

Bois Forte NEWS

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The Bois Forte Clinics have openings for the following vaccinations:

- Pfizer -available to ages 12-17 years old
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- Johnson/Johnson-Available to ages 18 and older

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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





These students attended the Vermilion Lake Reservation School in the 1940s. It was held in the old boarding school classroom building. Back row (I-r): Bob Boshev. Alec Pete. Howard Pete, and their teacher Mrs. Leonhardt. Front row (Ir): Pat Sam, Nancy Boshey, Lavern Boshey and Myrna Pete

The Residential School in our backyard: How we are looking back and moving forward

learned that 215 children's remains were discovered at the Kamloops Indian Residential School in British Columbia. The world responded with shock, grief, and shame at the treatment of indigenous children who attended these schools, which numbered in the hundreds across Canada and the United States.

This discovery has provoked questions about whether similar burial sites exist in the United States. Many Bois Forte Band members are descended from students at the Vermilion Lake Indian School. Some attended one of these schools themselves.

"It's shocking. But it's not surprising," said Professor

In late May, the world Linda LeGarde Grover of the University of Minnesota Duluth, who is an expert on the subject of residential schools. Grover is a novelist, teacher, writer, and Bois Forte Band member, and she has written extensively on the subject. She has spent a lot of time and energy handling a heavy, heavy topic.

The Vermilion school was different from many of the other schools that we hear about in history class. Most of the children were local. In the majority of residential schools, children were taken far away from home so they were disconnected from their communities and unable to visit their parents.

These are our relatives. It

makes sense that Bois Forte's people would wonder about how many lost children there may be, how many "runaways" were buried away in the earth somewhere. Grover is uncertain about whether it is right to look for them.

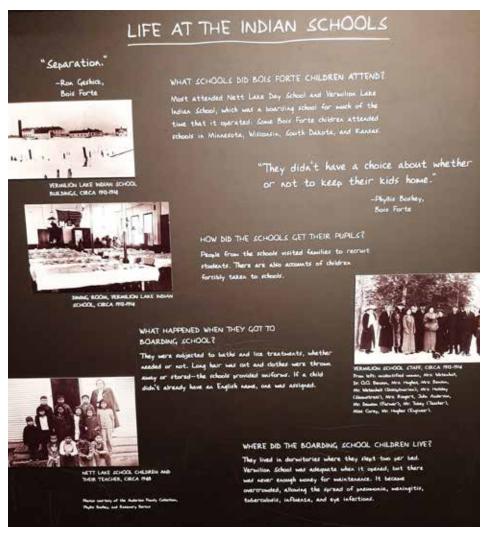
"I don't know how I feel about disturbing them in any way, even just with radar," she said. We asked her if she thought the radar would find anything, if hypothetically researchers went looking. "I think they could," she said. "It wouldn't be like Kamloops, though. The Kamloops school was a lot bigger. Vermilion was built to accommodate 125, maybe 150 students. Many of the children were locals, so my feeling is that their families

would have taken care of this in the custom of their family. There were not necessarily gravevards, but a good place was found."

Grover described other incidences over history where people have accidentally found unmarked grave sites. She said farmers who were living on land that Ojibwe people had once occupied have found graves on their farms.

"A lot of the people awhile ago and even today don't mark with a headstone or those wooden houses. There are people who still mark with a branch, and that eventually goes into the ground. So I don't think that its that there are graves that are hidden,

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so much as that they were buried according to the custom there."

In the case of the Vermilion school, at least, many of the children who died got to go home. Their families cared for them the right way, and their bones are safe in the earth somewhere near their homes.

However, not all the children were local, and Grover suspects there are many who are unaccounted for.

"This is anecdotal stuff from one of my uncles, but his mom worked there," said Grover. "There was a diphtheria epidemic. He said the school emptied out, and that people came and got their kids, and the staff took off, but they left his mom— she was the cook, the matron for the smaller children. They left her there with the sick kids. One of her nephews died. I haven't found any report on that. I'm

sure if my uncle said it, it's true.... That Legarde boy who died of diphtheria, he could very well be buried up there somewhere. Who knows? It's bothersome to think about."

The topic of residential schools is at the forefront of the public consciousness. While Native communities have always been aware of the impact residential schools have had on us, our relatives, and our cultures, this is the first introduction to the history for many others.

There is a replica of the boarding school inside the Bois Forte Heritage Center & Cultural Museum. Plaques on the wall show pictures taken of the children, staff, and buildings there, and share information and stories about what happened.

Kyle Littlewolf, Visitor Services Manager at the museum, said that this exhibit is emotionally difficult for visitors to the museum.

"When I give tours, I go over the basic assimilation method. A lot of people show disgust and anger, because that never should have happened," he explained. "I mention to them that we were not just sent off to be educated— we were sent off to be killed. 'Kill the Indian, save the man.' There were a lot of casualties, yes, but the settlers also tried to wipe us out in other ways, by wiping out our language."

