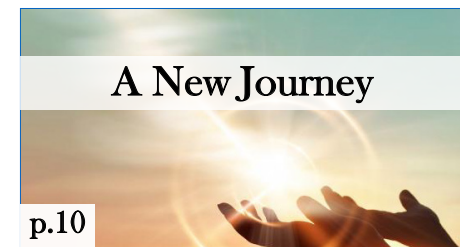




# Bois Forte News



5344 Lakeshore Drive  
Nett Lake, Minnesota 55772

## Generosity and Kindness: Chi Miigwech!

During this trying times, kindness and generosity is even more appreciated and needed. Bois Forte's friends from Grand Portage Lake Superior Band of Ojibwe has generously donated fresh whitefish and lake trout and our friends from the Mille Lacs Band of Ojibwe also generously donated hams. The fish were provided to our Elders meals and the hams were shared with households on and off the Reservation.



Fortune Bay Chef Kern and kitchen team preparing meals for Elders.



*One thing that is difficult to do is to get a photo of those who volunteer, gratefully we were able to snap a few photos of them to doing what they do. Not all of the those who helped package potatoes were able to or willing to have their photo taken. Chi miigwech to all those who have helped. Thank you to Lamb Weston and the MCT for donating these spuds.*

Fortune Bay Resort Casino Chef Kern and kitchen team is volunteering preparing Elder meals, that are delivered in addition to the regular daily meals that are provided. This is being done to help offset and limit Elders venturing out to purchase groceries and dining out.

The Minnesota Chippewa Tribe (MCT) received a donation of potatoes from the Lamb Weston company from Park Rapids. The MCT divided up the potatoes within the Tribes and Bois Forte received 3,000 pounds! Volunteers

gathered and bagged potatoes, each bag was delivered door to door to residents on the the Reservation. In addition to the potatoes, the Tribal Government piggy-backed the delivery to include thermometers and information on signing up for Pen Palling with Elder. Bois Forte also has volunteers and employees



making cloth masks, these masks are being provided to staff and members of the community free of charge.

Online  
Interactive  
Document



# COVID-19 & Households Living in Close Quarters

## How to Protect Those That Are Most Vulnerable

This guidance is intended for people living together in close quarters, such as people who share a small apartment, or for people who live in the same household with large or extended families.

Older adults (65 and older) and people of any age who have serious underlying medical conditions are at higher risk for severe illness from coronavirus disease 2019 (COVID-19). The following information is aimed to help you protect those who are most vulnerable in your household.

If your household includes one or more vulnerable individuals then all family members should act as if they, themselves, are at higher risk. More information on steps and actions to take if at higher risk.

### Limit errands

Family members should leave only when absolutely necessary. Essential errands include

going to the grocery store, pharmacy, or medical appointments that cannot be delayed (e.g., infants or individuals with serious health conditions in need of aid).

If you must leave the house, please do the following:

- Choose one or two family members who are not at a higher risk to run the essential errands.
- Wear a cloth face covering, avoid crowds, practice social distancing, and follow these recommended tips for running errands.
- Don't use public transportation, such as the train or bus, during this period if possible. If you must use public transportation:
  - Maintain a 6-foot distance from other passengers as much as possible.
  - Avoid touching high-touch surfaces such as handrails, and wash hands or use hand sanitizers as soon as possible after leaving.

- **Don't ride in a car with members of different households.** If that's not possible:
  - Limit close contact and create space between others in the vehicle.
  - Improve air flow in the car by opening the window or placing air conditioning on non-recirculation mode.
- Wash your hands immediately after you return home.
- Maintain as much physical distance as possible with those at higher risk in the home. For example, avoid hugging, kissing, or sharing food or drinks.

Vulnerable members should avoid caring for children and those who are sick. **Adults 65 years and older and people who have serious medical conditions** should avoid caring for the children in their household, if possible. If people at higher risk must care for the children in their household, **the children in their care should not have contact with individuals outside the household.** Members of the household who are at high risk should also avoid taking care of sick people of any age who are sick.

Separate a household member who is sick.

Provide a separate bedroom and bathroom for the person who is sick, if possible. If you cannot

cont'd p. 3

## Revised 2020

June 4:  
Notify MCT on choice of appellate forum.

★ **June 9:**  
**Primary (Polling places open from 8:00 a.m. until 8:00 p.m.)**

June 10:  
General Reservation Election Board certifies Primary Results. (Prior to 8:00 p.m.)

June 11:  
General Reservation Election Board publishes Primary results.

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

June 16:  
4:30 p.m. – Deadline

for Contest of Primary Election. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)

June 17:  
(Results if Allowed or 15th or 16th If earlier request) Deadline for Decision on Request for Recount and Results of

Recount, if allowed.

June 26:  
Deadline for Decision on Contest

June 29:  
(or within 3 days of decision on Contest) 4:30 p.m. – Deadline for Appeal to Court of Election Appeals. (Filed with the Executive Director of the

Minnesota Chippewa Tribe and with Reservation Tribunal rendering Decision.)

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

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

July 16:  
(10 days from hearing on appeal) Last Day for Decision on Appeal.

