

# Bois Forte News



## 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.  
 Keep Our Sacred Circle of Life Safe.

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5314 Lakeshore Drive  
 Nett Lake, Minnesota 55772

PRESORTED  
 STANDARD  
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 DULUTH, MN  
 PERMIT NO. 1946

## 2020 Official Primary Election Results

DISTRICT I REPRESENTATIVE	DISTRICT I NETT LAKE	DISTRICT II VERMILION	URBAN SITE (MPLS)	URBAN SITE (DULUTH)	ABSENTEE	HAND TALLY	TOTALS	%
TARA GESCHICK	34	2	13	8	3		60	24%
TRAVIS MORRISON	34	10	2	1	7		54	22%
RENIKA LOVE	6	1	4	0	0		11	4%
CHARLES (CHAZ) WAGNER	29	2	7	4	6		48	20%
GORDY (JONESY) ADAMS	30	3	9	0	8		50	20%
MILDRED HOLMES	12	1	3	3	4		23	9%
<b>TOTALS</b>	<b>145</b>	<b>19</b>	<b>38</b>	<b>16</b>	<b>28</b>	<b>0</b>	<b>246</b>	<b>100%</b>

The 2020 official primary election results have candidate Tara Geshick going up against District I Incumbent Travis Morrison in the August 18, 2020

general election. Also, up for the general election is the seat for Tribal Chair. Candidate Miranda Lilya will face Tribal Chair Incumbent Cathy Chavers.

2020 General Election scheduled for August 18, 2020. Visit [www.boisforte.com](http://www.boisforte.com) for 2020 election information.

## COVID-19 Economic Impact Payments

### IRS Urges Every Eligible Non-Filer to Register Soon

To help people who are not normally required to file a tax return, the IRS created **the Non-Filers tool**, in partnership with the Free File Alliance. **The Non-Filers tool** is designed for people with incomes typically below \$24,400 for married couples, and \$12,200 for singles. This includes couples and individuals who are homeless. People can qualify, even if they do not have earned income or work.

Usually, married couples qualify to receive a \$2,400 payment while others normally qualify to get \$1,200. People with qualifying children under 17 can get up to an additional \$500 for each child. Anyone who already filed either a 2018 or 2019 return does not qualify to use this tool.

**The Non-Filers tool** will remain available through the summer and fall, though



many eligible people without a filing obligation have already

received an Economic Impact Payment. The IRS urges every other eligible non-filer to register soon to quickly receive their payment.

## 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

## 2020 Per Capita Payment 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 [www.BoisForte.com](http://www.BoisForte.com) 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.

## Revised 2020 Election Calendar

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

July 17:  
TEC provides ballots for General Election.

**August 18:  
General Election  
(Polling Places open from 8:00 a.m. until 8:00 p.m.)**

August 19:  
General Reservation Election Board certifies results.

August 20:  
General Reservation Election Board publishes Election results.

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

August 25:  
4:30 p.m. – Deadline for Notice of Contest (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)

August 25th (or 24, 25) if request for Recount is filed before deadline) Decision on Request for Recount and Result of Recount, if allowed.

September 4:  
Deadline for Decision on Contest for General Election.

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 rendering Decision.)  
September 11th (or within 3 days upon receipt of Notice of Appeal) Record of contest forwarded to Court of Election Appeals.

September 15:  
(hearing within 7 days notice of appeal) Last Day of Hearing on Appeal.

September 25th :  
(or ten days from Hearing on Appeal) Deadline for decision of the Court of Elections Appeal.

Day following decision of Appeal: Winning candidate prevailing on appeal takes office.

**NOTE:**  
The Swearing-in Ceremony for the winning candidates will be held differently than previous years due to the COVID-19 pandemic. Please check [boisforte.com](http://boisforte.com) for information on the Swearing-in Ceremony: date, time, and location.

Bois Forte General Election Board  
Address:  
P.O. Box 23  
Nett Lake, MN 55772  
Phone: 218-757-0276  
Fax: 218-757-0116  
[electionboard@boisforte-nsn.gov](mailto:electionboard@boisforte-nsn.gov)

Hours:  
10 a.m. - 2 p.m.  
Monday-Friday

Anyone who registers by October 15 will receive their payment by the end of the year.

