



# Bois Forte NEWS

VOL. 46 NUMBER 11

## RSV CASES ON THE RISE

With cases of Respiratory Syncytial Virus (RSV) rising on a daily basis, Bois Forte Health Officials will be putting together an informational flyer that will be sent out and put on social media as well.

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. But as the Centers for Disease Control and Prevention (CDC) notes, and many parents know, it can sometimes be severe in infants and young kids.

Some of the symptoms of RSV include running nose, decrease in appetite, coughing, sneezing, fever and wheezing. Please take the steps to keep your family safe and be on the lookout for the informational flyer that Bois Forte will be sending out.

Also, please make sure to get your booster and flu shot as we head into the winter season!

## Hughes wins Greater Minnesota Catalyst Award Bois Forter touted for her work on behalf of homeless families



**INSPIRATIONAL LEADER**—Pam Hughes has dedicated her life to helping others and she was recently honored for that work by the Minnesota Homeless Coalition. The agency named Hughes the winner of the Greater Minnesota Catalyst Award. Congratulations Pam—keep up the amazing work! Submitted photo.

**TOWER**—There's an old saying that states, "If you love your job, you'll never have to work a day in your life."

That powerful message certainly applies to Bois Forte band member Pam Hughes who has given so much of herself since getting involved in helping those struggling with substance abuse for over 30 years. Despite being overly busy with that social issue, Hughes added another ele-

ment to her life's calling by helping those struggling with homelessness in 2014.

And as a result of that hard work and compassion for others, Hughes was recently honored by the Minnesota Homeless Coalition with its Catalyst Award. The award honors individuals who advocate for systemic change that will help end homelessness in Minnesota.

"When I first started working in homelessness, I had a veteran tell me that it was easier to be homeless and what he had to do to survive living on the streets," said Hughes, who was born and raised in International Falls. "That has stuck with me and is why I have compassion for those that are less fortunate."

Hughes, who has three children and six grandchildren, said winning the award reflected the work ethic instilled by her parents, David and Marlene Farmer.

"I also owe thanks to Chairwoman Chavers, who has always believed in my ideas for our people," said Hughes. "I also thank my staff as they are the boots on the ground."

She added that her staff are the ones who give her the motivation and encouragement to continue doing what

they can to make a difference in the lives of people who are struggling.

"I also would like to thank the Minnesota Tribal Collaborative Members for always being there," said Hughes.

Minnesota Homeless Coalition Director of Organizing Matthew Traynor said that Hughes was recognized for her ability to motivate and inspire community members to build the relationships that change the world.

"Pam is a thoughtful and reflective individual with a commanding presence," said Traynor. "She has been tested in life and is a mature, courageous woman who has the immediate respect of others. She is honorable and most deserving of this award."

Tammy Moreland, who is the chair of the Minnesota Tribal Collaborative, concurred as she reflected on Hughes's many attributes.

*continued on page 3*



**PROUD OF HER PAPA!**— Bois Forte Veteran Gordy Adams points to his name on the Bois Forte Veteran's Memorial while his granddaughter Everly Adams looks on. For information on Bois Forte's Annual Veteran's Celebration, please see page 11. Thank you for your service Gordy and thank you to all veterans as we pause to celebrate your dedication and sacrifices to our country!

## *DeFoe overcomes addiction to help those struggling with homelessness*

DULUTH—Life has never been easy for Airlea DeFoe, but she is working extremely hard to make life easier for those she helps who are essentially a part of the story that once defined her.

“I have been working on behalf of homelessness for about two years now,” said DeFoe, a descendant of a Bois Forte band member who battled substance abuse for many years before coming clean. “What drew me toward this line of work is compassion and personal experience. I had a substance abuse problem in the past which led me down the road to homelessness. It was very traumatic but also humbling, and I believe it was a necessary experience to become the person I am today.”

And the person DeFoe has become today includes recently winning The Rising Star award from the Minnesota Coalition of Homelessness. The Rising Star Award honors the new perspectives and energy that newcomers contribute to their careers’ early years.

“We recognize Airlea DeFoe for shining a light on their commitment to addressing homelessness and advancing housing stability,” wrote Minnesota Homeless Coalition’s Director of Organizing Matt Traynor in announcing her win.

He went on to write that DeFoe is someone who is not affiliated with an organization that has made the days of countless people living on the streets and in encampments, a hundred times brighter than any nonprofit on its own ever could.

“She is very vocal about her story and uses humor and social media to destigmatize some of her experiences,” wrote Traynor.

DeFoe’s life experiences aligned perfectly with those struggling with homelessness and substance abuse, as they are often intertwined. She talked about growing up in Nett Lake with a troubled childhood. She was ultimately put in foster care as a young adolescent. Due to her trauma, she turned to overusing drugs and alcohol and thus started to spiral out of control.

“Addiction is like a hole that you can’t climb out of, no matter the cost or consequence,” recounted DeFoe on what those struggles were like. “At first, addiction was amazing. It was a party all the time, and I had nothing but fun. But over time, it became something ugly. It became something I couldn’t escape, no matter how hard I tried. I became a sick, ugly version of myself. Skinny and full of track marks, and eventually—homeless.”

Once she became homeless, DeFoe recalled how she was constantly feeling cold or hungry. It was at this time that she said she had choices to make and questions to ask, such as: Does she want a warm bed, some food to keep hunger at bay, or to look for her next high?

“I almost always chose my next high because it was the only way I could deal with the fact that I was cold and hungry,” said DeFoe, who now lives in Duluth and is raising her son as a single parent. “What I remember most about being homeless, though, is the cold.”

She sadly recalled how the chill penetrated her body and would not go away. She talked of the wind and snow pelting her face that felt like tiny bullets striking her body.

“I remember how my hands would cease to function because the cold made mobility difficult, and my toes were cold no matter how many pairs of socks I put on,” said DeFoe. “I also remember how when I finally got to change my clothes, I would pull down my pants and stare at my skinny, bright red legs that were colored by the cold, and they would turn itchy after being inside for five minutes. There was no way to escape the cold.”

