calm. The cycle leads to higher levels of anxiety and depression.

How can parents and community help their Teens Reset Towards a Healthier Normal

- Agree that there is no commercial tobacco at home, school or at social events.
- Parents and other adults set up clear rules including not purchasing vapes for kids.
- Encourage honesty and open communication between parents to kids, kids to parents.
- Let teens know that our Anishinaabe traditions are grounded in tobacco as a sacred medicine.
- Implement natural consequences for breaking the no-vape rules – loss of privileges.
- Lead by example – Practice what you preach.
- Educate everyone in the family on health risks – get the facts and talk to the teens about it.
- Praise and reward kids for following rules and making

healthier choices.

- Get support for quitting.
- Protocol for getting help from Min No Aya Win Pharmacy for quit supplies and support.

Final Note: "The vaping industry has adopted deceptive, inescapable marketing strategies that are reminiscent of the tactics that made the tobacco industry infamous. Vaping companies directly target youth with bright, colorful packaging, candy and fruit flavors, social media and influencer campaigns, and unproven claims that their products are "safe" alternatives to cigarettes. The vape products the defendants often help develop, design, and even taste-test are intended to attract young people, with eye-catching, cartoonish packaging and flavors like "Blue Razz Slushy," "Sour Watermelon Patch," "Unicorn Cake," "Fruity Bears Freeze," "Cotton Candy," "Rainbow Rapper," "Sour Fruity Worms," "Fruity Pebbles," and "Strawberry Cereal Donut Milk," to entice kids."

From the lawsuit in NY State Attorney General Sues Nation's Largest Vape Distributors. <https://ag.ny.gov> > press-release > attorneyFebruary 2025.

Gidaa-o-biinjwebinige!
Go Vote!

VOTE

Gidaa-mikwendaan
ge-biinjwebinigeyan!
Remember to Vote!

Health News

Oral, Head & Neck Cancer Awareness

The burgundy and white ribbon stands for Oral, Head & Neck Cancer Awareness in April. Oral and Oropharyngeal Cancers, more commonly referred to as Head & Neck Cancer will be diagnosed in about 50,000 people this year in the United States. These cancers are more than twice as common in men as in women. Over sixty is the average age of diagnosis. An oral cancer screening can detect early signs of cancer. Early detection is important. Having an oral cancer screening by your dentist during your regular checkup will help as they will examine your face, neck, tongue, lips, back of your throat and mouth to look for any abnormalities. The screening is performed during your regular dental appointment, which is

quick and painless. HPV Vaccines are safe, effective, and part of oral, head, and neck cancer awareness. Girls and boys should be vaccinated regardless of their sexual activity. It is essential and recommended for children to be vaccinated for ages 9-15 years of age to receive a 2-dose series for the HPV Vaccination. For those 15-26 years of age, it is recommended to receive a 3-dose series for the HPV Vaccination. HPV infects the oral cells. HPV has no symptoms. The best protection is early detection, being proactive with your health, education, and awareness. There are also a few other ways for prevention that may help: Avoid commercial tobacco use or find a way to quit, protect your skin from the sun with SPF 30 or higher, eat

a healthier diet including more fruits and vegetables, maintain a healthy weight and be physically active, get immunized (HPV and hepatitis vaccines), know your family medical history, learn risks involved with cancers, and get regular cancer screenings. Remember to talk with your health care provider if you have more questions for yourself or a family member you are caring for or advocating for. A message from your Fond du Lac Cancer Control Program. Sources: National Cancer Institute (NCI), HHS Office of Minority Health, U.S. Department of Health, and Human Services; Control and Prevention; The Office on Women's Health. Centers for Disease Control and Prevention (CDC) www.cdc.gov American Cancer Society (ACS)

www.cancer.org, Prevent Cancer Foundation, Native Boost HPV Prevention, American Indian

Cancer Foundation <https://americanindiancancer.org>.

Text MN to 741741

CRISIS TEXT LINE |

Northern Minnesota Suicide Prevention
TRIBAL-COUNTY PARTNERSHIP

OOG now accepting applications for summer immersion cohort Photos from this winter's skinning amik (beaver)



Health News

Water Facts

According to eatright.org, 60% of your body is made of water. Water is needed for:

- Maintaining a normal body temperature
- Lubricating and cushioning joints
- Protecting the spinal column and other sensitive tissues
- Helping to get rid of waste through urination, perspiration and bowel movements
- Aiding in prevention of dehydration and constipation
- Helping with weight control as it contains no calories

Meeting your fluid needs should primarily come from drinking water, but water can also come from a variety of foods and beverages. Fruits and vegetables are often higher in water content and can help with hydration. Examples include cantaloupe, watermelon, cucumber, celery, grapes and lettuce. Typically, food can account for about 20% of your fluid intake.