Bois Forte has these two individuals to assist you in registering for your COVID-19 Economic Impact Payment: **Lynette at 218-757-3295**, or **Kristal at 218-753-2182**. [www.IRS.gov](http://www.IRS.gov)



### Congratulations Graduates!

We are proud of your accomplishment and are excited to continue to watch you grow and achieve great things.

## 14TH ANNUAL Josh Rutar Memorial Golf Tournament "Josh Rutar Scholarship Fund"

Proceeds Benefit the  
"Josh Rutar Scholarship Fund"  
This year's recipient is Morgan Malecha!

Place: Vermilion River Greens - Buyck, MN  
Date: July 25th, 2020  
Shotgun start: 10:00am  
Format: 4 Person Scramble - 18 Holes.  
Entry: \$220.00 Per Team (includes side bets)

TOURNAMENT PRIZES:  
1st-\$900 2nd-\$600 3rd-\$400 Consolation-\$200

### DRAWINGS FOR DOOR PRIZES

Prizes for: Longest Putt, Closest to the line, Closest to the Pin and Skins Game

Rules: Limit of 22 Teams, USGA Handicap 40+

Pre-registration is appreciated: Please call the Vermilion River Greens at 218-993-2246.  
Carts are limited so please call early to reserve one.  
T-shirts for sale the day of the tournament



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

## Pen Paling 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.

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



### TO SIGN UP

- Contact Erin Danielson at 218-757-3295 or email her, [erin.danielson@boisforte-nsn.gov](mailto:erin.danielson@boisforte-nsn.gov).
- We will need your name, phone and address
- **Open to anyone!**

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

## Tips for Elders and Their Caregivers about COVID-19 (Coronavirus)

People of all ages with heart disease, lung disease, diabetes, or cancer are at higher risk of getting very sick from COVID-19, the new virus also known as coronavirus. In addition, older adults are at greater risk because as they get older, it's harder for them to stay well.

Avoiding getting sick with COVID-19 is especially important for elders and people at higher risk.

### How to keep Elders and others safe

(see other side of this page)

**Stay at home.** "Physical distancing" is recommended. This means keeping your family at home and away from others as much as possible.

- Try to stay 6 feet away from others, especially when outside of the home.
- Avoid gatherings with other people. This may include family too. Gatherings should be less than 10 people.
- When leaving the home to get food and supplies, send only one person to do the shopping.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others outside of your home.
- Sleep 7 to 9 hours a night to stay strong to fight sickness.
- Drink plenty of water and eat fruits and vegetables.
- Get outside for fresh air and exercise.
- Limit news and social media. Sometimes too much information causes anxiety and added stress.
- Clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, phones, light switches, etc.

### Activities to do with elders while staying safe

- Going outside for walking, gardening, hiking, stretching.
- Brain exercises and games like word searches, Sudoku, crossword puzzles.
- Relaxation, including breathing, meditation, praying.
- Reading books and magazines.
- Phone and video calls with family and friends.
- Listening to music.
- Finding ways to laugh.



### What else should caregivers do?

The best protection for the people being cared for is for their caregivers to stay healthy. Caregivers should follow the guidelines to be safe and make sure others in the home are too, especially children and others who spend time with the elder.

Watch for symptoms (fever, cough, trouble breathing, headache, muscle pain, chills, sore throat) in everyone in the home. Separate anyone who is sick from others.

Practice self-care. It can be hard for caregivers to take care of themselves as well as others, but self-care is important.

- Relax, take deep breaths, stretch, or pray.
- Take part in sacred practices.
- Do activities you enjoy.
- Talk with loved ones and friends, share feelings and experiences.
- Try to stay hopeful and thinking positively. Write down things you are grateful for or that are going well.

### If you have concerns, get help

Call your healthcare provider or local Indian Health Service unit with any concerns.

Ask your healthcare provider or pharmacist if prescriptions can be filled for a greater number of days to reduce how often trips are needed to the pharmacy.

For more information:  
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)



JOHNS HOPKINS  
CENTER FOR AMERICAN  
INDIAN HEALTH

Effective May 5, 2020  
Source: CDC

## How to Wear a Cloth Face Covering



Side view of an individual wearing a cloth face covering, which conceals their mouth and nose

and has a string looped behind the visible ear to hold the covering in place. The top of the covering is positioned just below the eyes and the bottom extends down to cover the chin. The visible side of the covering extends to cover approximately half of the individual's cheek.