With vivid memories like that, it is easy for DeFoe to feel empathy for those she visits in Duluth homeless encampments; or perhaps just seeing a homeless person navigating the streets looking for someone to lend a helping hand or maybe someone to buy them a cup of coffee or a bowl of soup to warm up.

“It was very traumatic but also

humbling, and I believe it was a necessary experience to become the person I am today,” said DeFoe of her life experiences. “I can empathize with people struggling with homelessness on a level that others may not.”

Today, DeFoe spends most of her time helping others dealing with homelessness and substance abuse. That includes entering homeless camps, sitting in their tents to lend a sympathetic ear, or letting them sit in her car to warm up.

“I have my boots on the ground,” said DeFoe letting her actions speak louder than her words. “There’s really no specific place I work—I just go wherever it looks like people could use a hot meal and a friendly face.”

DeFoe is hopeful her bout with substance abuse and homelessness will stay in her rearview mirror as she continues to live a life that many people take for granted. That includes having a healthy relationship with her young son, a roof over her head, a reliable automobile, and a dog.

“The main thing that keeps me focused is that I have now built a life that I don’t want to escape from,” said DeFoe. “I dealt with so much trauma and abuse as a child that I really don’t think I stood a chance at first, but now I can stand tall knowing that that part of my life is over, and no one can hurt me anymore.”

DeFoe proudly talked about how hard she worked for these things and added she’ll continue to do so to ensure she does not lose them. Although she had to drop out of school before rebounding to get her GED, DeFoe is now taking college courses and goes to therapy twice a week to help her stay the course.

“I think that helping others inspires me the most,” offered DeFoe, who added that material things are not essential to her, but rather her relationship with her son matters most. “Not only does it keep me humble in reminding me where I came from, but I also get to bear witness to how far I’ve come.”

She added that being able to help



**RISING STAR!**— Airlea DeFoe has overcome drug and alcohol abuse to make a positive difference for those dealing with homelessness and other struggles. Submitted photo.

others is a true accomplishment because she was never able to do that before. She believes that it is important to be kind to people, especially when they are struggling.

“Everyone deserves kindness, and homeless people are one group that is often treated with less compassion. I want to be nice to people and try to make their lives better if I can,” said DeFoe. “I used to be the person that needed help, but now I am grateful to be the person that can offer help. All I want is to do for others is what I wish someone would have done for me.”

And thanks to her compassion for others, DeFoe is making that dream repeatedly happen as she continues to be the friend any of us would love to have.

“When I was in active addiction, I only cared about myself and what others could do for me,” explained DeFoe, who added that the Rising Star award is the pinnacle of her career thus far but believes there is more to come. “Part of that was survival, but a lot of it was me being an all-around unhealthy person. Now, because of my recovery, I get to be a different person, and I get to care about more than just myself.”

# Fortune Bay to host Round Dance Saturday, November 12th

Make sure to Save the Date for a Round Dance that will be taking place in The Woodlands Ballroom at Fortune Bay Resort Casino on Saturday, November 12th!

A Round Dance is a popular Cree celebration that has been adopted by a lot of plains tribes. It is meant to be a community gathering and celebration. A group of hand drum singers will sing Round Dance songs in the center of the room while community members can join by dancing around them in a two-step.

It is a fun, casual event. People can wear whatever they want, similar to being an

audience member at a powwow. Sometimes women like to wear ribbon skirts, and men like to wear ribbon shirts, but there is no dress code. It should be a fun night to get together to eat, dance, and hang out with friends and family.

“We are also looking for information vendors – people to share information about their programs and to do a little community outreach from 5 p.m. to 7 p.m.,” said Jaylen Strong of the Bois Forte Heritage Center and Cultural Museum. “If you are interested, please reach out to me at [jaylen.strong@boisforte-nsn.gov](mailto:jaylen.strong@boisforte-nsn.gov) or Toni Wakemup ([toni.wakemup@boisforte-nsn.gov](mailto:toni.wakemup@boisforte-nsn.gov)).

wakemup@boisforte-nsn.gov). Otherwise, please feel free to come join the event as a community member.”

The informational tables will be staffed from 5 p.m. to 7 p.m., while the dance is expected to take place from 6

p.m. to 10 p.m. There is also a buffet dinner starting at 6:30 p.m., and light refreshments will also be served.

## *continued from page 1*

“Pam Hughes stands out as an extremely dependable and diligent woman whose enthusiasm, openness to learning, and wonderful sense of humor make her a real pleasure to nominate,” said Moreland. “She is a caring and empathic individual whose warmth and compassion puts others at ease. This allows her to function as an interdisciplinary team member and a trustworthy Native community leader.”

Moreland remarked that Hughes is well-liked and respected by her peers and her community and shows genuine regard for other people.

“Over the years, I have been able to directly witness Pam’s talents and skills in working with homeless families in a therapeutic environment,” said Moreland. “I have been constantly impressed with her professionalism, connections to others, and

performance in the difficult field of helping our relatives to find a place to call home. She is honorable and most deserving of this award.”

Hughes, whose brothers are David Jr. and Keith Farmer, said her time is split between working with those battling substance use and homelessness. Her job entails writing grants to continue offering existing programming, adding new programming, and advocating for the Bois Forte people.

“What keeps me focused is the learning curve that comes along with Substance Use/Homelessness and using my voice at the State and Federal levels for these services,” said Hughes, whose children are Jessica, Jennifer, and Jori. “I firmly believe that tribal representation needs to be at the table when making decisions for our people. After all, our people were not homeless before 1492.”