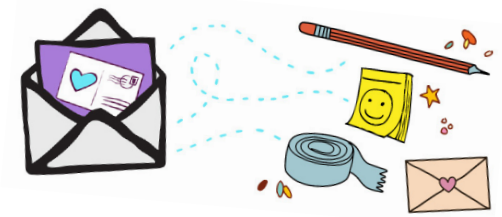
July 17:  
Notice of General Election

provide a separate room and bathroom, try to separate them from other household members as much as possible. **Keep people at higher risk separated from anyone who is sick.**

- If possible, have only one person in the household take care of the person who is sick
  - This caregiver should be someone who is not at higher risk for severe illness and should minimize contact with other people in the household.
- Identify a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks.
- If possible, maintain 6 feet between the person who is sick and other family or household members.
- If you need to share a bedroom with someone who is sick, make sure the room has good air flow.
  - Open the window and turn on a fan to bring in and circulate fresh air if possible.
- Maintain at least 6 feet between beds if possible.
- Sleep head to toe.
- Put a curtain around or place other physical divider (e.g., shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread) to separate the ill person's bed.
- If you need to share a bathroom with someone who is sick, the person who is sick should clean and disinfect the frequently touched surfaces in the bathroom after each use. If this is not possible, the person who does the cleaning should:
  - Open outside doors and windows before entering and use ventilating fans to increase air circulation in the area.
  - Wait as long as possible before entering the room to clean and disinfect or to use the bathroom.
- If you are sick, do not help prepare food. Also, eat separately from the family.

Visit: [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

# PenPaling with an Elder



Bois Forte Behavioral Health are looking for individuals (adult or child) to **sign up to become pen pals with an Elder.**

Our Elders may be more prone to experience loneliness and depression during the COVID-19 shelter at home mandates. Help us by signing up to send and exchange letters, cards, homemade art work, or a phone call. We will connect you with an Elder to keep in touch with.

**CONNECTION IS KEY TO HELP LOWER THE NEGATIVE IMPACTS OF SOCIAL ISOLATION.**

This is a great opportunity for elders to share their knowledge with the younger generation!



### TO SIGN UP

1. Please call Erin Danielson at 218-757-3295.
2. We will need your name, phone and address.
3. Open to anyone!

A Pen Pal is a person you get to know by exchanging letters.

## Election Calendar

July 17: TEC provides ballots for General Election.	August 20: General Reservation Election Board publishes Election results.	for Notice of Contest (Filled with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)	September 4: Deadline for Decision on Contest for General Election.	rendering Decision.)	Day of Hearing on Appeal.
★ August 18: General Election (Polling Places open from 8:00 a.m. until 8:00 p.m.)	August 21: Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)	August 25th (or 24, 25) if request for Recount is filed before deadline)	September 8th: (or within 3 days of decision on contest) 4:30 p.m. – Deadline for appeal to Court of Election Appeals. (Filed with Executive Director of the Minnesota Chippewa Tribe	September 11th (or within 3 days upon receipt of Notice to Appeal) Record of contest forwarded to Court of Election Appeals.	September 25th :(or ten days from Hearing on Appeal) Deadline for decision of the Court of Elections Appeal.
August 19: General Reservation Election Board certifies results.	August 25: 4:30 p.m. – Deadline	Decision on Request for Recount and Result of Recount, if allowed.		September 15: (hearing within 7 days notice of appeal) Last	Day following decision of Appeal: Winning candidate prevailing on appeal takes office.



## When will you be open?

**The casino and resort will be open on June 1st, 2020.** Our hours have temporarily changed and the casino will be open 9AM-1AM every day of the week. Resort reservations will be limited due to occupancy restrictions. New Hours Here ----->

## What other measures are you taking to fight against the spread of COVID-19?

### Temperature Screening:

Each guest and employee will be temperature scanned upon arrival. If the temperature is over 100.0°F, this person will be asked to leave property. We encourage all of our employees who are feeling ill to stay home and if they have a temperature of 100.0°F or higher, we advise them to seek treatment from a medical professional.

### Social Distancing:

We have taken proper social distancing precautions. Guests will be advised to practice physical distancing by standing at least 6 feet away from other groups and not traveling with them. While standing in lines, using elevators, or moving around the property, please make sure you are also practicing social distance. Restaurant tables, slot machines, and other physical layouts will be arranged to ensure appropriate distancing. Employees will be wearing face masks, gloves when appropriate, and will stand at least six feet away from guests and other employees whenever possible.

### Hand Sanitizer:

Hand sanitizer dispensers, touchless whenever possible, will be placed at guest and employee

**1(800) 992-7529**

[www.fortunebay.com](http://www.fortunebay.com)

- ★ Casino: 9 a.m. - 1 a.m., 7-days a week
- ★ Resort: 24/7, 7-days a week
- ★ Gold Mine Grill: 9 a.m. - 10 p.m., 7-days a week
- ★ The Wilderness Grill: 9 a.m. - 6 p.m., Mondays (Patio Grill Menu Only) and 11 a.m. - 9 p.m., Tuesday - Sunday
- ★ Whispering Winds Gift Shop: 9 a.m. - 5 p.m., 7-days a week
- ★ Northstar Bar: 10 a.m. - 12 a.m., 7-days a week
- ★ Pool & Sauna: 6 a.m. - 10 p.m., 7-days a week
- ★ Marina: 7 a.m. - 7 p.m., 7-days a week
- ★ RV Park Office Hours: 10 a.m. - 2 p.m., Monday - Wednesday, and 10 a.m. - 8 p.m., Thursday - Sunday

entrances and contact areas such as reception areas, hotel lobby, casino floor, restaurant entrances, meeting and convention spaces, elevator landings, pool area, and other public areas. Employees are advised to wash their hands and sanitize as often as possible.

