



Bois Forte NEWS

VOL. 46 NUMBER 10

GET YOUR UPDATED BIVALENT BOOSTER!

Both Nett Lake & Vermilion Clinics now have the Updated Bivalent Boosters available.

Vaccination days of the week will continue to be Tuesday/Wednesday in Nett and Thursday/Friday at Vermilion.

You can receive both the Flu vaccine and a COVID-19 vaccine at the same visit.

When you call to schedule your appointment, please let the registration staff know if you would like BOTH the Flu and Covid-19 vaccine, these will be scheduled from October 4th according to vaccine administration days at each clinic.

Please see page 9 for more details.

The timing was right for Manoomin and Sacred Items Ceremony

With the late cancellation of the 2022 wild rice harvest and other misfortunes hampering Bois Forte people, the timing was perfect to host a Manoomin and Sacred Items Ceremony.

And that is what took place in the Bear room at the Bois Forte Government Center, Friday, September 23rd.

“We need healing in our community,” said Spiritual Advisor Vern Adams, who first delivered his message in Ojibwe before sharing his wis-

dom in traditional English. “I have also asked the spirits to help get our people through the winter and to keep people safe.”

Two such instances Adams talked about was a Bois Forte Veteran and Elder whose husband was in hospice at home, but fell and broke his hip so he had to go back to the hospital to live out his remaining days.

The other came as a request from a family in Hibbing who asked for prayers to get

rid of bad spirits that are causing problems in their home. Yet another band member asked for a special prayer for his brother that had recently passed away after a bout with cancer.

Prior to the ceremony beginning, several band members placed sacred items around the large circle that was set up around the drums. The items were placed on blankets in front of their chairs. The items varied on each blanket, whether it be feathers, mocca-

sins, pipe, leather pouch, small stones, regalia, or other clothing items. Adams then made his way around each blanket and blessed them as he spoke in Ojibwe and smoked the ceremonial pipe.

As is tradition, dishes of wild rice with a variety of berries, nuts and tasty spices were passed around to those gathered for the ceremony. A tater tot hot dish was also offered to those who took part in the ceremony. Linda Tibbetts-Barto

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EASY DOES IT— David “Squidg” Morrison, left, and Lance Kingbird, right, prepare to place a blanket that was used for the Bois Forte Manoomin and Sacred Items Ceremony. Looking on is Spiritual Advisor Vern Adams. Seen in the background, right to left, were Bois Forte Police Officer Brent Chosa, Clint Miller and Linda Tibbetts-Barto



SACRED ITEMS— Pictured here are the sacred items that Linda Tibbetts-Barto brought to the Bois Forte Manoomin and Sacred Items Ceremony.



PLENTY OF CHOICES!— A pot luck luncheon was served after the Maanoimin and Sacred Items event took place in the Bear room at the Bois Forte Tribal Government Building Friday, September 23rd. Pictured, left to right, are: Kristina Isham, George Strong, Sr. and Payton Counts.

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and Clint Miller assisted with these duties as did Ryan Bajan, who also volunteered to help with the drum group. Others in the drum group were David “Squidg” Morrison, Lance Kingbird, Miller, George Strong, Sr. and George Strong, Jr.

Following the conclusion of Adams’ messages, each band member who had brought in a drum to be blessed was asked to talk about what their drum meant to them. Morrison talked about the power of healing that the drum provides when he uses it at ceremonies.

“It helps me with healing and I hope it helps you with healing as well,” said Morrison, who added how important it is to keep the drum group vibrant at events such as these.

Strong, Jr. said his drum has a very special meaning to him as it helped him deal with his battles with alcohol. He proudly credited the drum in part

for keeping him focused and determined as he recently celebrated two years of sobriety.

Once the ceremony concluded with the healing song, those gathered for the special ceremony shared a potluck lunch together with many of them being favorite wild rice dishes and even some goodies like brownies and sliced up apples.

Tibbetts-Barto said the gathering was very important and helpful to all who attended. She said the items they carry and possess also help with their daily lives, which is why she and others at the ceremony take special care of the items.

“Those of us who attended took care of our items that we have been given through dreams, elders who gave them to us or came to us in other ways,” said Tibbetts-Barto. “The ceremony of smudging, feasting and prayers to Git-chii Manidoo are giving our thank you to those Manidoo who help us.”

Bois Forte to receive \$2.9 million grant from Department of Labor

The U.S. Department of Labor recently announced the award of nearly \$199 million in dislocated worker grants to support projects that enable unemployed and underemployed people to enter, return to, or advance in high-quality jobs in infrastructure, environment and climate, the care economy and other critical and growing sectors. These grants prioritize individuals whose employment has been negatively impacted by the pandemic and individuals from historically marginalized and underserved populations.

