



Vol. 45, No. 1
January 2021

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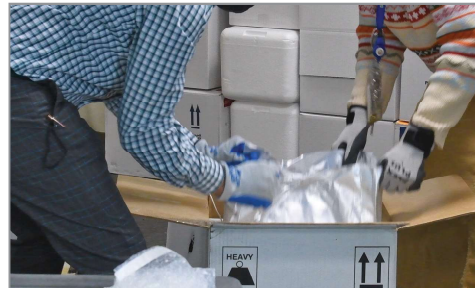


Bois Forte News

Bois Forte Receives COVID-19 Vaccine COVID-19 Vaccine Distribution Plan Implemented

Bois Forte Health (BFH) received the Pfizer vaccine on December 10, 2020, and immediately implemented Phase I of the Bois Forte Reservation COVID-19 Vaccine Distribution Plan. The vaccine was offered to Health Care Workers, EMTs, Law Enforcement, and Elders of highest risks as determined by Bois Forte medical providers, Language fluent Elders, IT, Clinic Maintenance, Head Start, and Teachers. According to BFH, 101 vaccinations were administered during the initial round of the Pfizer vaccine.

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Credit Office of Gov. Chris Sununu

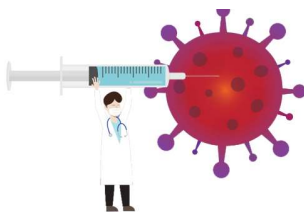


Howah Bois Forte!
ZERO NEW CASES IN
OVER 16 DAYS!

Bois Forte COVID-19 Status

Active Cases	
Nett Lake	0
Vermilion	0
Cumulative Cases	
Nett Lake	17
Vermilion	25
Deaths	
Nett Lake	0
Vermilion	0

*as of 12/10/2020



FAQ and Myths About the Coronavirus Vaccination

How does the vaccine work?

Previous vaccines have used weakened or a dead version of the virus. The COVID-19 vaccine is a different type called mRNA and it works by teaching our body how to make a specific protein - called the "spike protein".

Our body will then start an immune response (or fight off the virus) and destroy the protein introduced by the vaccine. Once destroyed, our immune system will remember how to fight the virus that causes COVID-19 if we become infected.

Is the vaccine safe?

MYTH: COVID-19 vaccines are not safe because they were developed and tested quickly.

FACT: Companies have not bypassed safety protocols or performed inadequate testing.

Clinical trials have shown they are safe and over 90% effective in preventing an infection from COVID-19. The manufacturers of the vaccines have had to follow those who had the vaccine for at least two months after vaccination. The

cont'd p. 3

Distribution Plan cont'd from p. 1

The last dose will take place within a three-week period from the first injection. BFH completed Phase I of the Vaccine Distribution Plan on December 18, 2020.

On December 23, 2020, BFH received the Moderna Vaccine and began administering the first round of Moderna vaccinations to Elders over the age of 65. After Elders 65 and over have received their injection, BFH will move down the list to other Bois Forte Elders beginning at age 55. The second dose is administered 28 days from the initial injection.

Bois Forte Band Members, Employees, and Public will begin receiving their vaccinations during the third phase of the Bois Forte Reservation COVID-19 Vaccine Distribution Plan. At the time of the January 2021 issue being printed, BFH start date of Phase III was still to be determined. BFH has strongly emphasized the importance of keeping your vaccination appointment. The Pfizer and Moderna Vaccines are fragile and require special storage requirements. Once open they must be used within a specific time frame or it is rendered void. Manufacturing and distribution of these vaccines are limited; we do not want to waste a precious resource that can save a life.

Minnesota Department of Health (MDH) has reported that there are COVID-19 Vaccine Scammers contacting people. Please note that MDH, BFH, and other health care providers will NEVER contact you and ask for personal information or credit card information in order to get the COVID-19 vaccine. COVID-19 vaccine is free. There is no statewide list that you can sign-up with before



Secretary/Treasurer David Morrison Sr. receives initial dose of COVID-19 vaccine

getting a COVID-19 vaccine. Right now, people who are eligible to receive the COVID-19 vaccine are being notified by their employer or the facility where they live. We will provide information once we have it on future priority groups and how they will be notified when they can receive vaccine.

If you have any questions regarding the COVID-19 Vaccine or Vaccination process, call the BFH Clinics. The health providers will be glad to answer any questions or concerns you may have.



BFH Clinic Nett Lake: 218-757-3650
BFH Clinic Vermilion: 218-753-2182
BF Community Health Nurse: Teri Morrison 218-750-2227

www.cdc.org
www.mn.gov/covid19
www.covidawaremn.com
boisforte.com/covid-19-vaccine-distribution-plan/

Bois Forte Reservation COVID-19 Vaccine Distribution Plan

Phase 1	Date Range	Offered to:	Process:	Important
Pfizer Vaccine	December 14 – 18, 2021 *2nd Vaccine given at 21 days	Health Care Workers, Emergency Workers, Tribal Police, Elders of Highest Risk as determined by BF Clinic Providers, Language-Fluent Elders, IT, Clinic Maintenance, Head Start, Teachers	Clinic Staff will call those who will be offered the vaccine and arrange injection	Considered confidential information for patients who receive or refuse vaccine
Phase 1 COMPLETED 12/18/2020 (1 of 2 shots)				
Phase 2	Date Range	Offered to:	Process:	Important
Moderna Vaccine FDA Approved 12/17/20	Est. arrival Dec 28 then will order thereafter as it becomes available *2nd Vaccine given at 28 days	1. Elders of Record 65 and older. 2. Other Bois Forte Elders	Clinic Staff will call those who will be offered the vaccine and arrange injection to include home injections, if necessary, and specific protocols followed.	Considered confidential information for patients who receive or refuse vaccine
**** ONCE GIVEN AN APPOINTMENT, YOU MUST KEEP THE APPOINTMENT or VACCINE WILL BE WASTED ****				
Phase 3	Date Range	Offered to:	Process:	Important
Moderna Vaccine Other Vaccine	To be determined	1. Elders of Record 65 and older. 2. Other Bois Forte Elders 3. Tribal Members and Employees 4. Public	Clinic Staff will call those who will be offered the vaccine and arrange injection to include home injections if necessary and specific protocols followed. Band members and Public will be able to call the clinic and schedule an appointment.	Considered confidential information for patients who receive or refuse vaccine
**** ONCE GIVEN AN APPOINTMENT, YOU MUST KEEP THE APPOINTMENT or VACCINE WILL BE WASTED ****				

