On July 24, nearly 200 Band members and guests gathered at Fortune Bay Resort Casino to witness the Swearing-In of RTC Secretary-Treasurer David Morrison Sr., District I Representative Brandon Benner, and District II Representative Ray Toutloff. All three men were incumbents who won re-election to their posts during the Band’s June election.

After an opening song, honor guard, and presentation of colors, spiritual leader Gilbert Smith welcomed those present with an invocation.

“Too often,” Smith told the crowd, “people who are selected or elected immediately face criticism. We need to remind each other and ourselves that the community has selected these people and called for them to deal with life issues. Whether they’re debating programs for childcare, education, the economy or our culture, it all has to do with our life. The work that leaders do is not an easy thing, because they know immediately that they cannot fulfill everyone’s expectations, and they won’t make everyone happy. People simply don’t agree on all things, and that’s life. Before we criticize a leader, remember that the community has made this selection.”

Tribal Chairman Kevin Leecy praised each of the men, noting, “It’s been a long time, and rare, in Bois Forte history that incumbents are re-elected, so they must be doing something right. Working with them, I’ve learned to appreciate their unique talents. I often turn to Dave to ask about our history because of his wisdom and experience in government. Brandon’s humor and positive outlook keeps us uplifted, and when we’re dealing with hard decisions, he reminds us that we can disagree, but we don’t have to be hard on one another. Ray is always a pillar – he is sensible and takes his time to analyze decisions and make sure we are right.”

Nett Lake Representative Karlene Chosa sent her congratulations to the newly sworn in members, but had to miss the actual ceremony. She was traveling with her family to the Keweenaw Bay Powwow in Michigan where her brother Lester E. Drift Jr, who passed two years ago, was being honored at a memorial service.

Before each of the three re-elected men spoke, Band member Shane Drift presented Benner with a sacred rock he had found. During their remarks, Benner and the others all acknowledged and introduced their families and thanked them for their support.

“Running for office is toughest on the family – it’s hard for them to hear people criticize you,” Benner said. But he also pointed out that there are two ways to hear criticism from opponents: one is to be offended and tune them out, and the other is to try to work for changes they recommend. Benner said he respects his opponents and everyone else who ran for office, and he will work on some of the things they suggested. He also thanked the voters, saying, “If you voted, you did what we’re all supposed to be doing.”

Toutloff gave a special thank you to his wife Victoria for being his “campaign chair and sole financial donor.” (cont. on page 3)
State & National News

Addresses needed

These Tribal Members/Descendants maintain ownership in trust land or have money on deposit at the Office of the Special Trustee for American Indians. We would like to locate these Tribal Members/Descendants and get them to update their Individual Indian Money (IIM) account with a current address and telephone number. If your name appears on the list: Please call the Office of Special Trustees (218) 751-4338 to update your account.

