



Bois Forte NEWS

VOL. 49 NUMBER 3

Exciting news for Bois Forte!

VERMILION SECTOR—Please check out the story on page 7 about the Ishkode Dispensary opening its doors!

It has been a long process, but the Bois Forte Tribal Council and BFDC CEO Drew Ebert are optimistic this latest business venture will be a successful one!



GOING THROUGH THE CERTIFICATION PROCESS—The Bois Forte Tribal Council held a Special RTC Meeting Tuesday, Feb. 25 to certify the candidates for the upcoming April General Election for a new Tribal Chair.

Crowded field to replace former Tribal Chair Chavers

Boney, Connor, Hernandez, Hoaglund, Holmes and Morrison enter the race

LAKE VERMILION SECTOR—There's a full field to replace Cathy Chavers as the next Tribal Chair of the Bois Forte Tribal Council, including two former council members in Travis Morrison and Peter "Chief" Boney.

The other four are Carlos Hernandez, Millie Holmes, Rhonda Hoagland and Marty Connor. Hernandez's attempt to win the Tribal Chair seat last year was unsuccessful as was Holmes' last attempt to earn a seat on the tribal council as District I Representative.

Chavers, who had won a third-straight term last June, announced her retirement in early January citing mental health as the reason she retired. Her last day in office was Friday, January 31st. District I Representative

Shane Drift has been filling in as Acting Chair since that time and will continue until the newly elected chair takes office in July.

Due to the tight timeline as to when filings closed, candidate columns will appear in the April issue of the Bois Forte News. However, we did reach out for a quick comment on why they chose to run—here are their responses in alphabetical order:

Peter "Chief" Boney

Boney's reason for running is because he wants to continue to give back to his community. He said when the opportunity to move back to Lake Vermilion presented itself, he took advantage of it.

"It was time for me to move back home and offer my services and anything else I could do for the band," said Boney, who served

one term before losing his seat to Robert Moyer, Jr. in the 2022 election. "I moved back and started my journey with paying back the band for what it had taught and given me and my family in our lives. Working at the Y Store, Casino, and housing has been a rewarding experience, but one of the greatest honors was being able to represent Vermilion as a council member. I truly believe that I do have a lot to offer to help our communities."

Marty Connor

Connor who said the reason he decided to run was because Bois Forte needs strong and fair leadership and he'd like to be the voice for band members' interests and concerns.

"I believe communication is the most important key to leading the direction you want to

go," said Connor. "You as Band Members deserve to know more about what is happening in our government. I believe we need to improve on our language and culture, continue to improve the services available to all, and above all protect our sovereignty. Our future is currently uncertain in these times, together I believe we can remain resilient and strong. Miigwech."

Carlos Hernandez

Unfortunately, we could not reach Carlos prior to our press run.

Rhonda Hoagland

Hoagland said she running for Tribal Chair because band members deserve leadership that listens, unites and puts them first. She added that she won't

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Community shows support Chavers as she leaves office

NETT LAKE— Cathy Chavers moved from table to table to greet those who came out to wish her well as she bid farewell to a career of 47 years working for the Bois Forte Band of Chippewa—including the last eight plus years as tribal chair.

There was little sadness on display, instead there was a look of relief as she knew some Monday morning, she would have some normalcy back in her life.

“It will be nice not looking at my phone all the time, wondering if I missed a text, a call or if I had to Docu-sign something for the tribal council or a band member,” said Chavers, who decided to retire from politics in early January due to mental health issues. “Like Kevin (Dupuis, former Grand Portage Tribal Chair) said, ‘Being a tribal leader is not easy.’ We are unique because no other government does that for people.”

She is referring to things like picking up the phone at midnight because a band member ran out of propane or another emergency occurred where help was needed right away.

“We’ve always taken care of our people and that will continue,” said Chavers, who plans on taking a little time off before getting back into the work force, albeit, not with Bois Forte.

Dupuis had told those gathered earlier that she and Chavers had a great working relationship and even added that some people thought they were married because they worked so closely together.

“We’re divorced now, it never really



FOND FAREWELL!— The going away party for Bois Forte Tribal Chair Cathy Chavers was well attended. Pictured, left to right, are: Angie DeLille, Wendy Spry, Levi Brown, Billie Isham, Dawn Blanchard, Kevin Dupuis, Cathy Chavers and Jenna Lehti.

worked out from the beginning because we could never see eye to eye,” joked Dupuis of their height differential and also teased that Chavers needed a booster seat for meetings. “But seriously, she has been a very good friend... it has been a fun ride. I enjoyed it—I really enjoyed working with her.”

Dupuis said he and Chavers worked together very closely when the pandemic hit and that further strengthened their friendship. They were there for each other

as leaders, but more importantly as friends.

He shared how he lost significant time with his family due to the demands of the job. He added perhaps that was his biggest regret he would change in a heartbeat if he could.

“I can’t take back the four years of not taking care of my kids the way I should have and not being home the way I should have,” said Dupuis.

Now that Chavers has decided to leave tribal politics, her longtime friend told her to make sure she takes care of herself.

“I don’t stress out as much anymore and I have the ability and time to be with my family, my children and my grandchildren,” said Dupuis. “So, whatever you do from now on, keep putting your head down and move forward—enjoy yourself—truly, truly enjoy yourself—Miigwech.”

Dupuis’ comments were met with much appreciation for those at the going away party for Chavers, which took place Friday, January 31st at the Bois Forte Tribal Government Building.

So too, was the appearance of Dave “Squidg’ Morrison and Lance Kingbird, who decided to perform two honor songs on behalf of Chavers for everything she has done for Bois Forte and Indian Country. District I Representative/Acting Chair Shane Drift also joined in on the songs.

District II Representative Robert “Junior” Moyer said he was saddened to hear

that Chavers had stepped down. He said he has known her for a long time and has always been one that he can easily speak to about anything.

“She has a great relationship with the community and its people, including my mother,” said Moyer, who is in his first term on the council. “I spent two years working very closely with her. I wish her well and hope she does great with retirement. We understand things change, but we have to adapt and overcome. We’re going to keep working together and that’s all I can hope for.”

Chavers’ uncle, the legendary Bill King, and last remaining relative on her mother’s side, entertained the crowd with stories from the past and also talked about how leaders like former Chairs Gary Donald, Kevin Leecy and now, his niece, Cathy, have made a difference for Bois Forte band members.

But it was Chavers who the spotlight was on, and she too entertained the crowd by saying she was not just going to disappear. She joked that she can’t wait to sleep in, not put on any make up, not low dry her hair and maybe not even shower because she didn’t have to worry about any early morning meetings for the immediate future.

She also reminisced about the good ol’ days when a snowstorm would hit the Nett Lake village and people would band together with their shovels and walk door to door shoveling out neighbors.

“It was a good time, we had fun, but nobody does that anymore,” said Chavers. “Volunteerism is out the window. Times are changing, but we can’t forget that we have to support our people. We have to support our friends—we have to support our neighbors and our communities—that’s how we’re stronger together.”