Quality Jobs, Equity, Strategy and Training Disaster Recovery grants are being awarded to 15 states, six Indian governments and one territorial government, and serve nearly 15,000 eligible workers. The grants align with the Biden-Harris administration’s efforts to provide high-quality jobs and build a skilled workforce, while promoting equitable access for historically disadvantaged communities.

“The pandemic caused extraordinary disruption in our economy and disproportionately harmed people in disadvantaged communities,” said Secretary of Labor Marty Walsh. “The Biden-Harris administration’s actions fueled a strong recovery and historic economic growth. As we enter new phases in the recovery, we must ensure all communities have the support they need to thrive.”

The Bois Forte Band of Chippewa was among three Minnesota tribes that received grants. Bois Forte received nearly \$2.9 million, while White Earth received \$1.7 million and Mille Lacs received \$1.0 million.

According to Bois Forte Grant Manager Doris Isham, the grant would be used to recruit employees for iden-

tified positions lost due to reasons surrounding the pandemic.

“The hired employees would receive training and education through community colleges or Technical Colleges to increase skills with a goal of higher quality employment that would be long term,” said Isham, who added that she’ll be meeting with Bois Forte Management to explore other avenues to spend down the grant. “We are very fortunate to have received these funds and sincerely thank the U.S. Department of Labor for this generous grant.”

Tribal Chair Cathy Chavers was equally grateful that Bois Forte received the \$2.9 million dollar grant as it will eventually help the workforce shortage both with Bois Forte Government employment and employment at Fortune Bay Resort Casino and other Bois Forte Development Corporation businesses. Those include the Y Store on Highway 169, The Wilderness at Fortune Bay golf course and the C-Store in Nett Lake.

“Doris Isham has been working diligently for the tribe to access additional funds to address the workforce issue the tribe is faced with,” said Chavers. “We are very thankful to have Doris and others within the organization who write grants for Bois Forte.”

Authorized by the Workforce Innovation and Opportunity Act of 2014, Dislocated Worker Grants temporarily expand the service capacity of dislocated worker programs by providing funding assistance in response to large, unexpected economic events that cause significant job losses. On July 5, 2022, the department announced the availability of funds for QUEST Disaster Recovery National Dislocated Worker grants of up to \$15 million per applicant.

Isham takes on new role with Boys & Girls Club

Guest column by Jannan Isham

I was hired August 1, 2022, as the Boys & Girls Club (BGC) Mental Health Coordinator under an ARPA grant.

My position has allowed me to work with the youth of Bois Forte at the BGC (start date 8/9/22 and with students in the Nett Lake Elementary School (start date 9/9/22).

I am currently running two Life Skills classes at each BGC site and twice a week at the Nett Lake Elementary School.

I am at the Nett Lake Club site

on Mondays at 3:30 & Wednesdays at 2:30, V-BGC site Tuesdays at 4:00 and Thursdays 4:00 (Teen Night, Nett Lake brings teens to V-BGC).

Nett Lake Elementary School Mondays & Fridays at 2:20 for grades 4th, 5th, and 6th grades.

The Life Skills Program is age specific – Grades 3/4, 4/5, 5/6, and levels of teens.

There are nine chapters to the program, they are as follows:

1. Self-Esteem
2. Decision-Making

3. Smoking Information
4. Advertising
5. Dealing with Stress
6. Communication Skills
7. Social Skills
8. Assertiveness
9. Resources

First, it is based on science. It was carefully designed to target the primary causes of tobacco use after an extensive review of the existing research literature. Many prevention programs are based on guesses and hunches about what might work. The Life Skills Program is based on what the latest research tells us about causes of substance abuse.

Second, it is comprehensive. It doesn't just focus on one aspect of the problem of substance abuse. It addresses all the most important factors leading adolescents to use one or more drugs by teaching a combination of health information, general life skills and drug resistance skills.

Third, although it uses a variety of teaching methods, it emphasizes the use of proven skills training methods.

Fourth, the effectiveness of the Life Skills Program approach is documented by over 30 years of rigorous research. It is one of the only prevention programs proven to reduce the use of tobacco, alcohol, and other drugs. This makes the Life Skills Program the



most extensively evaluated substance abuse program available.

Our youth are the FUTURE OF BOIS FORTE and to have this opportunity to be part of helping our youth succeed and make our community a better place for all, I'm honored to do my part.

Lastly, I am also very happy to be a part of bringing the D.A.R.E. Program back to the Nett Lake School and having Officer Brent Chosa doing the program with 5th & 6th graders. The D.A.R.E. program has been away for too long and I am happy that my program is able to help Officer Chosa with program supplies.

BOIS FORTE SOLID WASTE

*****IMPORTANT CHANGES TO NOTE*****

DO'S:

- Have your Solid Waste container out to the curb the night before or, no later than 8:00 AM on the day of your solid waste collection day.
- Remove container from the curb or front yard no later than 8:00AM on the day AFTER your collection day.
- Place container at least 5 feet away from any object (mailboxes, cars, trees etc.)
- Place container at curb with handles facing away from the road.

