



# Bois Forte NEWS

VOL. 47 NUMBER 10

## PREPPING FOR NATIVE AMERICAN HERITAGE MONTH!

TOWER—Make sure to check out the Bois Forte Heritage Center & Cultural Museum's website to see what they have in store for Native American Heritage Month in November! Go to [www.boisforteheritagecenter.com](http://www.boisforteheritagecenter.com) or call 218-753-6017. The museum is open Monday through Friday from 9 a.m. to 5 p.m..

## Mitchell shares the importance of family storytelling

TOWER—Renowned storyteller Patrick Mitchell made a lasting impression on those gathered for Bois Forte's Family Storytelling Night at the Vermilion Wellness Center.

The evening served as a reminder for parents and grandparents to invest in their children with the gift of time and putting that time to use by reading to them, telling them stories, and being present during their formative years.

Kids enjoyed the evening activities, which included several of Mitchell's literacy games, plus the perfect ice breaker of an improvised game of dodgeball that got folks in the mood for an evening of reflection and reinvigoration of wanting to make a difference in a child's life.

Mitchell said he felt a real connection with the families and Bois Forte's Head Start and Early Head Start team.

"Parents learned storytelling techniques to whittle away the 1,000 hours of early-literacy enhancement that children need before kindergarten to be great readers in the school years," said Mitchell, who is the founder of The Down to Earth Dad and is a trusted authority on father involvement and an oral storyteller. "Things like singing, rhyming, dancing, clapping, and book reading are awesome, but telling one's true childhood stories accomplishes so much that's good."

The latter was one of the

evening's most popular activities as Mitchell had those in attendance write down real-life stories that happened to them as a kid. The class then shared those stories with one another. To get folks to expound on those stories, Mitchell played the role of a curious child and kept asking those telling the story, "What happened next?" After that prompt, those sharing their stories would tell Mitchell what happened next, and before you knew it, a one-sentence tale turned into a much more in-depth account.

"Patrick Mitchell delivered an excellent storytelling event for our children, families, and community members. I loved how he made us all think 'outside the box' when it came to telling a story," said Bois Forte Early Childhood Program Director Christine Lundemo, who organized the event. "He also provided staff training the following day to help our staff with stress reduction in support of work-life balance. We hope to bring him back next year for another event, he did a wonderful job!"

Mitchell said his main message for the evening was that parents, grandparents, or guardians can share individual, family, and community history, heritage, and culture—while boosting their child's education—by telling the true stories of their childhood to their children and grandchildren nightly.



EXCITED TO SHARE HER STORY—Six-year-old Azalya Deegan proudly tells the story she and her grandma, Tayna Deegan, created during Bois Forte's Head Start and Early Head Start Family Storytelling Night at the Vermilion Wellness Center.

He also talked about the importance of reading one book daily to children during their formative years. That means if a child is one year old, the parent should read 365 books to that child. When they turned two, they should read two books for a total of 720 books that year, and so on. Mitchell talked about his own child, who loved being read to. He sheepishly admitted to falling behind on that task, which prompted a late-night visit from his child.

"My child knocked on our bedroom door and said that I owed him 31 books," said Mitchell with a smile.

That story was a prime ex-

ample of how a child wants to soak up information and how much of an impact reading can have on them. And he was quick to point out it didn't need to always be a book; it could entail sharing stories with the child.

"Reading is crucial because it opens the world of ideas, people, things, and ideas," explained Mitchell in an interview after the event. "However, storytelling without books—such as our storytelling activities—accomplishes amazing things. I tell parents to please keep reading! I also ask parents to add true storytelling into their mix of good things they

See Mitchell page 3

## Chairwoman Cathy Chavers



Boozhoo!

The ricing season has been great! Although the water level could be high-

er, it has been one of the best crops I have seen in a while. It is also wonderful to see the band members getting their rice and taking their children and grandchildren out to experience the fun of ricing. I even had the opportunity after 30 years of not ricing to go out and just enjoy myself with my son as we paddled around the lake. What a beautiful lake full of rice.

On Wednesday, September 19, there was the Governor's Tribal Leaders Summit at the Humanities Center in the cities. All 11 tribal leaders and some of the council members attended to address our individual issues as well as common issues with the Governor.

The Lt. Governor was unable to attend due to illness and we missed having her there.

Common issues that were discussed was the drug epidemic and fentanyl along with our people overdosing and dying. Many detox centers are closing and no access to healing (treatment) facilities for adults and youth. Tribal leaders have consistently asked the Governor and legislature for direct funding to tribes rather than the bureaucratic red tape, barriers and hurdles that come along with funding from the state. Also, the Legislature has stated in last year's session that all 11 tribes must agree before anything can be passed. We have now told the Governor that due to our unique nations, with each being different with their needs having all 11 may not be possible. This was brought up with the Sports Betting for the State. Tribes still want exclusivity when it comes to gaming and nothing for the racetracks. Housing, homelessness, enforcement of laws by the state on schools, gaming control board, ICWA, permitting processes all must be done and followed through on. DNR having permitting authority within reservation boundaries was also a huge issue. School trust land and land for tribe to include first right of refusal on any and all land within the reservation boundaries be in statute. More funding for our urban areas to address their needs and much more.

But the one and probably most important was truth and reconciliation from the State of Minnesota. The boarding school era and popularity from the children's graves found in Canada has somewhat been put on the back burner. It's not making the headline it did as when the graves were discovered. The tribes feel that it is not our responsibility to do the work to find the possible graves of children at any of the 14 boarding schools in Minnesota. But also, the healing process needs to happen as we know that historical trauma affects us today and will continue until this issued is acknowledged with peo-

ple of Minnesota, legislators and more. Then we need to discuss what can be done to address the disparities of our people and funding for those programs and services. There is a lot that needs to be done, but it must be moved forward. Sam Strong, Secretary of Red Lake Nation will be coordinating a working team to begin this important process.

Bois Forte Tribal Council members, Travis Morrison, Robert Moyer, Shane Drift, Executive Director Luke Warnsholz and Carol Burr, Community and Development Director, also visited the Lower Sioux Tribe the day before the Governor's Summit to get a tour of their hemp homes that they are building, supposedly having an R30 rating factor and watching their workers with the hemp. We also visited their incubator, which houses their elderly program, youth, and the arts such as beading, quilting, painting, photography, and pottery for their tribal members. It was a great way to teach the culture. We heard about their language program that has a focus on language teachers and their early Head Start immersion school.