### Cloth Face Coverings Should:

- **fit snugly but comfortably against the side of the face**
- **be secured with ties or ear loops**
- **include multiple layers of fabric**
- **allow for breathing without restriction**
- **be able to be laundered and machine dried without damage or change to shape**

## Treat Your Face Mask Like Underwear



- ▶ MAKE SURE IT IS CLEAN
- ▶ MAKE SURE IT FITS SNUG BUT NOT TOO TIGHT
- ▶ MAKE SURE IT COVERS THE IMPORTANT PARTS
- ▶ DO NOT TOUCH OR ADJUST IT (ESPECIALLY IN PUBLIC)
- ▶ DO NOT SHARE IT
- ▶ THROW IT AWAY IF THERE ARE ANY HOLES OR STAINS
- ▶ NOT ALWAYS REQUIRED BUT DEFINITELY ENCOURAGED

# Tribal Council and Tribal Emergency Response Committee (TERC)

## Review from the Month of June

The Tribal Council along with the Senior Management have been working on the development of a plan-of-action on how to safely re-open our facilities. Fortune Bay Resort

Tribal Elections took place on June 9, 2020, with polling locations in Minneapolis, Duluth, Vermilion, and Nett Lake. Safety procedures were set in place to keep voters and staff safe. In addition to

implemented an Elder Pen Pal program. Mental Health is even more important during times of stress, especially a pandemic. People and programs are available to assist you without judgement

and building have implemented safety plans. Do not hesitate to give the programs and services a call.

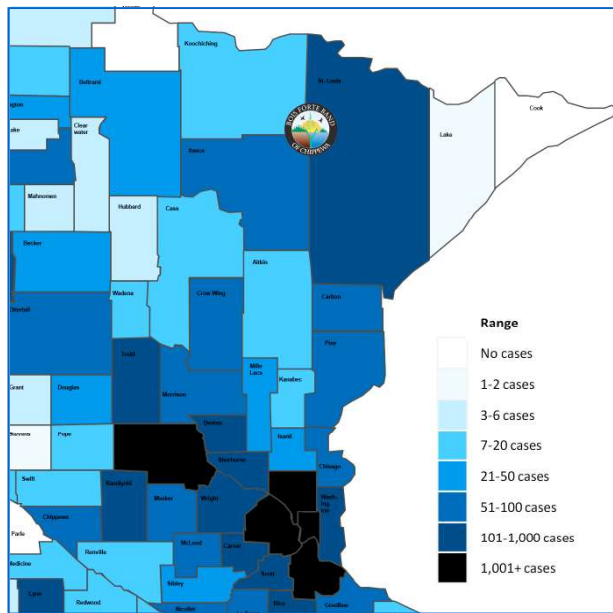
Health and Human Services in coordination with

services. They are also working on a food shelf type distribution of food care packages. Much of the distributed items were open to all members of the community, native or non-native.

The Council signed a resolution for the development of a COVID-19 Relief Fund. This Fund is available

On June 19, 2020, Resolution of Recommendation of Quarantine Order – a went into effect – in conjunction with the first positive case of COVID-19 on the reservation.

The Bois Forte Medical Clinics are open and capable of testing for the Coronavirus. If you feel you have been in direct contact



MDH Data May 22, 2020

Location	Cases	Deaths
MN	19,001	842
St. Louis County	109	13
Itasca County	51	6
Koochiching County	4	0

MDH Data June 5, 2020

Location	Cases	Deaths
MN	26,980	1,148
St. Louis County	119	14
Itasca County	56	10
Koochiching County	9	0

MDH Data June 11, 2020

Location	Cases	Deaths
MN	29,304	1,236
St. Louis County	123	14
Itasca County	58	12
Koochiching County	9	0

MDH Data June 22, 2020

Location	Cases	Deaths
MN	32,920	1,380
Bois Forte	1	0
St. Louis County	142	14
Itasca County	59	12
Koochiching County	9	0

According to the Minnesota Department of Health (MDH) the numbers of positive COVID-19 cases are growing, on Friday, June 19, 2020, the Tribal Council announced the first positive case at Bois Forte.