DON'TS:

- Do not overload or overfill the container. Make sure lid shuts, all trash must be bagged and tied shut. Operator will not be picking up loose trash. Yard waste does not go in container.
- NO PERSONAL TRASH CANS!! ONLY the Bois Forte Solid Waste containers will be picked up and disposed.
- DO NOT put RECYCLING in Solid Waste Container!

****PLEASE NOTE: ONE CONTAINER PER HOUSEHOLD**

Current Solid Waste & Recycling Collection Schedule:

MONDAYS:	RECYCLING -	Nett Lake (All sectors)
TUESDAYS:	SOLID WASTE -	Nett Lake Village, Palmquist, HWY 65, Indian Pt & Sugarbush
THURSDAYS:	SOLID WASTE-	Vermilion
FRIDAYS:	RECYCLING -	Vermilion

Contact Frank Villebrun, Jr at (218) 404-5457 for RECYCLING

Contact Frank Barto, Sr at (218) 757-0193 for SOLID WASTE

We're Hiring!

For a list of current job opportunities,
www.boisforte.com/jobs

Bois Forte event covers the Do's and Don'ts of Powwow Protocol



VALUABLE ASSET— Even though Payton Counts has only been with Bois Forte Tribal Government for a little over a year, she has made a big impact on the programming she provides as part of her job as Cultural Healing Coordinator.

Never assume that you know everything—that can summarize one of the reasons Bois Forte's Payton Counts decided to hold a Powwow Protocol event.

“David Morrison Jr. and I had a conversation about understanding the ins and outs of powwows,” explained Counts of the event that took place in late August. “We thought it would be a good time to have a conversation about things people are curious about but maybe don't know who to ask.”

Counts said the turnout for this first of its kind event was excellent.

“There was an awesome turn out with a big range of ages —infants to elders – in attendance,” said Counts who is the Health and Human Services Cul-

tural Healing Coordinator. “We had 47 people attend in person and had had 239 views on Facebook as of September 21.”

The event was billed as one that would cover all things Powwows, including setting up the grounds, drum keeping, dancing and perhaps most importantly, the Do's and Don'ts of the arena.

Here are some of the tips shared at the event, but Counts was quick to point out that there are different teachings depending on who you are learning from and the powwow you attend. She added that things vary from north to south and across different tribal nations.

“This is not exhaustive or exclusive

answers, and everything is nuanced. People learn different teachings depending on the teacher,” said Counts. “If you aren't sure – ask someone.”

- The main people are: spiritual advisor, the emcee, the arena director or the head dancers. Intertribals are for anyone to dance in.

- Don't go backwards/counter-clockwise in the arena – it's taboo and some believe you are walking for death.

*NOTE: there are certain dancers that have permission, and their purpose is to only dance counterclockwise to create balance.

- Do not dance or go around the

drum if you are pregnant, or on your moon.

- Do not carry babies while dancing in the arena – it's like giving a baby an early death.

- If you are on your moon, wear cedar in your shoes for protection.

- If eagle feather falls, the protocol depends on the tribal community, but the emcee and the arena director will instruct people what to do.

- Learn through observation and asking questions.

- If you don't know, offer tobacco (or small gifts) to ask for guidance.

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Giving it their best efforts!



SLOW DAY— Even though the 2022 Wild Rice Harvest was cancelled for Nett Lake, Bois Forte band members Brent Chosa and his wife, Hannah, went out to the Vermilion River to try their luck. Hannah said there was not much rice, but added they had an enjoyable day connecting with nature.

Fortune Bay does its part to commemorate Native American Heritage Month

Fortune Bay Resort Casino is teaming up with the Bois Forte Heritage and Cultural Museum to celebrate Native American Heritage Month, which takes place every November.

All band members and other tribal members will receive \$5 in Fortune Play daily. All they have to do is show their player's card or Tribal ID and it will be loaded on their player's card.

All Wild Edge members or other tribal members will also receive free admission to the museum throughout the month. The museum is open Tuesday through Saturday from 9 a.m. until 5 p.m.

Fortune Bay is also extending its Elders Day, which typically takes place on the 4th Monday of every month, to every Monday. Elders Day, which is for those 55 and over, runs from 8 a.m. un-

til 8 p.m. Each elder will receive a \$5 food voucher and \$5 Fortune Play.

"They can also receive their \$5 Fortune Play as part of Native American Heritage Month," said

Fortune Bay Entertainment & Promotions Manager Elise Grabowski.

"The entire front entrance of the casino will also have a Native American Heritage Month display. We'll be wrapping the entire length of the stone wall, which is twice the space as last year!"