They also have a community sweat lodge that is used weekly and are building tiny elder homes. It was a very enjoyable learning trip that we will be looking at for Bois Forte. They also have a recording studio where the kids can come in and record music. We had the opportunity to listen to an eight-year-old who did a rap song (with the help from the staff) to his mother who died from an overdose. It was almost bringing tears to my eyes to listen to his words on how he misses her and loves her. This recording studio can also put CDs on tapes, record elders, stories and is an outlet for those who cannot talk to others about what is bothering them. They also record Dakota music as well and have a rap song totally in the Dakota Language. We will be looking to have this individual come up and show us his studio in Nett Lake and Vermilion!

Miigwech!



**BOIS FORTE AMBULANCE SERVICE**

# VOLUNTEERS NEEDED

**Join Our Team & Help Give Back To Your Community!**

Bois Forte Ambulance is always looking for members.  
We offer on-call pay, run & meeting stipends.

**NOT LICENSED AS AN EMT OR EMR? IT'S OK. WE WILL PROVIDE TRAINING.**

**THINK YOUR NOT OLD ENOUGH? WILL WORK WITH ANYONE 16 AND OLDER.**

**CLASSES STARTING SOON!**

Contact Nikki Irving @  
218-750-2070 for more details  
ambulance@boisforte-nsn.gov



*Mitchell from page 1*  
do for their children.”

Yet another assignment for the evening included parents and their children working on a storyboard together by turning a blank poster into a story. Once that arts and crafts project was finished, they were asked to tell the story behind their creation.

Like the other assignments Mitchell tasked, this, too, was a hit, and it prompted a lot of healthy discussion amongst those gathered.

Mitchell said afterward that a story isn't always one with a happy ending and added that is OK. He said that parents who share life challenges and triumphs teach their children to be resilient, and be able to bounce back better from life's setbacks.

“Parents tell stories about

how they persevered, overcame difficulty, and the children hearing their parents' stories of powerfully persevering learn about that,” said Mitchell. “Grandparents, elders, and old-timers, in general, possess lots of information about the past that can be told to children as true stories, thus sharing family and community history, heritage, and culture through the telling of those stories.”

He added that parents are often “old-timers” in their children's eyes, and the world is different today than it was even 20 years ago.

“You have stories to tell about your childhood, and guess who's ready to listen?” asked Mitchell. “Your children, grandchildren, and maybe even your kids' friends. Remember something you did as

a child? There's a story in there and you need to tell it!”

Mitchell inspired many adults that evening as he told them ways to make a significant impact on their child or grandchild's life. And like the success he had with the adults, his calm demeanor and dynamic speaking skills really resonated with the teenagers and youngsters as well.

“Family storytelling can change the dynamic so that you have children hearing stories from their parents nightly,” said Mitchell. “You know, only three quick stories of a parent's childhood every night for 365 days equals 1,095 true stories. That's a lot, but luckily the mind thinks in pictures, so parents just need to think of a memory—any memory—and start talking about it. It's easy, it's fun, and it's free!”



**GREAT WORK!**— Bois Forte Early Childhood Program Director Christine Lundemo holds up the poster she created at the Family Storytelling Night event that she organized. Hats off to you Christine for providing such a great event!



**NICE WORK!**— The mother/daughter team of Chris and Mahlia Schuster hold up the poster they created during the Bois Forte's Head Start and Early Head Start Family Storytelling Night at the Vermilion Wellness Center.



**MAKING AN IMPACT**— Renowned storyteller and founder of The Down to Earth Dad Patrick Mitchell captivated those in attendance at the Bois Forte's Head Start and Early Head Start Family Storytelling Night. His dynamic speaking skills resonated with the audience, which included elders, youth and toddlers. Pictured, left to right at the table, are: Omari Mohamed, Memphis Goodsky, Nella Goodsky, Aiyeshia Mohamed and Nai'Lee Moyer.

## Catching up with Tony Mason

*Let's start by telling our readers a little bit about your background. Where were you born, where did you grow up, schooling, family, etc.?*

I was born in Portland Oregon in



1970. My dad's name is Jeff Mason, a Metis from British Columbia, and my mother's name is Dana Mason. Have lived in Nett Lake for 31 of my 53 years, I have three band member children, whose names are Marissa Rose, Felicia Pluskwik and Chelsea Winans. My wife's name is Amy Mason. I joined the United States Marine Corps in 1989. Was in four years and am a combat veteran while serving in the Gulf War.

*How long have you been working with the Bois Forte as the Conservation Officer and what keeps you motivated to stay in the field?*

I have been the Conservation Officer for Bois Forte for the last 2 ½ years. I have found that it is extremely easy to keep motivated at my job. A big reason being, I'm very passionate about the outdoors, and I care deeply for Bois Forte.

*Tell our readers what your job entails and what are some of the primary duties you do on a day-in and day-out*

*basis?*

Most days our days are filled with patrolling hunting areas by either truck or atv's. During the spring we help with netting along with 1854. Surprisingly a good portion of our time is spent on administrative duties as well. We are working to streamline this so we will be able to do most of our work from our truck, instead of always having to come into the office to finish our paperwork, reports, and any other administrative duties.

*What are some of the biggest challenges facing your department and how do you and your department work around those challenges?*

Our biggest hurdle was our ability, or I should say our inability to have codes and standard operating procedures that would hold up in court for when we do issue a citation. For the last two years, myself, Director Chris Holm and the Bois Forte Tribal attorney have been working diligently to give the Conservation Law Enforcement Officers something that would hold up. I believe that we are almost there with the finishing touches on everything from better defining our authority and jurisdiction, Conservation Law Enforcement Protection Statutes, Bois Forte Codes and our departments standard operating procedures.

*What is the latest update on the bear issue that was discussed at the community meeting this past summer?*

I do believe once ricing season has completed, the Conservation Committee will hold another community meeting in Nett Lake regarding the bear issue we have in Bois Forte.