Contact

If you have questions, call the clinic: Nett Lake 218-757-3650 or 800-223-1041 | Vermilion 218-753-2182

Vaccine FAQ

cont'd from p. 1

safety of the vaccine will continue to be followed and closely monitored by the Centers for Disease Control (CDC) and the Food and Drug Administration (FDA). The vaccine is free of animal origins (think using eggs for the flu vaccine) and preservative free.

FACT: COVID-19 vaccines will not give you COVID-19. Here is why:

- mRNA vaccines do not use the live virus that causes COVID-19, making it non-infectious
- mRNA is unable to disrupt our DNA. The cell breaks down and gets rid of the “spike protein” instructions on the mRNA as soon as it is used.

MYTH: COVID-19 vaccines have severe side effects.

FACT: There are short term mild to moderate side effects that 15% of people have experienced irritation at the site of injection. About half have had headache, chills, fatigue, muscle pain, or fever lasting one day or two and these resolve without complication or injury. Remember that the side effects tell you that the vaccine is working because you are having an immune response.

MYTH: I will get COVID-19 from the vaccine.

FACT: The vaccines are inactivated, not live-virus vaccines – you cannot get COVID-19 from an inactivated vaccine.

MYTH: COVID-19 vaccine was developed from fetal tissue.

FACT: mRNA vaccines are not created and do not use fetal cells to produce the vaccines.

How was the vaccine made so fast?

Making mRNA vaccines takes less time because the ingredients do not need to be grown in eggs, like the flu and rabies vaccines. There have also been studies done on similar viruses as early as 2002 and that information was used to “jump-start” COVID-19 vaccine development. The vaccine is made in test tubes, or tanks, depending on the amount needed.

If I have had COVID-19 do I need to be vaccinated?

You may have natural immunity after having COVID-19 but it is not known how much. The Mayo Clinic recommends getting vaccinated anyway because we just do not know how long your natural immunity will last.

The Mayo Clinic also states that you should delay getting the vaccination until 90 days after being diagnosed with COVID-19 infection. If you have further questions you will need to talk with your doctor.

"I Got Vaccinated to Protect My Community!" - Terry DeFoe, R.N., Public Health Nurse - Bois Forte Health



How much will the vaccine cost?

The COVID-19 vaccine will be free. The federal government has pre-purchased the vaccine with taxpayer money.

Will I still need to practice social distancing?

MYTH: I won't need to wear a mask if I get the vaccine.

FACT: It will take time for everyone to get the vaccine. To make sure others don't get sick while waiting for the vaccine we will need to continue all the current safety precautions to keep our loved ones and community safe. The amount of vaccines available will be in limited supplies at first. More vaccines are being developed. We will still have to continue wearing a mask and social distancing until a majority of the population has been vaccinated. At this time, it will be important to still wear a mask, stay 6 feet apart and wash your hands like we have been doing.

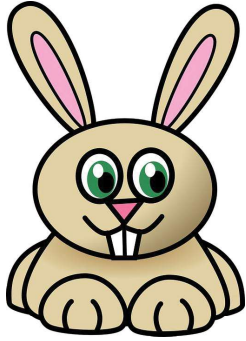
The Bottom Line

To stop the Pandemic you will need to get vaccinated if advised by your doctor, continue to wear a mask, practice social distancing and wash your hands. **PEOPLE LOVE YOU!** Do everything you can to be here for them, including getting vaccinated. Getting vaccinated prevents spreading the virus to others. With the long-term health effects of COVID-19 being unknown we should try to stop this virus.

Holiday Greeter and Temp Check station at the Tribal Government Center in Nett Lake.



Temperature Tom and Charlie Holmes pause for a quick photo before they returned to greet and check temperatures of co-workers as they arrive to work in the mornings.



Big Woods Transit

**Waabooz
Route**

**Weekday Route
Nett Lake to Virginia**

**Starting
January 4, 2021**

Running On:

Monday

Wednesday

Friday

**Call to reserve your seat!
1-888-757-1540**

**No Mask, No Ride
Social Distancing Required**



**LEGAL NOTICE
In the Bois Forte Band of
Chippewa Tribal Children's Court**

In the Matter of the Welfare of K.A.D.H., DOB: 08/23/2005, Bois Forte Band of Chippewa, Department of Family Health Services, Petitioner, v. Charles Dale Curtis Holmes and Tanya Rylene Goodbear, Respondents. Court File No. 14 934JV

To: The above-named Respondent, Tanya Rylene Goodbear, Parent of K.A.D.H., Minor Child

It is Ordered and Notice is Hereby Given that long term foster care petition was filed in Bois Forte Tribal Court on September 16, 2020. A trial on the above petition will be held on January 28, 2021, at 9:00 a.m. Central Standard Time, or as soon thereafter as counsel may be heard, at the Bois Forte Children's Court, Bois Forte Reservation, 12907 Palmquist Road, Nett Lake, MN 55772.

YOU ARE HEREBY NOTIFIED BY THIS SUMMONS AND NOTICE THAT YOU ARE REQUIRED TO APPEAR AT THIS HEARING AT THE ABOVE DATE, TIME AND PLACE. YOUR FAILURE TO ATTEND THIS HEARING MAY RESULT IN A DEFAULT JUDGMENT BEING GRANTED FOR THE PETITIONER.