Recommendations on the amount of water needed varies by age, sex, pregnancy status, breastfeeding status, location, health and activity status. People need more water when they live in a hot climate, are more physically active, running a fever or are having diarrhea

or vomiting.

There are certain medical conditions and medications that require fluid control. Consult your Healthcare Provider for advice on fluid needs if this pertains to you. Also, healthy babies under six months of age do not need additional water. Fluid needs are met through frequent breastfeeding or properly prepared infant formula. Healthy babies six months and older, that have started baby foods/solids, may be ready for small amounts of water. Be sure to consult with the baby's Healthcare Provider, local WIC office or Public Health Nurse with questions.

Ways to increase water intake:

- Use a reusable water bottle during the day and fill it frequently. Don't forget to wash your water bottle routinely
- Choose water when eating out
- Serve water with meals and snacks
- Choose water over sugary beverages or flavored coffees more often
- Add a wedge of lime, lemon or cucumber for flavor. Experiment with different natural flavors such as berries, mint or other herbs
- Include low-fat or fat-free milk, unsweetened, fortified

milk alternatives or 100% fruit or vegetable juice in your daily fluid intake, but limit amounts appropriate for your dietary plan

- Add a splash of 100% fruit juice to sparkling water
- Keep a pitcher or water bottle in the refrigerator for cold water
- Try a seltzer water
- Order coffee black or with low-fat or fat-free milk or unsweetened milk alternatives
- Read the Nutrition Facts Label when looking at other beverage options

Sugary/sweetened beverages can provide fluids, but they also can contain added sugars, extra calories, caffeine and other stimulants. Avoid or limit these beverages such as regular soda, fruit drinks, sports drinks, energy drinks, sweetened waters and flavored coffees. According to the Centers for Disease Control and Prevention (CDC), sugary drinks are the leading source of added sugars in the American diet. Sugary beverages can play a part in many health problems such as obesity, type 2 diabetes, heart disease and cavities. Check out the following tips and recipes for infused water from www.tasteofhome.com.

How to Make Infused Water

1. Fill a pitcher with water -glass pitchers tend to provide the best results
2. Combine ingredients in pitcher -use fresh ingredients and wash produce before using
3. Cover the pitcher
4. Refrigerate
Allow ingredients to infuse for, at least, several hours or even overnight. Remove solids after 8-12 hours. Once solids are removed, refrigerated, infused water can be used for up to 3 days.

Summer Fruits Medley

- ½ cup strawberries, hulled and sliced
- ½ cup whole raspberries
- ½ cup whole blackberries
- 2 quarts water

Citrus & Cucumber

- ½ cup cucumber, sliced
- ½ lemon, sliced
- ½ lime, sliced
- ½ orange, sliced
- 2 quarts water

Lemon, Ginger & Turmeric

- 1 Tablespoon turmeric powder
- 4 slices peeled, fresh ginger
- ½ lemon, sliced
- 2 quarts water

Lavender & Strawberry

- ½ cup strawberries, hulled and sliced
- 3 sprigs organic lavender

Apple, Rose Petals & Chamomile

- 2 quarts water
- ½ Granny Smith or Fuji apple, thinly sliced
- 1 handful fresh, organic rose petals
- 1 handful fresh, organic chamomile
- 2 quarts water

Fig, Rosemary & Fennel

- ½ cup of Mission figs, halved
- 5 sprigs rosemary
- ½ fennel bulb, thinly sliced
- 2 quarts water

Cantaloupe, Mint & Lemon

- 5 sprigs fresh mint
- ½ lemon, sliced
- ½ cup cantaloupe, cubed (or honeydew or watermelon or all 3)
- 2 quarts water

Nectarine, Basil & Clementine

- 8 slices of nectarine
- 6 fresh basil leaves
- 3 slices of clementine
- 2 quarts of filtered water


***Sources include: eatright.org, Mayo Clinic, Clevelandclinic.org, myplate.gov and CDC*




FOND-DU-LUTH CASINO

Downtown Duluth's premiere entertainment location!

Entire building is smoke-free!



"Have a great night out at Fond-du-Luth!"



fondduluthcasino.com

Health News

Recipe of the Month Citrus Quinoa Avocado Salad

- 1/2 cup cucumber, diced
- 1 cup cherry tomatoes, cut in half
- 2 small cloves of garlic, minced
- 1/4 cup red onion, chopped
- 1 bunch cilantro
- 2 cups of spinach thinly sliced
- 1 15.5 oz can no salt added garbanzo beans (drained and rinsed)
- 1 cup cooked and cooled quinoa
- 2 medium avocados, diced.