Fortune Bay will offer a Veterans Day Lunch for all veterans on Friday,



November 11th from 11 a.m. until 2 p.m. in the Gold Mine Grill. Veterans simply go to the Player's Club to get their free coupon to present at the Grill. The lunch includes

an open-face hot turkey sandwich with mashed potatoes and gravy served with mixed vegetables.

Grabowski added that she is working with Bois Forte Heritage Center and Cultural Museum Director Jaylen Strong to host a Round Dance on Saturday, November 12th. Along with singing and

dancing, there will also be a feast. The event is tentatively scheduled for a 5 p.m. or 6 p.m. start and will run until 10 p.m. This timeline is subject to change.

"We're still working on the details, but it will be a great addition to Native American Heritage Month," said Grabowski. "We're excited to be working with Bois Forte to help enhance their offerings for this very special time of year."

Note: Please look for the November issue of the Bois Forte News for more information on the Round Dance and other Native American Heritage Month activities.

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Counts reiterated the importance of asking questions if you are not sure on the Do's and Don'ts of the arena. There have been many times where a person attending a powwow might take a photo of video when they were not supposed to. It was an innocent mistake, but by learning the proper Powwow Protocol, Dave "Squidg" Morrison, Jr., said those same mistakes can be avoided.

"When a spiritual advisor is speaking or smoking the pipe, that's not the time to record video or take a picture or to do a voice recording either," said Morrison, who helped at the event and was impressed with the turnout. "You should also refrain from taking photos or video when a dancer uses their eagle whistle for a song or if they have a fan consisting of eagle feathers."

In further explaining his reasoning for hosting the event, Counts said she wanted to create a space where people could ask questions and just get a little bit more information on powwows and the set up that goes into them.

"We invited Terry Goodsky to talk about emceeing and what goes into that, Eugene Boshey III to talk about keeping the drum, Vern Adams to do

a blessing and talk about the spiritual aspects of the powwow, and Abbi Zapata to talk about how she got into dancing and lead us in a dance," said Counts. "Squidg was there with his drum and to show some songs."

Now that the inaugural Powwow Protocol is done, Counts said her program's aim is to have more events in the future—some of the topics will be a refresher course on what has already been covered.

"But we'll also discuss emceeing, staffing and song background," said Counts.

Morrison said he too is looking forward to the next Powwow Protocol event, which he anticipates will take place at the Vermilion Wellness Center or Fortune Bay in October or November.

"Some people are shy or do not know what to ask, so holding an event like this is helpful," said Morrison. "We'd like to do a FAQ sheet as well so that those attending a powwow know the proper protocol."

But one thing to always remember, Counts said is that if you do not know something as it pertains to proper Powwow Protocol—ask a question!

BOIS FORTE BEHAVIORAL HEALTH ANGER MANAGEMENT THERAPY GROUP

Need help addressing your anger?

WHEN

Starting Thursday **November 3rd 2022**
Occurring Every Thursday for 10
Sessions

Time: 10:30am-12:00pm

WHERE

VIRTUALLY VIA ZOOM

Meeting ID and passcode provided at registration. Cameras required.

MUST REGISTER TO ATTEND BY FRIDAY OCTOBER 21ST

- Contact Erin Danielson 218-757-3295
- Attendees will need to have completed **PRIOR** to Group Start Date:

1. Recent Diagnostic Assessment done within the last year
2. Domestic Violence Inventory/Anger Assessment -this can be completed at Bois Forte

FOR ANYONE
AGES 18+
WHO ARE
ELIGIBLE FOR
BOIS FORTE
SERVICES

COST

Must Carry Active Health Insurance

FACILITATOR

Chad Scott PhD,
LPCC

LEARNING ACTIVITIES

- Learning About Your Anger
- Coping Skills
- Anger Prevention
- Tools for Anger Control
- Problem Solving
- Mindfulness
- Relaxation
- Communication Skills

Certificate of completion provided at end if attended all sessions

Adams humbled to be Bois Forte's new Spiritual Advisor

As a youngster growing up on the reservation, Bois Forte band member Vern Adams took every opportunity to learn more about his Native American culture and language.

He listened intently as Bois Forte elders would tell him stories about the Ojibwe culture and teach him more about the language the elders before them had been taught themselves as youngsters.

"I used to visit a lot with our elders," said Adams, who recently took over as Bois Forte's new Spiritual Advisor. "They imparted a lot of wisdom and knowledge to me that I am now passing on to my children and grandchildren."

Some of those elders included Mae Pelkie, Annie and Alec Pete, Marvin Knott, John Strong and of course, his parents, Gordon Adams, Sr. and

Martha (Burntside) Adams. He also talked fondly about his Aunt Helen Goodsky, who was the mother of Gene Goodsky, himself a Spiritual Advisor for Bois Forte.