By the Court
Megan Treuer, Chief Judge
Wendy Morrison Thompson, Clerk of Court
Attorney for Petitioner, Rebecca McConkey-Greene
12907 Palmquist Road | P.O. Box 25
Nett Lake, MN 55772
218-757-3462

**LEGAL NOTICE
In the Bois Forte Band of
Chippewa Tribal Children's Court**

In the Matter of the Welfare of R.E.M., DOB: 03/27/2012, Bois Forte Band of Chippewa, Department of Family Health Services, Petitioner, v. Charles Dale Curtis Holmes, Sr. and Andrea Rose Morgan. Court File No. 18 187JV

To: The above-named Respondent, Andrea Rose Morgan, Parent of R.E.M., Minor Child

It is Ordered and Notice is Hereby Given that a petition to transfer permanent legal and physical custody was filed in the Bois Forte Tribal Court on September 15, 2020. A hearing on the above petition will be held on January 28, 2021, at 9:00 a.m. Central Standard Time, or as soon thereafter as counsel may be heard, at the Bois Forte Children's Court, Bois Forte Reservation, 12907 Palmquist Road, Nett Lake, MN 55772.

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By the Court
Megan Treuer, Chief Judge
Wendy Morrison Thompson, Clerk of Court
Attorney for Petitioner, Rebecca McConkey-Greene
12907 Palmquist Road | P.O. Box 25
Nett Lake, MN 55772
218-757-3462

**LEGAL NOTICE
In the Bois Forte Band of
Chippewa Tribal Children's Court**

In the Matter of the Welfare of C.A.B.H., DOB: 08/23/2005, Bois Forte Band of Chippewa, Department of Family Health Services, Petitioner, v. Charles Dale Curtis Holmes and Tanya Rylene Goodbear, Respondents. Court File No. 14 934JV

To: The above-named Respondent, Tanya Rylene Goodbear, Parent of C.A.B.H., Minor Child

It is Ordered and Notice is Hereby Given that a petition to transfer permanent legal and physical custody was filed in Bois Forte Tribal Court on September 14, 2020. A trial on the above petition will be held on January 28, 2021, at 9:00 p.m. Central Standard Time, or as soon thereafter as counsel may be heard, at the Bois Forte Children's Court, Bois Forte Reservation, 12907 Palmquist Road, Nett Lake, MN 55772.

YOU ARE HEREBY NOTIFIED BY THIS SUMMONS AND NOTICE THAT YOU ARE REQUIRED TO APPEAR AT THIS HEARING AT THE ABOVE DATE, TIME AND PLACE. YOUR FAILURE TO ATTEND THIS HEARING MAY RESULT IN A DEFAULT JUDGMENT BEING GRANTED FOR THE PETITIONER.

By the Court
Megan Treuer, Chief Judge
Wendy Morrison Thompson, Clerk of Court
Attorney for Petitioner, Rebecca McConkey-Greene
12907 Palmquist Road | P.O. Box 25
Nett Lake, MN 55772
218-757-3462

LEGAL NOTICE
In The Bois Forte Band of
Chippewa Indians Tribal Court
Civil Division
Minnesota Chippewa Tribe

In the matter of Leo Vidal, petitioner vs Yukie Lee, respondent.

TO: The above named respondent, Yukie Lee.


You are hereby notified and notice is hereby given a Zoom hearing will be held on the 27th day of January 2021, at 10:20 a.m. CST, or as soon thereafter as counsel may be heard, at the Bois Forte Tribal Court, Bois Forte Indian Reservation, 12907 Palmquist Road, Nett Lake MN 55772, on the Order for Protection Petition filed in this court on December 1st, 2020. This hearing is to determine if the order for protection should be granted or denied. You have a right to attend this hearing to either agree or disagree, failure to appear will result in a default against you and the order for protection being granted.

By The Court
Megan Treuer, Chief Judge
Janell Smith, Clerk of Court
12907 Palmquist Road | P.O. Box 25
Nett Lake MN 55772
Tel: 218-757-3462



We would like to wish our Big Brother a very Happy 51st Birthday!

You mean more to us than you can ever imagine.

 your sisters

Winter is Coming
Pandemic Fatigue and SAD: What is it and how do we overcome it?

The year 2020 has given us new words, phrases, and terms to add to our daily mental library, Pandemic Fatigue or COVID Fatigue is one

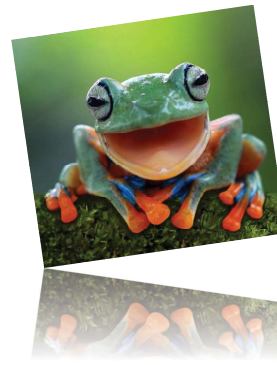
of them. This past year has been a dozy for sure - challenging yes - one month felt like six and six months felt like a year, making 2020 feel like the longest year ever. In part, this feeling is related to the Pandemic/ COVID Fatigue. The W.G.B. Public Health described Pandemic Fatigue as, "When people get tired of the pandemic measures and become less likely to follow public health practices or simply begin to drown out those messages."

For instance, if you have noticed your reaction to the things that you once paid close attention to, such as the rise in COVID-19 cases, have gone from OMG to MEH. "A natural sense of burnout can happen since we've had to stick to these public health measures for such a prolonged period of time." Like I mentioned earlier, time during this pandemic feels as if it has slowed-way-down, making a week feel like month etc. The Pandemic Fatigue affects everyone differently, however, most common shared symptoms of Pandemic Fatigue is feeling irritable, restless, depressed, having lack of motivation and concentrating on tasks. Individuals may notice having lack or no interest in things that once brought them joy. This can include withdrawing from socializing, changes in moods, sleep, and eating habits. Hashtags COVIDWIEGHT and QUARANTINEWIEGHT are near trending levels.