"It's a part of history you can't ignore," said Jaylen Strong, who is the Tribal Historic Preservation Officer. Strong and Littlewolf work to educate visitors to the museum, giving tours and presenting the history to guests. "We want to talk to people, and say, 'Yes, this happened to us, but we're also more than this thing.' It's how we show our resilience to people who don't know the extent to how this effects indigenous people today."

Strong also expressed hesitation at the idea of looking for grave sites, particularly in his role as the Historic Preservation Officer. "We're trying to protect them," he said. "That's the whole point of Tribal Historical Preservation, to preserve historical cultural artifacts, ancestors, etc."

While the worst stories about residential schools produce significant grief and pain, those that work closely with this history are adamant that it does not define the Anishinaabe. In fact, it seems that this history has inspired some people to work hard at creating and preserving spaces for Native culture and identity.

"People talk about healing, I always feel like - there is no healing," Grover said. "There's a scarring over, but it's still very much present... I have been affected by this deeply, profoundly. Growing up, I felt like I was born to do something. I felt this need to understand what happened. It wasn't that I felt curious, it was that I felt bound. How did we get to where we are today? So that is what I did. At UMD, we have an American Indian Studies Department. It's really been doing well. We are part of UMD, but

also, we aren't. I think out in Indian Country, too, in many ways we maintain our separateness as a people. The point of the boarding schools was to blend us in, to disappear us that way. Why would we want to do that now, after all that our relatives endured so we could be here?"

At the Museum, Strong and Littlewolf both emphasized the importance of the Ojibwe language in the process of moving forward from the boarding school era.

"I see learning and teaching the language as a part of healing," Strong said. "I'd agree that it's not necessarily that we can recover— but rather accept it, understand that it happened, but that it doesn't necessarily define us."

Strong described his Great Grandma, who could understand the language, but couldn't speak it. He had another relative who was a first-language speaker, but who Strong never heard speak the language even once.

Strong said he thinks that today's generation is introspective and aware, and that younger people can see the harm that has been done to our communities. Many young people are actively making the decision to try to learn more about the culture and language.

"We are willing to go to the people who know the language and try to learn it from them."

Strong spoke about watching Native students beginning to learn to speak Ojibwe for the first time, who, according to him, frequently become frustrated by the difficulty.

"You're overwhelmed by the vast knowledge you're missing. Then you're frustrated, because 'why did no one teach me?' Then you're sad, because there's so much you don't know, and there's pressure on you and you feel like you're running out of time— but then, you get to a point where your resilience kicks in," said Strong. "And you accept it. And that's when you learn the most. It becomes empowering to learn the language. You accept and understand that you don't know this, but you work

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Chairwoman Cathy Chavers



Boozhoo Ahneen, Summer is moving right along and I hope that everyone is staying

safe not only with the pandemic but the excessive heat that people are experiencing where they live.

I am extremely happy to announce that Bois Forte received their first round of ARPA (American Recovery Program Act) funding. This includes the 1.66 million of the 1 billion that was equally distributed to all federally recognized tribes and a percentage using enrollment formula of the 19 billion. There is one more distribution for the remaining 19 billion using workforce numbers from 2019 as the formula. That will be possibly in July/August or even September. We received \$18,256,144.99 from the US Treasury on June 16.

This funding is different as it is

for the "recovery" portion of the pandemic. The CARES Act funding was considered "emergency funding" to get through the beginning of the pandemic.

The Tribal Council has been receiving project ideas from the directors, band members, etc. and will be meeting quite frequently to come up with our funding priorities. These funds need to be OBLIGATED by December 30, 2024 and SPENT by December 30, 2026. We will keep you all updated as we progress on our decisions.

I just want to say that when we have been working on programs through the pandemic that there are guidelines for what we can and can't do. Bois Forte distributed \$50 Zup's gift cards to on reservation residents and these funds could not be used for off reservation due to the guidelines of the funding. We do try to assist all band members both on and off the reservation and I can guarantee you that no monies are being used for salary and fringe of any council member or in any illegal manner. We must follow the rules of the funding agency, US Treasury and IRS.

Let's all be positive and get through this together and support one another.

Chi Miigwech! Cathy Chavers

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to learn and speak anyway. You have hopes of the language coming back."

Grover uses the Ojibwe language in her novels and her poetry, mingling Ojibwe and English together. She has a book coming out in autumn titled Gitchigami Hearts: Stories and Histories from Misaabekong, in which she writes quite a bit about her family. Strong teaches language classes to people who want to learn. Currently, the Heritage Museum site's calendar is packed with language classes taught by Karen Drift over Zoom for children and teenagers. Ojibwe language is taught at Nett Lake Elementary, and Strong said that tribal schools make other efforts as well to switch up the western ideology of school structure with more traditional hands-on learning styles.

