



Bois Forte NEWS

VOL. 46 NUMBER 1

Don't Wait..VACCINATE

The Bois Forte Clinics have openings for the following vaccinations:

- Pfizer -available to ages 5 and older
- Moderna-available to ages 18 and older
- Johnson/Johnson-Available to ages 18 and older

Call and schedule your appointment today!

Nett Lake Clinic

Tuesdays & Wednesdays
5219 St. John Drive
Nett Lake, MN 55772
(218) 757-3650

Vermilion Clinic

Thursdays & Fridays
1613 Farm Road South
Tower, MN 55790
(218) 753-2182



The coaches explain the rules of the next game.

It's basketball season for Nett Lake students Young kids and older kids alike practice their skills on the court

At the Nett Lake Elementary school, on Mondays through Wednesdays, after school is basketball time.

David "Squidg" Morrison, Jr. coached kids through many exercises. Today, they worked on one of the most crucial skills in basketball: dribbling. The kids were challenged to stay within a small area—which, as time went on, grew smaller and smaller— as they dribbled their ball. Accuracy, control, and precision in dribbling are all critical for the sport. It's also a lot of fun.

Soon, the game became an effort to steal the ball from the other players— another important skill. This is much trickier to do within a small space than one

would imagine! The kids competed with energy and zeal, trying to take the other player's basketball while keeping their own, and not leaving the allocated space. The ultimate winner of this challenge would win a free Gatorade, adding incentive for competition. However, everyone was a good sport about competing, and the children cheered for one another while they waited their turn.

Visiting this basketball practice reminded me of my own gym classes and after-school sports when I was a kid. I had forgotten how hard it is to make a basket when you're four feet tall and still developing all your muscles. It can be frustrating when the basket is so high up

and you have little kid arms— but these kids gave it their best shot, always staying positive and supportive of each other as they practiced shooting hoops.

More than anything, they were having fun. Keeping the spirit of the sport at heart, they practiced and honed their skills alongside their friends, and had a great time.

Basketball practice takes place on Mondays, Tuesdays, and Wednesdays after school. If your child is interested in basketball or sports in general, this team is a fantastic opportunity for them to explore the teamwork and challenge of the sport.

Chairwoman Cathy Chavers



Boozhoo!

We are seeing a rise in influenza cases now here at Bois Forte. If you feel sick please get tested. Now it could be influenza or Covid. It just seems that we have the Covid virus and now the influenza is here as well. When will it ever end? Be strong everyone!

A few months ago I was contacted that the Archbishop of Minnesota wanted to know if the Minnesota Tribal Leaders would be willing to meet with them regarding the boarding school issue. So the tribal leaders did agree to meet and the meeting was held on Tuesday, December 8 at Grand Casino Hickley. Attendance could be in person and by Zoom. Lt. Governor Peggy Flanagan also attended as a guest. The Archbishop attended in person along with the Bishops from Duluth and Crookston and other attendees from the church. The tribal perspective and history of the boarding schools was told to the Arch-

bishop along with the Archbishop explaining the different areas within the church and different religions. There was a common denominator and that was we all know that we need to do something with everyone involved during the boarding school era and the churches have been good record keepers and are willing to share their information and work with the tribes in any way they can. It was an historic meeting for the tribes to meet with the Archbishop and others. Painful stories were told but they needed to hear that also. We know that there were others involved during this time and we need to get everyone at the table to discuss our needs from tribes to heal from this terrible event that affects us all today. Those that need to be at the table are the federal and state government, churches and those associated with other religious participants, universities and more. Secretary of Interior Deb Haaland has asked for a report to be done on the boarding school issue by April 1, 2022. Our next hope is to have a meeting with all 11 tribal leaders and all the entities listed that were involved with the boarding schools and have them all at the table to see what resources, funding and other needs are for our people to heal from this traumatic event that still plagues us today.

Tribal leaders are continually working hard to become "visible" in a society that has kept us invisible for hundreds of years. We are moving forward slowly but we are moving in the right direction and will continue to do so.

Chi Miiigwech!

Boys & Girls Club sends their Thanksgiving meals home this year

This Thanksgiving, the Boys and Girls Club (BGC) worked together to make take-home Thanksgiving meals for their members, to bring some festive cheer during a time when it was not possible to gather together as usual.

