



Bois Forte NEWS

VOL. 50 NUMBER 1

January office closings

NETT LAKE/VERMILION SECTOR— The Bois Forte Reservation Tribal Government Buildings, including both clinics, will be closed Thursday, January 1st for New Year’s Day and Monday, January 19th for Martin Lutheran King, Jr. Day.

Important subscription notice inside

Please see changes to Bois Forte News subscriptions on page 2 that will go into effect with the March 2026 newspaper.

Council hopes 2026 will be a prosperous one

NETT LAKE—As the year 2025 winds down, members of the Bois Forte Tribal Council look toward 2026 with new hopes and optimism to ensure they are doing what they can to make the Bois Forte Band of Chippewa the best band that it can be.

Having said that, the Bois Forte News asked members of the tribal council such questions as to what their New Year’s resolutions will be as it pertains to serving band members, as well as what professional goals they have laid out for 2026; plus their plans to see through a project that got side-tracked this past year; and finally— how band members can help them do their jobs better as 2026 gets underway.

“My resolution is to continue leading with consistency, transparency, and follow through,” said Tribal Chair Carlos Hernandez, who took office this past summer.

He noted that in 2025, he focused on stabilizing operations, rebuilding trust, and setting clear priorities. However, as the year 2026 arrives, his focus will be on strengthening communication with band members, improving how we track progress on council decisions, and making sure commitments made to the people are carried through to completion.

“Showing up prepared, listening carefully, and making thoughtful decisions will remain at the core of my role,”

he said.

Meanwhile, Secretary-Treasurer Tara Geshick said her New Year’s resolutions

as the other tribes, if not more successful.

“In my humble opinion, what holds us back is the old

what is being said, what is being shared because of who is saying it, who is sharing it.”

And Drift said that way of

These kids definitely made Santa’s nice list!



MAKING MEMORIES WITH SANTA! — Santa was pleased with this group of kids who showed up to Fortune Bay Resort casino’s Kids Christmas party, Thursday, December 18th. Pictured, left to right, are: Adaiyah Polk, Odesza Morrison, Isaiah Polk, Santa, Gianna Morrison, Kyliah Polk, and Ezreal Morrison. Even though weather conditions weren’t very nice, The Woodlands Ballroom was very busy as kids came out for awesome gifts, games and a visit with Santa. A second party took place Monday, December 22nd to give those kids who could not make it last week a chance to enjoy the spirit of the season at Fortune Bay!

as it relates to her job on the tribal council will entail listening more intently to learn and progress, focus on strategic goals, and balance personal and work life more holistically.

District I Representative Shane Drift stated that he will continue to work within the mindset that Bois Forte has so much potential to be successful

ways of doing business,” said Drift, who also took the time to thank band members for their support over the years. “The mentality of “this” side or “that” side runs so deep, it has become a norm, a tradition, a way of life. This way of doing business, this way of thinking, only hurts us as a whole, holds us back. Some don’t listen to

thinking has to end, especially given the uncertain times Bois Forte and other tribes are in with government shutdowns, one already in the books and one that may surface again at the end of January.

“I have always said, “We have a lot of issues and prob-

See Council on page 12

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Important notice about your Bois Forte News subscription

Attention Bois Forte News subscribers:

Due to rising print costs and postal charges, we need to streamline our subscription list, effective with the March 2026 issue.

This means Bois Forte band member subscribers living outside St. Louis County will be required to either pay \$15 a year to continue receiving the mailed version or go to www.boisforte.com and click on Bois Forte News to read the digital version, free of charge.

The cost for a non-band member subscription would be \$25 annually, regardless of where the paper is being sent in the continental United States. If you are living abroad, the only option will be to read the digital version, free of charge.

We will also be eliminating multiple copies being mailed to one address, as each copy is individually charged, meaning if one location gets 10 copies, we are charged for 10 individual mailings. If you are a location that re-

ceives multiple copies and would like to continue receiving them, please see below for how we can set up multiple subscriptions for a single address.

We also need to make sure our subscription list is up to date, as we've noticed many subscriptions with a generic "Bois Forte Band Member" listed on the mailing label. If your mailing label does not include your actual name, we will halt those subscriptions, effective March 2026. Please review your mailing label and submit your name change to us by February 20th.

If you would like to update your

mailing address for any other reason, please email bkanderson@fortunebay.com, or you can update your mailing address by visiting www.boisforte.com and filling out a change of address form there.

Thank you very much, and to reiterate, these changes go into effect with our March 2026 issue.

Sincerely,
Brian K. Anderson
Bois Forte News
218-753-7882
bkanderson@fortunebay.com

SAVE THE DATE

2026 State of the Band
Saturday, March 7, 2026

A New Year's message from District I Representative Shane Drift:
 "We have had a lot of band members pass on these last couple of years. Please remember to be kind to each other. You never know what someone is going through or dealing with."