What can we do if we realize that you or someone you know may be experiencing Pandemic Fatigue? According to the blog from the University of Wisconsin Health's psychologist Shilagh Mirgain there are four categories of COVID Fatigue / Pandemic Fatigue that a person can concentrate on to help alleviate symptoms.

- 1. Change and Uncertainty Burnout Fatigue**
 - Work on accepting that things will continue to be difficult for a while
 - Look for a positive aspect
 - Continue or find new activities and hobbies that you enjoy and make you happy.
- 2. Your Surge Capacity is Depleted (Your table has too many marbles)**

Find Your Happy Place



- ☺ Focus on what you can control—including your thoughts, behaviors.
- ☺ Remember that you are resilient, and so is humankind. We will get through this.
- ☺ Do what you can to reduce your risk; take comfort that you are caring for yourself and others.
- ☺ Use technology to connect with others frequently.
- ☺ Look for the good stuff; the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.
- ☺ Limit exposure to news or social media updates.
- ☺ Use reputable sources of news, avoid speculation and rumors.
- ☺ Model peaceful behavior for those around you. Remember everyone experiences stress in different ways.
- ☺ Don't let fear influence your decisions, such as hoarding supplies
- ☺ Be gentle with yourself and others.
- ☺ Create a regular routine, especially for children and work from home.
- ☺ Maintaining a healthy diet and exercise routines to help your immune system and mental health.
- ☺ Spend time in nature while adhering to social distancing guidelines.
- ☺ Reflect on your reactions. Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.
- ☺ Practice meditation, yoga, or other mind-body techniques. Find apps or online videos to help.
- ☺ Reach out if you need to talk. There are local and national hotlines and warmlines that can help! DISASTER DISTRESS HELPLINE 1-800-985-5990 'TalkWithUs' TEXT 66746. Bois Forte Behavioral Health 218-757-3295, Bois Forte Victim Services 218-248-0067

Source: health.mn.gov, boisforte.ca

cont'd p. 8

**Congratulations
Winners!
2020
Christmas
Lighting
Contest**

Nett Lake

- 1st Lance Kingbird
- 2nd Danelle Porter
- 3rd Janice & Nazhomi Connor

**Palmquist/
Indian Point**

- 1st Frances Irving
- 2nd Ron King
- 3rd Tate Cly

Vermilion

- 1st Barb Brodeen
- 2nd Lynn O'Shea
- 3rd George Mihelich



**Bois Forte Tribal
Identification Cards**

Thursday, January 7, 2021
12:30 p.m. - 4:00 p.m.
Vermilion Social Center
1610 Farm Road South
Tower, MN

*By Appointment Only!
Please contact Alanna Sherman at 218-757-3261 ext. 1162 or at alanna.sherman@boisforte-nsn.gov to make an appointment.

For Fun & Filler!
What was on the cover of the 1997 January Issue of the *Bois Forte News*?

**BIDEN-HARRIS
Share Plan for
Tribal Nations**

According to the official website of the President-Elect Joe Biden and Vice-President-Elect Kamala Harris, their plan as it regards Native American Nations of the United States is to uphold the U.S.'s commitments and responsibilities as outlined below.

- Strengthen the Nation-to-Nation relationship
- Provide reliable, affordable, quality health care and address health disparities
- Restore tribal lands, address climate change, and safeguard natural and cultural resources
- Ensure Native communities are safer and tackle the crisis of violence against Native women, children, and the elderly
- Expand economic opportunity and community development in Native communities
- Invest in education and youth engagement
- Meet obligations to and commemorate Native veterans
- Ensure Native Americans can exercise their right to vote

Strengthen Nation-to-Nation Relationship

Biden will ensure tribes have a seat at the table at the highest levels of the federal government and a voice throughout the government. He will:

1. Immediately reinstate the annual White House Tribal Nations Conference and leverage the White House Council on Native American Affairs, which the Obama-Biden Administration created.

2. Appoint Native Americans to high-level government positions, ensuring tribal nations have a strong voice and role in the federal government.
3. Nominate judges who understand federal Indian law, respect tribal sovereignty, and will uphold both our treaties and the U.S. Constitution.
4. Ensure fulfillment of federal trust and treaty obligations including by working to address chronic underfunding of unmet federal obligations to Indian Country.
5. Defend the Indian Child Welfare Act. Biden will fight to defend and fully implement the Indian Child Welfare Act (ICWA) of 1978, a law that he was proud to support and that established standards for the placement of Native American children in foster and adoptive homes and sought to protect Native families and involve Tribes in child welfare cases.
6. Strengthen self-governance. A Biden Administration will work with tribes to explore ways to expand self-governance opportunities.

Provide Reliable, Affordable, Quality Health Care and Tackle Health Care Disparities

Biden will ensure that every Native American has access to quality, affordable health care and honor the federal government's treaty and trust responsibility to provide health care services to Native Americans. Biden will:

1. Increase and ensure stable funding for the Indian Health Service. The Indian Health Service (IHS) has been underfunded for decades.