Branch Director Wendy Deatherage explained that this was a solution to adapt to a difficult situation.

"This was a last minute 'do the best you can until situation changes' and it worked out pretty good," Deatherage explained.

Last year, the club did a Thanksgiving feast with the club members. With the Covid-19 restrictions in place at the time, having a community meal with the families was not possible. However, they could host a traditional Thanksgiving meal for the staff and club members.

"We set a large square table with festive decorations and had a traditional Thanksgiving meal together," Deatherage said. "We had planned to do the same this year but we found out that the RTG would be closing on Wednesday at noon and we would not be able to accomplish this on Tuesday. We decided to make the meal, package it and send it home with the kids on the Monday before Thanksgiving. We did not have enough supplies on hand to send home meals for the whole family but each club member and staff member went home with a meal of glazed ham, cheesy potatoes, green bean casserole and homemade banana bread."

The banana bread was a huge hit. Family members at home enjoyed it, and Deatherage said that they will definitely need to do a banana bread

take-home kit, because some of the older siblings were fighting for a piece. The Club's banana bread recipe is a favorite of its members.

"It's a recipe that we developed using healthier ingredients such as coconut flour, oatmeal and coconut oil," said Deatherage. "The club members helped prepare the banana bread and also helped package the meals in to go containers and bags. We have found working in the kitchen to be a very therapeutic activity for some of our club members. On this day we specially planned the baking activity for that reason. The kids had been out on a long break, transitioning back is difficult for some of them. Baking in small groups provides a fun way to get back into the groove."

Last fall, the club sent home take-home bags on Fridays to help supplement weekend meals. The response was positive. Both Vermilion and Nett Lake will resume this project before January.

This holiday meal sounds delicious. In addition to providing high quality, healthy meals to their club members. Deatherage said that the BGC has been able to do community meals, take home bags, and a mobile bakery. They have also made donations to the Bois Forte Elder Meals program and additionally has provided snacks to the High School Indian Education Programs at North Woods and Virginia.

"The club members are learning so much about community service and working together," Deatherage said. "This has been a great experience for all of us."

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



www.boisforte.com

VERMILION CLINIC SCHEDULING:

218-753-2182

NETT LAKE CLINIC SCHEDULING:

218-757-3650

The North Woods Archery Team aim for victory (and also the targets)

Coaches emphasize patience, practice, and fun

“Draw, anchor, aim, shot set-up, shoot. Those are all separate steps. I guarantee if you do them all together, it’ll all come together. Consistency. One step at a time,” said John Voges to the line of children, who have just shot their first five arrows of the night into the row of targets in front of them. “Take your time.”

Every target had been pierced a few times. The arrows fly with more accuracy and hit closer to the center as the evening goes on.

This is the North Woods Archery Team. Tonight’s crowd is small, according to coach Randy Long. Typically there are more than 60 kids at these practices. And at tournaments, it’s not unusual to have upwards of 500 young archers competing. There’s clearly a great interest in the sport among the young people in the north woods.

Voges, who is coaching despite being officially retired, says that this program has been going for 15 years.

Tonight, which is a Tuesday evening, the team is meeting at Ryan’s Rustic Railings, a working furniture manufacturer whose warehouse is perfectly sized for archery practice. Across the warehouse, a carpenter is assembling a pine log bed frame. The fresh-sewn logs around the building perfume the place with the scent of pine. They meet here every Tuesday at 6 p.m., and at the North Woods Grizzlies School at 3 p.m. on Sundays.

“Kids seem to love it,” said Long. “We do 4th grade to Senior year of high school. We see all ages. They taper off in 11th-12th grade, but some kids stick it out. We can easily see 1,800-2,000 people coming through the school.”

Long said that they’re always try-



ing to get more kids from the reservation interested in the team. There are a few here tonight, but Long is hoping for more to join.

For the first part of the practice, the kids shoot at a close distance to the targets. But as the evening goes on, the distance doubles.

“The key is to do the same steps over and over,” said Voges. “If you get a bullseye, and you’re happy, that’s great! But the main thing is to do the same steps again and again. Everything will come together.”