*In your opinion, what is the best way to address that issue going forward?*

I can honestly say I don't have an opinion of the bear situation in Bois Forte. Instead, I look at it entirely as the Conservation Law Enforcement Officers lenses. I do know that the deer numbers have plummeted within the boundaries of the reservation, as well as off the reservation in the northland as well. I believe we have a predator problem withing the reservation that is limiting our deer herd to grow, I have received 48 bear calls this year, all the bear calls in Nett Lake. Most if not all callers are worried for their children, a loved one or an elderly

person that may encounter a bear. For each close proximity interaction with a bear, brings us closer to a bear mauling. I do know other reservations within the Minnesota Chippewa Tribe have bear season, and they are very successful at them. Grand Portage being one of them. The growing moose population in their area is due to their predator management plan. A well thought out predator management plan not only helps other animals repopulate, but also helps those predators out there to be stronger and healthier. I truly believe that Bois Forte will come up with a plan that will be beneficial to all Band Members.

*With fall now here, what other projects or issues will you be working on and how can band members assist in making your job run more smoothly?*

Ricing season began in September. This is a great time for families to come together. To listen to elder family members, tell stories of times ago, and most certainly to have family dinners and celebrate the coming of another harvest season. Mother Nature has given us low water again this year. So going out on the lake will bring challenges to both the ricer and the duck hunter. I ask that each ricer and hunting crew to keep an eye out on each other. To aid and assist those that need help. A good deed never goes unnoticed. It costs zero cents to be a good person and neighbor. There isn't a shinning season this year. I ask that each Band Member please honor this and help do our part to help our deer herd grow. Partridge season should be phenomenal this year, the spring hatch was great. Please take a kid out hunting this year so that our youth learn the importance of hunting and what the outdoors can do for everyone.

*And finally, what is the best advice you ever received, and how do you incorporate that advice to help you continue the successful career you've built for yourself?*

An Elder Band Member woman told me over 30 years ago, "learn to pick your battles." I hate to admit that it took me a long time to do this. Once I did, it makes things so much easier. Not everything is a battle, not everything is that important that it needs an argument or some sort of confrontation every time. Let it go and see what happens.

SAVE THE DATE

# Bois Forte Veteran's Day Event

Fortune Bay-Woodlands  
Ballroom

## November 6, 2023




Thank you for your service.

# Bois Forte Nutrition Education

Translation: you all should eat like your ancestors



Boozhoo! Bois Forte Nutrition Ed-

ucation would love to announce the "Getting Back to Your Roots" social marketing campaign. Gidaa-wiisinim dibishkoo gidaanikoobijiganibanwaag.

Getting Back to Your Roots will build awareness of the plants in your backyard, and you may be surprised at how many plants are medicine. Knowing plant identification and learning its benefits can increase health and reduce ailments. You may find yourself interpreting Getting Back to Your Roots the way it speaks to your heart. Whether that is food, physical health, mental health, or spiritual connection.

Mino giizhi gud. Bizindaawayag.



## Minute with Millie

Yay, yay, yay! Decorations are going up. Halloween. That great holiday from childhood. Three hours of children, oops, spooks, goblins and ghosts with an occasional monster, space hero or heroine showing up at the door holding their little bags, pillow cases or pumpkins.

Every year, I consider dressing up. Nah!!! Ever since the year my nephew sat on the porch dressed in costume with sword and what not waiting for the kidoes to show up, I have thought better of it. Kids were not willing to come up the stairs. Even so, I know there will be a few daring enough to come out, door to door trick or treating.

Those decorations will come down and up go the Christmas decorations. Even though we still have Thanksgiving to do. Then New Years. And mustn't forget the football event of the year.

Man, no wonder we keep our spring and summer so event free, despite the fact we have the Fourth of July. June and August are free of holidays.

Weell, 'cept for personal ones such as birthdays, graduations, per



cap days.

Hmm.

All this consideration leaves me wondering how long til we have some sort of holiday celebration every day of the yer? Let's see, there's Native American month, Black History month, Women's month, First Day of Asian Pacific American Heritage Month, Spanish Heritage month. Perhaps we already have reasons to celebrate every day.

Well, well, well, the sun's coming up over the horizon yonder, so I gladly hop from my chair to finish my daily chores. SMH!

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 11 a.m. to 1 p.m. with home-delivered meals available to Elders who are unable to get to the ENP sites.

**October 2:** Teriyaki Chicken, Brown Rice/Wild Rice, Green Beans, Chef's Choice Fruit

**October 3:** Roast Turkey Slice, Mashed Potatoes, Turkey Gravy, French Cut Green Beans, Stuffing, Pumpkin Pie

**October 4:** Beef Pot Pie, Salad, Chef's Choice Fruit

**October 5:** Grilled Chicken Breast, Yellow Rice, Sliced Zucchini, Chef's Choice Fruit

**October 6:** BBQ Port Ribette, Au Gratin Potatoes, Broccoli Slaw, Chef's Choice Fruit

**October 9:** Baked Pork Chop, Rosemary Baby Red Potatoes, Cauliflower/Broccoli Slaw, Chef's Choice Fruit

**October 10:** Beef Lasagna, Green Beans, Garlic Toast, Chef's Choice Fruit

**October 11:** Beef & Bean Soup/Potato Soup, Relish Plate, Chef's Choice Fruit

**October 12:** Stir Fry Chicken with Egg Roll, Stir Fry Vegetables, Steamed Brown Rice, Chef's Choice Fruit

**October 13:** Bison Beef Stew, 7 Grain Bun, Chef's Choice Fruit

**October 16:** Shepherd's Pie, Biscuit, Steamed Broccoli, Chef's



For more information, call 218-757-3790.

Choice Fruit

**October 17:** White Chicken Chili w/Beans, Cornbread, Chef's Choice Fruit

**October 18:** Pork Roast, Baby Bakers Potatoes, Roasted Butternut Squash, Chef's Choice Fruit

**October 19:** Chicken and Wild Rice Soup, Tossed Garden Salad/Coleslaw, Chef's Choice Fruit

**October 20:** Bison Meatloaf, Baked Sweet Potato, Brussel Sprouts, Chef's Choice Fruit

**October 23:** Sausage Jambalaya, Cheddar Biscuit, Chef's Choice Fruit

**October 24:** Beef Barley Vegetable Soup, Chef's Salad, Whole Grain Dinner Roll, Chef's Choice Fruit

**October 25:** BBQ Pulled Pork, Baked Beans, Coleslaw, Chef's Choice Fruit

**October 26:** Ham, Baked Acorn Squash, Cauliflower, Berry Yogurt Parfait

**October 27:** Whole Wheat Spaghetti Noodles, Meatballs w/Spaghetti Sauce, Green Beans, Garlic Toast, Chef's Choice Fruit

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



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

## District 1 Representative Shane Drift



Boozho, Bois Forte Band Members! I sincerely hope that you and your loved ones are doing well!