For the dressing:

- Juice of 2 lemons
- Zest of 1 lemon
- 2 tsp. Dijon mustard
- 1 Tbsp. olive oil
- 1 tsp. honey
- 1/2 tsp. ground cumin
- Dash of cayenne pepper (optional)
- Salt and pepper, to taste

Makes 4 servings. Per serving: 390 calories, 20 g total fat (3 g saturated fat, 0 g trans-fat), 0 mg cholesterol, 43 g carbohydrates, 11 g protein, 13 g dietary fiber, 110 mg sodium, 6 g sugar, 1 g added sugar.

Directions

1. Place all salad ingredients in a bowl.
2. Whisk all dressing ingredients together in a separate bowl.
3. Drizzle dressing over salad mixture and gently toss ingredients together until dressing is incorporated throughout.

Recipe adapted from: <https://www.aicr.org/cancer-prevention/recipes/citrus-quinoa-avocado-salad/>



MIIGWECH RECOGNITION

Prarie Diver- "Parie to be recognized in her role as bartender she has stepped up with or without being asked. She is a strong asset to the team. She picks up shifts and we could not do it without her. She is a breath of fresh air. Customers look forward to her shift and ask about her. She has an A+ attitude and she is one that deserves a pat on the back. Thank you for all that you do and stand proud"

Leslie Peterson- "Les from FDL-IT Division recently assisted by installing new hardware. He was helpful, professional and was able to answer all my questions related to the hardware and the IT division infrastructure."

Jamie Adams- "Jamie from FDL-Planning Division recently assisted me with identifying funding sources for a project request. She is patient and knowledgeable and able to point out perspectives in my project that generated more consideration on my part."

Robin Seebeck- "Robin from FDL-Accounting is the most reliable FDL employee! She responds promptly to all inquiries and possesses high-quality administrative skills."

Mindy Tuura- "Mindy from FDL-HSD-QA department recently assisted in completing a workflow for one of my projects. She is patient, kind, and knowledgeable. I felt comfortable working with her and trusted her insight."

William Howes iii- "Bill from FDL-Cultural Language Program recently provided teaching at one of our department meetings. He is passionate about the Ojibwe language, personable, and fun to learn from."

Ricky Defoe- "My sincere gratitude goes out to Ricky DeFoe for his dedication to the People of the Fond du Lac Community. Ricky brings unconditional love and support to all while offering his Spiritual Healing through Ceremony, Traditional Counseling and the many ways he makes himself available to all in need. Always walking the good path forward on his Spiritual Journey, encouraging all to follow. Chi Miigwech Ricky!"

Barb Rodaks- "I am so grateful for the many ways that Grandma Barb helps the people in the Fond du Lac Community. Grandma Barb is truly a remarkable Woman. With her Cultural ways and Spiritual Healing, she is a light for all who seek her. She is an inspiration and encourages the good path forward for all. Grandma Barb always has a smile and shows her love to the People of Fond du Lac ~ Chi Miigwech Barb!"

Robin Bellanger- "I would like to extend my sincere gratitude for the many ways that Robin helps the people in the Fond du Lac Community. Robin works with all age groups and encourages the good path forward on their Spiritual Journey. Robin assists Ricky in Ceremony and Traditional Healing. Robin always has a smile and a great attitude, constantly showing his dedication and love to the People of Fond du Lac Chi Miigwech Opiichi!"

Chris Johnson- "She works very hard to keep the HR dept flowing as it should. She is there for her people when they need it. Whether that be for a work-related issue or question, or just for someone to lean on when going through something outside of work. She wears her heart on her sleeve, though I don't think many people notice that. She has a difficult job, and I praise her for the job she does daily. Thank you Chris, for everything that you do for anyone and everyone that walks through the doors of HR office."

Miigwech for all of your submissions. Please continue to send them via email, HR drop box or Intra office to the HR Tribal location. Recognition@fdlband.org

Ashi-niswi giizisoog (Thirteen Moons)

Iskigamizige-giizis

Maple Sap Boiling moon– April

*The new Iskigamizige-giizis, the Maple Sap Boiling Moon is April 15.
Other names for this moon are Omakakiwi-giizis, Frog Moon; Bobookwedaa-gime-giizis, Snowshoe Breaking Moon; and Maango-giizis, the Loon Moon.*

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

- AANAWENIMreject
- GIIGONHWAABOO Fish Soup
- GINOONAGAD Long Boat
- GITIGAAN Garden
- JISHAAKWAIGANHide Scrapper
- MAAMIGIN Gather
- NAAZHIIIGAIGAN Hide Stretcher
- NIBI..... Water
- NIBOOWININJII.....Numb Hand
- NOOZH..... Nurse
- ONAGIZHIISANMacaroni
- WAABIGWAN Spring
- WANAGEKOGAMIGBark Lodge
- ZIINZIBAAKWADWAABOO Maple Sap

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

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 April 16, 2025 for the May 2025 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlband.org.