In many ways, the efforts that Native people have put forth to save and preserve Native cultures over history have inspired younger generations to do the same. While the trauma of historical efforts to destroy Native cultures does not define Native people, perhaps the resilience and strength of those who fought for survival could



The graduating class of Nett Lake kindergarten, circa 1942. Back row (I-r): Ronald Whiteman, Bill Tibbetts, Jim Nevitt, Ira Brown and Delano Gonier; Front row (I-r): Olive Villebrun, Marybelle Connor, Shirley Porter

define the work of modern Native scholars, artists, and teachers as they serve their communities today.

"It's empowering. You speak it and you know, that regardless of everything the federal government throws at us, we're still going to be here," Strong said emphatically. "And we're still going to work to get our identities back."



"Teaching Indians how to be like white people." -Phyllis Boshey, Bois Forte

District 1 Representative Shane Drift

Boozhoo Bois Forte band members. I sincerely hope you are doing well.

I was reading about the 215 children who were found in a mass grave at the Kamloops boarding school. How could anyone sleep, knowing that there was a grave site of Anishinaabe children close by? How did those children die? Did they notify the parents? Was anyone arrested?

I can't begin to imagine what those parents felt, watching their children being forcibly removed from their home and taken to the boarding school. I cannot imagine what the children thought as they were pulled away from their parents.

When I was young, my Grandmother Jessie told me stories about this time in her life. The school officials came one day and rounded up children, including her sister, Sadie Farmer, and took them to the boarding school. My Grandma's dad got word that the school officials were coming to get her and take her, too. Deciding to hide her, he took her out to Big Island. He gave her a gun and supplies. She hid on Big Island for four nights and days. However, the school officials finally found her and brought her to the boarding school. My Grandma Jessie wrote stories while she was there.

This story is titled "How I got the name Jesse."

"I used to have a girlfriend named Jesse. She was Jesse Benner, Nasi's sister. When I went to school I didn't know any other name for myself except my Indian name. When the teacher asked what my name was, the first name I thought of was Jesse. Later a woman that visited the school told me that my real name was Margaret Farmer. She told me, 'it took me four years to trace you and find who you are. You are not Jesse Farmer. You are Margaret Farmer.' I had gone by that name Jesse for all that time and I didn't know that my real name was Margaret. Moses Day, Charley Day's father, gave the name Margaret to me."

My Grandma Jessie and her family lived at what we know as Farmer John's landing on Pelican Lake. There is a burial site close by.

When my Grandma Jessie would talk about the boarding school, she would sit there in silence remembering. Now, knowing what I know, I understand why she didn't continue on sharing her stories. I



emailed the Tribal Council on Monday, May 31, 2021 requesting that we take official action by requesting an investigation into the boarding schools here in Minnesota.

There are some works of media which explore the ways residential schools have impacted us as Anishinaabeg. I recommend the book Education for Extinction by David Wallace Adams. I also recommend watching "Where the Spirit Lives," a television film about Native children in Canada being taken from their tribes and sent to the residential/boarding school.

Regarding the historical trauma of these schools, we have come a long way, but we also have a long way to go yet.

If you would like to share some of your stories/experiences from the boarding school please feel free to email me at Sdrift@boisforte-nsn.gov. You can also call me at 218-404-8220.

I also have my "Shane Drift District I Representative Updates" group page on Facebook. I always provide updates up my group page. Until next time, please remember to practice social distancing, wear your face mask, wash your hands, and stay safe out there. Mii'iw chimiigwech.



Willa Koivisto is pictured with her grandfather Jerome Whiteman.



Northeast Range's Bois Forte seniors Alexia Lightfeather (left) and Willa Koivisto (right) played their final regular season game March 12.

C-STORE 218-757-3268

PHARMACY 218-757-0230 Y-STORE 218-753-3868

PHARMACY 218-753-2182



Celebrating traditions after the pandemic: Sah Gii Bah Gah Pow Wow held June 4-6

The Nett Lake pow wow was brimming with vivid colors. Not just the dancers, whose brilliant regalia stood out in the sun, but also the crafts, art, and merchandise booths, where everything from beaded earrings to popped wild rice to stuffed animals and candy were sold.

For some in attendance, this was the first pow wow since the Coronavirus pandemic started last spring that they were able to come to. Across the state, the temperature hit highs of the season. Drum groups were sheltered from the sun under the central

gazebo, but the shade did little to mitigate the heat of the day while they played on. The dancers in full regalia whirled around them, catching the full impact of the sun's rays. Showers were available for anyone who needed them in the heat.

Ava and Kaylee were two of the jingle dress dancers out in the heat that day. They came with mom, Crystal May Prentice.

"We come every year," said Kaylee. "It's fun, and dancing makes me happy."

"Pow wow isn't part of the old ways, but when it came about, we embraced it. These days, going to the pow wow is the only time we actually get to be near a drum," explained Crystal.