Chavers talked remorsefully about her mother’s battles with mental health and her own battles. She promised she would take her own advice and start taking care of her own needs, which is something she has not done in a long time.

Chavers said she hit a breaking point the day before the Bois Forte Tribal Government Christmas party in December. She said that she had a small mental breakdown after hitting her second deer in a short span of time and she just couldn’t take it anymore.

See Chavers on page 5



WARM WELCOME— District I Representative Perry Drift, right, shakes hands with Bill King, the uncle of Tribal Chair Cathy Chavers at her farewell party Friday, January 31st. Pictured to the left of King is Donald Roybal Wakemup.



Peter "Chief" Boney



Marty Connor



Rhonda Hoagland



Millie Holmes



Travis Morrison

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promise to fix everything but will give her all to represent everyone fairly.

"Our financial, Health, Blood Quantum, Voter Education, and lack of oversight are major concerns," said Hoagland. "Our businesses and resources belong to us, not elected officials. It's time for real change. Your voice matters, and together we can build a stronger future."

Millie Holmes

Holmes decision is based in part on band members urging her to run for tribal chair. She said band members reading her social media posts, as it pertains to our country's political climate, resonated with them.

"I posted those before the situation of Chairperson came up," said Holmes. "I was asked as soon as the position was announced. I had signed up for General Election Board and withdrew it on February 21st to file after a flurry of phone calls that morning."

Travis Morrison

Morrison served on the Bois Forte Tribal Council for eight years and for two of those eight years he served as the vice-chair.

"I have been out of office for about seven months, but I still have a lot of contacts in Indian Country," said Morrison. "I still know people within our state government that keep in touch with me. It was a nice break from public service, but I feel I still have something to offer to our communities. Fair leadership and a consistent presence in the office is what I have to offer."

A special RTC Meeting to certify the candidates took place Tuesday morning at the Vermilion Social Center. All six candidates were ruled eligible to seek office. A random drawing was held to place the candidates' name on the official ballot. The names will appear as follows: Boney, Hernandez, Morrison, Hoagland, Connor and Holmes.

The primary for the candidates will take place Tuesday, April 15th. Polls will be open from 8 a.m. until 8 p.m. at the Vermilion Social Cen-

ter, Nett Lake Tribal Government Building in Nett Lake, the Urban offices in Duluth and Minneapolis.

For those who cannot make it to the polls, they can request an absentee ballot by mailing a request to the Bois Forte Election Board at P.O. Box 23, Nett Lake MN 55772. They can also come to the Election

Board in Nett Lake to vote absentee in person if they are not able to come to the voting locations on the day of the election.

The top two vote getters from the primary will advance to June's General Election, which takes place June 17th.

As is tradition, those running

for office can send in a 400-to-600-word column, plus a photo of themselves that will appear in the April 2025 issue of the *Bois Forte News*. There is no cost for this and you can email your column and photo to bkanderson@fortunebay.com. The deadline to do so is March 20.

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Iron Mosquitos win Congressional App Challenge

BABBITT—Hard work has paid off for five students from the Northeast Range robotics team, called the Iron Mosquitos, who took part in a summer STEM camp that culminated with a win in the 2024 Congressional App Challenge in Minnesota's Eighth District.

The five students (Makenzie Little, Raeanna Medicine-Strand, Damien Medicine-Strand, Jada Medicine, and Makana Bodas) did the work on behalf of the Boys and Girls Club on the Bois Forte Reservation, both Nett Lake and Vermilion Sectors.

The students, along with the help of robotics coach, Ryan Lindsay, Indigenous Support Advocate, Amanda Koivisto, and Traditional Culture support, Adrienne Whiteman, worked together to teach kids how to make bracelets with Ojibwe teachings on them, code dolls to move with loud noises, and design regalia to fit their dolls.

This camp was a huge success with the kids having tons of fun testing their dolls with drum, Night Sky. That October, the team had the opportunity to enter the Congressional App Challenge, which is the most prestigious award for Computer Science in America. TV and Film teacher, Jennifer Kaufenberg, helped the students make a video to explain what they did over the summer.

On January 15, the team discovered that they had WON their Congressional 8th District and has been invited to the Nation's Capital in Washington, D.C to present what they named "Ninodew (We dance)" at the event "House of Code" on April 8 and 9 of this year.

In preparation for this event the students are planning on making their own jewelry, ribbon skirts, and ribbon shirts to wear while they present the camp. Everyone is extremely excited about this WON-

DERFUL opportunity and is looking forward to sharing what they have worked on.

When asked what inspired the creation of Ninodew (We dance), the students replied that it was a team quest that started back in 2022 to bring more STEM and Robotics opportunities to the nearby reservation, Bois Forte-Nett Lake and Lake Vermilion.

They said they wanted to do something the kids could really be involved with and bring more STEM to our camps. Creating personalized regalia for 3D printed torsos/bases was an idea many team members felt would be a great starting place. After many meetings, it was agreed that it would be super fun to have these torso/bases 'dance' to the drum like powwow dancing. When the beat hits, the torso connected to a servo would spin, just like a Jingle Dress dancer or a Woodland dancer.

This year's Congressional App Challenge set new records, with an unprecedented 382 Members of the House of Representatives hosting competitions—surpassing the previous high of 374. An incredible 12,682 students from across the country participated, representing a growth of over 1,000 students compared to 2023. These talented students submitted an astounding 3,881 original applications, showcasing their creativity, passion for technology, and the limitless potential of America's next generation of innovators. This surge in participation reflects the increasing excitement around STEM and highlights a bright future for American innovation.

The Congressional App Challenge is an official initiative of the U.S. House of Representatives, where Members of Congress host contests in their districts for middle school and high school students,

After all, she's only in her mid-60s and she still has lot to offer. She also reminded everyone gathered that working together, and not choosing sides from within, is the only way things will improve for the Bois Forte Band of Chippewa.

"Thank you so much for being here today," said Chavers as she wrapped up her speech. "I really love you all and I'm going to miss you..."



GREAT JOB KIDS!— Here are the five students that won the 2024 Congressional App Challenge in Minnesota's Eighth District. Makana Bodas, Raeanna Medicine-Strand, Damien Medicine-Strand, Jada Medicine, and Makenzie Little. They will travel to Washington, D.C. in April to accept their award—congratulations to you and your teachers on a job extremely well done!

encouraging them to learn to code and inspiring them to pursue careers in computer science. This resounding show of bipartisan support emphasizes the critical importance of STEM education in today's rapidly evolving world. Each participating

Member of Congress selects a winning app from their district, and each winning team is invited to showcase their winning app to Congress during our annual #HouseOfCode festival.

LEGAL NOTICE IN THE BOIS FORTE BAND OF CHIPPEWA INDIANS TRIBAL COURT CIVIL DIVISION MINNESOTA CHIPPEWA TRIBE

In the matter of Probate Petition, William G. Isham and Louise E. Isham, Petitioners, vs the Estate of William Merle Isham, Decedent.