As the District I Representative, I have served you, the Bois Forte Band Members, for over five years. I take my duties and responsibilities as the District I Representative very seriously. When I make a suggestion and a decision, I make

it with you, the Bois Forte Band Members, at the forefront. When it comes to the Band Members' best interest, I am not afraid to stand alone. What I am sharing is the simple truth.

Back when the previous tribal council met with the tribe's lobbyist at The Wilderness, I brought up the idea of approaching the state for an increase to our 1854 treaty payments. The tribe's lobbyist advised against it because the state was in a deficit at that time, so I backed off. A couple of comments that were shared regarding the 1854 payment increase, "Shane is wasting his time." Or the other one, "Shane doesn't know what he's doing." I was also laughed at for bringing this up.

When the state had a surplus, I asked for a discussion to be added to the 1854 Treaty Au-

thority Board meeting agenda. A discussion was added to the meeting agenda, and I stood alone on this.

I have always said, "The 1854 treaty area is getting smaller and smaller and becoming more polluted."

An 1854 Treaty Authority Board meeting was scheduled to take place after the 2022 tribal elections. The new Secretary-Treasurer and District II Representative were sworn into office. I asked to discuss increasing the 1854 treaty payments to be added to the 1854 Treaty Authority board meeting. This is when things got rolling for an increase in the payments. I kept pushing for this because of you, the Bois Forte Band Members. I must say that it gave me a good feeling when

other council members jumped on board. Without them this would not have been possible.

I must point out that it's been 169 years since the 1854 treaty was signed, and Bois Forte has lost 80% of the treaty area. Looking 169 into the future, Bois Forte won't have anything left of the 1854 treaty area. That's why I am fighting hard to protect what little Bois Forte has left.

Sometime after the last ARPA payment was made, Band Members asked me to pursue another ARPA payment, so that's what I did. I posted about it on my "Shane Drift District I Representative Updates." I made the request for another ARPA payment; I stood alone on this.

I must point out that I also

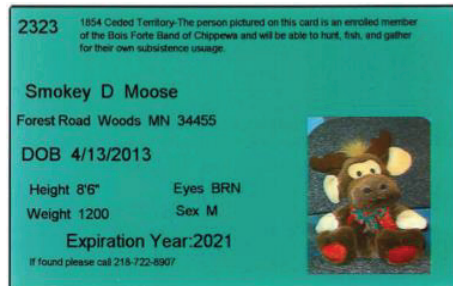
asked for an ARPA payment to be put into our children's trust account. I stood alone on this.

I have said this time and again, "The old ways of doing business doesn't serve our best interest."

As stated earlier, I take my duties and responsibilities as the District I Representative very seriously. I shared the information in this article on my "Shane Drift District I Representative updates" group page.

In closing, if you have any suggestions, ideas, or thoughts that you would like to share with me, you can call my cell phone at 218-750-2552 (personal), 218-404-8220 (Council cell phone), or email me at [Sdrift@boisforte-nsn.gov](mailto:Sdrift@boisforte-nsn.gov) So until next time, take care! Mii'iw miigwech!

### 1854 TREATY AUTHORITY ID's



Be sure to bring a form of ID for identification/confirmation purposes.

TUESDAY OCTOBER 10<sup>TH</sup> / 10AM-3PM  
TRIBAL GOVERNMENT BUILDING - BEAR ROOM  
5344 LAKESHORE DR, NETT LAKE 55772

## Another busy day at the museum



HOW CAN I HELP YOU?— Bois Forte Heritage Center & Cultural Museum Executive Director Jaylen Strong was busy answering the phones on a recent day.

# How the Farm Bill can help Native American communities

*Guest Editorial by U.S. Senator Tina Smith*

One of the best parts of my job is traveling around the state to talk to Minnesotans about what they care about and the issues impacting them. A top priority this year has been discussing the upcoming Farm Bill. My staff and I have had conversations with dozens of stakeholders, including farmers, researchers, co-ops, Native and Tribal communities, and other farmers and producers of color to ensure the next Farm Bill works for everyone.

Native and Tribal communities face persistent inequities in nutrition and the agriculture sector, and the Farm Bill is the best opportunity this year to address them. As a member of both the Senate Indian Affairs and Agriculture committees, I have a unique opportunity to help lead the next Farm Bill so it works for your communities. It is critical that we include the priorities and voices of Native American producers and Tribal governments in the decision-making process. Native communities across the nation face unique challenges in the agriculture sector and it is our responsibility in Congress to address these disparities by providing meaningful support for Tribal agricultural programs.

Bois Forte has relied on programs and funding authorized through the Farm Bill for decades as a vital source of support for traditional agricultural practices and nutrition programs. For example, the Band has participated in the U.S. Department of Agriculture (USDA) Natural Resources Conservation Service Programs for over twenty years to promote restoration and en-

hancement of traditional, sustainable food resources. The Band has also procured crop insurance for its wild rice on Nett Lake under USDA's non-insured crop disaster insurance program (NAP), which is believed to be the first ever application of the program for Native wild rice. The Band's food sovereignty efforts could benefit greatly from provisions to allow Tribes to self-govern the SNAP and FDPIR programs, establish Tribal Departments of Food and Agriculture, and help Tribes stand up meat processing facilities.

Congress passes a Farm Bill every five years, and the current one is set to expire at the end of September. This is a massive piece of legislation that funds and sets the policy on a wide variety of programs ranging from nutrition and agriculture to conservation and forestry. It also supports Tribal colleges by providing funding for agricultural education, research, scholarships, and rural development initiatives. This bill touches the lives of every American and is vital to our state and Tribal economies. But it hasn't always been equitable or fair. We're working to change that with the creation of a 'Native Farm Bill.'

I am working in Congress to create the 'Native Farm Bill,' a collection of policy proposals that collectively would mean real progress throughout the Farm Bill for Native and Tribal communities. This package will include everything from self-governance expansion to making it easier to access federal agricultural programs on trust land.