cont'd p. 7

Bidden/Harris

cont'd from p. 6

- And, as the only major federally funded health care provider that does not receive advance appropriations or significant mandatory funding, the IHS consistently faces the uncertainty of the federal budget process. Biden has called for dramatically increasing funding for IHS and making that funding mandatory.
2. Ensure access to health coverage. Under the Obama-Biden Administration, the Affordable Care Act made permanent the Indian Health Care Improvement Act (IHCA), the cornerstone legal authority for the provision of health care to Native Americans. Biden will build on Obamacare, providing a new public health insurance option like Medicare and ensure the individuals who would be eligible for Medicaid but for their state's inaction are automatically enrolled on to the public option, at no cost to the individual. Biden will also protect Medicaid from Trump's proposals to drastically cut it and weaken it through work requirements. And he'll protect Medicare and lower the eligibility age to 60.
 3. Lead a decisive public health response to COVID-19. As President, he will ensure wide availability of free testing and eliminate cost barriers to preventative care and treatment for COVID-19 — ensuring Native Americans are not left behind. He'll fight for the development of a safe and effective vaccine and the full production and fair distribution of necessary supplies. And, he'll ensure that reopening decisions by tribal governments are respected. Biden will also provide IHS, tribal health authorities, and urban Indian organizations guaranteed access to the Strategic National Stockpile and provide tribes access to federal grants that help public health facilities surge capacity and response timelines. And, he's called on Congress to immediately enact Senator Kamala Harris' bill to create a task force to address the racial disparities that have been laid bare by this pandemic.
 4. Expand the pipeline of health care providers in tribal communities. The IHS does not have enough doctors or nurses to provide necessary care for Native Americans. Biden will expand the reach of the Indian Health Service Programs designed to provide scholarships and practical experience to individuals willing to work in high-demand areas, while training health professionals that reflect the culture of their community.
 5. Deploy telehealth throughout Indian Country. Many Native Americans lack access to health care because of the remote, rural locations where they live — where the nearest emergency room can be hours away. Biden will provide funding to health care facilities serving rural areas and in tribal communities to encourage the use of telemedicine and ensure that providers are properly trained to provide quality care via telemedicine.
 6. Reduce our unacceptably high maternal mortality rate, which disproportionately impacts Native mothers. From 2007 to 2016 Native women were 2.3 times more likely to die from pregnancy-related complications than white women.
 7. Reauthorize and expand the Special Diabetes Program for Indians. Native Americans are more likely to have diabetes than any other race. Since the Special Diabetes Program for Indians was established, diabetes-related kidney failure among Native Americans has fallen by more than half.
 8. Expand access to mental health and substance use disorder treatment. Biden will defend the Affordable Care Act, which expanded coverage and required insurers to cover substance disorder and mental health services as essential health benefits, enforce mental health parity laws, and eliminate the stigma around mental health. He will tackle the opioid crisis and substance use disorders with \$125 billion investment in prevention, treatment, recovery, and harm reduction.
 9. Help prevent suicides. Suicide is the second leading cause of death among 10-34 year old Native Americans. Biden will direct the Center for Disease Control and Prevention (CDC) to work with tribes to research and collect data on the epidemic of suicide amongst Native American youth in order to strengthen suicide prevention efforts, and will increase resources for current suicide prevention efforts, including programs like the Garrett Lee Smith State/Tribal Youth Suicide Prevention and Early Intervention Grant Program.
 10. Tackle social determinants of health. Biden will take steps to make sure that families have access to child care, jobs that have safe and fair conditions, a living wage, clean air and water, and mental health support — communities where children and families will thrive. He will also expand access to healthy foods, while also promoting tribal self-governance by directing his U.S. Department of Agriculture to enter into 638 self-determination agreements with tribal governments that are prepared and wish to administer federal nutrition assistance programs like the Food Distribution Program on Indian Reservations.
 11. Increase Native health data collection and sharing to improve health outcomes. Biden will direct the Centers for Disease Control and the Department of Health and Human Services (HHS) to share data with tribes and encourage states to do the same. He will also direct HHS and CDC to work with states and tribes to increase data sharing across the board, while honoring tribal sovereignty, so that they can more easily analyze the impacts of policy interventions and work to improve health outcomes. Read Biden's full health care plan at joebiden.com/healthcare and his full plan to tackle the opioid crisis at joebiden.com/opioidcrisis.

Restore Tribal Lands, Address Climate Change, and Safeguard Natural and Cultural Resources

Biden will restore lands and protect the natural and cultural resources within them, while honoring the role of tribal governments in protecting those resources. He will:

1. Make it easier to place land into trust. One of the most important roles the federal government plays in rebuilding the nation-to-nation relationship is placing land into

cont'd p. 9

Winter is Coming cont'd from p. 5

on it - plate is too full)

- Take-5, practice mindfulness to help recharge your battery, calm your mind.
- Give yourself a break – cut yourself some slack and give yourself some grace, expect less from yourself.

3. Zoom Burnout

- Take breaks from looking at your screen; try the 20-20-20 rule. (For every 20 minutes you look at a screen, look away at a spot 20 feet away for 20 seconds.)
- Consider blue light blocking glasses
- Get up and move about every hour, consider alternate meeting styles like phone calls, emails.

4. Stop “Doom Scrolling,” or staying glued to electronic devices to find out information on the disasters and stressors that face our country.

- Limit your exposure to Social Media.
- Be mindful of the type of news you are consuming.

Unfortunately, the year 2020 has to hit us with the screen door as we move forward into 2021. Yes, Winter is coming. For those who have not had the opportunity to enjoy *The Game of Thrones* here is a brief description. “Winter Is Coming” is the motto of House Stark, one of the Great Houses of Westeros. The meaning behind these words is one of warning and constant vigilance. The Starks, being the lords of the North, strive to always be prepared for the coming of winter, which hits their lands the hardest.” As winter rolls in strong, not only are many facing Pandemic Fatigue, and cooler temperatures, some are also facing SAD. SAD stands for Seasonal Affective Disorder and is a type of depression that is related to Fall and

Winter seasons. This January and February may be a bit more brutal to some than usual. The lack of sunlight, isolation, quarantine, and limited – if at all – hugs can really kick you when you are down. In addition to the four categories mentioned above to help fight the effects of Pandemic Fatigue, there are similar actions you can do to help minimize symptoms of SAD.

have clinical experiences with SAD, but this year, they may be worth a try for anyone. They do seem to make a difference in what neurotransmitters get released in our bodies.”

- **Practice mindfulness and emotional resilience (part 1):** “We won’t be able to do that every moment of every day,” she



According to the Mayo Clinic, working these four into your daily routine will assist in battlefield preparation, being Pandemic Fatigue and SAD – and other terrible things that have happened in the year 2020.