Family members and/or Heirs of the Estate of the Decedent William Merle Isham are hereby notified, and notice is hereby given that a Virtual Court Probate Hearing will be held on Tuesday March 25th, 2025, at 10:00 AM CST, or as soon thereafter as counsel may be heard. The hearing is being seen before Chief Judge Megan Treuer at the Bois Forte Tribal Court 12907 Palmquist Road, Suite B, Orr, MN 55771, via zoom on the Probate Petitions filed in this court on December 26th, 2024. The court will review the petitions and will decide if order should be permanently or temporarily granted or denied for the appointment as Personal Representative of the Estate of the Decedent between the petitioners William G. Isham or Louise E. Isham.

To join Zoom meeting go to <https://boisforte.zoom.us/j/3054161983>

Meeting ID: 305 416 1983 (there is no passcode)

Or to join via telephone only dial 1-877-853-5247

Any objections to the petition must be filed with the Court prior to or raised at the hearing. If proper and if no objections are filed or raised, the Personal Representative will be appointed with full power to administer the Estate of the Decedent located at 9656 Hwy 65, Orr MN 55771 including the power to collect all assets, to pay all legal debts, claims, taxes, and expenses, to sell real and personal property, and to do all necessary acts for the Estate.

By the Court

Megan Treuer, Chief Judge
Melissa Wright, Court Administrator
12907 Palmquist Road, Suite B
Orr, MN 55771
Tel: 218/757-3462

Chavers from page 2

"I'm a people person, but yet the next day I didn't want to see anybody," said Chavers. "I stayed home in my pajamas and sat on my couch."

This U-turn of how she normally loves being with people prompted her to make the decision to walk away from her role as tribal chair, which was not an easy decision by any means.

Healthy Heart Conference had something for everyone!

VIRGINIA— If the doldrums of winter were getting you down, the perfect remedy to chase those blues away was on display at Bois Forte's Healthy Heart Conference.

Not only did the conference provide a bevy of great tips to get your heart in shape, it also provided Bois Forte band members a chance to interact and be socially engaged with one another.

Amber Harmon gave attendees tips on eating foods that provide the heart with healthy nutrition, while David "Squidg" Morrison, Jr. and Kristen Strong showed attendees simple exercise tips to keep in shape. There were also informational booths, including free blood pressure tests and cholesterol checks, and a session on the proper way to perform CPR.

"The Healthy Heart Conference is an opportunity to meet family and friends that I don't see often," said Millie Holmes, who attended the conference with her sister, Victoria "Wicko" Villebrun. "My favorite part is finding new information about my health."

Bois Forte's Outpatient Therapist Michelle Long covered a variety of mental health disorders related to heart disease. Those included mood disorders such as major depressive disorder and bi-polar disorder.

Long also talked about anxiety disorders, including generalized anxiety disorder, social anxiety disorder, panic disorders and phobia. She also touched on post-traumatic stress disorder, which typically impact veterans the most, and chronic stress. Common symptoms of chronic stress include: Irritability, sleep disturbance, fatigue, difficulty concentrating, physical and/or psychological response to stressors, memory troubles, headaches, muscle tension and gastrointestinal issues.

And Long said that people tend to lean on negative coping behaviors when they feel stressed out.

"There are things we do in response to our stresses that aren't necessarily the best choices, like smoking, decreased physical activity and an unhealthy diet that can increase your risk for heart disease and stroke," said Long. "Personally, I've been diagnosed with depression and anxiety and there's days where I don't feel like doing anything."

When that happens, Long said she'll just sit on the couch and maybe grab an Oreo instead of an apple.

"So those are some of the negative coping responses to stress that I have," said Long.

The key, she said, is to recognize those negative coping responses and flip the script to doing something good for yourself to chase away those blues. That can include taking a walk on your lunch break or after work, be more socially engaged with friends and family and have a more positive outlook on life.

Long talked about how stress is not a one size fits all type of situation. She proceeded to talk about acute-short term stress, i.e. giving a presentation; episodic—short-term, but happens regularly, i.e. monthly reports at work and chronic—long-term, i.e. illness and relationships. The source of those types of stress can include: work—one study showed that up to 2/3 of employees say work is a significant cause of stress; finances, self-image, so-

cial pressures, health, grief, life changes and relationships also play a role in why people have stress in their lives.

She said veterans with PTSD are most at risk for stress, as are women with PTSD and depression. Partners, where one or both has a PTSD, which results in an increased risk of conflict, anger and physiological stress response.

She also quizzed the attendees if they had ever heard of ACEs, which is related to racial and ethnic minorities. No one raised their hand and Long went onto explain that ACEs stand for Adverse Childhood Experiences that happened to children between the ages of 1 and 17.

"This has shown to increase the risk of mental health disorders and chronic health conditions," said Long. "Examples of that would be experiencing or witnessing violence, suffering from abuse or neglect, household substance use, parental separation and household member prison or jail time."

According to the National Alliance on Mental Health, adults experiencing mental illness was at 22% in 2021. American Indians/Alaskan Natives came in at 26%.

"The number of adults receiving mental health treatment was under 50%, which is kind of a disappointing number," reported Long. "But the stigma is still out there. It's getting better, but if you have any questions about mental health treatment or what therapy might look like, please come and ask me or call the clinic."

Long also shared statistics from NAMI that indicated the delay between the onset of symptoms and seeking treatment was a staggering 11 years and added that people experiencing depression have a 40% higher risk of cardiovascular disease.

So, what can do done to reduce your risks? Long said changing your outlook on life with positivity, optimism and gratitude were three simple ways to make a difference.

"Having a positive outlook on things has shown to lower blood pressure, improve your blood sugar, lessen inflammation and lower cholesterol," said Long. "It supports better coping skills so you're probably going to eat a little bit better, increase your physical activity and medication adherence."

Another simple chore is to identify three things that you are grateful for each day and then put a positive affirmation somewhere you can see it every day; and also try sharing a positive thought or statement with a friend or coworker.



HELPFUL CREW— Bois Forte's Certified Medical Assistant Erica Cote, left, Pharmacist Megan Chavers, center, and Vermilion Head Start Manager Amber Wilke, right, talk to Mandy Northrup, who was one of over 130 attendees at the Healthy Heart Conference in Virginia.

If these fail, Long said, giving someone a hug for six seconds does wonders for your body as it releases "happy glands."

Other tips on managing stress include exercising on a regular basis, maintaining social connections, getting a good night's sleep, practicing relaxation, finding a hobby, and attending therapy. In relation to getting a good night's sleep, Long said it's important to turn off the electronics one hour before bedtime. Keeping your room cool also helps, but following a strict routine before bed is also very important.

"Those are some helpful coping skills, but I'm really big on mindfulness, just being present in what's happening right now," said Long, who also talked about how helpful meditation can be to a healthier you as it lowers blood pressure, supports your immune system and improves sleep.

Long closed her presentation by taking attendees through a variety of deep breathing exercises meant to eliminate stress in the body. While breathing doesn't seem like it would be that helpful, Long said it activates the vagus nerve, which assists with mood, digestion and heart rate.