Tribal sovereignty and self-governance are at the center of this work. New opportunities for self-governance are the biggest priority for Indian Coun-

try; they would allow Tribal Nations to administer federal programs within their own communities. This model has proven itself to be very successful in health care and Tribal programs through the Bureau of Indian Affairs. In 2018, the Farm Bill included the first ever self-governance expansion at the USDA for food distribution and wildfire management. These policies proved that it's time for broader self-governance expansion at USDA.

Self-governance policies are important because they make federal dollars work better to address the unique needs of Tribal communities. The Farm Bill gives us the chance to expand self-governance at USDA to include the Supplemental Nutrition Assistance Program (SNAP), food distribution program, forestry, conservation, and meat processing. Expanding self-governance at USDA will mean that Tribal Nations can build food systems to address food

insecurity, increase access to Indigenous foods, use Indigenous knowledge for forest management and conservation and support strong Tribal economies.

The Farm Bill presents us with an opportunity to rectify historical injustices, address disparities, support the self-determination of Native American producers and the sovereignty of Tribal governments. By working with Native and Tribal leaders, we can ensure the next Farm Bill empowers Tribal governments to develop and implement sustainable agricultural strategies that align with their unique needs and priorities. Together, we are forging a path towards a more just, equitable, and inclusive agricultural landscape that benefits us all. Now is the time to seize the moment and work collaboratively to ensure that the upcoming Farm Bill is the best one yet and reflects the needs of our Native and Tribal communities.



**INFORMATIVE TOUR—** Perry Drift, who is the language and cultural coordinator for the Bois Forte Heritage Center & Cultural Museum, recently gave a tour to Fortune Bay employees. Pictured next to Drift is Greywolf Burch, Lisa Lance and Shaylynn Hartland, who is pointing at the map. Pictured to the far right is Kimberly Sidle.

**Now HIRING**



For a list of current job opportunities,

go to: [www.boisforte.com/jobs](http://www.boisforte.com/jobs)

# Make sure to stay up to date on Energy Assistance Program guidelines

There are two types of EAP (Energy Assistance Program) benefits:

- Primary Heat is the first benefits when you apply and are approved for the EAP .

- The other benefit is Crisis Funds. This comes into play after you use all your Primary Heat benefits. You must contact the EAP Coordinator to activate these funds.

Crisis Funding EAP Magic Numbers & Other Pertinent Info:

Propane:

20% is the Magic Number because that is when EAP program will help pay your propane bill. When your tank

is at 20% or less, please call the EAP Coordinator as soon as possible

If the tank is at **21% or over, you will pay. 20% or less EAP pays.** If you wait to **less than 10%**, you shorten the time to get your tank filled; EAP will still pay but you may go without for a bit.

Electric bills can be paid by EAP when:

- You receive a disconnect notice-please submit bill ASAP!

- You have an overdue bill-please submit bill **ASAP!**

If you are an elder-please submit bill any time.

This EAP (Energy Assistance Program) season ends June 30. Watch for the next season EAP application. It should come in the mail with some pre-logged information carried over from last year. You will still need to look it over and update any information that needs to be updated. If you're not currently enrolled in the EAP program, please watch for the upcoming EAP application on the BF website.

The EAP program will begin October 1, with the funds being received in November to December. You can submit your EAP application as soon as you receive it in the mail, but the funds will not be available right away.

Primary funds must be used up before crisis funds can be applied.

Crisis funds **MUST** be activated by me as your EAP Service Provider/Program Coordinator. (SP/PC)

The Crisis funds do vary, with \$600 as the initial amount. In past years, it

has gone from \$600 to \$1500 to \$3000. This is **NOT** guaranteed so you are encouraged to keep a watch on your crisis funds.

PLEASE turn in your energy bills, especially a disconnect notice. If I don't see the bills, I can't pay the bills. **AS SOON AS YOU GET A DISCONNECT**, please submit it so that SP/PC can enter it into eHeat program.

You are **HIGHLY ENCOURAGED** to check on your EAP application and benefits!!!

EAP is **NOT** an instantaneous program. Processing your EAP application will take time but will be done efficiently and effectively after proper income and other pertinent paperwork have been received. You are highly encouraged to check up on your EAP application and benefits!!

For more information, call Dagen at 218-757-3261 Ext. 1197 or email [tracey.dagen@boisforte-nsn.gov](mailto:tracey.dagen@boisforte-nsn.gov)

# Northland

COUNSELING CENTER, INC

## Valley Pine Center

### Residential Crisis Stabilization

Residential Crisis Stabilization provides structure and support in a supervised setting for adults experiencing a mental health crisis. Valley Pine Center can serve up to five individuals.



Valley Pine Center is staffed 24/7 to ensure safety for our clients. While clients are with us voluntarily, are required to participate in development of stabilization goals and to work toward those goals during their time with us. Meals are provided and clients have the opportunity to engage in mental health services during their stay.

**Clients can only be admitted by a Crisis Response Team after a Crisis Assessment is completed. Crisis Response Teams are accessed by calling 988.**

Valley Pine Center, in International Falls, is operated by Northland Counseling Center Inc. Located in a state-of-the-art mental health center, we are able to connect people to needed resources to stabilize and maintain their mental health. For more information contact Marianne Lundquist

Email: [marianne.lundquist@northlandcounseling.org](mailto:marianne.lundquist@northlandcounseling.org)

Phone: 218-598-8022

Valley Pine Center 1902 Valley Pine Circle International Falls, MN 56649



**ATTENTION TO DETAIL**—Laura Ferwalt and Mark Salmela are a picture of concentration as they worked on posters during the Bois Forte's Head Start and Early Head Start Family Story Night. Earlier in the evening Salmela enjoyed the improvised game of dodgeball that entailed attendees throwing soft balls at one another in the gymnasium.



# Important updates for internet and lifeline phone program

NETT LAKE—Internet signups for the broadband project for the Nett Lake, Palmquist, Sugarbush and the Indian Point Locations in the Bear Room took place in late September.

“We went over two federal programs that subsidize broadband and Cellular costs for qualified applicants,” said Bois Forte Tribal Government IT Director Randy Long.

Long said representatives from CTC Communications, State of Minnesota DEED and the IRRRB were onsite

for broadband Representation. Roger Lynn with North American Local (HOME | North American Local) will be onsite to aid band members wanting to apply for the Lifeline Phone program.