The kids are all doing their best. They goof around when their turn to shoot is over, but they clearly have a lot of respect for the bows, the arrows, and the potential hazards of carelessness. They’ve been taught well. They are careful to put their bows and arrows away correctly, to mind the line, and to follow the orders of their coaches. They’re having a lot of fun, but they know how important safety is.

“We drill it into them the first

and second practice,” Long explains. “There’s a lot of strict safety rules in place, and the kids are really good about following them. When there’s arrows flying around, that’s how you keep everyone safe. We’re not here to screw around—we’re here to enjoy archery. You’ve got to follow the rules.”

While this isn’t a competition, several of the kids approach their turns with a competitive and ambitious spirit.

As the parents watch their kids taking shot after shot, celebrating when they hit their marks, Voges reminds everyone to be patient with themselves and not rush the process, especially in tournaments.

“You have two minutes to shoot. Don’t rush. If you’re the last person to shoot your first arrow, that’s fine,” he says. “The next arrow isn’t going anywhere.”

One boy comes back to his friends after his turn, excited. “I did so good!” He tells them. They’re proud of him.

District 1 Representative Shane Drift

Boozho, Bois Forte Band Members!

I sincerely hope that your new year is off to a good start! On Tuesday, November 30th, 2021, the Bois Forte, Grand Portage, and Fond du Lac tribal councils met with the U.S. Forest Service regarding the Lutsen project. I attended the meeting by zoom. Lutsen is looking to expand by cutting down a lot of maple trees. I am opposed to them cutting down the maple trees in

the 1854 treaty area. I've always said this, and I'll say it again, the 1854 treaty area is getting smaller and smaller. I listened to what the U.S. Forest Service people had to say about the project, and I also listened to the other tribal leaders as well!

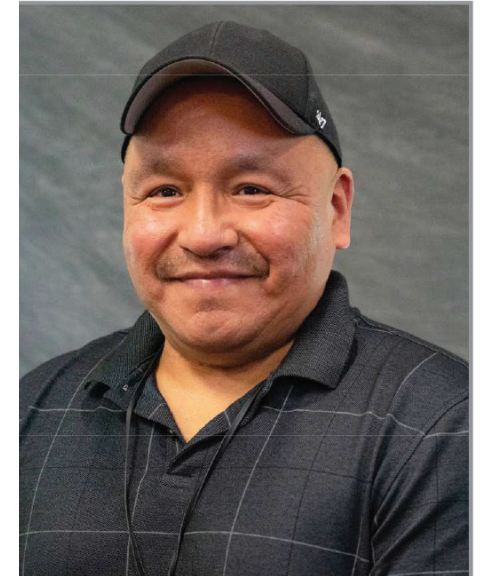
I raised my hand on zoom and was given the opportunity to speak. I read a section from the Stephen L. Pevar book, "The Rights of Indians and Tribes" page

31, What is a Trust? There are many different types of trusts but, in essence, a trust is created whenever one party places something of value under the control of a second party for the benefit of a third party. For example, parents may deposit money in a trust bank account to be used solely for the purpose of their children's education. The person (or entity) who holds the trust property is called the trustee, while the person for whom the trust is created is called the beneficiary. In my humble opinion, the U.S. Forest Service is the trustee, and we the tribes are the beneficiary.

I continued reading from page 31. What are the Duties of a Trustee? Whenever a trustee agrees to hold something of value for a beneficiary, the law generally imposes on the trustee a fiduciary responsibility with respect to that property. This means that, at a minimum, the trustee is obligated to remain loyal to the beneficiary; to act in the beneficiary's best interest; to act with all the skill, care, diligence, and expertise at his or her disposal; and to preserve, protect, and maintain the trust property. In my humble opinion, the U.S. Forest Service is not fulfilling its duties to the tribes as the trustee.

I raised my hand again and was given the chance to speak. I read from the Stephen L. Pevar book "The Rights of Indians and Tribes" page 53. May a Federal Agency Abrogate an Indian Treaty? No. A Federal agency may not abrogate an Indian treaty without specific congressional authorization. For example, although Congress has given the Army Corps of Engineers the general authority to build dams to prevent rivers from flooding, the Corps may not build a dam on land reserved to an Indian tribe without the express consent of Congress.