For centuries, tribes all across North America held ceremonial dances, but the pow wow in its modern form evolved from cultural exchange with Plains Indians tribes during a time of forced relocation and upheaval, when they became a celebration of homecoming for those separated by U.S. Government removal policies. Pow wows became popular public spectacles, and were quickly adapted as a way for tribes to engage in cultural exchange and to honor veterans. For many children who spent time at residential schools, pow wows were how they learned traditional dances and songs.

Indeed, the Ojibwe

people have embraced the pow wow as part of their culture and heritage.

"Bois Forte pow wows are special because we get to spend time with family around here," said Crystal. Kaylee also agreed that family was her favorite thing about the Nett Lake pow wow. They try to make it out every year.

Hannah Johnson, whose family comes from Vermilion, has never attended a Bois Forte pow wow before.

"It was really nice, feeling a connection to culture. You feel a lot of joy just looking at, for instance, the attention people put into their regalia," she said. "Even just watching those little toddlers squirm around in the stands is fun. You know they're taking all that in at a young age,"





NOTICE

A public hearing will take place at Fortune Bay on August 2nd, 2021, at 6PM to gather band member input on a proposed business venture. Dinner will be served. Full details will be available at boisforte.com



Bois Forte Artists & Craftspeople Spotlight: *Elaine Tibbetts*



This vest was hand-made by Nett Lake's Elaine
Tibbetts for her nephew Nathaniel Tibbetts.
Nathaniel, an Army veteran, served 3 tours in
Afghanistan. He picked out the colors. It took
Elaine a whole year to bead this vest.
"I just love him," Elaine said.
Elaine is no stranger to beading regalia, but this
intricate work of craftsmanship was a hefty project.
This gift is quite the labor of love!

Ojibwe Language Revitalization Committee

Starts Mid-July There will be seven
people in all and
people of all different
ages for different
prespectives

What we are looking for:

2 elders 2 adults 2 youth 13-18 1 from Nett lake
1 from Vermilion
1 from Cities,
Duluth, and or
surrounding areas

contact:
Jaylen Strong and Kyle Littlewolf
(218) 753-6017
or at jaylen.strong@boisforte-nsn.gov

thank you!

Financial assistance available for renters

Many Band members who could be benefitting from the Emergency Rental Assistance program (ERA) have not yet accessed it. ERA could pay future rents, too.

Theresa Morrison, the Housing Director for the Bois Forte Housing Department, sat down with the Bois Forte News to explain the details of ERA in full. The following information is all quoted directly from her:

"As of December 15, 2020, the Coronavirus Relief Fund okayed payments for rental assistance. \$800 million of that money went to Indian tribes and the Department of Hawaiian homelands.

They took the number of people based on the Indian Housing Block Grant, and used that number to create a formula: they distributed the equal amount of the IH block grant funds plus 20%.

Red Lake created a template for ERA. We at Bois Forte used that as a template for our own band. We have 17 pages of policy for what the program must look like, following US treasury guidelines.

For ERA, 90% of funds we receive must be used to provide financial assistance to eligible households. We can provide payment in arrears as far back as March 13, 2020. We can also pay current months and two months in advance— three months, apart from the arrears. We also assist with utility payments that are in arrears in their most current bill. To apply, you must be a documented renter, which means you must provide us a lease or documentation of a rental agreement with a landlord (or person they are renting from). We have had many people ask about whether we are helping homeowners. Unfortunately, that program is not set up yet, but it is coming.

It is important to know that we can't duplicate services. So what that means is that the State of Minnesota received \$90 million to help out rental families that have been effected by COVID through loss of income. If we help you with your rent, then you can't

go get help from State of MN. We need people to attest they won't get duplication of services within the time-frame they request.

We're one of the first to roll out with an online app for the program. We utilize Laserfiche through Minokaw. They're a Native-owned company based out of Mille Lacs. They were very helpful putting out our online application on March 24.

The Homeowner Assistance Fund is the program where we're currently waiting on a template from the U.S. Treasury Department. We want to utilize our application process that we've set up for the ERA. When that comes online, we will assist our homeowners. Unfortunately, we will have more assistance for renters than homeowners, and it will be a first come first serve process."

Theresa wants people to know that there are families out there who are just squeaking by— those families are eligible. If they've received unemployment, they're eligible. If they have a reduction in income, they're eligible. Theresa has read stories of families that have sold all their valuables to pay their rent, borrowed money, and who are in dire straits. If there's anyone out there who thinks they're barely making it, they're probably eligible for the program. That's what it's there for

If you don't qualify for ERA, you may still qualify for other programs. The Housing Department may be able to refer you to to get more assistance. It's worth your time to check.

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

You The Way Was a social www.boisforte.com





"Rez Triathlon" participants have active fun in the sun

Saturday, June 5. The mid-morning hours were some of the hottest and sunniest of the year, yet still, people of all ages trekked down to the shoreline to compete in the Rez Triathlon.