### Non-smoking:

Fortune Bay's entire property is non-smoking until further notice. This decision was made to prevent the spread of germs to further protect our guests and employees. There are designated smoking locations.

### Masks/Protection:

Masks will be available for purchase by guests at the main Casino door entrance, however, they will not be required to be worn by guests, except at the Blackjack tables, but it is strongly suggested that you do. All employees will be required to wear masks. Plexiglass will be installed in various locations across the property where applicable to further protect guests and employees.

# Bois Forte COVID-19: Funerals

During this difficult time, we have made a few adjustments to our Funeral process. This has been done to keep you, friends, and family safe.

### LOCATIONS:

1. In families home
  2. Funeral Home – Mlakers Funeral Home in Cook follows the recommended social distancing guidelines, limiting groups of 10 people at a time and are allowing family members to rotate in.
  3. Nett Lake School Gymnasium (Last resort use only.)
- \*No other location options will be provided during this time.

### ATTENDEES:

1. Only immediate family should be allowed to attend.
  2. 10 people or less.
  3. No kids.
  4. No elders.
- \*Push for no outside food, only what the attending family can provide.

It is responsibility for the family to make arrangements for the Spiritual Advisor/Assistant and hotel rooms.

Burial, Rough Box, and Firewood: Takes place as normal.

Enrollment Coordinator will:

- Contact Public Works regarding internment
- Purchase the rough box supplies and deliver
- Contact Forestry on where to deliver the wood

Funeral Checks: All checks will be mailed unless otherwise requested

### CONTACT PERSON:

Alanna Drift, Enrollment Coordinator  
5344 Lakeshore Drive  
Nett Lake, MN 55772  
Phone: 218-757-3261 x1162  
Email: [alanna.drift@boisforte-nsn.gov](mailto:alanna.drift@boisforte-nsn.gov)

# Catherine "Cathy" Chavers for Bois Forte Tribal Chairwoman



Boozhoo – Ahneen,

My name is Catherine "Cathy" Chavers and I am running for the office of Tribal Chairwoman for a second term.

I am the daughter of Daniel and Doris (King) O'Connell. I have lived in Nett Lake for 44 years. I have 2 children Eddie and Tim Chavers and am blessed with 7 grandchildren and one great grandchild. With all my years living on the Bois Forte Reservation it has given me the opportunity and experience to work in the areas of housing, education, youth, Elders, health and human services, government, administration to include not only Tribal government but state and federal government as well.

I have been honored

and humbled to serve you as your Tribal Chairwoman these past four years and with your support, the next four years as well.

I strongly believe in a team concept with the Tribal Council and the Band members. I cannot take credit for the past 4 years accomplishments as it was a team effort, but I believe in being a leader.

These past four years saw these accomplishments:

- Utilizing YouTube for RTC meetings and Community meetings
- Up-dating Bois Forte Tribal Code (severely outdated), was adopted and passed in May 2020
- Implemented a Band member committee to update the Bois Forte Code of Ethics (has not been updated since implemented in 1989)
- Passed a Tribal Resolution to get Band member authorization or approval for future business ventures
- Passed Life-Estates for Bois Forte Tribal members with non-Indian spouses to retain their leased land (should they choose) at Band member rate

- Initiated, in lieu of the Education Department, a Career Services Department to assist Tribal member with help and skills/training they need to gain employment

- Initiated a reserve fund for emergency purposes and a resolution that must be passed by all Tribal Council members for funds to be dispersed.

- Brought in National Indian Child Welfare Program to review Bois Fortes ICWA program on ways to improve it

- Distributed to Tribal members a fifteen (15) year financial report of Fortune Bay distributions to the Tribal Government

These are just a few of the important items to have the Tribal Government be more accountable and transparent. Is it the best we can be? No, there is always room for improvement.

These next four years we need to focus on some of these issues:

- Tribal members need jobs. They need housing, driver's licenses, skills and training, good resumes, good interview skills,

access to programs to assist them. Not only for Tribal members on the reservation, but off the reservation as well. We want all Band members to be able to provide for themselves and their families.

That is the goal of our Career Services Department. It is in its infancy stage but can be extremely helpful for all Tribal members in the upcoming future.

- Issues with drugs and alcohol plague nearly every community. We need to expand our Substance Use Disorder Department with counselors, facilities plus incorporate new and or traditional ways of healing as well.

- We need our Elders and their knowledge recorded with their stories and teachings. I have heard this quite often, but it hasn't been given high priority and we continue to lose this precious resource. It would be nice to have a monthly event with our Elders and new parents and child to welcome them to our community in a good way – traditionally.