•Affordable Connectivity Program - \$75/month Reimbursement on broadband costs for qualifying band members living on the reservation; General Information can be found at Affordable Connectivity Program - National Verifier (getinternet.gov)

•Lifeline Phone Program -\$34.95/

Month reimbursement on Cellular costs for qualifying band members living on the reservation; General Information can be found at Home - National Verifier (getinternet.gov)

Long said that basic Internet Costs for the Bois Forte Fiber Optic Project will not exceed the \$75 reimbursement qualified band members can receive throughout this program.

“It will be extremely helpful to all band members if employees can help

advocate and spread the word on this project,” said Long. “This information will also be posted on the Bois Forte Webpage and Social Media.”

Long added that signups for the Vermilion area is expected to begin in mid-October and will be posted throughout social media once a definitive date is set.

If you have any questions, please contact Long at 218-757-3261.

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MUSIC!  
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**TUESDAY, OCTOBER 17 | 5PM - 8PM  
IN THE WOODLANDS BALLROOM**

JOIN US IN CELEBRATING **37 YEARS!**  
THANKS TO OUR AMAZING GUESTS.  
WE CAN'T WAIT FOR YOU TO BE  
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**MUST BE 18+ TO ATTEND**

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## Fall Vaccine Season Updates from Bois Forte Medical Clinics October 2023

### INFLUENZA:

- **Yearly** “Flu Vaccines” continue to be recommended for everyone ages **6 months and older**, who do not have a contraindication to the Influenza Vaccine.
- Both **Vermilion Clinic & Nett Lake Clinic** will begin **administering Flu Vaccines** the beginning of **OCTOBER**.

**Symptoms** ~ fever >100.4, dry cough, sore throat, headache, extreme tiredness, and body aches. Symptoms begin suddenly and may be severe enough to stop your daily activities.

### COVID-19:

- **Vaccination for the updated 2023-2024 COVID-19 vaccine is recommended for all people 6 months of age and older by the CDC.**
- The **2023-2024 updated COVID-19 vaccines** are anticipated to be better at fighting currently circulating variants and could restore protection against COVID-19 that may have decreased over time.
- **Children 6 months to 4 years** of age may need multiple doses of COVID-19 vaccine to be up to date, including at least one dose of the 2023-2024 COVID-19 vaccine.
- **Children 5 years and older** should get one updated 2023-2024 COVID-19 vaccine, regardless of whether they’ve received any previous COVID-19 vaccines.
- Some people who are **moderately or severely immunocompromised** may get one additional dose of 2023-2024 COVID-19 vaccine 2 or more months after the last COVID-19 vaccine. They also may receive additional 2023-2024 COVID-19 vaccine doses and should talk to their health care provider.
- **Bois Forte Medical Clinics** will offer the **2023-2024 Pfizer and Moderna COVID-19 vaccines** when we receive them. **Mid-October** is what we have been told at this time.
- **IF you recently had COVID-19**, you still need to stay up to date with your vaccines but may consider **delaying your 2023-2024 COVID-19 vaccine by 3 months** per the CDC.

**Call Vermilion Clinic or Nett Lake Clinic to schedule your Flu Vaccine the beginning of October.**

Nett Lake Clinic (218) 757-3650  
Vermilion Clinic (218) 753-2182

**We will update the community when we have received the NEW 2023-2024 COVID-19 Vaccine for administration.**

**Minutes of a Special meeting, regular session, of the Bois Forte Reservation Tribal Council held August 2, 2023, at Nett Lake, Minnesota, Hybrid.**

Meeting called to order at 9:08 a.m.  
 Moment of silence for invocation.  
 Members Present: Cathy Chavers, Tara Geshick, Travis Morrison, Shane Drift, Robert Moyer, Jr  
 Members Absent: None  
 Others Present: Regina Howe, Frances Irving, Luke Warnsholz, Victoria Villebrun, Vondalee Carr, Floyd Morrison, Vanessa Little, Christine Lundemo, Miranda Lilya, Kim Greiner, David Morrison Jr., Doris Isham, Linda Tibbetts-Barto, Robin Geshick, Teri Morrison, Carol Burr, Eddie Chavers. See attached list for virtual attendance.  
 Moved by Tara Geshick; seconded by Shane Drift; to approve the agenda.

Carried 4-0-0  
 Moved by Robert Moyer Jr.; seconded by Travis Morrison; to approve the meeting minutes from Regular RTC meeting held July 5, 2023.  
 Carried 4-0-0  
 Moved by Travis Morrison; seconded by Robert Moyer Jr.; to approve the consent agenda as follows:  
 A. Approved Soaring Bird Solutions for all staff meeting training (ARPA) 4-0-0  
 B. Approved renewal of property insurance 4-0-0  
 C. Approved Resolution No. 113-2023, agreement with KLJ Engineering to update safety plan 4-0-0  
 D. Approved Letter of Support for Justice Mckeig 4-0-0  
 E. Approved donation committee recommendation of \$500 to August Peltier for NAIG 23 4-0-0

F. Approved Head start low cost extension to March 31, 2024 4-0-0  
 G. Approved David Farmer invoice for services performed outside of contract 4-0-0  
 H. Approved Resolution No 5-2024, sole source ARPA Laserfiche \$15,500.00 4-0-0  
 I. Approved contract for public defense attorney services by Brian Malvick 4-0-0  
 Carried 4-0-0  
 Moved by Tara Geshick; seconded by Shane Drift; to approve Nett Lake & Vermilion Head Start and Early Head Start center licenses. Carried 4-0-0  
 Moved by Shane Drift; seconded by Robert Moyer Jr.; to approve the MOU's with School Districts 2142 and 707. Carried 4-0-0  
 Moved by Travis Morrison; seconded by Robert Moyer Jr.; to approve sole source request to HPE Nimble for annual renewal in the amount of \$14,436.00. Carried 4-0-0  
 Moved by Tara Geshick; seconded by Shane Drift; to approve the lease agreement between Tribal Court and Victim Services. Carried 4-0-0  
 Moved by Tara Geshick; seconded by Rob-

er Moyer Jr.; to approved Resolution No. 6-2024, Tribal Access Program Application. Carried 4-0-0  
 Ashley Goodsky presents with a request from Pow Wow committee to request more funding for pow wow's. It has been \$25,000 for years now and they are finding that it is getting very hard to stay within that budget. Tribal Council will look at the budgeting for this coming year.  
 Moved by Shane Drift; seconded by Tara Geshick; to approve the Bois Forte 477 program logo design. Carried 4-0-0  
 Moved by Robert Moyer Jr.; seconded by Tara Geshick; to approve the contract/agreement for Money Follows the Person grant amendment. Carried 4-0-0  
 Moved by Tara Geshick; seconded by Travis Morrison; to approve a minimum of \$50,000 for funding for the docks within the reservation, using ARPA and Fortune Bay distribution funds, pending review of the budget by Kim Greiner. Carried 4-0-0  
 Moved by Tara Geshick; seconded by Travis