May a State Abrogate an Indian Treaty? No. A State may not take actions inconsistent with an Indian treaty. Even if the treaty was made before



the state entered the Union, the state must honor the treaty unless Congress decrees otherwise.

I also read the U.S. Forest Service mission statement during the meeting. The mission statement reads as follows "The mission of the Forest Service is to sustain the health, diversity, and productivity of the nation's forests and grasslands to meet the needs of present and future generations."

As your District I Representative, I will continue to speak up and protect our 1854 treaty, treaty area, and treaty rights!

If you would like to share your thoughts, ideas, or suggestions with me regarding our 1854 Treaty and Treaty rights and the Lutsen project please feel free to email me at Sdrift@bois-forte-nsn.gov You can also call me on my council cell phone at 218-404-8220. I'm also on Facebook. I must mention that I have my "Shane Drift District I Representative Updates" group page on Facebook. If you cannot find my group page, please message me on Facebook or send me an email and I would be glad to add you to my group page. So, until next time please remember to practice social distancing, wear your face mask, wash your hands, and stay safe out there. Mii'iw chimiigwech!

TRADITIONAL HEALING PROGRAM PRESENTS

FOUR DIRECTIONS TOBACCO TIE ZOOM TEACHING

Join Linda EagleSpeaker as she shares some teachings and leads us in creating tobacco ties via zoom (25 person limit- materials provided).

Registration required on this link:
<https://portal.laserfiche.com/u7744/forms/survey/RegisterLindaEvent>

MUST register before: January 17th at 5pm
Date of event: Wednesday, January 26th
Time: 5pm - 7pm

Scan the QR code on a smart phone camera app to pull up the survey as well.



QUESTIONS CAN BE ASKED ON THE REGISTRATION LINK, BY
EMAILING PCOUNTS@BOISFORTE-NSN.GOV OR CALLING
218-404-3059

Covid, Omicron, and the Flu

In late November, the Omicron variant of Covid-19 emerged. The World Health Organization reports that the Omicron variant is spreading faster than any other strain before it. Like Delta, Omicron is a variant of the virus which spreads more easily than the original version. It is expected that the vaccine will protect against severe symptoms, hospitalization, and death from the Omicron variant, as it has been with the Delta variant. However, breakthrough cas-

es are expected. More data is necessary to determine other aspects of Omicron, such as whether the variant will cause more severe illness or be more resistant to existing treatments.

As always, it's important to wash your hands thoroughly with soap and warm water as often as you can. Wearing masks and social distancing will reduce the rate of transmission and lower your risk of infection.

The hospital system is in-

credibly strained right now. In early December, Minnesota hospitals reported a 98% occupancy rates for ICU beds. The majority of Covid-19 hospitalizations and deaths are unvaccinated Minnesotans, even though they make up only one-third of the state's population. The vaccine is the best way to keep yourself safe and reduce the strain on the hospital system.

The prevalence of Delta and the emergence of Omicron in Minnesota are also good reasons to get the booster shot. Resistance to Covid-19 and its variants wanes over time, whether that resistance is from previous infection or from the vaccine. Keeping up-to-date with the vaccine and making sure you receive the booster is important to maintain your resistance to the virus.

You can receive the flu vaccine and the Covid-19 vaccine at the same time. Influenza, or the flu, which can be mistaken for Covid-19 (or vice-versa), is responsible for 12,000-52,000 deaths annually in the United States according to the Center for Disease Control. While this number is lower than the death toll of Covid-19 in the current year, which is about 386,000 people, it's still important to take preventative measures against Influenza to prevent serious complications which might lead to hospitalization during this difficult time—and ultimately to reduce the number of flu deaths.

Covid-19 and the flu share several symptoms. If you think you have one or the other, it's

Answering your questions about COVID-19 vaccines for youth

Why should young, healthy people get the vaccine? Aren't they less likely to get severely ill from COVID-19?

COVID-19 still carries risks for youth and young adults. More than 6 million children have had COVID-19 in the U.S., thousands have been hospitalized, and over 600 children have died. Many children have also been diagnosed with multisystem inflammatory syndrome, after contracting COVID-19. The vaccine is an important tool to help us reduce disease severity and reach community immunity. Community immunity is when most people have protection and/or immunity to a disease. Currently this is the best way to protect all of our community members, including vulnerable individuals.