In a blog by UC Davis Health – Sacramento, Kaye Hermanson, UC Davis Health clinical psychologist suggested these tips for fighting Pandemic Fatigue, Winter blues, and SAD:

- **Exercise:** “I say this over and over: Exercise is still the No. 1 best thing we can do for coping,” she said. “It releases endorphins and gets some of the adrenaline out when the frustration builds up. Just go for a walk, if you can. If it’s too cold or wet, put on a workout or yoga video. It helps so much.”
- **Consider light therapy:** “There are light boards you can buy,” Hermanson said. “We usually recommend these for people who

said. “It’s OK to have a bad day. Everyone else will be having them, too. But you can work on it. There are apps for that, and you can also connect with help from a mental health professional.”

- **Practice mindfulness and emotional resilience (part 2):** “This is what I’m telling myself: ‘Just hang in there. We’re getting closer. This won’t last forever,’” Hermanson said. “Try to practice resilience regularly. For instance, I’m starting each day with some deep breathing and sending some thoughts of gratitude to someone else.”
- **Be compassionate with yourself:** Just accept there will be times when things go wrong or you’ll feel bad. “Nobody prepared us for this,” Hermanson said. “There wasn’t a class in high school called

‘How to Get Through a Pandemic.’ We’re all figuring this out as we go.”

- **Look for reasons to laugh:** “As odd as it seems, you might have to work to do this sometimes,” Hermanson said. “But there is a healthy physical reaction to laughing.”
- **Look for joy:** “I keep a list on my phone of movies I love, books I love, other things I love,” she said. “When I need it, I pull it out and say, ‘What on this list can I do?’ When you’re down, distractions like a good movie or TV show can be very helpful.”

Remember that you are not alone and that it is okay to reach out to talk to someone.

Bois Forte Behavioral Health 218-757-3295 | Bois Forte Victim Services 218-757-3295

Call the NAMI Helpline at 800-950-6264 M-F, 10 am – 6 pm, ET Or in a crisis, text “NAMI” to 741741 for 24/7, confidential, free crisis counseling www.nami.org

Wellington-Dufferin-Guelph Public Health www.wdgppublichealth.ca
University of Wisconsin Hospitals and Clinics Authority www.uwhealth.org
UC Davis Health www.health.ucdavis.edu



Bidden/Harris

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- trust on behalf of tribes.
2. Protect Native homelands. As President, Biden will work to uphold the United States' promises to tribes by defending federally-recognized tribal homelands and will support efforts to protect and secure reservation boundaries.
 3. Respect Land Sovereignty and Tribal Rights. Biden will uphold leasing and right-of-way regulations that strengthen tribal sovereignty and ensure tribal consent on tribal lands.
 4. Protect natural and cultural treasures. His administration will work with tribal governments and Congress to protect sacred sites and public lands and waters with high conservation and cultural values. And, he will provide tribes with a greater role in the care and management of public lands that are of cultural significance to Tribal Nations.
 5. Immediately and ambitiously address climate change and its impacts on Indian Country. Climate change poses an existential threat – not just to our environment, but to our health, our communities, our national security, and our economic well-being, and the cultures of Native Americans that are closely tied to the land. And, it poses particular threats to indigenous tribes, from those that have to relocate because of erosion and rising sea levels on the coasts to those across the entire country experiencing varied impacts including droughts, flooding, wildfires, and changes in biodiversity that threaten their economic dependence on their land and water, as well as traditional subsistence activities

critical to the survival of many tribal communities. And 40% of the federally recognized tribes live in Alaska, where the melting sea ice and permafrost are damaging necessary infrastructure and harming communities. He will partner with tribal nations to get there, identifying and responding to the highest risks of climate change on tribal lands, restoring the use of science and traditional ecological knowledge in planning for and adapting to climate change, and supporting tribal efforts to shift to clean energy production and use. Read more about Biden's plans to build a clean energy future at <https://joebiden.com/clean-energy/> and <https://joebiden.com/climate-plan/>.

Increase Safety on Tribal Lands and Tackle the Crisis of Violence Against Native Women, Children and the Elderly

Today, in Native communities, there is an epidemic of violence against women. Native Americans — especially women and children — are more likely to be victims of crimes than the average American. Native youth are up to ten times more likely to be victims of violent crimes than other youth. More than 1 in 2 Native women are subject to sexual violence in their lives, with more than 1 in 7 experiencing it in the past year, and murder is the third leading cause of death of Native women. There are far too many unresolved or unprosecuted cases of missing and murdered indigenous women. To break the cycle of victimization and promote accountability, Biden will partner with tribal leaders and tribal women's advocates to ensure tribal lands are

safe and focus on ending violence against Native women and children and ending the epidemic of missing and murdered indigenous women and girls. Biden will take a comprehensive approach, and ensure Native people are at the table, listened to, and part of the solution. As President, Biden will:

1. Reaffirm tribal sovereignty to support women and children and hold offenders accountable. The Obama-Biden Administration passed the Tribal Law and Order Act (TLOA) of 2010, strengthening tribal self-determination in criminal justice and empowering tribal authorities to better keep their people safe. As President, Biden will reauthorize key parts of this bill that have expired, such as funding support for tribal justice systems and tribal use of federal Bureau of Prisons beds. He also will work with tribal leaders to find long term solutions to address the Supreme Court's decision in *Oliphant v Suquamish* that has prevented tribes from prosecuting non-Indian offenders who commit crimes against
 2. Indians on Indian lands. As the original architect of the Violence Against Women Act (VAWA), Biden fought for tribes' rightful authority to protect Native women from abuse. The Violence Against Women Act reauthorization of 2013 recognized for the first time tribes' inherent power to exercise special criminal jurisdiction over non-Indian offenders who commit domestic violence, dating violence, or violate a protection order on tribal lands. The law expired last year, and even though the House passed a reauthorization, President Trump and Senate Republicans have yet to bring it to a vote and make it law. If it has not become law by the time Biden enters the
- White House, it will be one of his top legislative priorities. Biden will reaffirm tribal sovereignty and expand the crimes for which tribes can exercise special criminal jurisdiction, including sexual assault, stalking, child violence, and trafficking, through signing into law VAWA 2019. This law will also create a pilot project to help address Alaska's unique challenges in addressing violence against women.
3. Provide support for tribal justice systems. Biden recognizes the important role that tribal police departments, courts, and victim services agencies play in tribal communities.
 4. Increase data and transparency. Tribes have limited access to data, making it difficult to improve law enforcement and justice systems so that they can best prevent and address violence and other crimes. Biden will direct the Department of Justice to produce crime reports for Indian Country and provide the annual reports required by the Tribal Law and Order Act.
 5. Biden will also expand enrollment for all tribal law enforcement agencies to participate in the Tribal Access Program, a Department of Justice initiative to provide Native American police with access to national crime information databases and tackle the data gaps fueling the epidemic of missing and murdered Native women and girls outlined under Savanna's Act.
 6. Ensure that federal law enforcement prioritizes public safety in Indian Country, with engagement from tribal communities.
 7. Biden will work with tribal leaders and tribal women's advocates to