PRESENTED BY THE  
BOIS FORTE HERITAGE CENTER & CULTURAL MUSEUM

  
**NATIVE AMERICAN  
HERITAGE MONTH!**

**ROUND DANCE**

**SATURDAY, NOVEMBER 12, 2022**  
**FORTUNE BAY RESORT CASINO**

**STICKMAN/WHIP MAN: RANDY GRESCZYK**

**SINGERS: NIIZHOO SULLIVAN - OPIE DAY  
BRIAN STILLDAY JR.**

**EVENT EMCEE: TERRY GOODSKY**

**INFORMATION BOOTHS FROM  
5PM - 7PM IN THE PRE-FUNCTION AREA.**  
**EVENT STARTS AT 6PM**  
**BUFFET DINNER STARTING AT 6:30PM**  
- LIGHT REFRESHMENTS TO BE SERVED -

**CONTESTS: HAND DRUM, POTATO DANCE AND TWO STEP**

## Catching up with new 477 Director Vonda Carr

*Editor's note: Welcome to a new feature called Catching up with... it is a question-and-answer format where we get to learn a little bit more about the hard-working staff of the Bois Forte Government Center. If you would like to be featured next or know someone who should be featured, please email [bkanderson@fortunebay.com](mailto:bkanderson@fortunebay.com), thank you! Now, without further ado, here is our inaugural Catching up with feature. This month we are featuring Vonda Carr, who is the new 477 Director for Bois Forte.*

**Let's start with telling our readers a little bit about your background. Where were you born, where did you grow up, schooling, family and some of your hobbies.**

My name is Vonda Carr, my parents are Rene & Ernie Barto Jr. I grew up in Orr and raised my children Mila (23) and Zander (20) there with my husband Christopher. I'm a very proud grandma to my grandson Hayes (1). I enjoy boating, hanging out with my girlfriends, catching the latest episode of Real Housewives and having a date with my husband.

**How about your work history, can you highlight some of the work you've done over the years?**

•Bois Forte Child Care- Child Care Teacher 1996-2002

•Bois Forte Human Services— Family Base Worker 2002-2007, Worked with families on living and parenting skills, worked with youth on life skills. The Northland Foundation grant was written during this time by the ICWA Supervisor, and I began coordinating and planning community activities which are still being done now.

•Bois Forte Early Head Start-Child Care Center Manager 2007-2022- Supervised and managed the Child Care and Early Head Start programs. I also wrote and administered the childcare grant.

**Tell our readers what you will be doing as the 477 Director and what are some of the larger projects that you'll be working on.**

I'm available to help band members get with the resources to meet their workforce, training, or educational needs. I'm creating a welcoming space that participants can stop in and find the necessary resources they need to become successful in their workforce, training, and education goals. I work closely with the Bois Forte Education Scholarship Program, Tribal Enrollment Rights Office (TERO), Emergency Assistance and the Child-care, Early Head Start and Head Start Programs.

Our office has coordinated with the JET Program (NE MN Office of Job Training). Beginning in late October we started conducting visits to the Vermilion Community Center on the 2nd and 4th Tuesday of each month and the 1st and 3rd Tuesday at the Tribal Government Building in Nett Lake.

Doris Isham wrote and was very successful in getting the award for a Dislocated Worker Grant. I'm in the process of being trained, developing the program and cannot wait to roll the program out!

**What are some of the goals you've set for yourself and others whom report to you?**

The goals for the 477 Program would be for myself to encourage and help many band members meet their job, training and education goals. I want people to know I'm here to help, and I'll try my best to do so.

**I know it is early in your tenure, but what do you like most about your job?**

The contact with band members. Meeting them and most importantly being able to offer them resources. I can't wait until I can celebrate and cheer for them as they meet their goals!

My colleagues at the Tribal Government building were all very welcoming and are a great bunch to work with each day.

**Are there any challenges you've encountered thus far and how are you dealing with those challenges?**

Meetings, meetings, meetings! Wowzah! Since a lot of contacts/meetings are virtual now, it seems a day doesn't go by without 0 or more meetings. However, I truly do appreciate the



**READY TO HELP!**— Vonda Carr is Bois Forte's new 477 Director. Carr is eager to help all Bois Forte band members meet their personal goals!

information and time everyone gives to their companies and projects.

**What does a typical workday consist of for you and how can others help you be successful in your job so that you can help out your fellow band members?**

I'm at the Tribal Government building Monday through Friday 8 a.m. to 4:30 p.m. My contact information is 218-757-3261 Ext. 1400, [vcarr@boisforte-nsn.gov](mailto:vcarr@boisforte-nsn.gov).

If anyone has questions, is interested in our 477 Program, or would like to share information, please feel free to stop by or reach out.

I'm excited to help band members with tuition assistance, job training, workforce needs, helping them meet their emergency needs and to help them empower themselves to meet their personal goals!



### PROGRAMS AND SERVICES

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- **FUNDING** for training, licensure tests, and career education
- **FREE** professional career counseling to help determine the best career path for you
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**Alysa Hackenmueller, Career Counselor**

Nett Lake: 1st & 3rd Tuesday each month  
Vermilion: 2nd & 4th Tuesday each month  
Call Vonda Carr at 218-757-3261 ext. 1400 to schedule a time!



Now **HIRING**

For a list of current job opportunities,  
go to: [www.boisforte.com/jobs](http://www.boisforte.com/jobs)



## A legal question and answer line for Seniors

### DEAR SENIOR LEGAL LINE:

My 88-year-old widowed father is in the hospital and will likely need Medical Assistance to help pay for his long term care costs in the future once he leaves rehabilitation. He will be able to live at his home but will need help from a personal care assistant and homemaker services. He will privately pay for this for a little while with his excess assets, but his money will run out eventually. I have power of attorney and I've been told by my father's social worker that he will need to go on Medical Assistance to pay for his care. I've also heard that he may be eligible for an Elderly Waiver through the County. I'm confused by all the programs and I'm not sure what to do for my father. I'm worried he will run out of money and then run up a big bill for his care that he cannot afford to pay back.

**Signed, Ronald**

### DEAR RONALD:

The Elderly Waiver ("EW") program provides home and community-based services for people who need the level of care provided in a nursing home but who choose to live in the community. In order to be eligible for an Elderly Waiver, a person must qualify for Medical Assistance.