"Billy Blackwell was also instrumental to me," said Adams, who was born in Fort Frances, Ontario, and has dual citizenship. "He was a little shy at first, but he was open and honest. He came right out and told me about the spiritual dreams I had."

As has been the case with other Bois Forte families dealing with death, Adams has endured many hardships in his life, several of which prepared him for his role as Spiritual Advisor. He recalled three losses in four years when he was a teenager in the Orr school system. Those losses included his mom and two brothers, Lester and Bill.

"Before my mom died, she sat me down and told me, 'I have been scared, but I am not scared anymore, I've seen God, and I know who he is. He's very loving and kind—a week later, she died,'" recalled Adams, who has since lost several other family members, including his brother, Norm, his sister, Karlene, and daughter, Vanessa. "It was comforting to know she was at peace as she faced death."

Adams said learning from the elders wasn't something they automatically just shared with him. He added that they listened to him talk, and it almost seemed as though they were judging him to see if he was sincere in his quest to learn more about the Ojibwe culture and language.

"A lot of them would only talk to me in Indian only, so I had to learn the language just by listening to them," said Adams, who also credits his attending powwows and taking a language class from Gene Goodsky and Hank "Whiz" Goodsky with helping him along the way. "Once I gained their respect and trust, they opened up to me more."

And needless to say, that was a big relief for Adams.

"I believe they knew I was sincere because they knew how important learning more about our history was to me," said Adams. "Respect and honesty are very important to our culture; they knew I carried those traits."

Becoming the new Spiritual Advisor wasn't something that was just given to Adams. He had been asked to help at funerals and Bois Forte functions after Goodsky's death earlier this year, but nothing was official.

"(Bois Forte Tribal Chair) Cathy Chavers eventually approached me, gave me tobacco, and I agreed to do it," said Adams, who has been a longtime employee at Fortune Bay in the maintenance department, while his wife, Cindy (Boshey) Adams works at the resort front desk. "My role includes

presiding over funerals, not just ones held here on the Bois Forte Reservation, but I have also traveled to Cass Lake, Red Lake, and Wisconsin."

Adams also does the Invocation at RTC meetings, the State of the Band, Swearing-In Ceremonies, and other RTC events. Most recently, he presided over the Manoomin and Sacred Items Ceremony, which took place Friday, September 23.

"Whenever I do pipe ceremonies, I always include my mother in there," said Adams. "For those who know the language, they know I include her in my talks. I'll mention her name and invite her spirit to listen. Same with my grandfather, who was a medicine man. I used to say my grandfathers, but one night he came to me and said you do not have to say that—say, 'Grandfather.'"

While Adams is doing his part to keep the Ojibwe language alive, he expressed concern that more needs to be done to achieve that goal.

"It is very important that we don't get complacent in this," said Adams. "Like I told my boy—'Yeah, it's nice you have a lot of knowledge about your culture and stuff, but it will be kind of useless if you don't learn your language because there are some ceremonies where you just have to talk the language—it's not always translated into traditional English.'"

And that is why Adams is hoping today's youth carry on the torch he held as a youngster, where he did whatever he could to soak up the knowledge needed to carry on the Circle of Life.

"I am constantly teaching my family, but I also have other people who come up to me, offer me tobacco, and I teach them," said Adams. "It is a lot of work, but it's something Bois Forte Elders need to do to carry on—we all have a responsibility, and it is one that I am honored to carry on as our Spiritual Advisor."



GETTING READY—David "Squidg" Morrison, left, Vern Adams, center, and Clint Miller, right, share a lighthearted moment before the Bois Forte Manoomin and Sacred Items Ceremony, which took place in the Bear room at the Bois Forte Government Center. Adams has taken over as Bois Forte's new Spiritual Advisor.

Important projects continue on Lake Vermilion Sector



IT'S COMING ALONG RATHER NICELY!— Construction crews were taking advantage of the nice fall weather recently as they worked on the repaving project on Tibbetts Trail and part of Sovereign Drive. “We should be wrapping this project up in the new two weeks,” said Bois Forte Public Works Manager Brian Whiteman.

Anishinaabe Giizhigad to take place at Nett Lake/Lake Vermilion

Saving Lives Project is pleased to announce it will be hosting Anishinaabe Giizhigad in Nett Lake and Lake Vermilion.

The Nett Lake event will take place on Wednesday, October 5th at 5 p.m. in the Native Hearts Fitness Center parking lot (13085 Nett Lake Rd., Nett Lake) while the Lake Vermilion event will take place at 5 p.m. at the Vermilion Wellness Center Parking lot

on October 6th. That address is 1615 Farm Road S., Tower.

Those attending the event will receive a t-shirt. Water and snacks will be provided, so make sure to come out and celebrate Anishinaabe Giizhigad with a Bimose/Bimibatoo.