Well, it would be more of a biathlon, since the Native Health Fitness Center decided it was far too hot out to include the planned running portion. Participants would canoe and bike a total of over two miles, according to Kristen Strong from the Fitness Center. She took photographs, passed out cold water and snacks to everyone present, and gave participants free T-shirts as they completed their loops. It was important to keep everyone hydrated, especially in the heat.

Veronica Veaux was one participant who had a good time. "It was good exercise," she said. "I liked that the distance was doable, and I liked the canoe aspect of it." Veaux's teammate, Marian Holmes, echoed the sentiment.

"It was fun, and I'd do it again," said Holmes.

Bois Forte News can attest to the fact that the triathlon was, indeed, very fun, as we were convinced to participate ourselves. It was a beautiful, calm day on Nett Lake as we paddled out to Spirit Island and back. We were glad for the experience, and grateful to the event runners for inviting us.

This event was funded with the Eliminating Health Disparities Initiative grant, as David "Squidg" Morrison Jr. explained. "Our goal is to provide activities, help disparities, and keep people active. We provide water and healthy snacks. We were able to purchase the canoes and the bikes with the grant." Morrison and Strong both work at the Native Hearts Fitness Center.

Several prizes were available to the teams who placed. Winners received wild rice and gift cards.

Third place went to Marian Holmes and Veronica Veaux with a time of 19:58. Second place went to Aaron Morrison and Lance Kingbird with a time of 17:46. First place went to Kyle Hill and Teague Goodsky with a time of 17:37.

This reporter did take several nice pictures of Hill and Goodsky paddling in and returning on their bikes to take first place, but these photographs were unfortunately lost when this reporter's phone fell out of her pocket into the lake while she was participating in the canoe portion of the triathlon. Sorry, Teague and Kyle. Enjoy the prizes!





... EVFCU's Newest Team Member!

*Located in the front entrance of the Nett Lake branch

*Accessible 24hrs/day ... 7 days a week!

*Free to members using Shazam debit cards!

*\$3.00 fee/ non-member debit cards

Judicial Services Announcements

The Bois Forte Tribal Court is open from 7:00 a.m. to 4:30 p.m. Monday through Thursday and 7:00 a.m. to 3:30 p.m. on Friday. The Tribal Court is closed for Holidays the same as the Tribal Government.

Recently our mailing address changed to: BOIS FORTE TRIBAL COURT, 12907 PALMQUIST ROAD, SUITE B, ORR, MN 55771. Please update your records if you need to send documents or mail payments to the Court. Our phone numbers are (218) 757-3462 or (218) 757-0174, and our fax number is (218) 757-0064.

The Tribal Court has three three full-time staff members: Miranda Lilya, Judicial Services Director, mlilya@ boisforte-nsn.gov, Marian Holmes, Probation Officer, mholmes@boisforte-nsn.gov, and Janell Smith, Clerk of Court, janell.smith@boisforte-nsn.gov. Our Chief Judge is Megan Treuer, the Band Prosecutor is Benjamin Pachito of The Jacobson Law Group, the ICW Prosecutor is Rebecca Mc-Conkey-Greene of McConkey-Greene Law Office, and the Public Defender is Heidi Drobnick of Swanson, Drobnick and Tousey Law Office.

On Wednesday, January 20, 2021, the Bois Forte Reservation Trial Council approved the Revised Bois Forte Tribal Code and it became effective March 1, 2021. The Revised Tribal Code can be found on the Bois Forte website at www.boisforte.com. To find the code, click on the Government Directory, then click on Judicial, then click on Bois Forte Tribal Code. You can also find the code at this link: https://boisforte.com/wp-content/ uploads/2021/02/Bois-Forte-Tribal-Code.010421.pdf. Copies of the Revised Code are available at the Tribal Court.

Due to the COVID-19 Pandemic, Tribal Court is still hearing Children's Court and Criminal Court proceedings primarily via Zoom. Individuals can appear in person but are required to submit to screening prior to being allowed to enter the Court. Any person who is not vaccinated against COVID-19 is required to wear a mask while inside the Tribal Court building. The upcoming Tribal Criminal Court dates are July 14, **15, and 28, August 11 and 25, September 8 and 22, October 13 and 27, November 10 and 17, December 8 and 22. **Jury Trial Date. Children's Court dates are the second Tuesday of the month.

Twice a month, Marian Holmes, Probation Officer, travels to Vermilion to meet with defendants on probation or release conditions. She is available at the Vermilion Social Center from 8 a.m. to 2 p.m. on the following dates: July 7 and 21, August 4 and 18, September 1 and 15, October 6 and 20, November 3 and 16, and December 1 and 15. REMEMBER – IT IS YOUR RESPONSIBILITY TO CONTACT YOUR PROBATION OFFICER!