The attendees really seemed to enjoy the breathing exercises, especially progressive muscle relaxation, which involved tightening and relaxing one muscle group at a time usually from the feet up to the head. She encouraged attendees to look up breathing exercises online as there are hundreds available.

"Thank you all for coming out today and I hope you enjoyed my presentation," said Long. "If you ever have questions, don't hesitate to reach out."

Heritage Center takes part in Ely Winter Festival activities

Submitted by Dani Pieratos

ELY— The Bois Forte Heritage Center and the 1854 Treaty Authority assisted in hosting traditional Ojibwe games at the Ely Winter Festival in February.

On Wednesday, February 12th at the Ely Folk School, Instructor Terry Goodsky shared the Hand Game with participants and had Moccasin Game items on display. For the Hand Game, attendees were split into two teams of three persons each. One was made the team captain and could assign team members to the roll of “guesser,” “hider,” and “singer.”

The game is played with four antler pieces, two per each team. One piece is marked, and the other is not. “Hiders” place them in their hands and the singer sings a song on a hand drum to distract the “guessers” on the other team.

Hand signals are used by guessers to formally place a guess as to which hand the marked piece is in.

If the guesser guesses incorrectly, the team loses a counting stick. The game is over when one team has all the counting sticks. There are usually five counting sticks per team and the “kicker” stick is an extra stick that is the last to go.

Terry shared that this game is meant to bring everyone together in a good way for fun, meaning that anyone can play it.

On Thursday, February 13th at White-side Park, Instructor Rick Anderson had attendees throw long snow snakes down a

ramp made from snow for the Snow Snake Game. Sticks are usually 5-6 feet in length, although their size can vary.

They are decorated with different colors and on the head end a snake’s face is depicted. Sticks are greased to reduce friction. Traditionally, people and teams had



THIS IS HOW YOU DO IT — Terry Goodsky demonstrates the Hand Game to Josh Forsan.

their own grease recipes, though today ski wax is used most often.

This game is played across the country with Rick stating that there are teams at Ivy League institutions on the east coast where the sport is very competitive.

We are very proud and grateful for Ojibwe games to be hosted as a nice addition to the Ely Winter Festival.



GOOD TIMES!— Corey Goodbird, left, Jessica Anderson-Ojala, center, and Morgan Olson, right, had a fun time playing the Hand Game.

Ishkode Dispensary is a reality!

Ribbon cutting took place Friday, February 28

LAKE VERMILION SECTOR— After months of clearing legal hurdles and playing the waiting game to find a supplier and transporter of marijuana, Ishkode Dispensary was on the cusp of opening as the *Bois Forte News* went to press Thursday, February 27th.

“It’s very exciting that we’re finally getting to this point of opening our doors,” said Bois Forte Acting Chair and District I Representative Shane Drift at a meeting earlier in the week. “And I’m just like, ‘Yes!’ it is finally here—it’s finally within our reach.”

Barring any last-minute surprises, Ishkode had its ribbon cutting on Friday the 28th, and to say Bois Forte Development Corporation’s (BFDC) CEO Drew Ebert was thrilled would be a massive understatement.

It had been a long process and countless hours of hard work by Ebert, along with his two co-horts, BFDC Innovation Manager Taneesha Dupree and Ishkode Retail Manager Paxton Goodsky.

There was much pressure put on the trio to get the business open, but it was all worth it in the end.

“I had many things going through my mind leading up to this point,” said Ebert, who, along with Goodsky and others, were working in the wee hours of the night Tuesday, February 26th, stocking shelves with product and readying the store for its opening.

The estimated 2,000-square-foot building will have an office, ample storage for products, and retail counter space where guests can purchase items such as real cannabis flower and pre-rolls and a variety of products. There is also a seating area with a large flatscreen TV.

Ebert said getting Ishkode ready was a very intense experience due to limited funding, personnel, and timeline requirements. He admitted it was challenging and frustrating at times, but it was worth it.

“Ultimately, it’s part of the job and a much-needed boost to the tribe,” said

Ebert, who thanked the council and his staff for making this project a reality. “If things go as planned, this will be the first successful business since the 2006 acquisition of the Y-store.”

The ribbon cutting and soft opening took place one day before the rescheduled 2025 State of the Band and thus gave band members a glimpse of Bois Forte’s latest business endeavor.

The business, which is located near Fortune Bay Resort Casino’s RV Park, will be open from 11 a.m.

to 9 p.m., seven days a week. Until Bois Forte gets its own grow operation, the dispensary will get its marijuana from other tribes in Minnesota.

Ebert, who took over as CEO last April, said he is especially gratified that he and his small team were able to create something within six months with fewer funds and personnel than what other tribal dispensaries have had.

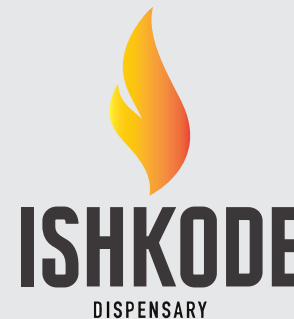
“That makes me very proud of my work and the teams involved with this,” said Ebert, who has also been busy getting the smaller dispensary at the C Store in Nett Lake ready to open and thus drive more revenue to that store.

In Ebert’s eyes, Ishkode has a bright future and endless possibilities.

“We have thoughts on expansion for retail, and hopefully a consumption and entertainment area in the future along with a grow (facility) if Tribal Council steers that direction,” said Ebert. “These are exciting times for the Bois Forte Band of Chippewa, and I’m pleased to be part of this team.”

For Goodsky, seeing the project through was literally a labor of love as he spent countless hours at the store, ensuring the floor plan flowed properly and that no details were overlooked once it came time to open the doors.

“I am very excited to finally be up and running. This is going to be great for the community and surrounding areas,” said Goodsky, who spent 14 years working at Fortune Bay before making the decision to run the daily operations at Ishkode Dispensary. “I can’t wait to see the start of this venture for the tribe.”



Statement by the Bois Forte Reservation Tribal Council

This is in follow up to the statement issued by the Bois Forte Reservation Tribal Council on December 16, 2024, regarding the scam incident that occurred on November 11, 2024, at Fortune Bay. In that statement, the RTC clarified that all of the money that left the vault except for \$2,000 was returned. The RTC can now report that the \$2,000 has been paid back to Fortune Bay, resulting in no net monetary loss due to the scam incident.

Additionally, the primarily employee involved in the incident was terminated from employment. The case remains with the US Attorney's Office, which is engaging in further investigation before making any charging decisions. The RTC continues to monitor this matter closely.



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CONGRATULATIONS! — DNR Conservation Officer Brian Whiteman Jr. completed his federal law enforcement training and was sworn in as a Conservation Officer, February 12. Doing the swearing in honors is Bois Forte Chief Judge Megan Treuer. Submitted photo.



Minute with Millie

Well, this month's shenanigans include a bit of family histrionics by yours truly. Not that there's really that much different than in years past. Yours truly does, upon occasion, fly a bit off the handle. Makes it a tad difficult to get back on the broomstick. Oh! Ya thought I wouldn't admit that I have the earliest model of the first flying apparatuses ever invented?