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

I would like to wish my son, **Chris Reynolds** (Apr. 4) a very happy 50th birthday.
Love you son, Dad.

Happy birthday **Loretta Brown** (Apr. 4). Have a great day Grandma Doods
Love, Papa D, Brinley, and Asher

Happy sweet sixteenth birthday to **Greenlee Aderiene Fineday** (Apr. 5)!
Love, Mom and Grandma



Happy April Birthdays to **Dylan Savage** (Apr. 9) and **Renelle Houle** (Apr. 14).
From, Lee Jr., Alyza, Alyssa, and Phil!

Happy birthday to the most wonderful sister, **Sue Woods** (Apr. 18)
Love, Linda and Kim



Happy birthday to my daughter-in-law **Stephanie Dunaiski** (Apr. 26) and grandson **Mason Dunaiski** (Apr. 28).
Love, Grandma D and Gwampa

Thank you

I would like to say thank you to everyone who came to **Ralph Stein's** funeral as well as for the sympathy cards and the money. He will be greatly missed.
Irma Stein



FDL to host another boxing event

The next boxing event Fond du Lac will host, will be Nov. 1 at the Sawyer (Gwaaba'iganing) Community Center (SCC) 3243 Moorhead Rd in Sawyer. This event is sanctioned by USA Boxing. The last event had a great turnout and organizers of the event hope to see you in Sawyer enjoying the fights!



Jim Loons (left) with Arian Lara 134lb.

Iskigamizige-giizis – Maple Sap Boiling Moon – April 2025

ACC: Anishinaabewigamig Cultural Center ALR: Assisted Living Residence; BCCR: 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; FDLOS: 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 |
|---|--|--|--|---|---|--|
| Williard Munger Trail Connection discussion Apr. 3 11 a.m. & 4 p.m. FDLTCC | Gidaa-o-biinjwebinige! (Go Vote!) Apr. 15 polls open 8 a.m. to 8 p.m. all community centers | Economic Development Committee mtg 3 p.m. CCC Elder Spring Banquet 4 p.m. BCCR Gitigaan: Wild foods cooking demo 5 p.m. GII Ke go naa 5:30 p.m. ACC | | Williard Munger Trail Connection discussion 11 a.m. FDLTCC Meet with Sixth Judicial District public defenders 1 p.m. CCC Williard Munger Trail Connection discussion 4 p.m. FDLTCC | | Come & swim & use the gym First-Time Home-buyer education class Apr. 5 9 a.m. MCT |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Come & Swim & use the gym | | Gigigaan: Invasive Species 5 p.m. GII Ke go naa 5:30 p.m. ACC | FDL Strategic plan focus group 11:30 a.m. & 5 p.m. CCC | Meet with Sixth Judicial District public defenders 1 p.m. CCC | | Come & swim & use the gym Bimaaji'idiwin producer training program 10 a.m. FDLTCC |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Come & swim & use the gym | | Gidaa-o-biinjwebinige! (Go Vote!) Gitigaan: Seed Starting 5 p.m. GII Ke go naa 5:30 p.m. ACC | | Meet with Sixth Judicial District public defenders 1 p.m. CCC Open RBC meeting 5:30 p.m. SCC | Good Friday (Closed) | Come & Swim & use the gym |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Come & swim & use the gym Elder Sunday Movies 11 a.m. Premiere | | Gitigaan: Preparing local & culturally relevant food for youth 5 p.m. GII Cancer support group 5 p.m. Ke go naa 5:30 p.m. ACC | | Meet with Sixth Judicial District public defenders 1 p.m. CCC | | Come & swim & use the gym Child Abuse Prevention walk/brunch 9:30 a.m. MNAW |
| 27 | 28 | 29 | 30 | | | |
| Come & Swim & use the gym | | Gitigaan: So you want to raise chickens, eh? 5 p.m. GII Ke go naa 5:30 p.m. ACC | | Bimaaji'idiwin producer training program Apr. 12 10 a.m. FDLTCC | FDL Strategic plan focus group Apr. 9 11:30 a.m. & 5 p.m. CCC | Night out for caregivers May 14 & May 28 4:30 p.m. call Jolene (218) 878-2125 |

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