Tribal Scholarships Are Here!

newrangecoppernickel.com

NEWRANGE
 COPPER NICKEL

Check out all the progress in the Nett Lake Village!

Submitted by the Bois Forte Community Development & Planning Department

NETT LAKE— Wondering what's up with all the construction activity

at Nett Lake? Thanks to these drone pictures from Nick Bucholz, here's a bird's eye view of all the progress taking place in the Nett Lake Village.



Pictured from left to right: The small building on the bottom left is the current Conservation Garage. The clearing behind it is where the NEW Big Woods Transit Building will be constructed. To the right of that is the Nett Lake Food Shelf that has been renovated this summer with the addition of water/sewer and HVAC system. To the far back and right of the Food Shelf is the new DNR building. And in the forefront is the current Public Works Building, which has temporarily housed the Transit Program staff. I'm sure you agree that these are very exciting construction projects to watch as they go up. When the projects are finished there will be a full report along with pictures provided on each project.



Another great picture of the infrastructure expansion known as the "lagoon," this treatment pond is a cost-effective way for smaller communities to use biological processes to break down sewage waste. Happy New Year to you all and stay tuned for more updates from our department in the Bois Forte News!



Part of the Big Woods Transit project includes the construction of a one-mile water line expansion from the Pineview Road in Nett Lake to the new Big Woods Transit site. A highlight of this project will include a shared bike/walking path along the Nett Lake Road.

Ganawenimaa Anishaanabeg

Bois Forte 477

 **Minnesota
North College**

Bois Forte 477 Career Day and Minnesota North Program Fair

Join us for a day of connection and opportunity!
 Discover career paths with Bois Forte and explore hands-on programs at Minnesota North College.
 Whether you're looking to start a new career or continue your education, this event is your chance to learn, network, and plan your future.

Wednesday, February 25, 2026
 9:00AM-2:00PM

Bois Forte Government Building
 Eagle Room

5344 Lakeshore Dr, Nett Lake, MN 55772

Elders party gives band members a chance to reconnect

NETT LAKE— Despite less than ideal driving conditions, Donald and Karlene Chosa made the long trek from Michigan to partake in the annual Bois Forte Elders Holiday Party, which took place Friday, December 19th at the RTG Building in Nett Lake.

For the Chosa's it is a festivity they look forward to every year, and they do their best not to miss a chance to get together with their fellow Bois Forte elders to celebrate the holidays together, if only for a few hours.

"It's always exciting to come up here and see friends and family," said

Karlene Chosa, a former District I Representative on the Bois Forte Tribal Council. "Donald and I were just talking about how special it is coming up here and the excitement that we feel coming back."

Donald Chosa agreed.

"We drive all the way here just to be here to see everybody," said Donald of the nearly six-hour drive to the Nett Lake Village. "It's good to see everybody—to see where they are at and how they are doing."

Recently elected District I Representative Jeneal Goggeley could be



GREETINGS!— Bois Forte Elders Darrell Connor, left, gives a wave as his buddy, Brian Moyer, right, gets ready to play a game of bingo at the Bois Forte Elder's Holiday Party.

seen visiting with elders and thanking them for coming out to the party.

Bois Forte's other District I Representative, Shane Drift, circulated the room as well to greet the elders before saying few words and wishing everyone in attendance a Merry Christmas and Happy New Year on behalf of the Bois Forte Tribal Council and the Bois Forte RTG staff.

Both Chosas commended the Bois Forte staff for the work they do to plan and execute the event.

"It's awesome and I am really glad



CHEERFUL STAFF!— Bois Forte's Simona Benner, left, and Chrissy Fairchild, right, did a great job greeting staff, along with Executive Director Miranda Lilya, not pictured.



READY TO CALL SOME BINGO!— Nikki Irving is shown getting organized to call a game of bingo at the Bois Forte Elder's Holiday Party, which was called Jingle, Mingle & Bingo.

they do this because they don't really do this where we are living, it's just nice to get home again," said Donald Chosa.

Karlene added that the staff did a great job last year and exceeded expectations this year.

"It seems even more awesome than last year," said Chosa of the event, which included bingo, great prizes, a care package that included a stylish cooler bag, heated blanket and a digital camera frame, plus a tasty meal.

Darrell Connor and his buddy, Brian Moyer, made the trip up from the Vermilion Sector to partake in the activities.

"I'm excited to play bingo, but it's also nice catching up with everyone," said Connor, who works at Fortune Bay Resort Casino as a security guard.

This was Moyer's first time coming to an elder party and he appreciated the efforts of the staff for putting on such a festive event that captured the spirit of the season.

"I figured I would check it out and I am glad I did because I am seeing a lot of people that I haven't seen in a while," said Moyer.

That was the familiar refrain as the Gene Goodsky Ballroom echoed with laughter, hugs and a family-like atmosphere at the party, which was

See Elders on page 5

Emergency Warming Locations

In the event of power outage or natural emergencies leaving residents without heat, the following locations will be open.