CHRISTOPHER L ADAMS
AHNONOSHIEB
DIANE AKARD
MARK ANDREW ANDERSON
SCOTT S ANDERSON
TRACY L ANDERSON
WILLIAM J ANDERSON
NOREEN A BERLIEN
JADE M BOSHEY
JAMES L BOSHEY
JARED W BOSHEY
MARY F BOSHEY
SHARON BOSHEY
JEFFREY J BOSHEY JR
JIM BOSHKAYGEB
BABY GIRL BRESSETTE
CARLOS A BUNKER
CORA CADOTTE
HELENE CAJUNE
LUCILLE A CALDER
PAMELA CARRIGAN
KATHLEEN CARRIVEAU
CHEGESHIWABE
SUSAN M CHICAG
CLARA ANNE CHOSA
LEO E CHOSA
VINCENT JOSEPH CHOSA
JAMES CONNOR
LAWRENCE CONNOR
LAWRENCE ALVIN CONNOR JR
KEITH COOK
JACK D CURRAN JR
EUGENE A DALE
JOHN DALGREN
HAROLD F DA VIS
MICHAEL DAY
WARREN TYLER DEEGAN JR
MEAGAN CALLICO DEVRIES
CAROL ANN DOSTAL
MELISSA C DROUILARD
DONNA S DUPREE
LOURDES ECKLUND
PATRICIA L ELLIS
RIDERICK J EMERY
DOLORES EVANS
SIMON W FISHER JR
PAMELA J FRANK
CHARLIE FRIDAY
JOE FRIDAY
GAHGEWEZAINCE
GAHSHIPOWAYWEDUMOKE
WILLIAM P GALANT
ALYSSA A GESHICK
AUDREY F GESHICK
DERRICK A GESHICK
JUDITH A GESHICK
GEZAINCE
CARLOS A GLASS
LORRAINE S/GOGLIEYE
BRENDA L HACKEY
JOHN P HACKEY
JOHN HAIN
BETHANY HAND
THOMAS HANLON
ANGELA LISA HASTINGS
DAVID HAVRON
JOHN HAWK
SHERRI R HAWKINSON
APRIL HAYNES
KRISTINA HAZLETT
RICK HAZLETT
RACHEL K HILL
RACHEL M HILL
RHONDA J HOLZMEISTER
KENDELL S HURSH
RAOUL D HURSH
ANN B ISHAM
ANTHONY L JACK
FRANCES L JACK-DENTZ
CATHY M JOHNSON
JAMES D JOHNSON
PAMELA D JOHNSON
ALVIN JONES
DAVID JONES
MRS JOHN JONES
EUGENE JOURDAIN
ANGELINE M JOURDAIN CHOSA
AARON W KANGAS
KAYZEBAGHESHIKOGE
EDNA M KELLEY
MARK KENNY
JEAN ROSE KLOVSTAD
DEBRA LEE KNOWLTON
MEREDITH G LARSON
CHERYL D LEE
DIANE LEE
TERRY A LIGHTFEATHER
MIRANDA J LILY
PHILLIP JOHN LONG III
LINDA L LUND
MAHEOAHDUNDUNG
PAULINE MANVILLE
JULIUS MARSHALL
MAYSQUAHNAHMEMAYGOKE
JACK MCGINNIS
LIZZIE MCGINNIS
NORMAN MCGINNIS
MEZIAHKEGESIHG
CAMILLE C MICKELSON
VANESSA D MILLER
BRYAN MITCHELL
AMANDA MURRAY
CHARLIE NAMAYPOOK
JOE NANNYPOKE
KATIE NANNYPOKE
NAYAIIWATUBETUN
DIANE V AUGHN NEVITT
NODINAHGUMBOKE
REBECCA NORDEEN
OWAIGETST
OZHAWUSHIKOBETUN
PAMELA J PARKER
NICOLE A PITRE
SHAWNA L POTTER
RHONDA L RAYMOND
BRETT T ROBERTSON
CHARLES ROTHENWOOD
DUANE E ROY
ANNIE SABBADIS
ELIZABETH SABBADIS
TARA L SAM
DIANE SANDERS
VINESSA D VILLEBRUN
ALEX IVIER
MICHAEL WEBSTER
TERRY A WEST
OSCAR T WESTBROOK
FLORENCE WILLIAMS
JOHN WILLIAMS
KRYSTEN M WILLIAMS
THERESA M. WILLIAMS
FLORENCE WILLY
HACKLEY WILLY
JOHN WILSON
ZHAWAHNAHNAHQUODEB

Minnesota Film and TV is currently accepting proposals from Minnesota-based Filmmakers with narrative features or long-form documentary works in progress (projects must be in production or post production at the time of application) that align with Arts and Cultural Heritage Fund priorities.

$320,000 is available in reimbursement funds. Application Deadline is December 5, 2014 at 5 p.m.

The complete Request for Proposals, application and guidelines are available at http://mnfilmtv.org/incentives/legacy-grants
He also thanked everyone in the RTC, at Fortune Bay, and in the Bois Forte Development Corporation for their professionalism and dedication. Toutloff acknowledged past tribal council members, particularly those who served during the advent of Indian gaming, for laying a good foundation. He said the hard work of all these people, combined with a better educated workforce, more sophisticated technology and better financial resources, has allowed the RTC to be more productive in the last 10 years than at any other time in Bois Forte history.

Morrison said he has spent almost a quarter century in tribal government because he believes in working on behalf of all Band members, including children, families, Elders and veterans. He contrasted the hard times he saw as a youth with the positive changes of more recent years, and he looked ahead to new goals such as more educational and work training opportunities and raising the minimum wage at Fortune Bay.

The men’s remarks were followed by honor and closing songs, and a walleye and wild rice dinner served by Fortune Bay staff. During the luncheon, Opie and Hollow Day, performed hand drum songs and invited their mother, Char Day to join them on stage in the celebration.
Nett Lake

Elite Eagles soar with Minnesota Lynx

The Elite Eagles Fourth Grade Basketball Team were decked out in tuxedos as they traveled to the Target Center in Minneapolis on August 7 to watch the Minnesota Lynx defeat the Chicago Sky in a WNBA game. The boys received the championship rings they earned by winning the Minnesota Youth Athletic Services State Championship earlier this spring.