Do vaccinated people still have to quarantine after a COVID-19 exposure?

If someone is fully vaccinated and is exposed, they do not need to quarantine, unless they begin experiencing symptoms. A person reaches full vaccination status once it has been 14 days or more since they received both doses in a two-dose series, or one dose in a one-dose series (J&J). Check with your childcare provider or school as they might have different quarantine guidance.

When should eligible youth get the vaccine?

As soon as possible. Talk to your primary care professional if you have questions about the best timing for the vaccine.

Will my child experience heart problems after receiving the COVID-19 vaccine?

There have been concerns from the public about myocarditis and pericarditis related to the COVID-19 vaccine; these side effects are extremely rare. Viral infection is the most common cause of myocarditis and it is also a possible side effect of COVID-19 illness.

This message is brought to you by the Arrowhead Regional Public Health and Tribal Health Departments, including Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, and St. Louis County Public Health together with the Bois Forte, Fond du Lac, Grand Portage and Mille Lacs Band of Ojibwe Public Health.



VACCINATED?
Maximize your protection against COVID-19.

All adults 18 and older should get a COVID-19 booster shot.

- ✓ Pfizer or Moderna: All adults 18 and older should get a booster shot 6 months after their second dose.
- ✓ Johnson & Johnson: All adults 18 and older should get a booster shot 2 months after their single dose.

How do I sign up for my booster?

- Contact the Nett Lake Clinic at **218-757-3650** or the Vermillion Clinic at **218-753-2182** to make an appointment.

What if I need transportation?

- Community Health and Big Woods Transit will provide transportation to your appointment if you need it.
- Contact Community health at **218-757-3650** or Big Woods Transit at **888-757-1540**

What can I expect at my appointment?

- Please bring your COVID-19 vaccine card if you have it. If not, you'll get a new one. Your booster dose will be noted on the card.
- Plan to wait for at least 15 minutes of observation after you receive your vaccine. The vaccine is free of charge.

This information is brought to you by:

University of Minnesota Extension, University of Minnesota College of Pharmacy, Arrowhead Area Agency on Aging, St. Louis County, Wilderness Health, MN Department of Health, Our Community Our Health

important to stay home and get tested.

There are many notable differences between the effects of the flu and Covid-19. The flu has a shorter incubation period, and usually appears 1-4 days after exposure, while Covid-19 appears 2-14 days after exposure. Covid-19 also has some unique symptoms and complications, such as loss of smell and taste, and the risk of blood clots and multisystem inflammatory syndrome. Severe illness and lung injury is far more common with Covid-19 than with the flu, and the mortality rate

of Covid-19 is significantly higher, as the annual number of deaths demonstrate. The flu can be treated with antiviral drugs, while there is only one antiviral drug (remdesivir) which can currently treat Covid-19.

Covid-19 and the flu are caused by different viruses, which means that in order to be protected against both, you need different vaccines for both.

Contact the Nett Lake Clinic (218-757-3650) or Vermillion Clinic (218-753-2182) to make an appointment for your vaccines this season.



My name is Melissa Hawk and I have worked with the Bois Forte Clinics for the past six years. I recently had the honor of passing my certification for the diabetes educator exam, which qualifies me to being a Certified Diabetes Care and Education Spe-

cialist (CDCES).

A CDCES is a health professional who possesses comprehensive knowledge of and experience in diabetes prevention, prediabetes, and diabetes management. I can educate, support, and help those affected by diabetes to achieve their goals. My goal is to promote self-management to achieve personalized behavioral and treatment goals for each patient affected with diabetes to improve health outcomes. My job duties are as follows but not limited to:

- Basic or advanced diabetes education and management
- Nutrition education, management, and nutrition label understanding
- Plan, develop, and implement individual and group diabetes strategies
- Collaborate with patient, providers, and fitness instructor to develop physical activity plan
- Collaborate with patient and providers on medication management
- Instruct on proper insulin use
- Continuous Glucose Monitoring (as applies)
- Facilitate coordination of care across specialty care, facility-based care, and community organizations as seem fit
- Understanding how carbohydrates affect blood sugar

Our goal at the clinic is to become an accredited diabetes program through the American Diabetes Association (ADA). What this means is we will be providing high quality Diabetes Self-Management Education and Support (DSMES) services by follow-

ing the National Diabetes Standards used by ADA. We will be striving to see the rate of diabetes complications decreasing and quality of life for those who are affected by diabetes increasing by improving their medication management and lifestyle modifications.