As a single person, in order to be eligible for Medical Assistance, your father has to be asset and income eligible. I will only talk about asset eligibility in this article. Don't rely on this article; talk with an elder law attorney to get more personalized advice, especially about income eligibility for Elderly Waiver, which can be complicated.

To be asset eligible, your father can only have \$3,000 in countable assets. In your father's case, the house is not counted as an asset. If a protected person lives there, the house is not counted. Your father is returning to the house after rehab, so he will live there and he is a protected person under the MA rules. His countable assets will have to be spent down.

Some assets will not be counted because they are exempt. Exempt assets include: (1) household goods and personal effects; (2) A motor vehicle with equity value of \$4,500 or less, or that meets the MA standard of necessity; (3) Life insurance or funeral insurance policy, or revocable prepaid funeral plan, to a value of not more than \$1,500, or funds up to \$1,500 set aside for burial (CAUTION, life insurance policies that have a cash value (such as whole life policies) AND are not allocated for a funeral plan are assets subject to spenddown rules); (4) "Burial space items" such as a burial plot, casket, crypt, mausoleum, vault, urn, headstone, and the cost of opening and closing the grave; (5) Your homestead while your father is living in it, and for six months if he enters a nursing home. Repairs and maintenance are acceptable, but improvements should be avoided, especially if there are other people on the deed or remaindermen.

The timing of your father's MA application is important. Once he submits his application for MA, his spenddown methods will be limited to paying for his cost of care and other approved costs. Since he knows he has excess assets, he should wait to apply for MA until he is close to his eligibility limit, perhaps a month or two before he reaches the limit. If it turns out that he was eligible before his application date, then the County can give retroactive MA coverage three months prior to the application.

Before applying to MA, your father can spend his money on anything for himself. He must be careful to not spend or gift the money to others, because of the MA lookback period regarding gifts. The MA lookback period is five years plus one month (the MA application month). In reviewing an MA application, the County looks back at this time period to see if your father gave away money or gifts to people. The County will add up those gifts to come up with a total value and divide it by

*continued on page 7*

# Health insurance that fits my budget? I'm covered.



MNsure helped me save money on my health insurance.  
Find free help at [mnsure.org](https://mnsure.org)



# Rent assistance is available for Bois Forte band members

Thanks to another financial infusion from the U.S. Department of the Treasury, the Bois Forte Band of Chippewa recently received over \$656,000 to help band members with their rent.

The moneys were received in mid-September, and Bois Forte HAF/ERA Program Coordinator Theresa M. Morrison reported that funds had already started to be allocated.

The latest grant comes on the heels of the 2021 allocation that added a whopping \$25 billion to the Emergency Rental Assistance Program (ERAP). The ERAP was established by the Consolidated Appropriations Act of 2021.

The ERAP assists households that are unable to pay rent and utilities due to the COVID-19 pandemic. The funds are provided directly to States (including the District of Columbia), U.S. Territories, local governments with more than 200,000 residents, the Department of Hawaiian Homelands, and Indian tribes (defined to include certain Alaska native corporations) or the tribally designated housing entity of an Indian tribe (collectively, "eligible grantees"). Eligible grantees must use the funds to assist eligible households through existing or newly created rental assistance programs.

"The Emergency Rental Assistance Program will help to keep American families in their homes during this challenging time," said U.S. Department of Treasury Secretary Steven T. Mnuchin. "Treasury is implementing this program with unparalleled speed so our state, local, and tribal partners across the country can provide assistance to needy families."

The initial grant assisted Bois

Forte Band members who live across the United States to pay rent (arrears, current, and future rents) to stay housed during the Covid-19 pandemic. Help was also available to pay for utilities and internet. This was the first round of allocations from the unprecedented legislation of the Consolidated Appropriations Act 2021.

The money from this latest reallocation was from jurisdictions that did not utilize all of the funds allotted to them in the first round. This means that for a short time, Bois Forte's Emergency Rental Assistance program will be accepting applications to help tribal members with rent in arrears, rent, and utilities for those that are still affected by Covid-19.

As part of the guidance, if you have received assistance for 15 months at any time from January 20, 2020, until now, you would unfortunately not be eligible. If you received help from another entity, i.e., the state of M.N. with its RentHelpMN program and Bois Forte, you would need to count all the months combined not to exceed 15 months. However, if you received assistance from Minnesota's program under its ERA2 program, you could have received up to 18 months of assistance.

The program must follow guidance from the U.S. Treasury, and funds that have been reallocated must be obligated by December 29, 2022. Information on how to apply can be found on the Bois Forte website at <https://boisforte.com>.

*Editor's note: We will report on other grants Bois Forte has received in the December edition.*



**SHE CAN HELP YOU OUT!**— If you need help with your rent or utilities, please contact Theresa M. Morrison, who can be reached at 218-757-2161, Ext. 1165 or via email at [theresa.morrison@boisforte-nsn.gov](mailto:theresa.morrison@boisforte-nsn.gov)



## Get out and **VOTE** on Tuesday, November 8th!

The Minnesota Secretary of State's website:

(<https://www.sos.state.mn.us/elections-voting/>) offers all the information you need to vote: how to register, how to vote, what's on your ballot this year, and information on your right to have time off during the work day to vote.

### **Need to register on Election Day?**

In Minnesota, you can register or update your registration at your polling place on Election Day. Find out what you'll need to bring with you by visiting the website previously mentioned—thank you!

*continued from page 5*

the average cost of a month of nursing home care, approximately \$8,123. This results in a number of months of ineligibility for MA. For example, if your father gave away an interest in real estate that was worth \$30,000 by naming someone else on the deed, the gift penalty would be approximately 3.6 months of ineligibility, starting from the date of application for MA (\$30,000 divided by \$8123=3.6 months).

I hope that this can help your father spend down his assets so that he can get MA to help him live in his home. I encourage everyone to seek advice about MA and paying for long

term care as early as possible to avoid problems in the future.