The collectors have been in a bidding frenzy these past couple months as to when I'll get angry enough to toss that item off into the proverbial ditch. I won't cause I know for a fact it won't make me rich. It'll just make it worse when I finally get to stomping around to pick that item up and it isn't there. Well, neither here nor there anymore.

These histrionics I referred to earlier is the ones that got me brought up short by my son's legitimate question. I stared in amazement. My eldest son, who rarely speaks, actually raised his voice enough to get my attention. Flabbergasted me so much I had to ask him to repeat it.



Even then, I stared at him. I found it extremely puzzling as I'm so used to him just turning to let me rant and rave before settling down enough to make some sort of sense. He sat there, arms crossed, waiting patiently for an answer.

Yep, in a strangely weird way, our positions suddenly reversed... he was the adult and I was the child getting sent to my room to think about what I'd done.

Anderson discusses loneliness and social isolation

VIRGINIA— It's never easy opening up to a room full of people, especially when the story you are telling is personal and one from the heart.

However, that's exactly what Bois Forte Community Health Nurse Dawn Anderson did at the Healthy Heart Conference that took place in Virginia on Thursday, February 20th.

While Anderson's presentation was different than the one Michelle Long put on, they did have similarities in that if you do not take care of yourself—your mind and body can wreak havoc on your well-being.

Before diving into her presentation on loneliness and social isolation, Anderson talked about medical issues she endured shortly after turning 40. She admitted she was a little overweight and wasn't the most physically active at the time because she was going through a divorce and had three children.

She recalled being at work and things just didn't feel right as she had a headache, felt anxious and was kind of sweaty.

"One of the senior nurses asked if I was Ok and I'm like, 'You know, I'm not really sure,'" recounted Anderson. "So, she decided to take my vital signs, and my pulse was over 100 and my blood pressure was a shocking 203 over 106."

To say she was dumbfounded was an understatement and when she later developed intermittent chest pain, she knew something was wrong. In the end, she had a stint installed when she was 41 and 13 years later, she is in a much better place—both physically and mentally.

But she admitted going through a health scare like that wasn't easy as she had some battles with depression and self-doubt. Perhaps, that is why she chose to talk about, "Mental health and how it affects our drum inside (our heart health)."

In this case, she spoke specifically about loneliness and social isolation.

Anderson said the two subjects are different, but related. She said loneliness is the distressing feel of being alone or separated, while social isolation is the lack of social contacts or having few people to interact with.

"You can live alone and not feel lonely

or socially isolated and you can feel lonely while being with other people," said Anderson.

Like Michelle Long had mentioned about the downsides to mental health disorders, Anderson stated that social isolation and loneliness can have adverse effects that can lead to major health problems.

"One of the research papers stated that social isolation and loneliness are the most strongly linked to heart disease and stroke with a 29% increase risk for heart attack and or death from heart disease, and a 32% increase for stroke," stated Anderson, who added that she thought those numbers are pretty scary.

Anderson continued that the adverse effects of social isolation and loneliness is comparable to smoking, obesity and physical inactivity. One would think how is that possible, but that just shows people that they need to be socially active, because if they are not, they are less likely to do things that are good for their heart.

In order to show how isolation and loneliness can hinder one's health, Anderson had the attendees participate in a Silent Circle and then one called—Walk in My Moccasins. The Silent Circle involved attendees leaving the table they were sitting at and going to a table where they didn't know everybody. They had to sit there in silence for two minutes. They were told not to look at their phones or do anything.

"How did you feel?" asked Anderson. "Was it awkward? Did you feel disconnected? Alone? I would like you to remember how you felt."

Anderson then asked attendees to imagine living with those feelings every day of their lives—it wouldn't be easy.

"Many people of all ages are experiencing loneliness and social isolation," said Anderson. "The World Health Organization estimates that one in four people are experiencing social isolation."

Anderson said the effects on the body due to loneliness and social isolation can be quite serious because the stress brought on by the aforementioned can cause increased cortisol levels, which can lead to higher blood pressure and higher



REWARD!— Angela Jackson of Nett Lake picks out a decorative stone after having her blood pressure taken by Community Health Nurse Dawn Anderson at the Healthy Heart Conference, which took place in Virginia on Feb. 20.

cholesterol levels—these are two major risk factors that can cause heart disease.

She then told the attendees it was time for another lesson and this one was called, "Walk in my moccasins," which meant the attendees would find partner and tell that person about a time they were lonely. Once two minutes was up, they would reverse roles. This lesson proved to be one that made the attendees think—they were exposed because it's not easy to tell people about your dark times

"It's really hard for some people and that's OK because I want you to experience those feelings and that uncomfortableness of being vulnerable," said Anderson. "Thank you —thank you for doing that. How did it feel to be listened to without any interruption does that feel good to have someone just listen and hear and not give advice?"

The attendees said it felt good to be listened to, but some talked about how hard it was not to give feedback.

Anderson said that is perfectly natural but encouraged attendees to make sure their friends and family members are OK.

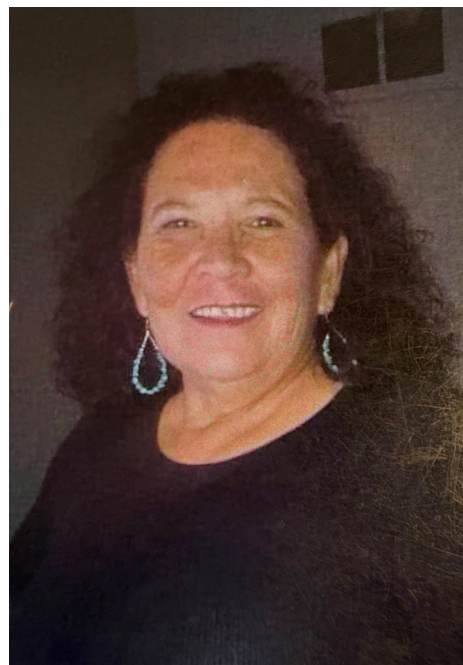
"Especially our elders because older people are actually at higher risk for both of these," said Anderson. "Try to engage them in the community activities so they stay active—remember loneliness and social isolation can have negative health consequences, so if you or a loved one are struggling with this, there are resources for you on the reservation. We have community healthcare representatives that can come and visit you."

The number to call is 218-753-4542 ext. 1507.

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Lois “Coke” Connor Graham



A celebration of life for Lois “Coke” Connor Graham will take place Friday, April 11, 2025, at the Bois Forte Government Center in Nett Lake from 11 a.m. to 3 p.m.

Lois was born in Cook, Minnesota on December 5, 1956, to Lawrence Alvin and Olive Marie Connor Villebrun. She died December 11, 2024, in Denver, Colorado.

Lois was the 4th of 11 children she had five sisters: Annamarie, Karen Marie, Kay Marie, Kelly Marie and Ruth Marie; and five brothers, Loren Lee, Alden Lyle, Lawrence Alvin, Jr., Francis David, and Darrell Lee. Lois adored her mother and loved her father very much.