So, what does having a Diabetes Self-Management Education and Support (DSMES) service mean? Here is a list of what this will do for you as a patient and for the community:

- Improved hemoglobin A1c levels
- Improved control of blood pressure and cholesterol levels
- Higher rates of medication adherence
- Fewer or less severe diabetes-related complications
- Healthier lifestyle behaviors, such as better nutrition, increased physical activity, and use of primary care and preventive services
- Enhanced self-value
- Decreased health care costs, including fewer hospital admissions and readmissions

I am thrilled to be the one that can bring this to our Native Community. Officially, these services will be available starting January 1st! Please feel free to reach out to me at both Nett Lake and Vermilion Clinics with any questions you may have!

Thank you!

Melissa Hawk BSN, RN, PHN, LMXO, CDCES
Bois Forte Medical Clinic
Nett Lake: 218-757-3650
Vermilion: 218-753-2182



Recipe Corner

Pomegranate Stew

Fesenjan, a Persian stew traditionally made with pomegranates and walnuts, is a delicious, warm meal that can be made with or without meat. They'd use lamb in the Middle East, but up here, lots of us have venison this time of year. The spicy tanginess of this stew perfectly complements gamey flavors, so it goes delightfully well with venison. If you can't find pomegranate juice, you can use a blend of cranberry and apple. If you don't want to use meat at all, use chickpeas instead! Just add them in 15 minutes before the end of cook time. Enjoy!

INGREDIENTS:

- 1 cup pomegranate juice**
- 2 cups chicken broth (or vegetable broth)**
- 1 eggplant, cut into bite-sized pieces**
- 1 cup walnuts (or other nuts), toasted and crushed finely**
- 1 lb stew meat (lamb or venison is best)**
- 1 onion, diced**
- 3 cloves garlic, finely chopped**
- A pinch of lemon zest**
- 1 tbsp oil for cooking**
- Spices to taste***

*Middle Eastern Spices you could use:

Sumac, paprika, coriander, pepper, sesame seeds, cinnamon, cumin, nutmeg, cardamom, cloves. Use whichever ones you like, and blend them to your heart's content!

Put the pomegranate juice in a saucepan on a low simmer, and allow it to reduce. Check it with a spoon every 10 minutes for about half an hour to an hour. When the juice has become thick enough that it coats the spoon when you take it out, it's ready. This is pomegranate molasses! Sear meat on a medium-high heat in a large pot. You only need a little drizzle of oil. Get the meat browned on all sides. Set aside. In the same pan, add the onions and garlic and cook until soft, golden, and fragrant, about 10 minutes. Add the spices and lemon zest and toast for about 2 more minutes. Add the broth. Scrape up any browned bits on the bottom. That's the good stuff! Add in pomegranate molasses, walnuts, and eggplant. Cover and reduce heat to low. Simmer for about an hour, stirring occasionally.

Serve with rice.

Want to know the difference between a Red and White pine?

Red Pines have coarse, flaky bark. In Ojibwe, it is called “bapakwanagemag,” which describes its bark in plates. When you touch a Red Pine, some bark plates might come away!

White Pines, or “zhingwaak,” have smooth bark which can be used in traditional Ojibwe medicine, along with the cones. Both the cones and bark have anti-inflammatory and anti-microbial properties.

Besides the bark, White Pine and Red Pine have different needles. You can check the number of needles to tell what kind of pine you have. Red Pine needles always grow in clusters of three. White Pine needles grow in clusters of about five. “Red” has three letters, and “White” has five. That’s how you can remember!

Pine needle tea is very rich in vitamin C. Five times more than what you’d find in a lemon! Vitamin C can help with the heart, skin, and immune system. The tea is also rich in vitamin A, which is good for your eyes, skin, and hair.