Casino opened – with limitations – on June 1, 2020. According to Fortune Bay's General Manager Jenna Lehti, the opening has gone smoothly. They have been diligent following their COVID-19 safety protocols.

hand sanitizers, masks, and gloves, custom plexiglass panels were constructed and placed at the polling locations.

Bois Forte Behavioral Health has put together a pandemic support circle which was held through Zoom and

– give the advertised contact numbers a call.

Many – if not all – programs and services are still available, however how you access the services may have changed due to the pandemic. Each program, department,

various state agencies have been working to provide food for the community. In June, Bois Forte received a donation of three thousand pounds of potatoes, large quantities of disposable masks, hand sanitizer, and other volunteer

for all Band members. An application must be filled out – offering funding up to \$1,000. You can download an application from our website [www.boisforte.com](http://www.boisforte.com), you may also call the Tribal Center at 218-757-3261.

or showing signs up symptoms, you may contact the Nett Lake Health Clinic 218-757-3650 and the Vermilion Health Clinic 218-753-2182.

All community updates regarding COVID-19 are available on the [boisforte.com](http://boisforte.com) website.

# Bois Forte Welcomes New Director of Career Development

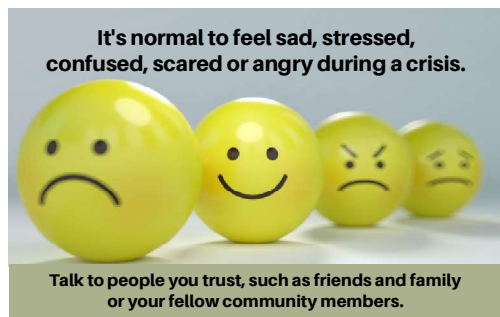
Hello! My name is Travis Vake. I am the new Director of Career Development here at Bois Forte. I have been a Special Education Teacher the past 6 years and have enjoyed every minute of it. I am excited for this new chapter in my life here at Bois Forte and



I hope to meet and connect with everyone soon. I am one of four children to my parents. We are a very close family and spend a lot of time together out at our cabin and for holidays. I have one niece and two nephews who I adore and spoil. In my spare time, I enjoy serving on a city council and other boards, hunting, refereeing high school and JUCO sports, and spending time with family and friends.

Please feel free to stop by the office anytime and I look forward to working with and meeting everyone up here at Bois Forte.

Contact Information:  
Office: 218-757-3261  
travis.vake@boisforte-nsn.gov



## Minnesota Starwatch July 2020

By Deane Morrison



This month Saturn and Jupiter become evening planets, while Venus climbs into prominence in the morning sky.

Venus comes out higher in the east every day, freeing itself from the sun's

foreglow. On the 3rd, our brilliant sister planet begins a 10-day glide across the face of Taurus, the bull, represented by the V-shaped Hyades star cluster. On the 12th, Venus passes just one degree, or two moon widths, from Aldebaran, the eye of the bull, which is not part of the Hyades. Hanging above the action is another star cluster: the Pleiades. Venus crossed the Pleiades in April, before plummeting out of the evening sky. Don't miss the show on the 17th, when a waning crescent moon joins Venus and Aldebaran.

Jupiter and Saturn rise before midnight in the southeast. Much brighter Jupiter and the ringed planet both reach opposition this month, when Earth laps them in the orbital race and they appear opposite the sun in the sky. Jupiter's opposition comes on the 14th, Saturn's on the 20th. Both planets now trace low arcs across the sky each night because in summer, our hemisphere is tilted toward the sun and thus away from any planet opposite, or nearly opposite, the sun.

But Mars will be fairly high at its October opposition because by then we will tilt more toward the night sky than toward the sun. As its

opposition date approaches, Mars brightens daily, but it's still a morning planet. By month's end, though, it just manages to scrape over the eastern horizon by midnight.