The Tribal Court staff is working on having a Warrant Resolution Day in August or September. If you have a warrant at the Tribal Court and would like to take care of it sooner, please contact your attorney to begin the process of getting your warrant resolved. Please watch future issues of the Bois Forte News for the warrant list publication!

In March, the Tribal Court began using Full Court which is a case management software system, to better track the cases before the Tribal Court. Along with this software, defendants can now pay court fines, fees, and bail online. To access the online payment system, go to www.citepayusa.com. Once there, click "Minnesota" in the State dropdown menu, then click "Bois Forte Tribal Court" under the Court dropdown menu. Then click on "Make a Payment."

You can then either Pay a Citation, Fine, or Fee, (blue button) or Pay Bail (red button).

A screenshot of the online pay-



ment system is pictured. Information in the fields highlighted in yellow is required.

You are also able to come into the Tribal Court to make payments or pay bail by credit or debit card. The ability to pay bail or fines by credit/debit card is only available at the Tribal Court and there are additional fees assessed by the payment processor to make payments online or via credit/debit card machine.

If you have any issues when attempting to make online payment or questions regarding online payments, please contact Miranda at the Tribal Court.

Please note that any bail posted outside of regular working hours will not release the individual in custody immediately. The court will need to draft a release order and the judge will still have to sign the order prior to the individual being released from custody.

PUBLIC RECORDS OF THE BOIS FORTE TRIBAL COURT

Bois Forte Tribal Court – May 26, 2021

WHITEMAN, JOSEPH ZACHARY, simple assault reduced to disorderly conduct, plead guilty

MORRISON, JENNIFER MAE, domestic abuse amended to simple assault, plead guilty

GOGGLEYE, MICHAEL LANCE, plead guilty to disobedience of a lawful court order, driving motor vehicle after revocation/suspension, and possession of drug paraphernalia

JENKINS, DARIN WAYNE, body only warrant issued

Bois Forte Tribal Court – June 9, 2021

No Convictions to report STRONG, AIDEN JAMES, body only warrant issued

The Bois Forte Pharmacies would like to introduce our intern for the summer of 2021! Stop in and say hi!



Boozhoo, My name is Johnathan Ammesmaki and I am a third year Pharmacy stu-

dent at the University of Minnesota of Duluth. I am from the Fond du Lac reservation near Cloquet, Minnesota. I am interning here at the Bois Forte Pharmacies over the summer. I am a first-generation college student and I also served eight years in the United States Army. Some of the things I enjoy doing are spending time with family and enjoying the outdoors including hunting, fishing and camping. I am looking forward to learning from the medical team here. My plan for the future is to work in Indian Health Services to improve our communities and hopefully inspire young Native Americans to seek a higher education.

Miigwech Johnathan Ammesmaki

New Editor, Madeline Johnson

Greetings, readers! I'm happy to introduce myself as the new writer and editor of the Bois Forte News. My name is Madeline Johnson, and I'm a Bois Forte descendant from Duluth, MN. I'll be around Nett Lake and Vermilion taking photos, interviews and writing stories. I'm a writer and a college instructor, and I love books, history and art. I know many of you already, and I am looking forward to getting to know many more through your submissions and stories.

If you have stories, pictures, recipes, or anything else you'd like to see in the news, please submit them to me via my email address at news@boisforte-nsn.gov.



A Long Educational Legacy-

One esteemed Nett Lake Eagle is flying off to new adventures. Katy Long, a longtime teacher at Nett Lake Elementary, is retiring.

Long, who has taught at Nett Lake for 38 years, spent her last work day going through her collection of books, deciding which ones she wanted to keep for her grandchildren and which ones she wanted to give away.

"My favorite part of teaching is the kids, and the relationships that you develop with the students," said Long. "Because it's a small community, they knew me by the time they got to my age group. I know them, I knew their parents—It's the students and families; you develop a special bond."

Long began teaching Head Start at Nett Lake in 1982, just months after she received her teaching degree. She has been here for the entirety of her career and has become a long-standing and important fixture in the community. She has taught almost every grade and has loved each one.

While Long has put down deep roots at Nett Lake, her roots in teaching go even deeper.

"I come from a family of teachers," she explained.
"My brother and sister are both elementary teachers.
My mom was a teacher, her mother was a teacher.
The hardest thing with retiring is that I couldn't say I was a teacher. I decided that what I would do was just have a word before it—I'm a retired teacher."

Now that she is officially retired, Long's family is eager to have her as a permanent "bonus teacher" for her grandchildren, who she is excited to be able to spend more time with.

Long said she is not entirely done teaching the community's children. She plans to continue to work as a substitute teacher.

Long is originally from Lacrosse, WI, and then moved to Duluth. She settled down teaching at Nett Lake Elementary when she came to the area to help a friend move to Cook. There, she met her husband.

"I didn't know he was going to be my husband at the time," she laughed. "But the boyfriend became the husband, and so I stayed."