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ensure the federal government is providing tribal communities with the resources they need, including ensuring the Federal Bureau of Investigation places additional agents in Indian Country and that each U.S. Attorney office with Indian Country jurisdiction has a point person to coordinate efforts with tribal, state, and local law enforcement to end the epidemic of missing and murdered indigenous women and girls. Biden will communicate to U.S. Attorneys that their responsibilities in Indian Country must be a top priority and will ensure that in each jurisdiction the FBI will appoint an ombudsperson to field feedback from tribal communities.

8. Direct the U.S. Department of Justice to fully investigate the epidemic of missing and murdered indigenous women and children. In addition to taking concrete steps to address the epidemic of missing and murdered indigenous women,

he will task his Department of Justice with investigating the epidemic and determining recommendations for addressing this crisis, including identifying communication breakdowns between governmental agencies and providing adequate resources for Indian tribes to implement tribally-centered responses.

9. Expand federal resources for prevention and survivor support initiatives for Native women and girls. Biden has laid out a comprehensive plan to expand resources for prevention and survivor support initiatives, ranging from supports like a stronger safety net for survivors including housing and cash assistance to the expansion of advocates and access to lawyers so survivors can get the justice they deserve. He will also work to increase funds to meet the unique needs of tribes by increasing funding set aside for tribes under the Crime Victims Fund established by the Victims of Crime Act of 1984 (VOCA), and expand grants to support targeted, community-driven strategies that include trauma-informed and culturally-specific programs that focus on the development of holistic prevention and intervention services for survivors from Native and other racial and ethnic minority communities. And, he will secure additional funding for VAWA's college campus grant for Tribal Colleges and Universities

and other Minority Serving Institutions and community colleges to enable them to implement culturally and environmentally-specific prevention and survivor support initiatives.

10. Support addiction treatment, mental health services and trauma recovery to break the cycles of crime and victimization. Biden will renew that commitment to healing and supportive services in Native communities by increasing the availability of addiction treatment, mental health and trauma recovery services, building on the Obama-Biden Administration's support for the Adult Tribal Healing to Wellness Programs and Juvenile Treatment Drug Court.

Expand Economic and Community Development in Indian Country

He will ensure federal agencies provide support in ways that is most useful for tribes and honors tribal self-determination. Biden will:

1. Invest in Infrastructure and Clean Energy Aging infrastructure undermines economic opportunity and physical wellbeing across Indian Country. Biden will make a historic \$2 trillion investment in modern, sustainable, accessible infrastructure to create millions of jobs and deliver an equitable clean energy future.
2. Build and repair roads, highways, and bridges in Indian Country.
3. Expand broadband, or wireless broadband via 5G, to every Native American household. Read more about Biden's plan at joebiden.com/infrastructure
4. Ensure clean, safe drinking water and water infrastructure in Indian Country and all communities. Biden will restore strong federal support for Indian water rights settlements and coordinate the actions of all relevant federal agencies to use their programs, authorities, and resources to support tribal water needs and economic development activities. Read Biden's full infrastructure plans at joebiden.com/infrastructure and joebiden.com/clean-energy.
5. Invest in housing. Access to safe, affordable housing is a pervasive challenge in Native American communities around the country. Read Biden's full housing plan at joebiden.com/housing.
6. Invest in a 21st century care infrastructure. More than 60% of Native Americans live in so-called "child care deserts." Biden will make child care more affordable and accessible for Native families by making substantial investments in the country's care infrastructure, including a direct set-aside for tribes.
7. Invest in Native small businesses
8. Capitalize Community Development Financial Institutions (CDFIs) with increased resources to the Native American CDFI Assistance Program (NACA Program), which has proven a successful way to increase capital access across Indian Country.
9. Invest in Native agriculture Native farmers and other farmers of color have long faced barriers to growing their agricultural businesses, including unfair prices, unequal access to government support, retaliation for civil rights complaints, and outright injustice.

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Invest in Education

He will provide Native educators the support and respect they need and deserve. He will also increase collaboration between the Department of Education and Department of Interior, implement more meaningful and robust consultation with tribes, and encourage states and local education organizations to work collaboratively with tribes to ensure Native voices are heard. Biden will:

1. Ensure access to high-quality, affordable child care and offer universal preschool to three- and four-year olds. Biden will increase funding to tribes to expand access to quality child care for Native children, and he will work with states and tribes to ensure Native students can access preschool at public schools, including Bureau of Indian Education (BIE) schools.
2. Invest in public schools, including BIE schools. Read more about Joe Biden's plans to invest in our public schools system at <http://joebiden.com/education>
3. Invest in improving public school buildings, including public schools operated by Indian tribes and by the BIE.
4. Double the number of psychologists, counselors, nurses, social workers, and other health professionals in our schools so our kids get the mental health care they need.
5. Recruit and retain diverse teachers. Biden will support more innovative approaches to recruiting Native teachers, including supporting high school students in accessing dual-enrollment classes that give them an edge in teacher

preparation programs, helping paraprofessionals work towards their teaching certificate, and working with Tribal Colleges and Universities to recruit and prepare teachers, including providing new funding for Tribal Colleges and Universities to develop graduate programs in education. For the most remote tribal schools, Biden also recognizes that providing adequate teacher housing is an important element of recruitment and retention.