Nett Lake Government Center
5344 Lakeshore Drive
Nett Lake, Mn.

Vermilion Family
Boys & Girls Club
1610 Farm Road
Tower Mn

If an emergency does take place, notification of these Warming Locations will be sent out on the Bois Forte community notification system.

Call Teresa Isham with questions at 218-750-7632

Elders from page 4

dubbed “Jingle, Mingle & Bingo.”

“It’s such a good feeling to see everybody you have not seen in a while,” said former Secretary-Treasurer Dave Morrison, Sr. as he looked over the expansive ballroom filled with roughly 100 elders and Bois Forte staff members. “It’s just nice to visit with people you’ve known all your life and to get reacquainted with one another.”

Like the others, Morrison gave a shout out to the hard-working Bois Forte RTG staff for their efforts.

“The staff does such a wonderful job,” said Morrison. “They go above and beyond in what they do—I am so glad that we have such good staff.”

One of those staff members working the event and calling the much-anticipated games of bingo was Nikki Irving, who is the executive secretary for Bois Forte.

“Our staff enjoys putting this event on,” said Irving, who added the social



GOOD TO BE HOME!— Donald and Karlene Chosa were very excited to be back in the Nett Lake Village for the Bois Forte Elders party, which took place Friday, December 19th.

gathering allows elders to get out of their house as some of them don’t get out too often. “It’s nice because it brings all of our elders together. It’s great to see them and to offer them a community event like this.”

Bois Forte holiday party memories



FULL TABLE!— This group of Bois Forte Reservation Tribal Government employees were enjoying a hot meal at the holiday party. Pictured to the left is Leanne Thom, while pictured to the right side of the table, from farthest to nearest, were: Amy Kellogg, Heidi Hanson, Pam Parsons, Tracey Dagen-Strong and Kathie Holman.



WELCOME— District I Representative Jeneal Goggleye, far right, circulated in the Gene Goodsky room during the Bois Forte Elders party, which took place Friday, December 19th. Goggleye was visiting with former Secretary-Treasurer Dave Morrison, Sr., who commended the staff for putting on such a wonderful event.

Indigenous Fashion Event

Calling for Indigenous Vendors



Date: March 27, 2026



Time: 1:00–4:00 PM



Location: Woodlands Ballroom

Vendor Information

- No cost to participate.
- Booth provided.
- Opportunity to sell and showcase artwork
 - Artwork
 - Clothing
 - Jewelry
 - Cultural items
- Open to local Indigenous artists & creators



Vendor sign-up **DEADLINE**

January 30, 2026.

Sign-ups are coordinated by Bois Forte 477

FOR MORE INFORMATION/ TO SIGN UP

Please contact Bois Forte 477
5344 Lakeshore Drive,
Nett Lake, MN 55772
(218)757-3261



INDEPENDENT SCHOOL DISTRICT 2142

ST. LOUIS COUNTY SCHOOLS

Ganawenimaa Anishaanabeg



Bois Forte 477

Steady progress being made with new DNR building

NETTLAKE—Construction crews working on the new DNR Building on the outskirts of the Nett Lake Village have been making a lot of progress.

“The framing and roofing crews are working hard to get the shell and roof done before winter sets in, and various systems contractors will do their respective things as well as space construction over winter,” said DNR Project Director Chris Holm about the \$6 million dollar facility. “Parking and final landscaping obviously won’t happen until spring when the ground

is thawed.”

Bois Forte Project Manager Jim Barto said that crews were onsite December 23rd to keep the momentum going.

“The crews are finishing up the roof framing and then the metal roof will go on,” said Barto on Tuesday morning just hours before the Bois Forte News went to press. “We also hooked up power to the facility, and the windows are being installed today as well.”

Once ready for occupancy, the new facility will house the DNR staff and

as previously reported, will not only include office space, but also a community room and a state-of-the-art 1,390-square-foot wild rice inventory storage and processing room.

“After the interior is ready in May or June, we need to move all the FFE (Furniture, Fixtures and Equipment) in and get that all set up,” said Holm. “So realistically I think actual staff move in won’t happen until at least July or August of 2026. But that’s just my estimate. If interior construction goes well and fast, it might be sooner for us to move in.”

It is unknown what will become of

the former DNR Building, which sits near the Reservation Tribal Government Building on Lakeshore Drive.

“Personally, I hope it’s kept, remodeled and reused by some other program. It’s a very well-built building, that was constructed in the early 1970s,” said Holm. “There’s a lot of life left. Unfortunately, our staff outgrew the building, and we needed a new facility that will better serve our operations and the Bois Forte Band of Chippewa.”

JOIN US FOR A RETIREMENT CELEBRATION

Join us in honoring and celebrating their
many years of dedication and service


CHIEF OF POLICE


JAMIE BURDICK (34 years)


and


LAW ENFORCEMENT ASSISTANT


DONNA HOFFER (9.4 years)

 **Date:** Thursday, January 8th, 2026

 **Time:** 12:00pm

 **Location:** Bois Forte Judicial Center
12907 Palmquist Road, Orr, MN 55771

 Light refreshments will be served

 Well wishes welcome!