For more information, please contact David “Squidg” Morrison at the Native Hearts Fitness Center by dialing 218-757-0087.



BUSY CREW— A.J. Freeman, kneeling, and Fred Hart, standing, were busy installing the innerduct, which is what the fiber cable will go through for Bois Forte’s Fiber to Home project. The project, which will provide high speed internet to homeowners, began earlier this year in the Nett Lake Sector. “We’ll probably be here till freeze up with the install,” said Freeman, who works with Lake States Construction, LLC. out of Grand Rapids. The crew was working on Sovereign Drive and Whiskey Point Road when this photo was taken. Hart said a separate crew will be installing boxes on homes in the Lake Vermilion Sector in the coming weeks.

There will be a gathering of friends and relatives on **October 22nd, 2022,** at **1 p.m.** at the Vermilion Government Center
in memory of

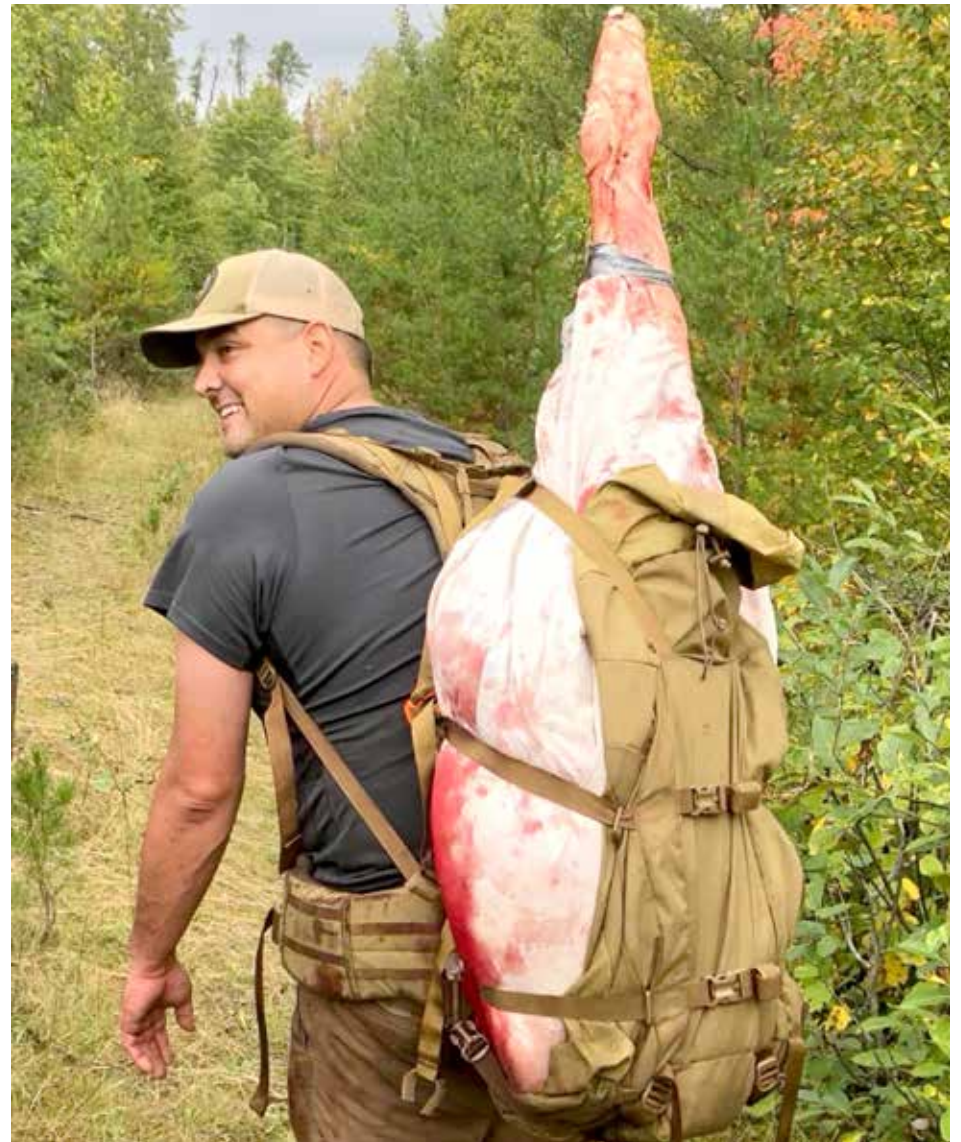
FRANCIS “TUNA” CONNOR

It has been a year since his passing so we will get together to remember his life— he loved music and going to live concerts, football, and bingo.

1610 Farm Road South, Tower



Another successful hunt!



GREAT JOB!— Bois Forte band member Phil Brodeen poses with the bull moose he got early on in the 2022 season. In the other photo, Brodeen is shown walking out of the woods after the moose was quartered. Congratulations to you and your hunting party, Phil!