Pine needle tea has been used as an expectorant, to relieve chest congestion and coughing, and can help with a sore throat. The fresh smell is said to bring mental clarity.

Taoist priests once drank pine needle tea regularly, believing that it made them live longer.

Ojibwe people and settlers to the region alike have made use of the bountiful pine needles in our area, especially during the cold months when sickness is common and vitamin C-rich fruits and vegetables are scarce. The Ojibwe usually favored the White Pine for medicine, but both types of pine needles have been used. Pine tea is a delicious, soothing, and traditional medicine!

Ojibwe poet Jane Johnston Schoolcraft (1800-1842) wrote a poem called “To The Pine Tree,” which she wrote in both Ojibwe and English. She had travelled overseas for a time, and she wrote this poem about the experience of returning to the American

shore and seeing, for the first time, the familiar white pine trees rising over the horizon to greet her. Here is the Ojibwe version of her poem:

*Zhingwaak! Zhingwaak! Ingii-ikid,
Weshki waabamag zhingwaak
Dagoshinaan neyab, endanakii-
yaan.*

Zhingwaak, zhingwaak nos sa!

*Azhigwa gidatisaanan
Gagige wezhaawashkozid.
Mii sa naa azhigwa dagoshinaang
Bizindamig ikeyaamban
Geget sa, niminwendam
Miinwaa, waabandamaan
Gii-ayaad awiia waabandamaan
niin*

*Zhingwaak, zhingwaak nos sa!
Azhigwa gidatisaanan.*

*Gawiin gego, gaa-waabanda'iyen
Dibishkoo, exhibitor-naagwasi-
noon*

*Zhingwaak wezhaawashkozid
Wiin eta gwanaajiw wi
Gaagige wezhaawashkozid.*

*Translation:
Pine! Pine, I said,
The one I see, the pine
I return back, to my homeland.
The pine, the pine, my father!*

*Already you are colored
Forever you are green
So we already have arrived
Listen in that direction
Certainly, I am happy
And I see
He was there I saw it myself
The pine, the pine my father!
Already you are colored.*

*Nothing, you did show me
Like that, the way it looks
Pine, he is green
He is beautiful
Forever he is the green one.*

From Poets.org.



Flu Season is here, and it is in our local communities. Please call our clinics today to schedule your family for your flu vaccines.



Nett Lake Clinic
(218) 757-3650

Vermilion Clinic
(218) 753-2182



HOURS:

Mon - Fri: 8:00AM – 4:30PM

We continue to offer COVID-19 Vaccines and Boosters For all approved age groups by the CDC and FDA.

**Ininaatig
Dibaajimowinan**
STORYTELLING : SUGAR MAPLE

join us **VIRTUALLY**
**Tuesday
February 8th, 2022
7pm ET/6pm CT**

REGISTER:
<https://forms.gle/tyUM85yDu5VytTxj3>

Community members come together from across sugar maple territory to talk about our relationship with *Ininaatig* (the maple tree). A panel of elders, harvesters, and resource managers will share stories, experiences, concerns, and items of importance for the next generation to care for *ininaatig*.

opomahetek (Menominee) wáhta? (Oneida) Ininaatig (Ojibwe) shokul mtuk (Stockbridge-Munsee)

Logos for: Spirit Lake Indian Reservation, Wisconsin Department of Natural Resources, Dynamite Hill Farms, SUSTAINABLE DEVELOPMENT INSTITUTE, NIACS, and others.

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, recipes, and photos.

Send to:
news@boisforte-nsn.gov

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 ensure equal access to all. For information on paid ads, please contact us.

Deadline for the Feb. 2022 issue is Jan. 20, 2022.