The Elite Eagles are part of a league of 200 local players from grades 3-11 that practice four days a week – two days at Nett Lake School and two days at North Woods School.

The Elite Eagle program was initiated by Brandon Benner of Nett Lake and the students are coached by local volunteer fathers and grandfathers including Eddie Chavers, Gerald “Turk” Goggleye, Robbie Goggleye, Troy King, David Morrison Jr and Travis Morrison.

The league is financed by various fundraising efforts and the support of the Bois Forte Tribal Council. Players travel to weekend tournaments in the Twin Cities as well as Ely, Virginia and Hibbing. To learn more, contact Brandon Benner at 218-750-2965.

Summer nutrition program gets high marks

When Nett Lake Elementary School let out for the summer, Bois Forte’s nutrition program didn’t take a vacation. Instead, the program offered free, hot breakfasts and lunches on Tuesdays, Wednesdays and Thursdays from mid-June through August to anyone 18 years old or younger.

Students attending summer school and all other children in the Nett Lake area were encouraged to join in for “Friends, Fun & Food!” To make sure kids outside the neighborhood could also take advantage of the program, transportation was provided at lunchtime for children in Palmquist.

Inspectors from the Minnesota Department of Education’s Food and Nutrition Program paid their annual visit to Nett Lake School and praised Joni Whiteman’s work, writing “The meal served today was appealing, and the children enjoyed it. It was very nice to see the students coming back for second helpings of fruit and vegetables. ISD 707 is doing a great job implementing their summer food service program for students in the area.”
Rehab of homes

Construction workers made good progress this spring and summer on the rehab of 40 rental homes on the reservation. Using an Indian Community Development Block (ICDB) grant of $600,000, Bois Forte surveyed older homes to determine which ones were most in need and then began this spring replacing worn out roofs and installing new siding, insulation, windows, soffits and gutters.

The contract for the work was awarded to MB Custom Development, Inc., a California-based company owned by Bois Forte Band member Mike Bass. MB Custom Development has a strong track record of hiring Bois Band members and local contractors on all construction projects.

Under federal guidelines, the ICDB grant that Bois Forte secured for the project can only be used on rental homes. So efforts are underway to pursue another grant for privately owned homes on the reservation. Sidra Starkovich of the Planning and Community Development staff hosted two community meetings in July to hear from Band members in Nett Lake and Vermilion on their priorities for the next grant application cycle.

The two communities meetings were well attended with 30-40 people showing up each night. The grants are highly competitive and the federal appropriation for the program is lower this year, but Band members attending the community meetings showed a strong interest in pursuing funds to continue improving housing in both Vermilion and Nett Lake. The Planning and Community Development staff will coordinate with the Housing Division and apply for another ICDB grant to rehab privately owned homes in the next round of grant applications.

Everyone is welcome to attend the grand opening of the

Bois Forte Vermilion Clinic
Thursday, September 18, 2014 at 11:00 a.m.

Enjoy lunch and tours of the facility from 12:00 - 1:00 p.m.

The Vermilion Clinic is located at:
1613 South Farm Point Road
Tower, MN 55790

For more information, contact Louise Isham at 218-757-3261.

New Moon Housing is drug- and alcohol-free

The Bois Forte Reservation Tribal Council has passed a resolution declaring the Band’s New Moon Supportive Housing a drug-free and alcohol-free zone.

Any New Moon resident who is found using, possessing or selling drugs or alcohol will be cited and supplied with a three-month plan to address the issue. If the problem is not resolved, the resident will be asked to leave, and an eviction notice may be issued. Non-residents who use, possess or sell drugs or alcohol at New Moon will be excluded from the premises.

The new resolution is intended to protect and enhance the benefits of New Moon for residents and neighbors. The 20-unit development not only offers Band members a place to live, it also provides support services so that residents can learn life skills and gain self-reliance. The new resolution will help boost residents’ ability to reshape their lives by strictly prohibiting drugs and alcohol on the premises.

Bois Forte Anishinaabe Language Tables

Thanks to a grant from the Minnesota Indian Affairs Council, Language Tables are regularly available for those who are interested in learning our Anishinaabe language.

The language tables meet four times a week in both Nett Lake and Vermilion.

Nett Lake RTG Bear Room
Monday through Thursday
12 noon to 1 p.m.

Vermilion Bois Forte Heritage Center
Monday through Thursday
12 noon to 1 p.m.