October

Here is the Elder Nutrition Program's (ENP) menu for the month of October. Services offered include nutritious meals served daily, Monday through Friday at the Nett Lake and Vermilion Community Centers from 11am-1pm with home-delivered meals available to Elders who are unable to get to the ENP sites.

October 3: Burrito Bowl, Fruit

October 4: Chef's Choice

October 5: Chef Salad, Garlic Breadstick, Fruit

October 6: Country Fried Steak, Mashed Potatoes, Vegetable, Fruit

October 7: Chicken Salad on Croissant, Vegetable, Fruit

October 10: Beef Stew, Tossed Salad, Rolls, Fruit

October 11: Chicken Penne Alfredo, Broccoli, Fruit

October 12: Sloppy Joe, Sweet Potato Fries, Fruit

October 13: Split Pea and Ham Soup, Broccoli Salad, Dinner Roll, Fruit

October 14: Pork Loin, Rice Pilaf, Vegetable, Fruit

October 17: Baked Pork Chops, Wild Rice, Green Beans, Fruit

October 18: Roast Turkey, Mashed Potatoes, Vegetable, Fruit

October 19: Brat Burger, Coleslaw, Fruit

October 20: Grilled Chicken Breast, Wild Rice, Zucchini, Fruit

October 21: BBQ Pork Riblette Hoagie, Au Gratin

Potatoes, Broccoli Slaw, Fruit

October 24: Twice Baked Potato, Broccoli, Fruit

October 25: Beef Lasagna, Garlic Toast, Green Beans, Fruit

October 26: Cabbage Beef Soup, Ham and Cheese Sandwich, Three Bean Salad, Fruit

October 27: Stir Fry, Steamed Rice, Fruit

October 28: Herb Chicken Breast, Hash Browns, Broccoli, Fruit

October 31: Shepherd's Pie, Hot Spinach, Fruit

Here is why you should never miss your doctor's appointment

Submitted by Bois Forte Health & Human Services

To live a long and healthy life you need to take care of your body. A good way to keep your body healthy is to keep your medical appointments with your doctor.

To show you the true importance of attending your medical appointments, here are six consequences of not doing so:

• Having trouble setting another appointment

A doctor's schedule is not always free. Getting another appointment quickly, may be difficult to do.

• Inconveniencing other patients

Doctors, on a normal basis, cater to a lot of patients – not only you. If you miss your scheduled appointment by being absent or later than the design-

ated time, you are compromising another person who has properly attended theirs. They, just like you, reserved a portion of their time to get checked.

• Change in medication needs

The human body is a complex specimen and is subject to change. If you are not seeing your doctor as scheduled, chances are that your body will not be in touch with its medical needs.

• Not detecting underlying conditions

Sometimes a health issue can trigger another disease without you knowing. This is one of the most critical features of seeing your doctor often. The more you visit them, the higher the likelihood of detecting diseases and addressing them at the earliest opportunity possible.

• Worsening of conditions

Never be too complacent with your health. Though you think you are feeling well momentarily, it does not reflect the real status quo of your health. Well visits are just as important as sick visits.

• Outdated medical measures

Not keeping a constant touch with your doctor? You are at risk of maintaining outdated medical techniques and measures. For example, a new

therapy has been declared to be more effective than the one you are constantly engaging. Without visiting your doctor, you may miss out on this important change.

We understand life is busy. If you are unable to make an appointment, please call to cancel/reschedule:

Nett Lake Medical Clinic: (218)757-3650

Vermilion Medical Clinic: (218)753-2182



Happy Belated 9th Birthday

to the beautiful twins, Lola and Lyla, who celebrated their birthday on September 15th!

Love G-Ma, Dad, and Uncle Tristan



COVID-19 BIVALENT BOOSTERS ARE HERE

They are now AVAILABLE at both

Nett Lake & Vermilion Clinics

Nett Lake Clinic	Tues & Wed	8:30 AM - 3:30 PM
Vermilion Clinic	Thurs & Fri	8:30 AM - 3:30 PM

Pfizer Bivalent Boosters are authorized for people age 12 yrs & older
Modern Bivalent Boosters are authorized for people age 18 yrs & older

*** You are eligible for this Bivalent Booster if you have completed your primary series OR received your last booster at least 2 months ago***

The updated boosters are to protect against the original strain of COVID-19 and the Omicron variants currently circulating (BA.4 and BA.5)

Updated COVID-19 boosters can both help restore protection that has decreased since previous vaccination and provide broader protection against newer variants.

Patients can and will be offered other vaccines during clinical visits.

➤ Flu Vaccines will begin October 1st as they have in the past.