Lois met Howard Dean Graham (Dean), the love of her life and life partner in 1974. Their first daughter Violet Blossom was born in 1976 and then their daughter Venus Lynn in 1978.

Coke and Dean were married on Valentine's Day in 1995 and lived a beautiful life together. They have six grandchildren: Sean Dontrail Connor, Jamal Robert Earl Turner, Carrol Magnolia Connor, Adeline Lorraine Connor, Rodic Earl Boatner, Jr., and Jahquin Reed Boatner. They have numerous great-grandchildren, whom they cherished and adored.

Coke and Dean loved to take road trips to visit their family in South Dakota and Minnesota. She loved rock and roll and enjoyed going to concerts with her

loved ones. Coke, known by her grandchildren as Grandma Lois, lived for her grandchildren and would do anything for them. Her loss will be strongly felt by all of her grandchildren and great grandchildren.

Lois worked in many industries doing administrative work as well as working at the food bank and working with tribal affiliations. She was always a valued employee and excelled in all the work that she did.

Coke and Dean worked together for 50 years, which is a testament to their love for one another. They created a beautiful family together and their love will be felt for generations to come. Later in life, after Coke was injured in an accident, Dean became her provider and went to great lengths to make her comfortable and took such good care of her. Grandma Lois always had a smile on her face and loved making all her grandchildren and great grandchildren happy.

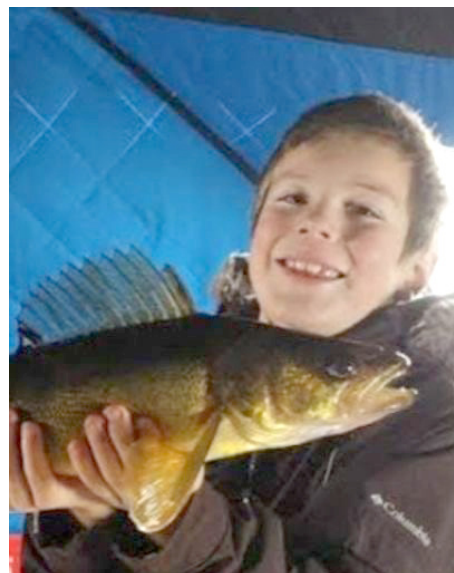
Lois was a fiercely devoted wife, mother, grandmother, daughter, auntie and friend to many. She was always the life of the party and had an unforgettable smile and a contagious laugh. Her spirit filled the room wherever she went. She was a spiritual one woman who loved nature and hiking with her grandsons.

Lois was preceded in death by her mother and father, Lawrence and Olive Connor; her brothers, Alden Connor (Audie), Loren Connor (Hawk) and Francis Connor (Tuna), grandparents Frank and Viola Villebrun, son-in-law, Rodic Boatner; grandsons, Dontrail Mosiah, Blu Connor and Joshua Ryan Rutar.

Lois started her journey back to the stars on December 11, 2024. Left to cherish her memories are her husband, Howard (Dean) Graham; daughters, Viola Connor and Venus Boatner; grandchildren, Shawn Connor, Jamal Turner, Carol Connor, Adeline Connor, Rodric Boatner, Jr., and Jahquin Boatner; her sisters and brothers, Laurence (Tjon) Connor, Annamarie Dorr, Darrell (Pete) Connor, Karen Connor, Kay Connor, Kelly Rutar, and Ruth Connor; as well as numerous great grandchildren and nieces and nephews. Lois was very loved by her in-laws as well as numerous cousins and friends.

Her wake was held Tuesday, December 17, 2024, followed by the Ceremony on Wednesday, December 18 at the Four Winds American Indian Council in Denver, Colorado. The Spiritual Advisor was Lee Plenty Wolf. A feast was held following the ceremony.

Michael R. Maronick



Michael R. Maronick, 12, died February 12, 2025.

Michael was born February 15, 2012. When Michael was born his mother went into labor on Valentine's Day. We were all hoping he would share his birthday with the Holiday of Love but made us wait until the next day, indicating to all that he likes to make a dramatic entrance. (Insert laugh here)

Michael is the 4th child of Ann. His birth brought a renewed sense of purpose and meaning to Ann as she had struggled with life at times. Ann will tell you that Michael saved her. We all know that is true. Thank you, Michael.

Michael is the only child of Drake, a devoted and present father. Michael is his world, brightened his life and made it so full of love and laughter. Michael is the firstborn grandchild to Grandparents Sharon Maronick and Dean Alberts, and they will miss Michael until we are all reunited.

From his first breath he was treasured. The youngest child of the youngest child, Ann. His Aunts and Uncles, cousins and the hand-picked family Ann has made

have all witnessed and shared the joy, love, humor, laughter and kindness he has brought to all of those that know him.

Michael was adventurous and loved to be outside, ride his bike, swim, and play in the snow. He had a great love for animals, his family, and music. Before he could walk, he would “jam out” every time “I’m sexy and I know it” came on. He loved to make TikTok videos, play video games, and collect stuffed animals.

Many loving memories have been made with Michael, and although there will not be more made—we will hold close to our heart each one.

Until we meet again, we know your Grandma Carol, Grampa “Joe”, Great Grandparents Louie and Betty Maronick are happy to receive and hold our Michael in their arms. Michael will be cherished for the rest of our days.

He is survived by his parents, Drake Maronick and Ann Isham, sister, Annika Taittonen, nieces, Savannah and Scarlett Karam, sister, Champaigne Taittonen, brother, Joseph Reynolds, paternal grandparents, Dean Alberts and Sharon Maronick, aunts, Kathie (Randy) Holman, Terry Defoe, and Christy Running Bear, uncles, Drew Maronick-Alberts, Dylan Maronick-Alberts, Dalton Maronick-Alberts, and aunt, Danica Maronick-Alberts, numerous cousins, relatives, and best friends, Jojo, David, and cousin Roxie.

He was preceded in death by his maternal grandparents, Daniel “Joe” Isham, Carol Isham, paternal great-grandparents, Fred and Ann Isham, Josephine Chavers, and Francis Lumbar.

A Gathering of Family and Friends for Michael was held Saturday, March 1, 2025, at the Dougherty Funeral Home in Hibbing.

A private interment will be held at a later date. Arrangements are with the Dougherty Funeral Home of Hibbing.

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Minutes of a Special meeting, regular session, of the Bois Forte Reservation Tribal Council held December 18, 2024, at Nett Lake, Eagle Room, Minnesota, Hybrid.

Meeting called to order at 9:08 a.m.

Moment of silence for invocation.

Members Present: Cathy Chavers, Tara Geshick, Shane Drift, Perry Drift, Robert Moyer, Jr-virtual.

Members Absent: None

Others Present: Jeff Holth, Miranda Lilya, Frances Irving, Carol Burr, Regina Howe, Jim Barto, Chris Holm, Travis Vake, Dan Rabideaux, Doris Isham, Randy Long, Kim Greiner, Simona Benner, David Morrison Jr., Darlene Johnson. See attached for virtual attendees.