PROGRESS!— Construction crews have been busy building the new \$6 million DNR facility, which is located just outside the Nett Lake Village. Bois Forte Project Manager Jim Barto said that crews will be putting on the metal roof, installing electrical and putting in the windows Tuesday, December 23rd.

7 GRANDFATHER TEACHINGS/LUNCH

HONESTY

JANUARY 8, 2026

NETT LAKE EAGLE ROOM OR VERMILION SOCIAL CENTER

12:00 PM TO 12:45 PM

OFFERED IN PERSON OR VIRTUAL SET UP THROUGH TEAMS

EVERYONE IS WELCOME TO COME LEARN.

MEETING ID 297 604 920699 3 PASSCODE C9NZ2EY9



*This will be the sixth teaching of the seven and will be held the first Thursday of each month
This month will be second Thursday due to the New Year's Holiday..*

Bois Forte News Briefs

Friendly reminders from our friends at the 1854 Treaty Authority

DULUTH— The 1854 Ceded Territory deer hunting season runs through December 31st and harvested deer must be registered before being processed and no later than January 6th, 2026.

Information on registration options can be found on the 1854 Treaty Authority website. Heads of harvested deer can be submitted for voluntary CWD testing at no cost – submit heads by January 2nd with a Conservation Officer or at the 1854 Treaty Authority office.

The 1854 Ceded Territory moose season runs through December 31st – Bois Forte hunting parties have harvested seven moose so far this season out of the up to 15 allowed.

Ceded territory trapping seasons for fisher and marten closed December 21st – pelts needed to be registered with an 1854 Conservation Officer by December 26th.

Bobcat hunting and trapping seasons

run through January 18th, 2026 – pelts must be registered by January 22nd.

RTC meeting scheduled for January 7th in Vermilion

VERMILION SECTOR— The next Bois Forte RTC meeting is scheduled for Wednesday, January 7th at the Vermilion Reservation Tribal Building.

The meeting will begin at 9 a.m.

Important notice from Elders Nutrition Program!

NETTLAKE/VERMILIONSECTOR— Beginning March 1, 2026, Elder Nutrition Program meals will only be available for elders, ages 55 and older.

Mid-Winter Powwow scheduled!

NETT LAKE— Don't forget to mark your calendar for Bois Forte's Mid-Winter Powwow! This popular powwow takes place in at the Bois Forte Reservation Trib-

al Government Center Friday, February 20 through Sunday, February 22nd. Stay tuned for more details in next month's Bois Forte News.

Bois Forte to host Career Day

Bois Forte's 477/Education Department has invited local school district students to participate in a career day to learn about the Tribal Government's employment positions and needed education within those positions.

The event will take place Wednesday, February 25 in the Eagle Room at the Bois

Forte Reservation Tribal Government Building on Lakeshore Drive.

477 Director Vonda Carr is asking departments to prepare a 15-minute presentation so students can learn more about the programs Bois Forte offers. Each department will also man a booth to answer any questions students may have.

The Career Day runs from 9 a.m. to 1:30 p.m. and lunch will be provided.

The deadline to sign your department up is January 30.

Important information from Tribal Enrollment.

12/17/2025

The United States Postal Service has issued a reminder regarding addresses for residents of the Nett Lake Sector.

To avoid issues with identification documents, please use the correct zip code:

- **55771** – for residential addresses in the Nett Lake Sector
- **55772** – for Post Office Boxes in Nett Lake

Please note: Passports and other forms of identification may be rejected if the zip code does not match the address provided.

For questions, contact the Orr Post Office or reach out to: Kathie Holman, Tribal Enrollment Coordinator Phone: 218-757-3261 ext. 1162 Email: kathie.holman@boisforte-nsn.gov

POSTMASTER
UNITED STATES POSTAL SERVICE



Dear Customer,

To provide better service to you please use your correct Po Box address. Which is your Po Box number then the correct city and zip code.

Your Name
Your Po box number
Your town and zip code Nett Lake, MN 55772

When you use Orr, MN 55771 it gets mixed up with the Orr po boxes. Which could delay your packages and mail.

If you have a physical address
Your Name
Your address
Your town and zip code. Orr MN 55771 or Nett Lake MN 55771

Please contact me at the number below if you have any questions or concerns regarding this.

Thank you for your cooperation.

Sincerely,

Traci Bak
PO Box 9998
Orr, MN 55771
218-757-2006

Update from the Bois Forte Housing Department

Submitted by Millie Holmes

The fast and furious activity of the past three months is finally settling enough for me to catch my breath and take a good look at the details of the position I find myself in. ChiiMiigwitch to all who helped make the inspection a success.