- Our language and culture also need to be a priority. We have only a handful of first speakers left. We need to develop a teaching program that will pay the instructor and 2 – 3 students to

learn the language and to continue teaching more once they have completed the course. These students would all be paid like a job. Other Tribes have already implemented this important preservation of our language. We would need funding pursued for this type of program but there are funding streams for this venture.

- We need to continue to be at the table and seen with local, state, and federal government agencies. It is the job of Tribal Leaders to lead and let the Executive Director and Senior Management handle the day to day business. Bois Forte is at the table currently. If we do not or are not here, we are not seen or heard or possibly funded.

- These past four years and currently the Tribe has had to deal with a government shutdown (longest in history) and now a pandemic with the Coronavirus/ COVID-19. Both situations have never occurred before in history and we are dealing with them as they arise, as best we can. These unanticipated events are a new challenge; our Tribal Council has had to work together to initiate a plan for our government and

our people. We are ensuring that Bois Forte will have the structure necessary to protect our people and our assets, should something happen again.

- When the government shutdown occurred, the Tribal Council reduced their salaries 8.5% and has not received an increase nor have they put their salaries back to where they were before the shutdown. There have been zero increases to Tribal Council salaries these past four years, only a reduction. It is not about the money. It is about the Band and the people.

- I have said, and I will continue to say that our old way of doing things is not working. We need to do things differently and be open and embrace change in a good way. We need to hear from our Band members and listen to them. You are who we represent. I admire new ways of thinking. We do not have all the answers. We all need to work together in a positive way as a community and as a Tribe to make progress.

There are other important issues that need to be addressed such as enrollment,

cont'd p. 7

# Bois Forte Welcomes Kristin “Kris” Erie, A Friendly New Face to Health and Human Services

Kris has recently joined our Behavioral Health team and is now accepting new patients and referrals. All behavioral health appointments are done via telehealth (virtual screen or phone calls) due to COVID-19.



Kris is a licensed independent clinical social worker (LICSW) and has many years’ experience being a mental health therapist. Kris has a strong background in school clinical work, with a focus on working with the younger populations. Kris will also be able to see adult patients as well. If you would like to schedule an appointment with Kris, please contact Erin Danielson at 218-757-3295.

Kris is also the pandemic support circle group facilitator and that occurs every Wednesday from 2:00 p.m. - 3:00 p.m. See page 9 for more information on the support circle.



# Language Revitalization

By Karen Drift

15 years ago, I was involved with a group of elder people, representing American Indian Reservations from Bois Forte, Fond Du Lac, Mille Lacs, Leech Lake, White Earth, Grand Portage, and Red Lake on Language Revitalization. The first two meetings were at the Grand Casino in Hinckley and the last was at the Black Bear Casino. At these meetings we have been trying to come up with ideas to get back the Anishinaabe language. Most that are in attendance are fluent speakers from their respective reservation. At these gatherings, we have identified the following issue and barriers; American Indians have lost too much already and there are only a few on each reservation that are clinging to the traditional ways. In this movement to revitalize our language, it is time consuming and will cost money that we don't have.

1. Boarding School Era – removal from homes/ reservation to attend school brought shame (Not allowed to speak our language)
2. Fear – Fear of social workers and retaliation
3. Suicide rate – still very high on some reservations
4. Alcoholism and Drug Abuse – runs rampant on all reservations
5. Loss of Identity – we were once all proud nations
6. Racism – in schools and socially, racism is still very high
7. Education – very high dropout rates on reservations
8. Employment – low income jobs on reservation even for those with college degrees or special certification
9. Wage – low compared to Urban American Indians

10. Mortality Rate – only 44.9 years (Average life of an American Indian)
11. Reservation vs. Urban Life for American Indians – many from Nett Lake have moved to the Twin Cities
12. Assimilation – some have identified with the African American culture – music, fashion, and mannerisms
13. Treaties – most have been broken repeatedly and rewritten
14. Trust – we cannot and will not trust the white population. A handshake used to be a traditional biding contract
15. Socially – we are in the lower, lower class
16. Blood Quantum – the only race with numbers to identify how much American Indian we are – there are only a few full bloods left
17. Chippewa, Ojibwe, and Anishinaabe – we should all be Anishinaabe, “We were here first.” No one know which on they are

There are only 7 fluent speakers left on Bois Forte. No on is willing to learn the language. Learning language will get our culture back because people will start asking the Elders (in our language) what went on back then and what happened to the ceremonies. Who will teach our Head Start children? What will happen to the cultural teachings? This is my biggest concern – what will happened? Will the children have any traditional teachings that they identify with? We will not get any help from the Federal Government. Language is one of the four legs of “Sovereignty.” Language comes first, land, blood quantum, self-governance.

Karen Drift would like to invite you into her home to help preserve our Ojibwe language and teachings. Please feel free to give her a call or stop by if you are in town!

Karen Drift 218-757-3923 | 5492 E St. Mary Drive, Nett Lake, MN

housing, youth, Elders services and programs, communication, natural resources, and ideas for future business developments. We also need to keep looking for ways to sustain and make improvements to our current businesses that will strengthen the Bois Forte Band.