6. Promote Native history and culture in schools. Native students have better academic outcomes when their school's curriculum includes their tribal language and culture. Biden will increase resources to support incorporation of Native history and culture in public-school curricula, including BIE schools. Biden will protect funding for the Johnson-O'Malley Program, helping localities meet specific needs of their students through programs ranging from cultural preservation to dropout prevention.
7. Invest in Tribal Colleges and Universities (TCUs).
8. Increase college completion by making college affordable for Native students. And he will double the maximum value of Pell Grants.
9. Alleviate student debt burdens. In 2016, more than three-quarters of Native American graduating seniors had student loan debt. As President, Biden will immediately cancel \$10,000 of federal student loan debt during COVID-19, and forgive all undergraduate tuition-related federal student debt from two- and four-year public colleges, and including Tribal Colleges and Universities, for debt-holders earning up to \$125,000.

BOIS FORTE REGISTRAR FEES

1/1/2021

REGISTRATION & TITLE

NUMERICAL PLATES	
2018 & NEWER	\$100.00 + TITLE TRANSFER = \$120.00
2014 - 2017	\$75.00 + TITLE TRANSFER = \$95.00
2013 & OLDER	\$60.00 + TITLE TRANSFER = \$80.00
PERSONALIZED PLATES	
ANY YEAR	\$120.00 + TITLE TRANSFER = \$140.00
VETERAN PLATES	
ANY YEAR	\$30.00 + TITLE TRANSFER = \$50.00
RTG/FORTUNE BAY VEHICLES	
ANY YEAR	\$45.00 + TITLE TRANSFER = \$65.00
MISCELLANEOUS REGISTRATION:	
MOTOR HOME OR CAMPER (ANY YEAR)	\$55.00 + TITLE TRANSFER = \$75.00
MOTORCYCLE (ANY YEAR)	\$35.00 + TITLE TRANSFER = \$55.00
TRAILER (3,000 LBS OR LESS)	\$50.00 + TITLE TRANSFER = \$70.00 (LIFETIME STICKER)
TRAILER (3,000 LBS OR MORE)	\$50.00 + TITLE TRANSFER = \$70.00

TAB RENEWAL

RENEWAL REGISTRATION FEES

NUMERICAL & PERSONALIZED PLATES	
2018 & NEWER	\$100.00
2014 - 2017	\$75.00
2013 & OLDER	\$40.00
VETERAN PLATES	
ANY YEAR	\$20.00
RTG/FORTUNE BAY VEHICLES	
ANY YEAR	\$40.00
MISCELLANEOUS RENEWAL:	
MOTOR HOME OR CAMPER (ANY YEAR)	\$35.00
MOTORCYCLE (ANY YEAR)	\$35.00
TRAILER (3,000 LBS OR MORE)	\$35.00
OTHER FEES	
TITLE TRANSFER	\$20.00
DUPLICATE TITLE	\$20.00
HANDICAP TAG	\$10.00
	Valid for 6 years if permanent disability. Valid for 6 months if temporary disability. Doctor documentation required when applying.

Meet Obligations to and Commemorate Native Veterans

Native Americans have a long and proud tradition of serving the United States Armed Forces, joining at higher rates than any other demographic

group. As President, Biden will direct the Department of Veterans Affairs (VA) to establish a Tribal Advisory Committee to increase collaboration and coordination between the federal government and Tribal Nations. He will also work to:

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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 \$5 per year.

Deadline for the February 2021 issue is January 15, 2021.

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



www.boisforte.com

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1. Fully resource the U.S. Department of Veterans Affairs to ensure that our veterans receive the services they need, regardless of race, gender, sexual orientation, disability, or ZIP code. He will also ensure that the Office of Tribal Government Relations is fully staffed and funded and that health care and benefits specific to Native Americans are properly administered. And, Biden will evaluate the existing agreements between the VA and Indian Health Services (IHS) to make sure that Native veterans are receiving the world-class health care they deserve and that their particular needs are being met.
2. End homelessness among Native veterans. expand the Veterans Affairs Supportive Housing Act to meet the disproportionate number of homeless Native American

- veterans and require the VA to coordinate state/county systems of veterans services with tribes and their Tribal Veterans Services officers to expand access to services for Native veterans.
3. Expand the Native American Direct Loan Program, which allows eligible veterans and their families to apply their VA home loan guarantee to federal trust land, to facilitate home ownership and improvements.
 4. Demonstrate respect for Native communities by changing military naming conventions that label enemy-held territory as "Indian Country" and codenames enemy combatants after historic indigenous and tribal figures.

Ensure Native Americans Have the Right to Vote

Voting is the purest, most fundamental act of U.S. citizenship. Native

Americans and Alaska Natives have for far too long have been disenfranchised. Biden will not only protect the right of Native Americans to vote, but make it easier to vote. He will:

1. Lead the way to restore the Voting Rights Act by enacting the John R. Lewis Voting Rights Act of 2020 and support the Native American Voting Rights Act.
2. Appoint leaders to the Justice Department who will challenge every law designed to suppress the Native vote.
3. Establish a first-of-its kind Native American Voting Rights Task Force, ensuring equal access to voter registration and polling sites. It will formulate recommendations to combat the devastating effects of Shelby County v. Holder and state actions to restrict Native American voting access, such as states' failure to accept tribal identification cards as a valid form of voter identification.

Bois Forte Tribal Government Offices



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Bois Forte Tribal Council

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