One activity Bois Forte Housing is making a reality is the once-a-month day set aside for Housing tenants to come in and ask questions about the programs. They can get help with their re-certifications and become informed about housing issues such as minor maintenance, inspection details and events planned for becoming a homeowner.

Now, don't get too excited about this possibility. It is to be hoped that one of your goals is to become a homeowner with all the rights and responsibilities thereof. You might think of the rental program as practice for the time the homeownership goal becomes a reality.

If homeownership isn't one of your goals, then the contribution you make towards the safe, relaxed environment we all expect to live in will greatly improve your life.

And now I must return to decoding all the rules and regulations we deal with each and every day, such as home safety, bills to be paid, greeting our neighbors....

If you have a news item or announcement for the Bois Forte News, please send it to:
bkanderson@fortunebay.com

Let's take some sound advice and use food as medicine

VIRGINIA—With the holidays soon behind us, many of us will not only be thinking of losing weight, but we'll also be thinking about making this the year we get healthy, especially if we are dealing with diabetes.

Thanks to some tips from Dakota Machgan from the North American Traditional Indigenous Food System (NATIFS), you are sure to find a plan that sets you on the fast track to a healthier you in 2026.

Machgan, the program's cultural education and engagement coordina-

tor, shared the tips as part of a presentation at November's Bois Forte Diabetes Conference, held at the Iron Trail Motors Event Center.

His uplifting message to the crowd was to start thinking that "food really is medicine," and that it can help fight diabetes with delicious foods, while also providing many other great health benefits.

"We think a lot of scientific chemical names," said Machgan, a first-generation descendant of the Sisseton Wahpeton Oyate and Mendota Mde-

waketon Dakota Tribal Community. "In reality, all of those were derived from plants and food that our ancestors have been using for a lot longer than they ever have."

With that, Machgan went through an in-depth slide presentation on the health benefits of cinnamon, turmeric, plantain seeds, nopales, and pumpkin.

In regard to cinnamon, Machgan said it helps with blood sugar control, can lower cholesterol, boost heart health and fight inflammation. It can also act as an antioxidant, support healthy gut bacteria, and, for those who want to look forever young, help slow the signs of aging while speeding up hair growth.

Meanwhile, the benefits of Plantain seeds include lowering blood sugar and cholesterol, helping with healing wounds, being a gentle laxative, providing diarrhea relief, being an antioxidant, and anti-inflammatory.

Pumpkin is an excellent source of Vitamin A, C, and E, and is also an antioxidant powerhouse that supports

heart, digestive, immune, and bone and muscle health, plus skin and vision, and weight management.

The use of Nopales, or cactus pads, helps with digestive health because they are high in fiber. It also helps with blood sugar regulation, is rich in antioxidants, helps with heart health, plus skin and hydration, and is a good source of Vitamins A, C, K, and minerals like calcium, potassium, and magnesium.

Machgan said turmeric has many benefits, including reducing inflammation, improving your immune system, supporting digestion, treating gut issues, easing joint pain, enhancing your mood, protecting your heart, protecting brain function, and improving cognitive function.

He said that one thing attendees will notice throughout his presentation is a common theme: the plants and foods he discusses all help reduce inflammation.

See Advice on page 11

Vermilion
BOIS FORTE COMMUNITY

FOOD SHELF

OPEN Thursdays

Family Size	Income limit
1	\$46,950
2	\$63,450
3	\$79,950
4	\$96,450
5	\$112,950
6	\$129,450
7	\$145,950
8	\$162,450

12-1pm Elders
1-3pm OPEN

Bring your own bags/boxes/baskets

shop one time per month

Bois Forte Tribal Court is looking for the following individuals:

Defendant	DOB
Adams, Michael Lorne	05/08/1974
Buckanaga, Christopher Charles	06/26/1969
Burns, Riley William	08/25/1995
Butcher, Ryan Allen James	07/29/1986
Deegan, Peter James	08/21/1977
Drift, Mark Edward Jr.	10/10/1995
Goggleye, Michael Lance	01/03/1980
Guenther Jr., Loren Bruce	10/23/1995
Hartland, Rustin Kent Sr.	12/13/1976
Hughes, Dustin James Lee	06/16/1990

Defendant	DOB
Isham, John Edward Sr.	04/24/1976
Jenkins, Robert Wayne	06/20/1960
Johnson, Robert Gerald Jr.	01/22/1996
Lightfeather, Gewedinodin	02/23/1985
Littlewolf, Brandon Lafayette	07/08/2004
Littlewolf, Toni Lynn	01/21/1972
Love, Jacque	11/12/1987
Medicine, David Kevin	06/24/1985
Nelson, Thomas Jr.	06/07/1990
Villebrun, Jordan Frank	06/24/1994

If your name is on this list, you have an active warrant for your arrest by our Court. Please contact the Tribal Court to get your criminal matter addressed. Failure to do so could result in your arrest. If you are reading this and know someone on this list, help them to get the information.