Please remember, it is extremely important for everyone to complete the 2020 Census. We need to be counted! Future funding depends on it!

Feel free to contact me by phone 218-780-2898, on my Facebook Page - Cathy Chavers for Tribal Chair or by email - [cchaver07@yahoo.com](mailto:cchaver07@yahoo.com).

During this current pandemic, the council and everyone are in uncharted waters dealing with this serious COVID-19 virus. We want to ensure that everyone has the information they need to keep themselves and their families safe. We have come together to keep our communities safe and our precious resource, our Elders. I want you to know that we are working

diligently to help our Band members during this time. Our "new normal" will be different than the past but we are resilient people and we will get through this together.

This election season, campaigning will be quite different. To keep everyone safe, I am unable to see everybody door to door or with meet and greets in the various cities and towns. I am very excited though to answer any questions, suggestions or listen to any comments you may have. Tribal members input is extremely important as we represent you, not ourselves.

I respectfully and humbly as for your support and vote in the General Election on June 9, 2020.

Please vote Catherine Chavers for Bois Forte Tribal Chairwoman!

Please stay safe, practice social distancing, and wear a mask.

"MOVING FORWARD TOGETHER"

Chi-miigwech  
Catherine "Cathy"  
Chavers

*\*paid advertisement*



## www.dictionary.com

**Prin-ci-pal** /prinsəpəl/

*noun:* the person with the highest authority or most important position in an organization, institution, or group

**Su-per-in-tend-ent** /s p(ə)r(ə)n'tendənt/

*noun:* a person who manages or superintends an organization or activity

**Mis-ter (Jim) Var-i-chak** /mist(ə)r jim veriCHak/

*proper noun:* retiring Principal and Superintendent of Nett Lake School - ISD 707

*adjectives used to describe:* approachable, caring, collaborative, compassionate, dedicated, discerning, down to earth, educator, experienced, fair, helpful, honest, humorous, kind, knowledgeable, leader, open, professional, strong, understanding, willing, wise, wonderful

**Mr. Varichak's** time here, in Nett Lake, has been marked by his great people skills, both in listening and leading. His willingness to learn and respect the culture of the Nett Lake community has also been greatly appreciated. One of the lasting impressions that Principal Varichak has made is his commitment, from Day 1, to know each student by name. He greeted each as they arrived at school and again when it was time to head for home. He also joined the students regularly in the cafeteria. Jim also encouraged both students and staff in areas of academic, professional, and personal growth. He has led us all by example and will be missed by staff and students alike.

**Congratulations on your (2nd) retirement  
Chi Miigwech - we wish you all the best!**



## Energy Assistance

Changes to help during the COVID-19 pandemic the Energy Assistance Program has adjusted program policies to make it easier for households to apply and get additional help.

Bois Forte Energy Assistance Program  
Tracey Dagen, 218-757-3261  
[tracey.dagen@boisforte-nsn.gov](mailto:tracey.dagen@boisforte-nsn.gov)

Some policy adjustments include:

- The application deadline is extended to July 1.
- The annual Crisis maximum is increased to \$1,200 (up from \$600). Crisis is for past due bills, emergency fuel deliveries.
- Allowing Crisis benefits to pay a household's past due bill, even without a disconnection notice.
- Income eligibility based on the past one month only.

## Update Your Address

Periodically, the Bois Forte Tribal Government sends out important information and it is essential that we have your correct mailing address, please fill out the change of address form.

NAME:

-----

ADDRESS:

-----

-----

CITY:

-----

STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

DATE OF BIRTH:

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

SIGNATURE:

-----

DATE:

-----

Please note, you must check the **RED BOX**, if you want to share your new address with the *Bois Forte News*.

 YES!

Please share my new address with the *Bois Forte News*!

Mail to:

Bois Forte Enrollment  
5344 Lakeshore Drive  
Nett Lake, MN 55772

Visit Bois Forte Band of Chippewa on these social media outlets.



[www.boisforte.com](http://www.boisforte.com)



### TIPS FOR HEALTHY EATING DURING STAY AT HOME ORDER FOR DIABETICS



Remember to keep your water intake up, this will help decrease blood glucose levels. Don't forget to check your glucose levels as prescribed.

Disclaimer: The information provided is retrieved from National Health Institute for Diabetes Management.

Nutrition and physical activity are essential to lowering blood glucose levels. Physical activity can be hard to remember when you are having to stay home. The littlest of things can make a difference. The weather is getting nicer, now is a good time to do some yard work while you are at home.

#### TIP on NUTRITION

A great idea would be to pre-plan your meals so that you don't stray, or impulse eat. I know it can be hard to pre-plan for every meal, I'd suggest starting out with one meal. So if you can do this for dinner, it will help. With that in mind here are some good foods that you can eat and try to remember to incorporate into your daily meals.