Moved by Tara Geshick; seconded by Robert Moyer, Jr; to approve the agenda.

Carried 4-0-0

Moved by Tara Geshick; seconded by Perry Drift; to approve RTC meeting minutes from Special meeting held November 6, 2024.

Carried 4-0-0

Moved by Tara Geshick; seconded by Perry Drift; to table RTC meeting minutes from Special meeting held December 4, 2024 due to not being ready.

Carried 4-0-0

Moved by Tara Geshick; seconded by Perry Drift; to approve Resolution No. 50-2025, Adopting revisions of the Bois Forte Conservation Code, The Regulation of Domestic Animals Ordinance and the Fine Schedule.

Carried 4-0-0

Moved by Tara Geshick; seconded by Robert Moyer, Jr.; to approve Resolution No. 52-2025, Approving use of ARPA FRF funds for Bois Forte DNR Facility Construction project and agreement with Valint Construction Services.

Carried 4-0-0

Moved by Tara Geshick; seconded by Perry Drift; to approve Donation Committee recommendation of \$500 to ISD 695 Chisholm School District.

Carried 4-0-0

Moved by Tara Geshick; seconded by Robert Moyer, Jr.; to approve Donation Committee recommendation of \$500 to A. King.

Carried 4-0-0

Moved by Tara Geshick; seconded by Perry Drift; to approve Donation Committee recommendation of \$500 to East Range Academy.

Carried 4-0-0

Moved by Perry Drift; seconded by Tara Geshick; to approve Donation Committee recommendation of \$500 to the St. Louis County Historical Society.

Carried 4-0-0

Moved by Perry Drift; seconded by Tara Geshick; to approve Resolution No. 51-2025,

approving SRF Task Order No. 16171.04 for Preparation of a Grant Application for the PROTECT Grant Program.

Carried 4-0-0

Moved by Tara Geshick; seconded by Perry Drift; to approve Resolution No. 53-2025, Approving SRF Task order for Preparation of a Grant Application for the TTPSF Grant Program.

Carried 4-0-0

Shane Drift leaves the meeting.

Moved by Tara Geshick; seconded by Robert Moyer, Jr.; to approve the 105I leases for Family Health ICWA and Judicial/PD/Telecommunication Hut.

Carried 3-0-0

Shane Drift returns to the meeting.

Travis Vake gives an update on the finances of the Boys and Girls Club.

Discussion on adding Red Lake Blood to our enrollment, similar to what Leech Lake & White Earth are doing. An interpretation of the MCT Constitution saying that MN Chippewa Indian blood can be used and not just MN Chippewa Tribe blood. Need to hear from band members if they want to include.

Moved by Tara Geshick; seconded by Robert Moyer, Jr.; to approve the attestation letter in support of Bois Forte Band of Chippewa's Medicare Enrollment Application (Durable Medical Equipment, Prosthetics, Orthotics, and Supplies (DMEPOS) Supplies).

Carried 4-0-0

Moved by Tara Geshick; seconded by Robert Moyer, Jr.; to approve the request to share flyer and use Logo with the State of MN on Stroke awareness.

Carried 4-0-0

Moved by Tara Geshick; seconded by Perry Drift; to adjourn the meeting at 10:59 am.

Carried 4-0-0

Prepared by: Frances Irving

Approved at Special RTC Meeting: February 5, 2025

Minutes of a Regular meeting, regular session, of the Bois Forte Reservation Tribal Council held January 2, 2025, at Nett Lake, Eagle Room, Minnesota, Hybrid.

Meeting called to order at 9:08 a.m.

Moment of silence for invocation.

Members Present: Cathy Chavers, Tara Geshick, Shane Drift, Perry Drift, Robert Moyer, Jr.

Members Absent: None

Others Present: Miranda Lilya, Frances Irving, Toni Wakemup, Randy Long, Kim Greiner, Carol Burr, Amy Mason, Dan Rabideaux, Chris Holm. See attached for virtual attendees.

Moved by Perry Drift; seconded by Robert Moyer, Jr.; to approve the agenda.

Carried 4-0-0

Moved by Tara Geshick; seconded by Shane Drift; to approve RTC meeting minutes from Special meeting held December 4, 2024 with the correction to Vern Adams name.

Carried 4-0-0

Moved by Tara Geshick; seconded by Robert Moyer, Jr.; to table RTC meeting minutes from Special meeting held December 18, 2024 due to not being ready.

Carried 4-0-0

Moved by Shane Drift; seconded by Robert Moyer, Jr.; to approve the consent agenda as follows:

a) RFP Selection of David Farmer for

Pineview home rehab and materials list 4-0-0

b) Authorizing Cathy & Tara to sign ltr to DHS Grants in regard to criminal charges that involve improper use of grant funds.

4-0-0

c) GTAC Letter and authorizing Cathy to sign 4-0-0

d) Resolution No. 55-2025, ARPA SLFRF funds to purchase trucks, snowplows 4-0-0

e) Resolution No. 56-2025, amending

See Minutes page 12

LEGAL NOTICE

**In the Bois Forte Band of Chippewa Tribal Children's Court
Minnesota Chippewa Tribe**

In the Matter of the Welfare of: NJH DOB 10/15/2009. Bois Forte Band of Chippewa, Department of Family Health Services, Petitioner, v. Margaret Charlene Pete "Wabiishki Maiiganikawe" (Deceased), Mother Respondent, and David Hartland, Father Respondent. Court File No. CP-2025-0006

To: David Hartland

It is Ordered and Notice is Hereby Given that a Petition to Transfer Permanent Legal and Physical Custody was filed in the Bois Forte Tribal Court on February 5th, 2025. A hearing on the above petition will be held March 11th, 2025 at 11:00 a.m. Central Standard Time, or as soon thereafter as counsel may be heard via Zoom, at the Bois Forte Children's Court, Bois Forte Reservation, 12907 Palmquist Road, Suite B, Orr, MN 55771. Please contact the Tribal Court at 218-757-3462 or via email at bfcourt@boisforte-nsn.gov for Zoom link hearing information.

YOU ARE HEREBY NOTIFIED BY THIS SUMMONS AND NOTICE THAT YOU ARE REQUIRED TO APPEAR AT THIS HEARING AT THE DATE, TIME AND PLACE NOTED ABOVE. FAILURE TO ATTEND THIS HEARING MAY RESULT IN A DEFAULT JUDGEMENT BEING GRANTED FOR THE PETITIONER.

By the Court,

Megan Treuer, Chief Judge

Melissa Wright, Court Administrator

Attorney for the Petitioner, Joy Parker

12907 Palmquist Road, Suite B

Orr, MN 55771

(218) 757-3462

LEGAL NOTICE

**IN THE BOIS FORTE BAND OF CHIPPEWA TRIBAL CHILDREN'S COURT
MINNESOTA CHIPPEWA TRIBE**

In the Matter of the Welfare of: NWP DOB 09/04/2014. Bois Forte Band of Chippewa, Department of Family Health Services, Petitioner, v. Margaret Charlene Pete "Wabiishki Maiiganikawe" (Deceased) Mother Respondent, and ANY UNKNOWN FATHER, Respondent. Court File No. CP-2025-0007

To: Any Unknown Father of the above child.