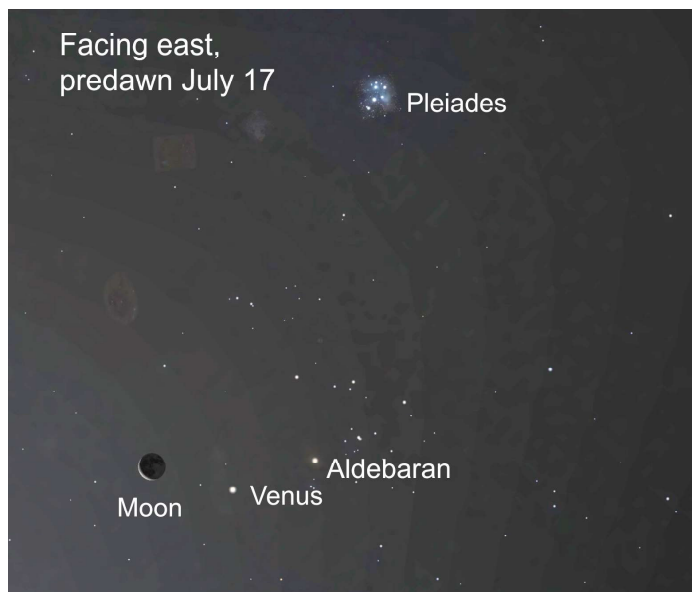
July's full moon arrives shortly before midnight on the 4th. Between 10:07 p.m. and 12:52 a.m. that night, the moon's uppermost part undergoes a penumbral eclipse, where Earth blocks some sunlight from reaching the moon. This eclipse will be so slight that only the sharpest eyes will notice it.

The University of Minnesota's public viewings of the night sky at its Duluth and Twin Cities campuses have been curtailed due to the COVID-19 pandemic. For more information, see:

Duluth, Marshall W. Alworth Planetarium:  
[www.d.umn.edu/planet](http://www.d.umn.edu/planet)

Find U of M astronomers and links to the world of astronomy at <http://www.astro.umn.edu>

6/2/20 Contact: Deane Morrison, University Relations, (612) 721-6003, [morri029@umn.edu](mailto:morri029@umn.edu)



## Living Well with Diabetes

### A New Way to Experience Good Health & Wellness

Bois Forte Band member Aimee Drift participates in piloting a virtual "Living Well with Chronic Pain" class through the Juniper Network reaching Elder populations in communities across Minnesota

Aimee is the Provider Relationship Manager with the MN Indian Area Agency on Aging. She has set as a priority, a goal in enhancing the health and wellness of elders in Tribal communities. She encourages Elders to join her as she explores this opportunity to experience good health and wellness in a new way.

You are invited to join her next class "Living Well with Diabetes" from the comfort of your own home.

### SAVE THE DATE

Living Well with Diabetes  
Tuesday's  
Starting July 28th, 2020  
Ending Sept. 1st, 2020  
From 9 AM - 11:30 AM

For more details and information:  
Contact Aimee Drift  
Phone: 218-335-8586  
Email: [adrift@mnchippewatribe.org](mailto:adrift@mnchippewatribe.org)

### Bois Forte CLINICS & PHARMACYS

# OPEN

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
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## Bois Forte Band Member Steps Up to Human Resources Director

Hey! I am Simona Benner daughter of Shirley Benner; I grew up and live on Reservation. I have 3 beautiful children – Monique, Kalvyn, and Makayla Benner. A majority of my time is spent with my kiddos, we love travelling all over to my son's sports games, going to movies, going to the beach, and taking mini vacations in the summer around Minnesota (of course these activities were all prior to the pandemic.)



I have worked in Human Resources for the last 14 years, I started in May of 2006 as an Administrative Assistant, then the HR Generalist, the Benefits Coordinator for the last ten years and as of June 8, 2020, I became the Human Resources Director. I look forward to continuing to work with the amazing employees of the Tribal Government.

If you have questions or concerns regarding the Human Resources department, feel free to contact me.

Thanks,  
Simona Benner - Human Resources Director  
(218) 757-3261 ext.1161  
[slbenner@boisforte-nsn.gov](mailto:slbenner@boisforte-nsn.gov)

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



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

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

# Contact Tracing Question & Answer from CDC & Bois Forte Health Services

## What is contact tracing?

Contact tracing is used by health departments to prevent the spread of infectious disease. In general, contact tracing involves identifying people who have an infectious disease (cases) and their contacts (people who may have been exposed) and working with them to interrupt disease transmission. For COVID-19, this includes asking cases to isolate and contacts to quarantine at home voluntarily.