This column is written by the Senior Citizens' Law Project. It is not meant to give complete answers to individual questions. If you are 60 years of age or older and live within the Minnesota Arrowhead Region, you may contact us with questions for legal help by writing to: Senior Citizens' Law Project, Legal Aid Service of North-eastern Minnesota, 302 Ordean Bldg., Duluth, MN 55802. Please include a phone number and return address. To view previous articles, go to: [www.las-nem.org](http://www.las-nem.org). Reprints by permission only.

#### LEGAL NOTICE

In the Bois Forte Tribal Court Civil Division  
Minnesota Chippewa Tribe

In the matter of Civil Complaint, Teresa Knife Chief, Plaintiff vs Vernon Boney, Defendant #1 and Sandy Maureen Wange, Defendant #2.

You are hereby notified, and notice is hereby given, that a Zoom hearing will be held on November 9th, 2022 at 11:20 a.m., or as soon thereafter as counsel may be heard, at the Bois Forte Tribal Court, 12907 Palmquist Road, Suite B, Orr, MN 55771 on the Civil Complaint filed in this court on September 19th, 2022. **FAILURE OF THE DEFENDANTS TO ANSWER TO COMPLAINT** and appear at the hearing on the date set by the Clerk of Court will result in a default judgement being entered against the Defendants and an award by the court being entered on the Plaintiff's behalf for the relief requested by the complaint. **FAILURE OF THE PLAINTIFF** to appear may result in dismissal of the action, or a default judgement being entered in favor of the Defendants on any counterclaim that has been asserted.

By the Court

Megan Treuer, Chief Judge  
Janell Smith, Clerk of Court  
12907 Palmquist Road, Suite B  
Orr, MN 55771

## BOIS FORTE PURCHASED/REFERRED CARE



In order to receive PRC services, the following guidelines must be followed:

- 1) You must bring your insurance cards including your PRC card to every appointment, especially appointments not at a Bois Forte facility
- 2) You must notify the PRC office within 72 hours of any emergency/urgent care visits, hospitalizations or care over weekends. Elders have 30 days to notify the PRC office.
- 3) All PRC participants have 30 days from the date of the statement to turn it in to the PRC program. If the statement is not received in time, the PRC program may deny payment for those services

#### Contact Information:

Vermilion : Kristal Strong : (218)753-2182 : [Kristal.Strong@boisforte-nsn.gov](mailto:Kristal.Strong@boisforte-nsn.gov)  
Nett Lake : Corey Strong : (218)757-3650 : [Corey.Strong@boisforte-nsn.gov](mailto:Corey.Strong@boisforte-nsn.gov)

Healing Towards Wellness and  
Cultural Healing Programs Present

Traditional Medicines  
For Recovery  
with Linda Black Elk

Join us in welcoming in welcoming  
Linda Black Elk via zoom to talk  
about Traditional foods and  
medicines that support individuals  
on their recovery journey.

Wednesday  
November, 16th, 2022  
5PM CT - 7PM CT

ZOOM ID  
864 2202 8972

Questions? Call 218-404-3059 or  
email [prcounts@boisforte-nsn.gov](mailto:prcounts@boisforte-nsn.gov)

## Improvements at the Y Store continues

Construction crews have been busy at the Y Store working on replacing some pipes to the gas pumps, re-wiring and repaving most of the parking lot.

The parking lot had been pretty rough, so rather than just make some minor repairs, Bois Forte decided to repave the main parking lot. The overflow parking lot was still in good condition, so that will not be repaired at this time.

The project is expected to cost \$500,000. Roughly \$100,000 is coming from an Underground Storage Tank System Alternative Fuel grant. The re-

maining dollars are being used with capital from the Y Store.

The work began on Monday, October 10th, and was expected to be completed by Monday the 31st. However, as of press time, that date has been pushed back to Friday, November 4th.

No other improvements are planned at this time, but Bois Forte would like to remind everyone that the Y Store is still open for business, as is the adjoining Ledge Liquor store. Bois Forte would also like to thank our loyal customers for their patience and understanding while these improvements are made.



LOOKING GOOD— Construction crews have been busy repaving the parking lot at the Y Store. The project will be finished by Friday, November 4th.

# November

Here is the Elder Nutrition Program's (ENP) menu for the month of November. 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.

**November 1:** Beef Lasagna, Green Beans, Garlic Toast, Fruit

**November 2:** Cabbage Beef and Bean Soup, Cut Raw Vegetables, Fruit

**November 3:** Stir Fry Chicken, Steamed Brown Rice, Stir Fry Vegetables, Fruit

**November 4:** Stew, Seven Grain Bun, Fruit

**November 7:** Shepherd's Pie, Biscuit, Steamed Broccoli, Fruit

**November 8:** White Chicken Chili with Beans, Cornbread, Fruit

**November 9:** Pork Roast, Baby Baker Potatoes, Roasted Squash, Fruit

**November 10:** Chicken and Wild Rice Soup, Tossed Garden Salad, Fruit

**November 11:** Bison Meatloaf, Baked Sweet Potato, Brussel Sprouts, Fruit

**November 14:** Jambalya with Small Shrimp, Cheddar Biscuit, Fruit

**November 15:** Beef Barley Vegetable Soup, Chef Salad, Dinner Roll,

Fruit

**November 16:** BBQ Pulled Pork, Baked Beans, Coleslaw, Fruit

**November 17:** Ham, Baked Acorn Squash, Cauliflower, Berry Yogurt Parfait

**November 18:** Spaghetti & Meatballs, Green Beans, Garlic Toast, Fruit

**November 21:** Black Bean Burrito Bowl, Fruit

**November 22:** Clam Chowder, Whole Grain Crackers, Mixed Vegetables, Fruit

**November 23:** Roast Turkey Slice, Mashed Potatoes, French Cut Green Beans, Stuffing, Pumpkin Pie

**November 28:** Roast Beef, Garlic Mashed Potatoes, Roasted Root Vegetables, Tossed Garden Salad, Dinner Roll, Fruit

**November 29:** Chicken Penne Alfredo, Broccoli, Fruit

**November 30:** Wild Rice Meatballs, Gravy, Sweet Potato Fries, Fruit

**PURCHASE REFERRED CARE**

**MEDICARE**

**PART D**

**ENROLLMENT**

---

**SCHEDULE**

**October 15 - November 30**

**9:00 AM to 2:30 PM DAILY**

**at the Nett Lake or Vermilion Clinic**

**with Corey or Kristal**


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Please call Corey at (218) 757-3650 or Kristal at (218) 753-2182 to schedule an appointment to review your Medicare Part D drug plan.