Long has fond memories from her decades of teaching, but she says the one thing she will not miss is the 40-mile drive in 33-degree sub-zero weather. Despite the long drive back and forth each day, Long has stuck with the community all these years.

As someone who has become an important figure for generations of people in the Nett Lake area, Long has had many years to see everything that makes the Bois Forte community unique and special.

"The culture is amazing. I've learned so much the sense of unity," she said. "You look out for each other, you help each other, you work together. When they first started this school building the goal was to have all services for children under one roof. If the kids had to go to the clinic, they wouldn't have to go outside. I really like that, people helping people."

She went on to explain how teaching for the community has connected her to the people here.

"When I'm shopping, I'll have a kid come up to me like, 'Mrs. Long! Mrs. Long!" said Long with a fond laugh. "I would say to our kids, 'We are not a 3rd and 4th grade class, we are a 3rd and 4th-grade family. We respect each other, help each other and protect each other."

If she could offer one piece of advice to her past self, when she first started in 1982, it would be to remember that being a teacher doesn't mean you've learned everything.

"I've learned so much from the new teachers, their new philosophies and new ideas," she said. "It's important to hold onto those, to try them and respect them. It makes a difference."

Long has quite a lot to be proud of. However, when she was asked what makes her proudest, she described receiving a card from one of her 6th grade students.

"It said, 'thank you for making learning fun," she recalled, smiling.

To all of her students who may be in our readership, Long has one message for them all:

"Follow your dreams with respect and kindness," she said. "Thank you to the community."



STAY SAFE

What You Should Know **About COVID-19 Vaccines**

Many people have questions and concerns about the new COVID-19 vaccines. This is normal. This document gives you the facts on COVID-19 vaccines.

No safety steps have been skipped in making the COVID-19 vaccines.

COVID-19 vaccines have gone through the same safety steps and studies as other vaccines. Medical researchers were able to make the vaccines quickly because of years of earlier research and money from the federal government.

✓ COVID-19 vaccines work for everyone in authorized age groups.

All COVID-19 vaccines were tested in clinical studies with tens of thousands of people of different ages, races, and ethnicities to make sure they were safe and worked.

▼ The COVID-19 vaccines cannot change your DNA.

The mRNA (messenger RNA) in the Pfizer and Moderna COVID-19 vaccines is not able to change or modify a person's genetic makeup (DNA), because it never enters the center of cells, which is where DNA is made. After the mRNA does its job, it is destroyed by the body.

The Johnson & Johnson COVID-19 vaccine does not have fetal tissue in it.

This vaccine is made using a harmless cold virus, called an adenovirus. The cold virus is grown on fetal cells collected decades ago that have been maintained by the vaccine maker. Many faith groups and bioethical institutes have stated that people may ethically receive this vaccine when other vaccines are not available.

✓ COVID-19 vaccines do not contain microchips.

The new COVID-19 vaccines do not contain microchips to track or monitor people.

✓ COVID-19 vaccines do not have preservatives, eggs, or pork products.

COVID-19 vaccines do not contain: latex; preservatives; or any animal byproducts, including pork products or gelatin. The vaccines are not grown in eggs and do not contain egg products.

✓ Pregnant people can get vaccinated.

The current data we have show that the COVID-19 vaccines do not impact the fetus or cause miscarriages. We encourage anyone who is pregnant to talk to their doctor about getting vaccinated to understand the benefits and risks of vaccination.

Tired of Missing out on Our Branded T-Shirts and Hoodies? So are We!

The RTG has an online team store set up once a month for anyone to purchase apparel with the Band's logo.

We have set the BFTS prices as low as we can. Each purchase is paid by the customer and shipped straight from the store to you. Popular items will remain in Bois Forte Team Store! the store and new products will alternate in monthly.

The Bois Forte Team Store will be open: July 11-24

Click on the "Shop" link on BoisForte.com website

✓ COVID-19 vaccines do not cause infertility.

If you would like to have a baby someday, you can get the COVID-19 vaccine. There is no evidence that fertility problems are a side effect.

✓ Get vaccinated even if you already had COVID-19.

We do not know how long immunity from having COVID-19 lasts, and we do not know if immunity varies based on how sick you were. We also do not know how variants may affect people who have had

✓ You cannot get COVID-19 from the vaccine.

Vaccines do not have any COVID-19 virus in them.

✓ Side effects after vaccination are mild.

Side effects are mild compared to having COVID-19 disease. Pain, swelling, or redness where the shot was given; having headaches; feeling achy; tiredness; and low-grade fevers mean your body is responding to the vaccine. It is also OK if you do not have any side effects. Each person responds differently to vaccines.



We are still learning some things about the COVID-19 vaccines, such as how long protection from the vaccine lasts. and how the vaccine affects the spread of COVID-19. But these are not reasons to delay getting life-saving vaccines. Experts will continue to monitor the vaccines for safety for as long as they are available.

▼ The COVID-19 vaccine is free.

No matter your insurance or immigration status, you should not be charged.