Contact Tracing for Band members living on the Bois Forte Reservation is performed by Bois Forte Health Services' Community Health Nurses, Teri Morrison, R.N. and Terry DeFoe, R.N.

Contact tracing for COVID-19 typically involves

- Interviewing people with COVID-19 to identify everyone with whom they had close contact during the time they may have been infectious,
- Notifying contacts of their potential exposure,
- Referring contacts for testing,
- Monitoring contacts for signs and symptoms of COVID-19, and
- Connecting contacts with services they might need during the self-quarantine period.

To prevent the further spread of disease, COVID-19 contacts are encouraged to stay home and maintain social distance (at least 6 feet) from others until 14 days after their last exposure to a person with COVID-19. Contacts should monitor themselves by checking their temperature twice daily and watching for symptoms of COVID-19.

**Allow 6 feet of space per person.**

## Practice Social Distancing

Distancing yourself by **six feet** from others can help slow the spread of the new coronavirus and keep **high-risk populations safe!**

### What does six feet look like?

It's about the length of an **adult eagle's wingspan.**



## What happens during contact tracing?

Generally, contact tracing includes the following steps:

- **Case investigation:** Public health staff work with a patient to help them recall everyone with whom they have had close contact during the time when they may have been infectious.
- **Contact tracing:** Public health staff begin contact tracing by notifying exposed individuals (contacts) of their potential exposure as rapidly and sensitively as possible, not revealing the infected patient's identity.
- **Contact support:** Contacts are provided with education, information, and support to help them understand their risk, what they should do to separate themselves from others who are not exposed, and how to monitor themselves for illness. In addition, they are informed of the possibility that they could spread the infection to others even if they do not feel ill.
- **Self-quarantine:** Contacts are encouraged to stay home, monitor their health, and maintain social distance (at least 6 feet) from others until 14 days after their last exposure to the infected patient, in case they also become ill.

## Who is considered a close contact to someone with COVID-19?

For COVID-19, a close contact is defined as anyone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated.

## What can a person diagnosed with COVID-19 expect to happen during contact tracing?

If you are diagnosed with COVID-19, a case investigator from the health department may call you to check-in on your health, discuss who you've been in contact with, and ask where you spent time while you may have been infectious and able to spread COVID-19 to others. You will also be asked to stay at home and self-isolate, if you are not doing so already.

- Your name will not be revealed to those you may have exposed, even if they ask.

cont'd p. 10



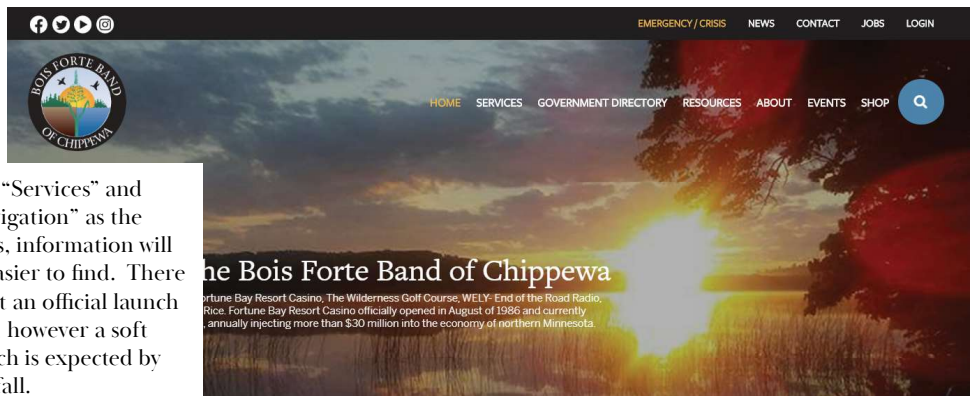
# The New Bois Forte Dot Com

## Bois Forte Website Re-Imagined

"Ho that's cheap," "Wow it's ugly," "I can't find anything," are a few comments that are frequently heard from visitors of the ten-plus year-old website. Back in the day, it was a very

modern and visually pleasing site. Not so much now in 2020. The development of an all new website is underway. The new website is being designed

with "Services" and "Navigation" as the focus, information will be easier to find. There is not an official launch date, however a soft launch is expected by this fall.