Language Table will not be held during Tribal Council or Elder Committee Meetings.

Please contact Donald Chosa at (218) 757-3261, ext. 202 or cell (218) 404-6170 or at dchosajr@boisforte-nsn.gov to RSVP so we have an idea how many will be attending. Transportation can be arranged by calling Big Woods Transit at (218) 757-0280 or toll-free at 1-888 757-1540.
Urban Office

Summer memories from the Urban Office
2014 Annual Picnic at Minnehaha
A Minute with Millie

Once again, that familiar smell is in the air. Yeppers, riceing, parching, checking the waves for white caps. Who doesn’t want to get up early to make lunches, get water, make tea, hunt for paddles, sticks and that most important item, the canoe? One day last month, I received a call from my son, who works 60 miles away.

“Mom, when’s ricing?”

“Don’t know. The Conservation Committee just had a meeting.”

“I need to know, so I can take time off.”

“I know, I know. I’m not sure. Try for the first or second week in September. Around Labor Day.”

Of course, my mind was more concerned with the state of my knee and the possibility of picking at least one more ice cream bucket of blueberries before the predicted rain storm on the following Tuesday. I wasn’t too concerned with the state of the rice beds right at that particular moment. Thought bout how much rice there might be cause of the rice beds right at that moment. There was a lot of blueberries. Remember the connection between blueberries and mahnomin? The thought crossed my mind once out by Bois Forte whilst picking my first quart of blueberries.

“Ahh, yeah. I will.” Most fell over whilst trying to delicately balance on one foot, keeping my weight off the injured knee. I haven’t been out on the lake much since the year we almost didn’t make it back when my back was in the process of having unused muscles getting used to paddling and poling. (Not the same year, we (I) got us caught in a crosswind and blown back enough to have to hug the shore)

“Good. I don’t want you slowing me down.”

“Ah, okay, son.”

He hung up. I looked at the phone, all thoughts of blueberries driven off. I started laughing. I’d been given my marching orders from the son who didn’t want me on the lake a couple years ago because I was having problems out there.

Elders

Ellen Adams Western Bank Educator of the Month

Reprinted with permission from Allan Olson, Cass Lake Times

Editors note: Well respected Band member, educator and Elder Ellen Adams received recognition last February that we just learned of at the Bois Forte News. Below is the story editor Allan Olson of the Cass Lake Time wrote for the Western Bank Educator of the Month program. Thank you to Olson and Western Bank for the opportunity to share with our readers the well-deserved recognition Ellen received.

A person like Ellen Adams shows that dedication, perseverance and commitment pays off even for someone who started her educational career path a little differently than most.

Adams who began teaching nearly 34 years ago with the Bug O Nay Ge Shig school didn’t get her high school diploma at the “normal age” but rather took the non-traditional route getting her GED at a later age in life before completing her higher educational career degrees. She explained in her interview that she grew up in the Bois Forte Net Lake Reservation and worked at a headstart for 11 years before eventually moving to Bemidji. “I was running the Head Start but I couldn’t be the director because I didn’t have a degree.”

Those 11 years at the Head Start ultimately paid off dividends in continuing education credits.

She explained that she was helping a friend with their college homework and helped get her friend really good grades. So she decided that she should get her GED and go to college.

Adams put in three years straight at Bemidji State (now BSU) including summers to earn her BS in Education. “I was able to enter college with 42 credits,” she said. I took every class they offered in early childhood. Adams also through her dedication earned a Master’s Degree in Education.

“I used to dream that I would finish my schooling,” Adams said, “after I completed my degrees I never had those dreams anymore.”

In her career of teaching she has seen some changes – especially in behavior. “Many kids don’t really listen anymore and a lot of respect is lost. I was taught that kids need to be respectful, don’t talk back. My mom used to speak to me in Ojibwe saying softly, “even if you don’t like what someone is saying – don’t talk back.”

“I never hesitate to go to work,” Adams said. “School is like home to me.”

Happy September Birthdays, Elders!

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<td>Roger Whiteman</td>
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<td>Michael Drouillard</td>
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<td>Marian Holmes</td>
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<td>Margaret Whiteman</td>
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<td>Viola Villebrun</td>
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<td>Edith Villebrun</td>
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<td>Curtis Palmer</td>
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<td>Geraldine Hanks</td>
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<td>Barbara Goodsky</td>
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<td>Stephen T. Pete</td>
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<td>Clarence Roy Jr.</td>
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<td>Priscilla Morrison</td>
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Happy Belated August Birthday to:
Howard E. Pete August 9
Deb Leecy August 24
Donald Chosa, Culture Committee Coordinator reports that for the second year in a row, Bois Forte’s annual summer camp was held on the Band’s property at Johnson Lake, near Ely.