*Minutes continued on page 12*



**COVID-19 Medications**

**Oral Antivirals**

If you have COVID-19 and are more likely to get very sick from COVID-19, there are treatments available that can reduce your chances of being hospitalized and help fight your illness.

Medications to treat COVID-19 **must be prescribed by a healthcare provider** and started as soon as possible after diagnosis (within 5 days of symptom onset) to be effective.

**Paxlovid** is an oral antiviral drug to treat COVID-19 and approved by the FDA in May 2023. This medication is used to **treat people ages 12 years and older** with a current diagnosis of mild to moderate COVID-19 and who are at high risk for progression to severe COVID-19.

If **all** the following are true, you may be able to get a prescription for this medication from your provider:

- You test **POSITIVE** for **COVID-19**.
- **Symptoms** started less than 5 days ago.
- You are **at risk** for SEVERE COVID-19 because you are:
  - **Age** over 50 years with increased risk at age >=65
  - **Unvaccinated** or not up to date with COVID-19 vaccines
  - Or you have **one or more of the following** underlying medical conditions.
    - Asthma
    - Cancer
    - Diabetes
    - Heart Disease
    - Lung Disease
    - Pregnancy
    - Obesity
    - Smoking
    - Liver Disease

Feel free to call Vermilion Clinic or Nett Lake Clinic if you have questions, concerns or you would like to schedule an appointment with your provider.

**Nett Lake Clinic (218) 757-3650    Vermilion Clinic (218) 753-2182**

**COVID-19 TESTING**

Bois Forte Medical Clinics  
 Nett Lake & Vermilion Clinics

**If you are sick and need to be tested for COVID-19 both clinic PHARMACIES have FREE home covid-19 test kits available for you.**

You may come to the clinic to pick up your free home test kit during clinic hours. We ask that you please **MASK** upon entering the clinic, so you do not spread the virus to others.

- It is possible to spread the virus to others even if you are vaccinated and up to date with your vaccines.

Please follow the **MDH recommended GUIDELINES** that our clinics follow:

- If you test **POSITIVE** for Covid-19 **with symptoms**  
 Stay home and away from others for **5 full days** since you felt sick.  
**Day 0** is the day your **symptoms started**.
- If you test **POSITIVE & no symptoms**  
 Stay home and away from others for **at least 5 full days after your test date**.  
**Day 0** is the day you **tested positive**.  
 Day 1 is the first full day after the day of your test.  
**IF** you develop symptoms during this time, **you must start over**.  
**Day 0** is the day your **symptoms started**.
- You can resume most activities on **day 6 & follow the recommendations through day 10**.  
 ~Continue to wear a mask, avoid travel, and stay away from others who are at risk for getting very sick with COVID-19 until day 11.



**Nett Lake Clinic Pharmacy (218) 757-0203    Nett Lake Clinic (218) 757-3650**  
**Vermilion Clinic Pharmacy (218) 753-2182    Vermilion Clinic (218) 753-2182**  
**Clinic Hours: Mon- Fri 8:00 AM – 4:30 PM**  
**Closed from Noon – 1:00 PM**

**\*\* IF YOU FEEL YOU NEED TO BE SEEN PLEASE SCHEDULE AN APPOINTMENT WITH A PROVIDER\*\***

# Bois Forte to be a trend setter as PHVM goes live October 6th

TOWER—Mark down Friday, October 6, 2023, on your calendars as that is when Bois Forte will become the first tribe in Minnesota and possibly the nation to launch public health vending machines at Fortune Bay and the Nett Lake C Store.

“It will be a historic day for us that shows we want to do our part to provide a very important service to those struggling with addiction,” said Bois Forte Tribal Chair Cathy Chavers. “However, the vending machines will carry many other useful products to help out our band members.”

The Public Health Vending Machines (PHVM), which are being provided and funded by a HRSA grant awarded to the University of Duluth - College of Pharmacy, Dr. Laura Polombi, Johns Hopkins University, will carry lifesaving products such as the overdose reversal medication naloxone. Narcan that can help with a fentanyl overdose. There will also be HIV self-test kits, Fentanyl test strips, Xylazine test strips, Rapid COVID tests, face masks, feminine hygiene products, pregnancy tests strips, first aid items, plus flashlights, snacks, and other items.

“We are hoping to make a positive change in an individual’s life and potentially save their lives,” said Pam Hughes, who is the Project Research Manager for the University of Minnesota, College of Pharmacy.

“Our hope is to incorporate community-driven public health strategies, which offers an opportunity to reach individuals who aren’t accessing healthcare services and offer them Naloxone to reverse an overdose and help connect them to other services.”

Hughes said bringing the vending machines to the Bois Forte Reservation was a collaborative effort amongst the Johns Hopkins University Center for Indigenous Health, University, UMD-College of Pharmacy, Bois Forte Tribal Council and the Bois Forte Community Research Council.

“I believe that we are the first Tribal Nation in the United States to have a PHVM,” said Hughes. “Dr. Sean Allen (Johns Hopkins Bloomberg School of Health), had been involved in a similar project and mentioned the machines at one of our SCIBAR (Support for Creative Integrated Basic and Applied Research) meetings.”

For those worried about a stigma being tied to having the PHVM available on the Bois Forte Reservation, Dr. Allen said there is no evidence that PHVM encourage drug use or lead to increased crime. He said that they have existed for several decades outside of the United States and there is compelling evidence that they improve public health.

“In Clark County, Nevada, for example, dispensing the overdose reversal medication naloxone at vending machines was associated with substantial reductions in overdose fatalities,” said Allen. “Implementing public health vending machines enhances access to resources that promote public health.”