# What is Cultural Abuse?

## By StrongHearts DV

Intimate partner violence, in all forms, is destructive at its heart. Most people can identify the more common forms of abuse, which include physical, emotional, sexual and financial. One of the lesser known forms, cultural or spiritual abuse, is one of the most devastating, yet it is rarely spoken of. For American Indians and Alaska Natives, spirituality is often the core of who we are and our way of life, as a people. Our culture and spirituality are intertwined and provide the foundation of our lives – how we live, our family roles and how we interact with others, the meaning we find in our lives, and our sense of wellbeing. To have

our spirit attacked is as personal as an attack can get.

If your partner is behaving this way toward you, you may

feel removed from your family and support system. You may be embarrassed, not know where to turn or who to ask for help.

In some cases, you may even feel that the abuse is the direct result of your culture – that you are being abused because you are Indigenous. This form of abuse is a directly related to the root causes of violence in our communities:

### Spiritual abuse can be used to control how a person interacts with the world.

#### Some of these types of abusive behaviors can include when your partner:

- Belittles your beliefs, practices and traditions
- Prevents you from participating in spiritual or cultural traditions
- Forces you to participate in practices (not your own)
- Misstating or misusing spiritual practices against you
- Practices bad medicine against you

#### For our tribal communities, spiritual or cultural abuse can look like this:

- Telling you that you're not "native enough", or if your partner is non-Native, that you're "too Indian"
- Uses hurtful stereotypes to put you down ("Indians are drunks, lazy," etc.)
- Prevents you from participating in ceremonies, pow wows, feasts
- Uses tribal membership against you ("My tribe won't let you...")
- Tells you that you're not allowed to drum, dance, sing, fast or otherwise participate in traditions because of your gender

#### Each of these behaviors can deeply wound and often isolates you from your community.

colonization and genocide.

If your partner or loved one is demonstrating any of these behaviors or any type of abuse against you, please know that you have the inherent right to be safe, to lead a life free of abuse and to participate in your cultural practices and traditions.

The **StrongHearts Native Helpline (1-844-762-8483)** is a culturally appropriate, confidential, and anonymous service to American Indians,

Alaska Natives and Native Hawaiians who are experiencing abuse or know someone who is being impacted by domestic violence.

StrongHearts advocates are available 7 a.m. to 10 p.m. CST, seven days a week, and are trained with an understanding of intimate partner violence, including spiritual or cultural abuse. Our advocates can provide support and validation, safety planning and access to resources in your community.

When you're ready to talk, we are here.



**STRONGHEARTS**  
Native Helpline

**1-844-762-8483**

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In a crisis, Text MN to 741741 | Range Mental Health Crisis Line: 1-218-288-2100  
Wellness in the Woods Warmline for peer support: 1-844-739-6369

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## Contact Tracing

*cont'd from p. 8*

- Self-isolation means staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible.
- Self-isolation helps slow the spread of COVID-19 and can help keep your family, friends, neighbors, and others you may come in contact with healthy.
- If you need support or assistance while self-isolating, your health department or community organizations may be able to provide assistance. For Bois Forte Band members living on the reservation, the Bois Forte Community Health Nurse's Teri Morrison, R.N. and Terry DeFoe, R.N. will be in contact and will assist in needs during self-isolation.

**Symptoms of COVID-19** can include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. **If your symptoms worsen or become severe, you should seek medical care immediately.** Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

### What can close contacts expect to happen during contact tracing?

If you have been in close contact with someone who has COVID-19, a contact tracer from the health department might contact you to inform you that you've been exposed to COVID-19. You should stay at home and self-quarantine for 14 days, starting from the last day you were possibly exposed to COVID-19. The contact tracer will help identify the dates of your self-quarantine. The contact tracer can also provide resources about COVID-19 testing in your area.

- Self-quarantine means staying home, monitoring your health, and maintaining social distancing (at least 6 feet) from others at all times.
- If you need to be around other people or animals in or outside of the home, wear a cloth face covering. This will help protect the people around you.
- If you need support or assistance with self-quarantine, your health department or community organizations may be able to provide assistance.