Bois Forte Tribal Court now inputs ac-

tive warrants into the National Crime Information Center (NCIC) system.

To address your warrant, call the Tribal Court during business hours Monday-Friday 8:00-4:30 at 218-757-3462 and request to be placed on the docket to address your court matters.

Local staff members become certified lifeguards

VERMILION SECTOR—This past summer, five dedicated staff members from the Boys & Girls Clubs of Bois Forte successfully became certified lifeguards.

Those staff members are Jessi Lambert, Tracey Geshick, Monica Porter, Danelle Porter, and Ashtyn Villebrun.

“This accomplishment highlights our commitment to safety, which is always our top priority,” said Lambert, who is the branch director of the Vermilion Boys & Girls Club. “Each of these staff members underwent training that equipped them with essential skills in water safety, rescue techniques, and

emergency response. Their hard work and dedication reflect their commitment to providing a safe environment for the youth during water activities.”

Lambert added that having certified lifeguards on our team allows us to confidently supervise and ensure the safety of our members during water-

craft activities.

“This not only enhances the overall experience for the youth but also provides peace of mind for parents,” said Lambert.



GREAT JOB!— This trio of ladies, from left to right, Jessi Lambert, Tracey Geshick and Monica Porter, became certified lifeguards this past summer. Submitted photo.



PROUD LADIES!— Danelle Porter, left, and Ashtyn Villebrun, became certified lifeguards this past summer. Submitted photo.

Shout out to these awesome staff members!

Carol Burr, Vondalee Carr, Leanne Hoffman, Warren Villebrun, Jacque Wilson and Wendy Drift were all instrumental in the planning and creation of the Ozhitoon Onwaachige Pilot Program, which was featured in last month's *Bois Forte News*.

We are very grateful for their wisdom, expertise, and guidance!

Thank you,
Sarah Kinnunen, Malita Spears, Amanda Helgerson and Michelle Smith

NETT LAKE
PHARMACY
218-757-0230

VERMILION
PHARMACY
218-753-2182



Minute with Millie



Well. Today's view outside isn't from my window. I've gone visiting for a bit during the holiday season. I'm contemplating several happenings from the past few days. Chief of which is the fact that the weather is so very contrary. One day it's -5. The next it's 58. And worse still, it's rainy, snowy, sleety the following day with temps dropping, winds blowing hard enough to send me tumbling like a tumbleweed. Weather's just as confused as the rest of us this past year.

When I finally manage to catch

hold of the car door, I'm so very glad to have something to anchor me to the earth.

Now, mind, I don't usually object to trying to fly like an eagle, or even the raven or crow upon occasion. During cold, blustery winter days is not one of my ideal times to be looking about me with interest, curiosity even.

Weell, 'cept for the occasional peeking out from under the over large hood of my jacket that keeps falling over my eyes, I'm not inter-

ested in views from the sky. Or even from the limbs of the trees lining the path between my place of abode and the car.

Whose handle I'm desperately trying to pull in the hopes of getting the dang door open. At least enough so I can hop inside and get my snow covered boots free of snow and inside the door before the wind slams the door shut upon my poor frozen feet.

All Nations Rise
indigenous



You are MORE than a babysitter.

When you care for the children of family, friends, or neighbors (FFN) while they work or go to school-- you are providing critical support in helping children, families, and the community thrive.



Please join our Indigenous FFN Childcare Network!

You may be eligible for a mini-grant of up to \$1,200! Scan QR code to

register or call:

Jonee Vance, FFN Coordinator
763-923-5997
joneevance@allnationsrise.com



FUNDING PROVIDED BY A GRANT FROM:



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

Jan. 2: Hut Turkey, Biscuit, Gravy, Mashed Potatoes, Veggie

Jan. 5: Beef Ravioli, Cali Veggie Blend, Garlic Toast

Jan. 6: Chili w/Beans, Salad (Veggies), Saltines

Jan. 7: BBQ Pork Sandwich, Chef's Choice Potato, Cole Slaw/Fruit

Jan. 8: Grilled Chicken Breast, Rice Pilaf, Italian Blend Vegetables, Fruit

Jan. 9: Wild Rice Meatballs, Mashed Potatoes, Gravy, Corn, Fruit

Jan. 12: Chicken Pot Pie, Steamed Broccoli, Fruit

Jan. 13: Cheeseburger/Bun, Fries, Lettuce/Tomato/Pickle/Onion, Fruit

Jan. 14: Beef Stroganoff,/Noodles, Green Beans, Fruit

Jan. 15: Chicken Noodle Soup, Dinner Roll, Fruit

Jan. 16: Pork Chop, Roasted Baby Reds, Italian Veggie Blend, Fruit

Jan. 19: Holiday

Jan. 20: Fish Filet, Cole Slaw, Fruit, Whole Wheat Bread

Jan. 21: Meat Sauce/Potato, Garlic Bread, Chef's Choice Veggie, Fruit

Jan. 22: Fried Chicken, Steak Fries/Jojos, Peas & Carrots, Fruit

Jan. 23: Pork Chow Mein, Rice, Fruit

Jan. 26: Chicken Fried Steak, Mashed Potatoes, Country Gravy, Corn, Fruit

Jan. 27: Roast Beer, Baby Reds, Green Beans, Fruit

Jan. 28: Chicken Wild Rice Hot-dish, Peas, Fruit

Jan. 29: Baken Ham, Potato Salad, Glazed Carrots, Baked Beans

Jan. 30: Beef Stew, Whole Wheat Bun, Chef's Choice Veggie, Fruit

January 2026

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Advice from page 8

Machgan said the benefits of onions include lowering blood pressure, thinning blood, breaking up clots, reducing inflammation, lowering blood sugar, and improving insulin sensitivity. He added that garlic can lower blood pressure and cholesterol, reduce inflammation, and improve liver health.

The use of chilies, for example, red peppers, lowers blood pressure, lowers blood sugar, strengthens lungs, regulates the thyroid, and destroys cancer cells.

Machgan said that stinging nettles, also known as itchweed, are plentiful in northern Minnesota. He said the plant is a powerful anti-inflammatory that is full of protein and fiber. He added that it can relieve depression and anxiety, while also relieving allergy symptoms.

“We live most of our lives inflamed because we are accustomed to living this way, all because of the processed foods we eat,” said Machgan. “I like processed foods even though I know they are not good for me.”

And without having to say it, Machgan said it’s time to change that narrative and our habits.

While some of the plants he discussed are not readily available, he said attendees don’t have to look far for many of them, including cedar, which prompted him to tell the audience how to make a cold remedy with simple cedar branches, honey, and a crockpot.

“You have tons of cedar around here,” said Machgan. “Grab a bunch of it and put it in the crockpot—fill with honey. Once all the cedar is covered, let it sit on warm overnight, and the honey will actually extract all the properties from the cedar, and you can just pour it into a jar and have your own homemade, no chemical-based cough syrup.”

Even though it is an all-natural cold medicine, it was noted that honey should not be given to any child under 2.

The other benefits of cedar include lowering fevers, treating respiratory ailments, helping reduce water reten-

tion, and relieving edema, which is excess watery fluid collected in the cavities or tissues of the body.

Machgan told attendees that the easiest way to use some of the more plant-based medicines is to visit a health store to buy vitamins, especially as it pertains to incorporating sumac into your everyday life.

“Go to a Mediterranean store,” said Machgan. “It’s one of their staples. It’s super high in Vitamin C, it boosts the immune system, helps with skin, gets rid of water retention, and lowers your blood sugar as well.”

During his informative session, Machgan also encouraged attendees to take their heart health seriously and to be mindful of their mental health.

“If you are not doing well mentally, your immune system drops,” said Machgan. “If your immune system drops, you are not in your best state to fight off infection and to process chemicals to absorb the nutrients you need.”

In regard to heart health, he talked about the benefits of using bone broth, onions, garlic, ginger, hawthorn, rosemary, motherwort, chocolate, and blueberries in your diet.

Looking good Marty!



READY FOR THE PARTY!— KBFT’s Marty Connor gets ready to enjoy a hot meal prior to the start of the bingo games that were a hit at the Bois Forte Reservation Tribal Government Holiday party in Nett Lake.

“If your heart is not functioning well, the rest of your body won’t function well either,” said Machgan.

For more information on using

food as medicine, please visit the North American Traditional Indigenous Food System website at natifs.org



SOUND ADVICE!— Dakota Machgan from the North American Traditional Indigenous Food System gave an informative presentation as part of Bois Forte’s annual Diabetes Conference.

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

In the Matter of Tyla Adams OBO Minor Children, petitioners v. Jeremy Skinaway, respondent.
Case Number: CV-HO-2025-0026

TO: The above-named respondent, Jeremy Skinaway,
You are hereby notified, and notice is hereby given that a permanent Harassment Restraining Order was granted in the above-named case on December 16, 2025, by default. The said Harassment Restraining Order is in effect until December 16, 2025

By the Court
Megan Treuer, Chief Judge
Melissa Wright, Judicial Services Director
12907 Palmquist Road, Suite B
Orr, MN 55771
Phone: 218-757-3462

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

In the CIVIL Matter of Ashley Goodsky OBO minor children, petitioner v. Donald Roybal-Wakemup, respondent

Court Case number: CV-OP-2025-0027

TO: The above-named respondent, Donald Roybal-Wakemup,
You are hereby notified, and notice is hereby given that a permanent Order for Protection was granted in the above-named case on December 16, 2025. The said Order for Protection is in effect until December 16, 2027.

By the Court
Megan Treuer, Chief Judge
Melissa Wright, Judicial Services Director
12907 Palmquist Road, Suite B
Orr, MN 55771
Phone: 218-757-3462

Council from page 11

lems on the table, let's start clearing the table." I take my job duties and responsibilities as the District I Representative very seriously," said Drift. "Every decision that I have made, the Bois Forte Band Members have been at the forefront of my thoughts."