**VEGGIES:** broccoli, carrots, greens, peppers, and tomatoes

**FRUITS:** oranges, melon, berries, apples, bananas, and grapes

**GRAINS:** At least half of your grains for the day should be whole grains; wheat, rice, oats, cornmeal, barley, and quinoa

**PROTEIN:** Lean meat, chicken or turkey without the skin, fish, eggs, nuts, peanuts, dried beans, chickpeas/split peas, tofu

**DAIRY:** nonfat or low-fat, milk or lactose-free milk, yogurt, cheese

If you need further assistance or information regarding diabetes please feel free to call me or email me. I will be out of office till March 30th but will be available by email.

Melissa Hawk, RN,BSN,PHN/Diabetes Educator

**E-mail:** [melissa.hawk@boisforte-nsn.gov](mailto:melissa.hawk@boisforte-nsn.gov)

**Phone:** 218-757-3650 ext. 254



#STAYHOMEBF

 [BOISFORTE.COM](http://BOISFORTE.COM)





# 5 Tips to Keep Pesty 'Squitos at Bay

1. Consider a professional service. Sometimes people prefer to do it themselves when it comes to fixing home issues, but they later find that a persistent problem is often better left to trained professionals.



2. Get rid of standing water. Still water is a perfect breeding ground for mosquitoes. Common places of standing water include: clogged drain gutters, corrugated drain pipes, bird baths, pet bowls, planters, trash and recycling bins, children's toys, and kiddie pools. A

mosquito needs only about a tablespoon of water to lay eggs.

3. Use safe repellents. Repellents registered by the Environmental Protection Agency have been reviewed and approved to pose minimal risk when used properly. "Some of the most effective ingredients

commonly referred to in a repellent are DEET, Picaridan, and oil of lemon eucalyptus," Dr. Stoops says. EPA-approved repellents provide up to two hours of protection.

4. Dress appropriately. Studies have shown that some mosquitoes are more attracted to dark clothing. Avoid wearing lightweight, thin materials, which

mosquitoes can bite right through. Instead, opt for tightly woven materials, like cotton, denim, nylon, or windbreaker-type materials, which are more difficult for the bugs to penetrate. Clothing that provides UV protection is typically tightly woven and often protects against insect bites, too.

5. Keep your landscape

clean. Trimmed trees and shrubs improve a property's air circulation. The increased air flow will physically push mosquitoes out of that area and remove the environment they thrive in. Also, there are some gardening choices that can deter mosquitoes: basil, lavender, and catnip are all plants that mosquitoes don't like.

## BOIS FORTE BEHAVIORAL HEALTH PANDEMIC THERAPEUTIC SUPPORT CIRCLE

### WHEN

Occurring every Wednesday  
2:00pm-3:00pm  
Starting April 22<sup>nd</sup> 2020

### HOW TO ATTEND

Via Zoom!

Download Zoom app, or go online  
and join <https://zoom.us>

Phone Call In: 1-312-626-6799

Meeting ID: 978-6192-9095

Meeting Password: 343014

FOR  
ANYONE 18+  
LOOKING FOR  
ADDITIONAL  
SUPPORT  
DURING THE  
PANDEMIC STAY AT  
HOME ORDER

COST  
FREE

FACILITATOR  
Kristin Erie MSSW, LICSW

### LEARNING ACTIVITIES

- Gain additional emotional support from a licensed therapist
- Learn about mindfulness
- Connect with others during this difficult time
- Calming activities

Group is open style-  
attend sessions as you  
need!

## 2020 Per Capita Paymen Information

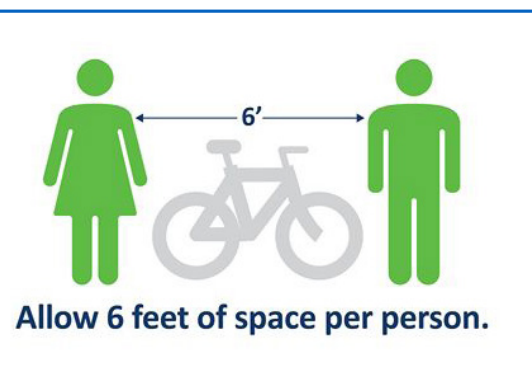
July 31st is the deadline for any Per Capita Address Updates

All address updates are accepted only by mail or in person. Address Update forms can be downloaded from the Bois Forte Webpage under the Enrollment Tab.

Band Members may submit an address update in writing to the Bois Forte Enrollment Office, please have the letter include the following information:

\*Name \*Address \*DOB \*Signature \*Date

Any address updates missing this information will not be processed. Any questions regarding address updates or to check if you have your correct address on file, please call the Enrollment Office at 218-757-3261 x1162.





William "Bill" Day, 87

William "Bill" Day Sr., 87, of Nett Lake, MN. Passed away on Tuesday, May 12, 2020 with his loving family by his side.

Bill was born on October 16, 1932 to John and Effie (Goodsky) Day in Cloquet MN. He grew up in Nett Lake and Sugar Bush area, he attended school in Nett Lake and Orr.

Like many young men in those days and due to the recession, Bill left school early in order to help work and support his family. Always determined to make his own way, Bill was a self-employed logger for most of his life. He was an avid hunter and trapper and found these means as a way to help support his family. Bill enjoyed the outdoors and spent

many days camping and living off the land.