Call the clinic today to schedule your "Updated Booster"

Nett Lake Clinic 218-757-3650

Vermilion Clinic 218-753-2182

If you're name was added to a call list for the new booster, nursing staff will be calling you to schedule your appointment

Obituary

RAYMOND "PRESS" GESHICK (GAYNO GIIZHII GEB), age 87 of Tower died Friday, September 23, 2022 in the Cook Hospital. He was born February 20, 1935 in Cloquet the son of Andrew Day and Cecelia Geshick. Ray lived in Cloquet, Nett Lake, and Minneapolis prior to returning to Northern Minnesota about 11 years ago. He was a man of many talents, and worked as a cab driver for Blue and White Cab Co., a machinist for Retrac Mfg., and an independent contractor window washer.

Ray loved his Native culture and music, beadwork/loom work, Blue Grass music, bird watching, hunting, fishing, ricing, and was an animal lover.

Ray is survived by his wife: Holly Smith-Geshick; children: Anna Geshick of Aurora, Raymond A. Geshick, Jr. of Morton, MN, Wanda Lee Geshick-Mondragon of Minneapolis, and Charles A. (DeVonne DeMarris) Geshick of Minneapolis; stepson: Victor Whitehorse; sister: Donna Lee; grandchildren: Martin Mayotte, Daniel Mayotte, Alvin Mayo-

tte, Buddy Mayotte, Tamica Columbus, John Braman, Adelle Braman, Katherine Braman, Collin Braman, Evelyn Geshick, Elise Geshick, Kamimila Red Bird, Charlene Geshick, Jeff Geshick, Jr., Carol Geshick, and Jonathon Geshick; great-grandchildren: Sabrina, Tru, Mya, Lea, Destin, Savannah, Killian, and Nisswa III; great-great-grandchildren: Miles, Kailani, William, Raelynn, Jayvyn, Mekhi, Anthony, and Quentin; extended family and friends.

He was preceded in death by his parents; grandson: Caleb Geshick; and siblings: Richard Geshick, Joseph Geshick and Beatrice Geshick.

A wake was held Monday, September 26, 2022 in the Vermilion Wellness Center. Tribal Rites were held on Tuesday, September 27, 2022 in the Wellness Center. Burial followed at the Bois Forte-Vermilion Cemetery.

Family services provided by Bauman-Vermilion, A Bauman Family



Funeral Home in Tower. To share condolences online, please see: www.baumanfuneralhome.com.



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HAPPY BIRTHDAY!

CELINA MORRISON
who turns 3
on October 21st!

Love,
Mommy, Daddy
and Delvin

No dead air yet—WELY to remain open

Just one day prior to pulling the plug on WELY, the Bois Forte Tribal Council voted Wednesday, August 31st, to continue operating and programming the station for an additional three months while the business is moving through the sale process.

Earlier this year, the council had voted to close the iconic station on June 1. However, once that decision was made, much interest was shown in someone stepping in to buy the station before the September 1st deadline. Even with those additional 90 days, no sale could be made as a lot of behind-the-scenes work needed to be done to prepare for an actual sale.

“These things take time due to the market appraisals, sales agreements, etc.,” said Bois Forte CEO Mayan Beltran of finding someone to buy the radio station. “While the initial three months afforded us some time to begin

the sales process, it just wasn’t enough. We are hopeful this new window will give us time to sell it now that all the details are finalized.”

Beltran reported that there are a handful of potential buyers for the station, which Bois Forte has owned since 2005. He added that he is working with a local Realtor to get the station properly marketed after plans to do so with a media broker never materialized.

To date, Beltran said his work with the local Realtor has entailed preparing to sell the entire operations, including the radio station, its tower and property, plus the large building on historic Chapman Street in downtown Ely.

If a potential buyer does not want the entire package, Beltran reported they could just buy the radio station, the tower, and the land that the tower sits on. There is also value in the actual FCC license that the station currently

holds in broadcasting on 94.5 FM and 1450AM. Due to numerous parties still expressing interest in buying, the council did not want to disclose any pricing at this time.

Now that another reprieve has been given, District I Representative Shane Drift clarified that this is the last time he’ll agree to any extension.

“If we don’t sell it, we just have to close it down,” said Drift. “I am concerned that someone will want to buy

it and then pull out. What happens then, we give it another three months? No matter what happens (after those three months)—we shut it down.”

Beltran said he would reach out to the interested buyers to gauge their interest now that a purchase price has been finalized.

“We will let them know they have a 30-day first right of refusal to make us an offer,” said Beltran.

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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, 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
 Nov. 2022 issue is
 Oct. 20, 2022.**

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Bois Forte Tribal Council

- Robert Moyer, Jr. — District II Representative
- Tara Geshick—Secretary-Treasurer
- Cathy Chavers—Tribal Chair
- Travis Morrison—District I Representative
- Shane Drift—District I Representative