In regard to professional goals for 2026, Drift said he sincerely hopes that the tribal council moves forward with building a cannabis growing facility as our tribe continues to fall behind progress being made by other Minnesota tribes.

"Once the tribe has its own cannabis growing facility and testing facility, then the money will start to roll in, pun intended," explained Drift.

He added that Bois Forte should start look at putting dispensaries off the reservation but added that it is imperative for the council to put a cannabis plan into action and follow through with it.

"The tribe is so far behind on this," said Drift. "I am very much in favor of giving out payments to band members from the cannabis business, putting monies into a trust account for the children, extending into other businesses that will generate money for the tribe, and building the financial reserves."

Drift also wants to stay the course on making increases to 1854 Treaty payments permanent, which became a goal of his when he took office in 2018. He noted band members did see an increase for two years, but they are no longer in place due to state budget issues.

Another quest for Drift is to get our 1866 Treaty rights established and continue his fight to get our tribe's name changed to how it reads in the 1866 treaty re: Bois Forte Bands of Chippewa and change it to the Bois Forte Band of Chippewa, as stated in the 1854 Treaty.

He said the government erroneously thoughts clans were bands in the treaty and it's time to acknowledge the mistakes.

"History is being recorded from their (the government) standpoint," said Drift. "We need to acknowledge our own history from our point of view."

Furthermore, Drift said he will continue to push to make sure that Bois Forte needs to get its sacred sites listed with the State of Minnesota. This way band members would know about the sacred sites and the history behind the sacred sites. The State of Minnesota and the counties would know where our sacred sites are located, from battle grounds, burial sites, ceremonial sites, and other sacred sites.

"I am still pushing for the tribe to build a traditional roundhouse here in Nett Lake," added Drift.

For Geshick, she has a laundry-list of goals she would like to see through in 2026, including:

- Reducing operational expenses and increasing net position.
- Capital assessment & planning.
- Financial risk management.
- Performance measurement and evaluation.
- Long-term strategic planning.
- Increase training and opportunity.
- Strengthen council knowledge and leadership.
- Up to date single audits, indirect cost rates, maximize 105 (I) Lease.
- Maintain our new technology and software.

In regard to one project she would like to see completed in 2026, it would be to find new elderly housing and/or nursing home funding.

"We applied several times but were not funded," said Geshick. "We need to continue research, evaluate and implement past grant feedback suggestions. What can we improve on? And what can we do to stand out so that we can effectively compete for grants? We need to support staff and programs, so our elders can thrive and have comfort at home in their golden years."

As for how her constituents can help her do a better job, Geshick explored them to comment on all new resolutions, policy changes and opportunities the band can take advantage of. She also wants a more harmonious culture moving forward as it pertains to getting business done on behalf of band members.

"Despite the numerous changes we had on the tribal council over the past

year, I have worked with others to make sure we had smooth transitions," said Geshick. "I have always maintained that ability to work with others as a necessary attribute to make sure our government continues to operate in a positive and efficient manner. I want to wish you all a positive and happy new year!"

Drift wants band members to stay involved with issues facing the tribal council and band membership as a whole.

"I sincerely hope that band members will continue to share their thoughts, suggestions, or ideas," said Drift. "Band members have every right to question the tribal council or individual council members. I hope that band members will understand that there will be times when I cannot talk about something because it is a confidential matter."

Meanwhile, Hernandez's goals for 2026 includes seeing measurable progress on long term planning. He said that includes stronger internal processes, clearer accountability across departments, and continued work on economic development that supports self-sufficiency for the band.

"I also want to continue growing as a leader by improving how I communicate difficult decisions, mentor future

leaders, and keep our council focused on solutions rather than distractions," said Hernandez.

He said that one area where the council did not move as quickly as intended was fully implementing systems to better track council actions and follow ups.

"In 2026 we will prioritize clearer timelines, assigned responsibility, and regular updates so projects do not stall," said Hernandez. "By tightening our internal processes and holding ourselves accountable, we can ensure important work moves from discussion to completion."

Like Geshick and Drift, Hernandez wants input from Bois Forte band members to ensure the direction they are taking, not only resonates with them, but also makes sense.

"The most important thing community members can do is stay engaged. Attend meetings, ask questions, and share concerns respectfully and directly. Constructive feedback helps us make better decisions," said Hernandez. "I also encourage patience and understanding of process. Good governance takes time, collaboration, and compromise. When we work together with shared goals, the outcomes are stronger for everyone."



HOLIDAY SPIRITS!— This group of Bois Forte Reservation Tribal Government employees were enjoying the staff party, which took place Friday, December 12th. Pictured in the back row is Miranda Lilya, while seated, left to right, in the front row are: Simona Benner, Monique Benner, and Angela Geshick.