In his younger days, Bill loved to play baseball and was a pitcher who was scouted by a professional ball team at one point. Bill loved cars and you could always find him under the hood in his spare time. He had a talent for wood working and made cedar paddles and knocking sticks for family or for sale. All his projects were made with pride and his children learned that "if you are going to do something, do it right". Bill loved his family and was a good provider. In his later years, his favorite past time was fishing and watching the Twins on TV or watching his grandchildren play league baseball.

Bill was preceded in death by his parents: John and Effie, his wife Twyla Drift Day, 5 children: Teresa Day Morrison, Bernard Day, Bill (Swish) Day, Connie and Belinda Day and siblings: Ruth Day Connor, Katherine Day Boshey, Vera Day, Margorie Day, Jane Villebrun, Clyde Day, Jones Day and Earl Day. Bill is survived by his children: Doris (Pete) Isham, Marilyn (Terry LaDuke) LaRoque, Patsy (Jones) Adams, John Day, Bradley (Kim) Day, sister Celia Gonier, many grandchildren, great-grandchildren, great-great grandchildren and numerous nieces and nephews.

There will be a private family service at his home for immediate family members who reside in Nett Lake

on Friday. Casket Bearers are: Tanner LaDuke, Darian Morrison, Tristan Day, Eric Murray, Gordy Adams III, and Angelo Kingbird. Due to the Coronavirus restrictions, please join us through live streaming that will be made available for the community and other family members who reside out of town. It is with regret that the COVID situation has impacted our lives and necessitated this change for your safety as well as ours. Thank you for understanding. Information on how to log on to the You-tube service will be posted on the Mlaker Funeral Web page on Thursday.

To leave an online condolence visit [www.mlakerfuneralhome.com](http://www.mlakerfuneralhome.com)



Davetta Marie Sam, 55

Davetta Marie Sam, 55, of Nett Lake, MN passed away on Friday, May 15, 2020. A private family service will be held at Davetta's home in Nett Lake.

Wake will start at 5:00 PM on Friday, May 22, 2020, and Traditional

Native Service will begin at 10:00 AM on Saturday, May 23, 2020.

Burial will occur at the Vermilion Native Cemetery. Due to Covid-19, attendees must be limited. Please contact family to verify attendance.



## Why Do We Wear A Mask?

I wear a mask to protect you.

You wear a mask to protect me.

Together we protect each other.



Janet Mae Thompson, 67

Janet Mae Thompson, 67, of Nett Lake, MN passed away on Friday, May 22, 2020 in St. Luke's Hospital, Duluth, MN.

Janet was born to Leonard and Myra (Drift) Thompson on February 15, 1953 in Thief River Falls, MN. Janet grew up and attended school in Nett Lake. She raised a family as a strong single mother of three. She was a loving and strong-willed mother who raised her children to be respectful and to be responsible. She was the tough mama bear who taught her cubs the way of the world. Janet enjoyed hunting

and fishing. She enjoyed her time at the casino, playing bingo and slots, and attending the shows. She loved going to Orr with her mother Myra to play smear. She was an accomplished beader and loved sewing. She made many jingle dresses for herself and her family. She loved attending pow wows, was a jingle dress dancer, and also a drum-keeper.

Janet was preceded in death by her parents; and her brothers: Leonard Thompson and Curtis Thompson. Janet is survived by her three children: Raymond (Rebecca)

Thompson, Michael Thompson, and Rorie Thompson; grandchildren: Henry Thompson, Nicholas Thompson Amanda Thompson, Orion Thompson, Samantha Farr, and Jon-Marie Farr; sisters Muriel and Lois Thompson; and uncle Harvey Thompson.

A Traditional Wake will be held on Wednesday, May 27, 2020 at 5:00 PM at the Nett Lake School Gym. The Traditional Native Service will be held the next day, Thursday, May 28, 2020 at 10:00 AM. Spiritual leader will be Steve Jackson and Spiritual Advisor Gene Goodsky. Casket Bearers: Quinten Thompson, Orion Thompson, Nick Thompson, Henry Thompson, Shane Drift, and Sean Drift. Honorary Casket Bearers: Mark Drift, Pete Drift, Erik Halvorson, and Henry Halvorson.

To leave an online condolence visit [www.mlakerfuneralhome.com](http://www.mlakerfuneralhome.com)

Nett Lake Clinic  
5219 St. John Dr.  
Nett Lake, MN 55772  
218-757-3650

Vermilion Clinic  
1613 Farm Rd. S.  
Tower, MN 55790  
218-753-2182

## Bois Forte News

The *Bois Forte News* (BFN) is published monthly by the Bois Forte Band of Chippewa. The BFN encourages submission of articles, community announcements and photos.

Contributions are subject to editing for grammar, length and malicious/libelous content. BFN will attempt to include all material submitted by Band members and guests. Multiple contributions from the same source may be excluded or rotated to future issues to insure equal access to all. For information on paid ads, please contact us. The BFN is distributed for free to Band members and is available to others for \$10 per year.