Hughes added that this project has been in the works for two years and said she is very grateful that the group can see their vision come to life.

“As Joel A. Barker said, ‘Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world,’” said Hughes of Barker, who is a well-known futurist, author and film maker.

Hughes will be responsible for overseeing the vending machine at Fortune Bay, while Toni Wakemup will oversee the vending machine at the C Store in Nett Lake. Both Hughes and Wakemup will receive a message on their phones when a certain product is running low.

Hughes said that Wakemup will step in for her and vice versa in case one of them is not readily available to replenish products in the PHVM.

“The notifications will give us time

to restock before an item is out,” said Hughes. “The items are of no charge and there is no limit.”

Even so, Hughes said she wants to remind individuals to only take what they need and to not deplete the prod-

ucts in the vending machines.

“There are others that will need the supplies,” said Hughes. “We just ask that people be mindful of that fact.”



READY TO HELP!— Bois Forte’s Pam Hughes, left, and Toni Wakemup, right, stand by the Public Health Vending Machine at the Nett Lake C Store. The machine at the C Store and Fortune Bay will be filled up and ready to go for the official deployment on Friday, October 6th.

**Minutes from page 10**

Morrison; to approve the Health Equity grant application and authorizing Cathy Chavers to sign. Carried 4-0-0  
 Moved by Travis Morrison; seconded by Robert Moyer Jr.; to approve Resolution No. 8-2024, authorizing the allocation of ARPA funds to the Vermilion Public Works and Food Shelf project. Carried 4-0-0  
 Moved by Shane Drift; seconded

by Tara Geshick; to approve Resolution No. 7-2024, approving the SRF to cover the cost of the Grant Consulting and preparation using ARPA funds. Carried 4-0-0  
 Moved by Travis Morrison; seconded by Robert Moyer Jr.; to approve Resolution No. 9-2024, Approving the bands submission of Applications for grants awarded by the Minnesota Iron Range Resource & Rehabilitation Board

(IRRRB). Carried 4-0-0  
 Moved by Tara Geshick; seconded by Shane Drift; to approve the MOU with Midwest Monitoring and Surveillance for drug testing. Carried 4-0-0  
 Moved by Shane Drift; seconded by Robert Moyer Jr.; to approve the sole source request to renew Re-group instant notification renewal in the amount of \$16,125.00. Carried 4-0-0  
 Moved by Tara Geshick; seconded

by Travis Morrison; to approve the agreement with Essentia Health for Mammography services. Carried 4-0-0  
 Travis Morrison and Shane Drift leave the meeting.  
 Moved by Tara Geshick, Seconded by Robert Moyer Jr.; to approve Resolution No. 10-2024, Emergency Declaration to respond to the poor air quality caused by Canadian wildfires. Carried 2-0-0  
 Travis Morrison and Shane Drift both return to the meeting.  
 Moved by Shane Drift; seconded by Tara Geshick; to approve Resolution No. 11-2024, amending Chapter 6 of the Bois Forte Tribal Code to permit recreational use and consumption of marijuana to parallel certain aspects of amended State law. Carried 4-0-0  
 Moved by Travis Morrison; seconded by Robert Moyer Jr.; to ap-

prove donation to Jeff Holth family pending donation committee recommendation approval. Carried 4-0-0  
 Luke Warnsholz announces that RTC meetings will begin to be held in the evenings and alternating between Nett Lake and Vermilion, starting with first meeting in September 2023, September 6, 2023 at 6pm.  
 Moved by Shane Drift; seconded by Tara Geshick; to adjourn the meeting at 10:59 am. Carried 4-0-0  
 Cathy Chavers announces that per capita will be distributed the week of August 11th in the amount of \$1,310.00.  
 Prepared by: Frances Irving  
 Approved at Special RTC Meeting: September 6, 2023

**The financial aid process for the Bois Forte Scholarship Program – APPLY EARLY!**

**Step One:** Complete online the Free Application for Federal Student Aid (FAFSA)

- As soon as you (or your parent/s) have filed your Income Tax Return, go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov).
- This is a free application so if you are asked to pay a fee, you went to the wrong website.
- If you don't have internet access: On or near Nett Lake/Vermilion, contact our office and schedule an appointment to use a computer or for assistance. Metro area residents can contact the Urban Office at (612) 871-6618 for computer/internet access. Duluth are residents may contact the Duluth Urban Office at (218) 336-1048.

**Step Two:** Complete the *Minnesota Indian Scholarship Assistance Program (ISAP)\**

- Priority deadline is July 1<sup>st</sup>.
- Complete online at [www.ohs.state.mn.us/indianscholarship](http://www.ohs.state.mn.us/indianscholarship)
- Must be completed every year you are attending college.
- Remember to submit proof of tribal enrollment. You may copy the front and back of your tribal ID.
- Please contact the ISAP's office at (800) 657-3866 with questions.
- ISAP awards on a first come, first serve basis. It is not uncommon for them to run out of funds as during fall semester.

**Step Three:** Download and print the Bois Forte Scholarship Program application.

- Forms are available at [www.boisforte.com](http://www.boisforte.com)
- It is recommended to complete this application at the same time as you complete the other applications.
- Must be completed every year you are attending college.
- Other documents you will need to submit:
  - Grades from previously funded semester
  - Signed Student Agreement
  - Non-MN based schools will require the Out of State application, also found on the website.
  - An education plan may be requested for students who have been placed on financial aid probation or suspension.
- All awards are made on a first come, first serve basis. If funding becomes exhausted for the current fiscal year, students with completed application packages will be placed on a waiting list should additional funds become available.

\*Students outside of Minnesota do NOT complete the ISAP. Instead, you must complete the equivalent form – the Bois Forte Out-of-State application and submit to the school you are planning to attend. They must forward the completed application to our office. If you need this form, please contact our office.

**PROGRAM FAIR**

*In Nett Lake at the  
 Bois Forte Tribal Government Center*

**Friday, October 27**

**11:00 AM - 1:00 PM**

Discover hands-on & online programs offered at area Minnesota North College campus locations. Lunch provided. All are welcome to attend!

TRANSPORTATION AVAILABLE– Call Big Woods to reserve a ride (888) 757-1540. Pick-up in Vermilion and Cook.



Contact Vonda Carr @ 218-757-3261 for questions.