From the archives... A look back at the Jan/Feb 1996 edition of the Bois Forte News



Bois Forte News

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\$200,000 loan for Fortune Bay Resort/Hotel/Center...

away from strict reliance on gaming and will increase overall tourism and benefit other businesses in the area. The loan will be paid back over ten years from Resort revenues. NECA president Charles Mink and Paul Ammerman, Economic Development Specialist for UPA, presented Bois Forte Chairman Gary Donald and Secretary Treasurer David Morrison. He says a check for \$200,000. Also present at the loan closing were Jerry Kinko - NECA Vice President, Lou Wilman - NECA Member Service Representative, Frank Anette - Bois Forte Executive Director, Rick Anderson - Chief Operating Officer Bois Forte Enterprises, and Bill Tibbets - Public Relations Manager for Fortune Bay. Chairman Donald said "this loan is a good example of the kind of partnership that are needed to accomplish economic development goals in northeastern Minnesota. By working together with other businesses and organizations we can create jobs and business opportunities that will benefit the entire region."

Doris and R.T.C. news....



year project. These made include the Hand Flat road and extension and Tibbets Trail in Vermilion and Sugar Bush road on Pelican. During the third year, the Bois Lake streets will be completed with a bituminous overlay. Depending on the availability of funds, improvements to the reservation gravel roads will then begin. Based on current congressional appropriations there should be \$277,000 available per year thereafter for road systems at Bois Forte.



Left to right: Gary Donald, David Morrison Sr., Jerry Kinko of NECA, Charles Mink of NECA and Paul Ammerman of UPA.

On a different note, I'd like to update you on congressional legislation regarding the Welfare Reform bill. As you are aware, President Clinton vetoed the proposed budget submitted by Congress but agreed to keep in the Welfare Reform State and National level. With the Republicans in control at the Congressional level and with our governor and president both wanting welfare reform, we can only encourage our people to prepare for these changes, take advantage now of education and job training programs. In the future, jobs will become even more scarce and a person will need some education or job skills to be able to compete for those jobs.

Our excellent program the council per Dave Dantz was the AmeriCorps Program. The program employs fifteen young people (18-25) throughout our government offices. The participants will earn a \$4,000.00 educational stipend after completion of the one-year program. At the same time it enables participants to obtain job experience and skills, and hopefully, will instill an interest in a career field of their choice. So after the program is complete they may pursue an education in their specific field of interest. Well, this is all for now. It was 34 degrees below zero this morning.

The Tribal Council received notice of the availability of 1.5 million dollars from the Federal Highway Administration which is administered by the Bureau of Indian Affairs. Thanks to a very efficient and thorough planning division, a total of twenty (20) reservation roads were identified and included information as to distance (miles), type of construction/repairment and estimated costs. In terms of which routes will actually be completed based on the availability of the first 1-6 projects will be possible. Thereafter, the remaining roads will be done as funding becomes available.

impact on the operation of contracted and completed programs for the Bois Forte Reservation. Because of this uncertainty, we have been planning on seeking other funding sources so that direct services to the membership would continue. This week we received good news. The Congress has passed a measure to provide full funding for Self-Governance when we find this will allow us to move forward in all program areas and not disrupt services. We have been involved with Mr. Land who is interested in spearheading an effort to name a township after a past Bois Forte Indian Chief. This township is located near the Deer River sector. Dantonagos and his family lived near Deer Creek and established friendship with the local non-Indian settlers. We are honored that the descendants from that township would honor our Chief in this manner. They also compiled a brief history on his life which we would be happy to share with you if requested.

The first 4-6 projects will be done over a three year period beginning this summer (1996). The township survey was mailed the first priority, a public hearing is scheduled for February 1st to find out to what extent those residents want the road completed, i.e., grade, drain, gravel base, bituminous surface. Also to be done this summer is the Indian Point road system, called number two. A survey was done by those residents which resulted in complete bituminous surfacing. Also to be completed this summer is the engineering and design for the second

Very briefly, the major changes being proposed would be to limit eligibility to receive cash assistance (AFDC) to a period of five (5) years, that after two (2) years of receiving AFDC the head of household is required to work a minimum of twenty (20) hours per week to remain eligible to receive assistance. The proposal deleted the "entitlement" status of cash assistance. Right now, a person "in need" is entitled to assistance no matter who they are. By taking this language out, a person may only receive funds if they are eligible and if the funds are available. Currently, the state of Minnesota legislators will have a similar proposal before their legislative session. This proposal will also include language that will reduce AFDC grants after six (6) months in an attempt to make people self-reliant. I get the impression that there are a number of people out there that feel this change will never happen. The Tribal Council can only help you understand the feelings in the legislature both on the



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