**Deadline for the July issue is June 12, 2020.**

Bois Forte News  
5344 Lakeshore Drive,  
Nett Lake, MN 55772  
Cell: 218-404-6545  
[lisham@boisforte-nsn.gov](mailto:lisham@boisforte-nsn.gov)  
[www.boisforte.com](http://www.boisforte.com)



## Bois Forte Tribal Council

Shane Drift - District I Representative  
Peter Boney - District II Representative  
Cathy Chavers - Chairwoman  
David C. Morrison Sr. - Secretary/Treasurer  
Travis Morrison - District I Representative

## Bois Forte Tribal Offices

Bois Forte Tribal Government  
5344 Lakeshore Drive  
Nett Lake, MN 55772  
Phone: 218-757-3261 or 1-800-221-8129  
Fax: 218-757-3312

Bois Forte Tribal Government  
1610 Farm Road South  
Tower, MN 55790  
Phone: 218-753-4542  
Fax: 218-753-4055

Bois Forte Urban Office - Duluth  
206 West 4th Street, Suite 204  
Duluth, MN 55806  
Phone: 218-336-1048 or \*218-206-5629  
Fax: 218-336-1049  
Email: [\\*wdrift@boisforte-nsn.gov](mailto:wdrift@boisforte-nsn.gov)

Bois Forte Urban Office - Minneapolis  
1308 East Franklin Avenue, Suite 112  
Minneapolis, MN 55404  
Phone: 612-871-6618 or \*612-747-5247  
Email: [\\*urbanoffice@boisforte-nsn.gov](mailto:urbanoffice@boisforte-nsn.gov)

*\*is the best way of contact during the Coronavirus Pandemic.*

# HAS THE PRESCRIPTION OPIOID CRISIS AFFECTED YOU OR SOMEONE YOU KNOW? YOU COULD BE COMPENSATED FROM THE PURDUE PHARMA L.P. BANKRUPTCY.

**FILE YOUR CLAIM BY JUNE 30, 2020.**

PLEASE READ THIS NOTICE CAREFULLY. YOUR RIGHTS MAY BE AFFECTED.  
PARA INFORMACIÓN EN ESPAÑOL, VISITE EL SITIO WEB.

## WHAT IS THIS ABOUT?

If you think you've been hurt by Purdue Pharma L.P., a U.S. limited partnership, its general partner and its subsidiaries, including Imbrium Therapeutics L.P., Adlon Therapeutics L.P., Greenfield BioVentures L.P., Avrio Health L.P., Rhodes Technologies, and Rhodes Pharmaceuticals L.P. ("Purdue"), or Purdue prescription opioids, like OxyContin®, or other prescription opioids produced, marketed or sold by Purdue, you can file a claim for compensation in the Purdue bankruptcy proceeding. The deadline to file a claim is **June 30, 2020, at 5:00 p.m. Eastern Time.**

## WHAT IS A CLAIM AND WHO CAN FILE?

A "claim" means a right to seek payment or other compensation. You must file a Proof of Claim Form so it is actually received by the deadline. It can be filed by you, by a legal guardian, by survivors, or by relatives of people who have died or are disabled. **All Personal Injury Claimant Proof of Claim Forms and any supporting documentation submitted with those forms will be kept highly confidential and will not be made available to the public.** You do not need an attorney to file a proof of claim for you.

Additionally, partnerships, corporations, joint ventures, trusts, governmental units, and Native American Tribes may also file a proof of claim against Purdue.

Go to **PurduePharmaClaims.com** to find a complete list of instructions on how to file a claim. You will also find a list of the opioids produced, marketed or sold by Purdue.

You may file a Proof of Claim even if a settlement is contemplated in the Purdue bankruptcy so that your claim can be considered as part of any settlement.

## WHO DOES THIS AFFECT AND WHAT ARE MY RIGHTS?

If you think you've suffered harm from Purdue or its prescription opioids, you have the right to file a claim even if you may also have received reimbursement from insurance. Examples of claims that may be filed in the Purdue bankruptcy include death, addiction or dependence, lost wages, loss of spousal relationship benefit for things like child-rearing, enjoyment of life, etc., or Neonatal Abstinence Syndrome (sometimes referred to as "NAS"), among others.

**The deadline to file a claim is June 30, 2020, at 5:00 p.m. Eastern Time.** If you do not file a claim by the deadline, you will lose the right to file a claim against Purdue, and you will lose any right to seek payment or compensation you may have had. Proof of Claim Forms, a list of opioids produced, marketed or sold by "Purdue," and instructions for how to file a claim are online at **PurduePharmaClaims.com**. You can also request a claim form by mail, email or phone:

**Purdue Pharma Claims Processing Center**  
c/o Prime Clerk LLC  
850 Third Avenue, Ste. 412, Brooklyn, NY 11232  
Email: [purduepharmainfo@primeclerk.com](mailto:purduepharmainfo@primeclerk.com) - Phone: 1.844.217.0912

## THIS IS ONLY A SUMMARY OF THE INFORMATION.

Is Purdue out of money? No. For more information concerning Purdue's bankruptcy, Frequently Asked Questions, Proof of Claim Forms, examples of personal injury and other claims that can be filed, instructions on how to file a claim, and important documents including the Bar Date Notice, visit

**[PurduePharmaClaims.com](http://PurduePharmaClaims.com), or call 1.844.217.0912.**