You should take your temperature twice a day, watch for symptoms of COVID-19, and notify your health department if you develop symptoms. You should also notify people you had close contact with recently if you become ill, so they can monitor their health. If your symptoms worsen or become severe, you should seek medical care. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

### Am I considered a close contact if I was wearing a cloth face covering?

Yes, you are still considered a close contact even if you were wearing a cloth face covering while you were around someone with COVID-19. Cloth face coverings are meant to prevent someone from transmitting the disease to others, and not to protect someone from becoming infected.

### What will happen with my personal information during contact tracing?

Discussions with health department staff are confidential. This means that your personal and medical information will be kept private and only shared with those who may need to know, like your health care provider.

Your name will not be revealed to those you

came in contact with. The health department will only notify your close contacts that they might have been exposed to COVID-19. How data are collected, stored, and shared are specific to each state or jurisdiction.

### What if I have been around someone who was identified as a close contact?

If you have been around someone who was identified as a close contact to a person with COVID-19, you should closely monitor yourself for any symptoms of COVID-19. You do not need to self-quarantine.

### I still have questions where can I get more information?

For more information on Contact Tracing: Visit <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Contact-Tracing>.

Bois Forte Band members may contact Teri Morrison directly at 218-757-3650, cell: 218-750-2227, [thmorrison@boisforte-nsn.gov](mailto:thmorrison@boisforte-nsn.gov), she will be happy to answer questions that you may have.



## A New Journey



Roger Allen Skinaway

Roger Allen Skinaway, 63, of Nett Lake, MN passed away on Monday, June 8, 2020 at his home. Roger was born to Edward and Flora (Garrison) Skinaway on November 28, 1956 in Grand Rapids, Minnesota. Roger was an avid "puppy house proofer", liked to watch boxing and work on cars. Roger could always be found either at his home in Nett Lake, at his friends, or at Fortune Bay playing

Keno. Joys in his life were simple.

During his earlier years Roger worked for Asia Security, went to a KoRn concert with his niece and assisted in putting up trampolines, pools, and swing sets for his nieces and nephews, and would take Molly on walks around the lake. Once the kids grew up and moved away, Roger still tried to help the kids in the neighborhood so they would always have a place to play. He called Nett Lake his home and was welcomed by many dear friends, like his family, will miss him dearly.

He is now with his son listening to him rap and being welcomed by

the family that is there waiting. Roger's family statement: "Don't cry because it's over, smile because it happened." (Dr. Seuss). Roger was preceded in death by his father Edward Skinaway; and his son Edward Skinaway Parkhurst; sister Clara McGleno; and his brother Thomas Skinaway.

Roger is survived by his mother Flora Skinaway; brother Gerald Skinaway; nieces, nephews, and his 2 very loved dogs; Bubbles (Mama) and Pup Pup. A Celebration of Life will be held on Friday, June 12, 2020 at 10:00 AM at Roger's home.

www.makerfuneralhome.com

Lydia, and Dama Vondall and Cheri Caribou; and many cousins.

Traditional wake was held on Wednesday June 17, 2020 at the home of his grandmother, followed by burial on Thursday at the Traditional Cemetery in Grand Portage.

www.cavallinfuneralhome.com

## OBITUARY

**Steven A. "Stu" Roy Jr. 30**, Ham Lake, died Sunday June 14, 2020 at home.

Steve was born February 5, 1990 in Duluth to Steven Roy Sr. and Lynn Caribou. His first four years were in Nett Lake, then he moved to Grand Portage, where he grew up. After high school he went to work as an HVAC technician.

Stu was a member of the Bois Forte Band of Ojibwe. He enjoyed softball, basketball, and hanging out with friends.

Steve was preceded in death by his father, Steven Roy Sr. He is survived by a brother, Conrad Roy; his mother, Lynn Caribou; grandmother, Cecelia Vondall; nephews and niece, Isaac, Adaley, and Caleb; aunts, Melissa,

## 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 August issue is July 10, 2020.**

Bois Forte News  
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Cell: 218-404-6545  
lisham@boisforte-nsn.gov  
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  
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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

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

*\*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 JULY 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 **July 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 July 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, or call 1.844.217.0912.**