✓ The best vaccine is the first vaccine offered to you.

The best vaccine is the vaccine you can get now. Whatever vaccine is available, is the best choice. All the COVID-19 vaccines are very good at preventing severe illness from COVID-19, meaning someone will most likely not have to go to the hospital if they get COVID-19 after they are vaccinated, and they are much less likely to die from COVID-19.

> Find more information at About COVID-19 Vaccine (www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html)



mn.gov/vaccine

Minnesota Department of Health | health.mn.gov | 651-201-5000 | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975 Contact health.co nunications@state.mn.us to request an alternate format.

Fun Facts About Blueberries

- 1. A cup of blueberries has only 81 calories. They are the perfect snack for anyone watching their waistline or striving for better fitness and health.
- 2. Blueberries get their intense blue color from anthocyanins, a type of antioxidant. Blueberries contain different types of antioxidants, which fight the free radicals that cause cell damage. It is believed that blueberries can aid in the fight against cancer, aging and more.
- 3. Blueberries freeze beautifully. You'll always have blueberries on hand for your favorite recipes.
- 4. Blueberries have been shown in clinical trials to help destroy belly fat. Yup, all by themselves, blueberries fight belly fat!
- 5. Scientifically, blueberries show promise in fighting Type Il Diabetes, heart disease, dementia and more.
- 6. Blueberries have been shown to improve memory.



Tower/Soudan Elementary 5th grader Matthias Boshey was the Spelling Bee champ of the school this year!

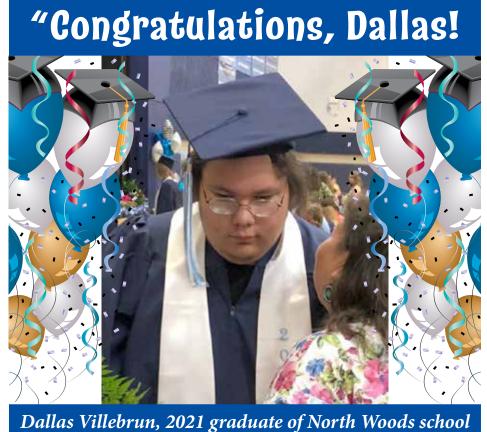


LOVE YOUR BESTIE, GRAM





Band members Rafael Marroquin and Owen Koivisto at Northeast Range are glad to be back and working on their team's robot this year! Their team name is the Iron Mosquitos. Competition will be very different this year, but they have been glad to return to building! Robotics teacher Mr. Lindsay is looking forward to watching these two take on more leadership roles in the coming years. Mr. Lindsay also teaches a wonderful computer science program for college credit, and is able to telepresence to North Woods and South Ridge. He gave a fascinating presentation to the American Indian Parent Advisory Committee (AIPAC) in December on what he has been doing and working on. Keep up the good work!



Bois Forte NEWS



Deadline for the August 2021 issue is July 15, 2021. 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.

From the archives... A look back at the July 1996

edition of the Bois Forte News

Bois Forte News

POL. 11, NO. 1

NETT LARE, MINHL, JULY 1996 EDITION

T87-328

It's LANDGREN & VILLEBRUN!

New R.T.C. officials take oath of office in ceremony

July 9, 1996. The team of Clied Landgren-Ramona Villebran, successful in the June election, were officially swom into office by Judge Margaret

Tresser in a ceremony at the new Next Lake Community Conter before a large crowd of this forte band members, R.T.C. saff members and eighthered.

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Traditional Advisor Fugeres Goodsky then gave an offering of the sacred tobacco and an offering of food to the spirits be was asking for direction and guidance for the officials who were testing the sear of officials who were testing the sear of officials who such asking for the safe return of people traveling great distances to be here and also touch the people in attendance

"Menna" Villebrand, the new District representative, was introduced and thanked all the people who supported her and assured them that she would

and relatives who came from great distances to attend the swearing-in ceremony.

Both of the new count insembers have administrative experience. Mr. Villetons managed the Multi-Service Center in Nett Lake for eight years. Recently she was the director of TERO in which she worked with contractors to see that they were in compliance in hiring Indians for the various construction projects, including the new Nett Lake Education

Clist, as accomplished guitarius in his youngery seas, guiduated from the Or High School in 1961. He served in the U.S. Army as a task commander and also as a drill instructor. After discharge, he sweed for U.S. in histographs before coming to Nert Lakes to deter the CAP program. He also worked at a sunsagement program another herered 29 tribes in a vistate area, Minnesson-Wicconius-Miclagus. He also worked as many another and a public relations and communication director. He also worked with the Minnesson-Chimosomic Thousand communication director. He also worked with the Minnesson-Chimosomic Thousand communication director. He also worked with the Command. The Minnesson Chimosomic Thousand communication director. He also worked with the Minnesson Chimosomic Thousand communication and Exercises.

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Bois Forte Tribal Council

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