Appointments for these days are not necessary but appreciated. If you cannot attend on any of these days, please make sure you get in to see Corey or Kristal prior to **December 2nd, 2022** as the open enrollment period closes at that time.


*Miigwech!*

<p>NETT LAKE CLINIC</p> <p>5219 St. John's Drive</p> <p>Nett Lake, MN 55772</p>	<p>VERMILION CLINIC</p> <p>1613 Farm Road South</p> <p>Tower, MN 55790</p>
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**Please bring your MEDICATION LIST and MEDICARE CARD with you.**

We will be reviewing your medication (prescription) drug coverage and enrolling you in a prescription drug (PART D) plan



**Medical Member (Name on Card)**  
JOHN L. SMITH

**Medical Number (Member ID)**  
1EG4-TE5-MK72

**Member Category**  
PART A  
PART B

**Effective Date**  
03-03-2016  
03-03-2016



# Prepare to fall back by checking your carbon monoxide detectors

As temperatures continue to drop and Daylight Savings Time comes to an end, Bois Forte wants to remind residents to take action to prevent carbon monoxide poisoning. We “fall back” an hour on November 6. When you turn back your clocks, it’s a good time to put new batteries in your carbon monoxide detectors.

“We tend to see more carbon monoxide poisonings in the cooler months,” said Bois Forte’s Damon Day. “Now is the time for Bois Forte residents to make sure their heating sources and carbon monoxide detectors are in good working order.”

Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness or death when inhaled. This is called CO poisoning. Recognize carbon monoxide poisoning symptoms, including: headache, nausea, dizziness, vomiting, confusion, and tiredness. If you suspect CO poisoning, seek prompt medical attention.

Carbon monoxide is in fumes from cars, portable generators, heating systems and similar things. Each year in Minnesota, especially in winter, unintentional CO poisonings result in emergency department visits, hospitalizations, and even deaths. CO poisonings are tragic and costly, and many poisonings can be prevented with proper use and maintenance of CO alarms.

## Carbon monoxide poisoning is preventable

Unintentional CO poisoning is almost entirely preventable. Make sure that fuel-burning appliances and heating devices are properly installed, vented, and maintained.

**Never use a generator, charcoal grill, camp stove, or other gasoline or charcoal burning device inside your home, basement, garage or near a window or inside a fish house.**

To detect potentially deadly conditions, CO alarms should be installed and regularly maintained in all households. In Minnesota,



state law (Minnesota Statutes, sections 299F.50 and 299F.51) requires CO alarms in all single and multi-family Minnesota residences within 10 feet of each room used for sleeping. Regular inspection and tune-up of combustion appliances should also be considered.

## What is being done about carbon monoxide poisoning?

- The MDH Indoor Air Program oversees some CO regulations that apply to enclosed sports arenas in Minnesota and educates the public regarding CO poisoning prevention. For more information, see: Carbon Monoxide Poisoning in Your Home.

- The MDH Minnesota Environmental Public Health Tracking Program tracks data related to CO exposure and poisoning. An important application for tracking data is to monitor the impacts of state and local public health programs and policies that are designed to reduce exposure and prevent disease.

- The Hennepin County Medical Center’s Minnesota Poison Control System provides emergency poison management and poison prevention information.

At high levels, carbon monoxide can cause death within minutes. Symptoms of overexposure to carbon monoxide include headache, fatigue, dizziness, shortness of breath, nausea, and confusion. If you think you may be experiencing carbon monoxide poisoning, or your detector sounds an alarm, head outside immediately for fresh air and call 911.

## EAP/REGISTRAR’S SCHEDULE

Do you need a title transfer, license plates, tab renewal?  
Would you like to apply for Energy Assistance?

### TRACEY’S SCHEDULE IS AS FOLLOWS:

**MONDAY- Vermilion Office**

**TUESDAY- Nett Lake Office**

**WEDNESDAY- Nett Lake Office**

**THURSDAY- Nett Lake Office**

**FRIDAY (NON-payday)- Nett Lake Office**

**FRIDAY (payday)- Vermilion Office**

**EAP NEWS: The Cold Weather Rule went into effect October 1.** The benefits will return to more typical amounts and may be noticeably lower than last year for most households. And income eligibility will return to 50% of state median income.

- The initial grant will range from \$200 to \$1,400 per household, with an average of about \$500.
- The maximum additional grant for energy emergencies (**crisis**) is \$600.
- Water Assistance benefits may cover the entire past due amount. **ONLY the WATER** amount of the Bois Forte Water & Sanitation will be paid through EAP so you must calculate the **WATER** portion of your Water & Sanitation to be paid by EAP.

**CSBG NEWS:** Still accepting Community Supported Block Grant applications, which can help with rent, car repair and employment clothing.

### BF Registrar News: New license plate designs are available!



### New version of the Veteran Plate is upcoming too !!

You may contact Tracey

Nett Lake: 218-757-3261 ext. 1197

Vermilion: 218-753-4542

Cell: 218-780-1478

# Obituaries



**RAMONA "MONA" WALLBERG PETERSON**, 64, passed away on Thursday, October 13, 2022 with her loving family by her side.

Mona was born in Cook, MN to Frederick and Ann (Saice) Isham on August 28, 1958. Mona was a loving and caring Foster Parent. She also worked at Duluth Safe Haven. She was an inspiration to many people and to families, and she always left unforgettable memories with each one of us. She was selfless and enjoyed spending

every chance helping anyone she could. She was loved by many communities. She will be missed and her memories will live on long with us. Thank you for joining us to remember the life of our loving Mona.