It is Ordered and Notice is Hereby Given that a Petition to Transfer Permanent Legal and Physical Custody was filed in the Bois Forte Tribal Court on February 5th, 2025. A hearing on the above petition will be held March 11th, 2025 at 11:20 a.m. Central Standard Time, or as soon thereafter as counsel may be heard via Zoom, at the Bois Forte Children's Court, Bois Forte Reservation, 12907 Palmquist Road, Suite B, Orr, MN 55771. Please contact the Tribal Court at 218-757-3462 or via email at bfcourt@boisforte-nsn.gov for Zoom link hearing information.

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By the Court,

Megan Treuer, Chief Judge

Melissa Wright, Court Administrator

Attorney for the Petitioner, Joy Parker

12907 Palmquist Road, Suite B, Orr, MN 55771

(218) 757-3462

Wisdom Steps hosts Quarterly Meeting at Fortune Bay



IT WAS A GREAT MEETING!— The Wisdom Steps Board of Directors held its Quarterly meeting at Fortune Bay Resort Casino in January. Bois Forte's Gloria Love, who serves as the treasurer of Wisdom Steps, invited Bois Forte CEO Drew Ebert and Fortune Bay Resort Casino General Manager Elizabeth Deegan to greet the group during one of their breaks. The three ladies in the front are: Barbara Tidabeck from Fond du Lac, Carol Jenkins from Leech Lake and Charlene Bodin from Fond du Lac and the Duluth Urban Office. Pictured, left to right, in the back row, are: Drew Ebert, Carol Hackett from Grand Portage, Eva Wilson from Leech Lake, Sharon Mullikin from Fond du Lac, Wisdom Steps Chairperson Marie Spry from Grand Portage, Barbara Thomas from Ponemah-Red Lake, Wisdom Steps Treasurer Gloria Love from Bois Forte, Gary Thunder from Red Lake and Elizabeth Deegan.

Minutes from page 11

Resolution No. 24-2025 to allocate additional ARPA S:FRF funds for improvement of I.T. infrastructure on Vermilion Sector
4-0-0

Carried 4-0-0

Moved by Shane Drift; seconded by Tara Geshick; to table MOU for Tribal Observers Program at NorthMet until start date and total money can be verified and entered into agreement.

Carried 4-0-0

Shane leaves the meeting
Moved by Tara Geshick; seconded by Perry Drift; to approve the 2025 Nett Lake pow wow's fundraising activities, raffles and lunch fundraisers.

Carried 3-0-0

Shane returns to the meeting.

Moved by Shane Drift; seconded by Robert Moyer, Jr.; to approve Resolution No. 58-2025, adopting VAWA '22 and Human Trafficking Revisions to the Bois Forte Tribal Code.

Carried 4-0-0

Moved by Shane Drift; seconded by Perry Drift; to approve Resolution No. 59-2025, adopting revisions to the Bois Forte Elder Justice code.

Carried 4-0-0

Moved by Tara Geshick; seconded by Shane Drift; to rescind Resolutions 63-2020 and 35-2021.

Carried 4-0-0

Shane submits documents to Tara to submit to MCT TEC for

consideration. Shane not sure if can disclose at this time. Jeff states that he can disclose the basis of the information but not disclose any confidential information. Shane just states that it involves a tribal council member getting involved in a court case. No other information is given.

Cathy has an announcement to make. Cathy informs everyone that she will be retiring, and her last day will be on January 31, 2025.

Moved by Shane Drift; seconded by Tara Geshick; to adjourn the meeting at 10:10 am.

Carried 4-0-0

Prepared by: Frances Irving
Approved at Special RTC Meeting: February 5, 2025

Here is the Elder Nutrition Program's menu for the month of March. 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.



Chef's Choice of Fruit

March 17: Shepherd's Pie, Biscuit, Steamed Broccoli, Chef's Choice of Fruit

March 18: White Chicken Chili with Beans, Corn Bread, Chef's Choice of Fruit

March 19: Roast Pork, Baby Bakers Potatoes, Roasted Butternut Squash, Chef's Choice of Fruit

March 20: Chicken Wild Rice Soup, Garden Salad/Coleslaw, Chef's Choice of Fruit

March 21: Bison Meatloaf, Baked Sweet Potato, Brusset Spouts, Chef's Choice of Fruit

March 24: Sausage Jambalya, Cheddar Biscuit, Chef's Choice of Fruit

March 25: Beef Barley Vegetable Soup, Chef Salad, Whole Grain Dinner Roll, Chef's Choice of Fruit

March 26: BBQ Pull Pork, Baked Beans, Coleslaw, Chef's Choice of Fruit

March 27: Grilled Chicken Breast, Yellow Rice, Sliced Zucchini, Chef's Choice of Fruit

March 28: Beef Lasagna, Green Beans, Garlic Toast, Chef's Choice of Fruit

March 31: Goulash, Peas, Bread Stick and Fruit

March 3: Teriyaki Chicken, Rice Medley, Green Beans, Chef's Choice of Fruit

March 4: Roast Turkey Slice, Mashed Potatoes/Turkey Gravy, French Cut Green Beans, Stuffing, Pumpkin Pie

March 5: Ham, Baked Acorn Squash, Cauliflower, Berry Yogurt Parfait

March 6: Breaded Chicken Patty, Poultry Gravy, Mashed Potatoes, Peas, Fruit, Dinner Roll

March 7: BBQ Pork Riblette, Au-Gratin Potatoes, Broccoli Slaw, Chef's Choice of Fruit

March 10: Baked Pork Chop, Baby Red Potatoes, Cauliflower/Broccoli Slaw, Chef's Choice of Fruit

March 11: Roast Beef, Garlic Mashed Potatoes or Roasted Root Vegetables, Garden Salad, Dinner Roll, Chef's Choice of Fruit

March 12: Ham & Bean Soup/Potato Soup, Relish Plate, Chef's Choice of Fruit

March 13: Stir Fry Chicken/Egg Role, Stir Fry Vegetables, Steamed Brown Rice, Chef's Choice of Fruit

March 14: Beef Stew, 7-Grain Bun,

Bois Forte Substance Use Program Services provided include:

Comprehensive Assessments (formerly Rule 25's)
Treatment Coordination including referrals into Inpatient
Phase I & II Outpatient Treatment
Individual Counseling • Relapse Prevention • Coping skills • Life Skills
Cultural Teachings • Grief Counseling
Historical Trauma • Community Gatherings
Sobriety Feasts • Outreach • Referrals
Prevention services and activities, referrals Mental Health Therapy

Contact: Heidi Hansen, Katherine Laitinen

Bois Forte Substance Use Program

1195 County Road 77

Tower, MN 55731

Phone: 218-753-2347

Fax: 218-753-3711

Bois Forte Substance Use Program

13071 Nett Lake Rd, Suite B

Nett Lake, MN 55772

Phone: 218-757-0233

Fax: 218-757-0109