Mona was preceded in death by her parents; daughter, Jennifer Witherpoon; siblings: Dorothy Isham, Frederick Isham Jr., Gwendolyn Schultz, Mary Lou Boney, Romaine Isham, Felix Isham, Daniel Isham, Sara Isham, Wanda Armstrong, Linda Isham, Elva

Isham Cadwell, Angela Isham, Phyliss Lookingback, Judy Isham, Lenore Isham; and numerous aunts, uncles, nieces and nephews.

Mona is survived by her children: Antonio Isham, Jamie June, Matthew Isham, Honor Life Isham, and Dacia Isham; brothers Ira "Pete" (Doris) Isham, and Francis Isham.

A Memorial Gathering was held on Saturday, October 22, 2022, at the Nett Lake Government and Services Center, Nett Lake, MN.



**CAROLYN FAYE DONALD (OZHAAWASHKOOZIBINISIIK)** passed away on October 10, 2022. She was born June 11, 1962 in Cook, Minnesota. She was preceded in death by her mother, Joanne Donald, sister, Coleen Jennings, nephew, Don Kingbird and faithful cat Freedom. Carolyn will be missed by: her father Gary Donald, sisters Gayle (Jim) Littlewolf; Leigh Donald; nieces and nephews: Wenona Kingbird, Jamie (BJ) Copenace, Andrea (Hershel) Gorham, Joanna (Tonya) Boyer-Knaak, Jessa (Ase) Boyer-Proulx, Emma (Levi) Brown, Gary Proudchief; numerous uncles, aunts, great nieces and nephews, an abundance of close friends and her

dog, Trigger.

Carolyn graduated from Tower-Soudan High School in 1980. After high school she moved around the state and attended college at BSU and worked at various places throughout the Iron Range, Twin Cities, and Bemidji. Some of her favorite jobs were at the IDS Building in Minneapolis and Bemidji State University where she took an early retirement for health concerns. She relocated back to the Vermilion reservation where she lived out the rest of her days. Those who knew Carolyn know that she loved singing, playing her guitar, listening to music, watching Tom Brady play football, going to concerts, being the fam-

ily photographer, playing Scrabble, traveling, gardening, canning, hunting, fishing, parching rice, gathering berries and other medicines, cooking and contributing to various community engagements, but the thing she loved the most was her family – especially her nieces and nephews, who she often cared for like they were her own children. Those who knew Carolyn also know that she valued her privacy and space. She will be greatly missed by many. Her final wishes were not to have a public funeral service—however, the family held a celebration of life in her honor at Bois Forte Vermilion Social Center on Sunday, October 16th.



*Editor's note: Due to an omission by the funeral home, we are re-running this obituary again.*

**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: Jeff Geshick of Nett Lake, 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 Mayotte, 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-grandchild-

dren: 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.

## Chairwoman Cathy Chavers



Boozhoo!

It has been a while since I submitted my last article. The Tribal Council has been having various consultations with state agencies, such as the Minnesota Pollution Control Agency, Department of Human Services, Iron Range Resources, and others. By law, this is a requirement of all state agencies. The Tribal Council values these consultations to make them aware of our issues as well as possible collabora-

tions and funding opportunities.

I want to take this time to say "Chi Miigwech" to our IT Director, Randy Long, for his diligent work for the past six years on the recent broadband grant of 19.8 million dollars for Bois Forte from the National Telecommunications and Information Administration. This grant will provide broadband services to the Vermilion/Greenwood area, which is much needed. This will be Bois Forte owned along with our Fiber to Home project in Nett Lake, Indian Point, and Vermilion. Congratulations to Randy!

Also, a "Chi Miigwech" to Jennie Rowland, Transportation Manager, on her Transit Grant for 3 million for a transit facility which is very much needed. Great job, Jennie! Also, a "Chi Miigwech" to Doris Isham for the 2.9 million dollar grant from the Department of Labor for workforce issues within Bois Forte. This grant will also be incorporated into our new 477 program, which was just approved on October 1, 2022, to assist band members with overcoming the barriers to employment.

This program was previously under the education director, but it is now the 477 program, and the new

Director is Vonda Carr. We are very excited about this program for our tribal members. Congratulations to Vonda Carr, our new 477 Director.

These are just a few successes our incredible staff has been working on, and I want to say "Chi Miigwech" to all of our team for their excellent work for Bois Forte. Without them, we would not be where we are today.

Some of the Tribal Council made a trip to Washington, DC, to meet with our Senators and Congressmen to address our issues directly with them. We also had the opportunity to meet

and visit Bob Anderson, Solicitor of the Department of Interior and Bois Forte Band member!

The Eveleth C Store is now solidified by Bois Forte and the City of Eveleth as we entered into a Letter of Intent to build the new C Store in Eveleth, MN. We have the preliminary plans and look forward to moving forward on this project!

Also, save this date, Thursday, January 19, 2023, as this will be our State of the Band at Fortune Bay in person! Miigwech!

## ALERT on RAINBOW FENTANYL

### BACKGROUND

Fentanyl is a synthetic opioid that can quickly cause overdose. It is 50 times more potent than heroin and 100 times more potent than morphine, making it a major contributor to the 150+ synthetic overdose deaths occurring every day.

### SITUATION

In recent months, brightly colored fentanyl tablets, powder, and blocks that look like candy or sidewalk chalk have been trending nationally amongst our youth (see images below). These products, known as rainbow fentanyl, are targeted to increase addiction in young people and are often packaged in commercial product packaging (such as holiday candy). Due to their potency, very small amounts can cause damage to the brain, and lead to overdoses or overdose death.

### ACTION

Naloxone saves lives by reversing opioid overdose. It is quick and easy to administer, with trainings available across the country. Communities, parents, and teachers working with youth should consider educating on the dangers of rainbow fentanyl and seek naloxone training to prevent overdose deaths.

To complete training online, visit  
<https://www.ihs.gov/opioids/naloxone/naloxonetoolkit/>.

### ADDITIONAL RESOURCES

- <https://www.cdc.gov/stopoverdose/fentanyl/index.html>
- <https://www.dea.gov/press-releases/2022/08/30/dea-warns-brightly-colored-fentanyl-used-target-young-americans>
- <https://www.dea.gov/fentanylawareness>



You are cordially invited to join us in

**"Honoring Our Ogichidaa"**

Bois Forte Annual Veteran's Celebration

Wednesday, November 9, 2022

3:00 PM

Woodlands Ballroom

Fortune Bay Resort Casino

Tower, MN 55790

All Welcome! Veterans, Friends, Family, Relatives, Community

Big Woods Transit will be providing complimentary transportation for locals to and from the event. Reserve your seat by calling 1-888-757-1540



# Bois Forte NEWS



**Deadline for the Dec. 2022 issue is Nov. 20, 2022.**

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](mailto:news@boisforte-nsn.gov)

Contributions are subject to editing for grammar, length, and malicious/libelous content. BFN will attempt to include all material submitted by Band members and guests. Multiple contributions from the same source may be excluded or rotated to future issues to ensure equal access to all. For information on paid ads, please contact us.

From the archives... A look back at the November 2000 edition of the *Bois Forte News*



## Bois Forte News

Third Issue  
Volume 6  
Nov. MN 55777

VOL. 15, NO. 5

NETT LAKE, MINNESOTA - NOVEMBER 2000 EDITION

OUR FIFTEENTH YEAR

### The Chairman's corner.....



Gary Donald  
Chairman, Bois Forte ATC

The changing of seasons is always an exciting time, in which we say goodbye to our familiar surroundings and grasp new and different scenery. This is particularly true this fall for the Bois Forte Reservation. After years of hard work at Nett Lake have watched our neighbors to the south and west enjoy the comfort of traveling on paved roads, while we continued to suffer with the ruts and bumps of a gravel road.

### After all these many years, Highway 65 is finally paved!

The road to future growth starts with simple things, like good roads. But for years, on roads outside the Bois Forte Reservation were paved and modernized, the 14-mile stretch of Highway 65 inside the reservation remained gravel. On Oct. 18, the Band's drive for improvement and equality became a lot smoother.

On that day, a dedication ceremony was held to say goodbye to the last gravel road in northern Minnesota's state highway trunk system, and to greet a newer, faster millennium. Minnesota Department of Transportation Commissioner Elwyn Tinkenberg acknowledged at the ceremony that the day should have come in the last millennium. "It's an honor to be here to celebrate with you and witness the ribbon cutting of a project that should have been done a long time ago," he said.

Since 1994, the Band had tried to get the road paved. Important for everyday transportation and especially to the area's wood products industry, the road finally registered

on the state's radar in 1998, but paving still wasn't scheduled until after 2006. The Band watched as south and west, said Chairman Gary Donald at the dedication ceremony. "We asked the commissioner why do our neighbors travel a better road than the people of Nett Lake, Commissioner Tinkenberg was very

gravel road. About twenty years ago, during my first term as Chairman we decided it was time to get serious about seeing this road improved. We appointed Andy Datsko to represent the band on the State transportation planning board and a short time later we partnered with MnDOT and the Bureau of Indian Affairs to conduct an engineering study to determine the cost to improve the highway. However, the price tag was too high and for the next couple years we worked with the State Transportation planning system with little result.

Last year it was discovered that the State planned to resurface Highway 65 in the summer of 2000, yet the Nett Lake stretch would remain gravel. So, a meeting was set up with Commissioner Tinkenberg. The Bois Forte Council presented the Commissioner with a map that showed the improvements to the west and south. They asked the Commissioner why our neighbors

gravel. So, a meeting was set up with Commissioner Tinkenberg. The Bois Forte Council presented the Commissioner with a map that showed the improvements to the west and south. They asked the Commissioner why our neighbors



Tribal officials along with MnDOT personnel posed long stretch to pave for a future before cutting the ribbon that represents the starting point of the newly paved State Highway 65.

travel on a better road than the people of Nett Lake. Commissioner Tinkenberg was a gracious listener and promised to do whatever he could to rectify this wrong. Commissioner Tinkenberg kept his word to the people of Nett Lake and now we can enjoy a comfortable road equal to that of our neighbors.

There are many people who made this road paving possible, they include, but are not limited to Doris Johnson, former Tribal Chairwoman, Mike Robinson, Northeast MN District Engineer, Wade Pavlecek, Koochiching County Commissioner Ron Skanes, Bureau of Indian Affairs Agency Engineer and Bois Forte Planners, Dave Datz and Andy Datsko.

I hope that you enjoy and appreciate the efforts of all these people every time you drive on Highway 65 and I invite you to continue to read on to get a taste of all the events that took place on that historic day.

###

gracious and listened to our appeal... to rectify this wrong. I am here to tell you that Commissioner Tinkenberg fulfilled this promise.

Tinkenberg, in turn, praised the Band for its equal partnership in working to keep Minnesota moving, while also saying that modern transportation services are a government responsibility. He called the paving project a historic step into the 21st century for Minnesota's Arrowhead region.

Among the Band members who helped move things along were Chairman Donald, former Chippewa Treasurer David Morrison, Reservation Planning Director Dave Datz and Tribal Comprehensive Planner Bill Whitman. MnDOT District Engineer Mike Robinson and his staff also played a critical role in working with Tinkenberg to have a dotted line on the map into a solid one.

Few signs of the old road were  
Continued on Page 11



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Nett Lake, MN 55772  
Phone: 218-757-3261  
Toll Free: 800-221-8129  
Fax: 218-757-3312

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1610 Farm Road South  
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1308 East Franklin Avenue  
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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