Eighteen young people stayed overnight during the weeklong camp, and 20 more came each day courtesy of Big Woods Transit. Along with Elders Harvey Thompson, Myra Thompson, Karen Drift and Shirley McNey, the campers enjoyed a huge variety of activities, including making chokers and moccasins, building a teepee, cooking fry bread, identifying native plants, and of course speaking their traditional language.

Campers also learned about canoeing safety, and they heard presentations from Linda Tibbets-Barto and Becca Adams on tobacco abuse and its sacred role in Ojibwe culture.

Many thanks to Terry Goodsky for teaching traditional games and crafts, as well as instructing boys in drumming, and to Charles Grolla for teaching the moccasin and dish games. Mi gwech also to chaperones Marlene Stears and Leon Chosa, the summer youth workers who helped out at camp, the RTC, Big Woods Transit, and the University of Minnesota Indians into Medicine Program.

(Ellen Adams cont. from page 8)

“I hardly ever have problems with my kids in the classroom. In my class I lay the law down at the beginning of each school year by going over all the rules with them until they know them. However, the “kids are beautiful regardless of behavior – they are just children.”

Adams who was fortunate enough to get a job with the Bug O Nay Ge Shig right out of school (when it was still in the Mission area) originally began teaching a combination grade of students in 1, 2 and 3 grades and also taught 7-12 grade Language and Culture. Sometime after the move to its current location she was asked by the principal if she would be interested in starting a Kindergarten program. She has been teaching Kindergarten ever since.

Ellen also has the privilege of being the “popular teacher”. My classroom fills up fast,” she said. “I have had the opportunity to teach many families and former students children. It’s a very rewarding experience.”

She also loves teaching at the school, and gets along great with her co-workers. “We all work together, if someone needs help or needs something we help each other out, we are all family. All the kids are our kids too,” she said.

Some words of advice from a veteran teacher: “Always think you can make it. If you like working with kids then education might be the right career for you. But make sure you have lots of patience and understanding before even thinking about a teaching career.”

While Ellen may have had a hand in shaping young children’s minds for the last 45 years she has no plans of quitting anytime soon. “This is very rewarding; being with kids keeps me young. I get along with all of the kids – I give them all hugs. As long as my mind and body allow me to work I will keep working. I’m not a traveler and I happy to be in Minnesota and at the Bug O Nay Ge Shig school.”
**Introducing Nett Lake School’s new Superintendent/Principal**

Steve Thomas, Nett Lake Elementary School’s new superintendent/principal, began work in July and has graciously agreed to write a regular column on school news for the *Bois Forte News*. To help introduce the first column, here are some fast facts about Thomas:

- **Education** – Bachelor’s and master’s degrees from Central Michigan University, plus a master’s in education administration from Michigan State University, and he’s currently working on his PhD.

- **Philosophy** – “No student should be left to fail.” Thomas is a fan of frequent assessments so that students who need help get assistance as soon as possible.

- **Goals** – Thomas wants to raise students’ test scores, and he is eager to connect personally with the community. This includes both going out to community events and welcoming the community to the school.

- **Personal** – He and his wife, Angela, have four children, the youngest of whom is in high school. A Michigan native, Thomas said he likes Minnesota because it reminds him so much of his home state, except “it’s cleaner and the people are friendlier.”

**Inagural message from Steve Thomas**

It’s going to be another great year at Nett Lake Elementary School! I’m the new Superintendent/Principal at Nett Lake. This is my first article for the *Bois Forte News* and I appreciate the opportunity they provide me to write about what is happening at the school.

We begin school the day after Labor Day, Tuesday, September 2. Possibly you’ve already attended the school’s Open House on Tuesday, August 28. If not, please consider stopping in sometime to say hello and check out our beautiful building.

Nett Lake is a great school for your youngsters. We have a loving, caring staff and we have smaller than average class sizes than most schools, so the students receive much more individual attention than would be the case in almost any other school in the region. In addition, we have several paraprofessionals who assist in the classrooms which allow for even more individual help for our students. We have a great computer lab with cutting edge fiber optic technology, Apple computers, laptops, and learning pads for our students to connect to apps and other resources to broaden their knowledge and skills. If you have a youngster who could benefit from such a rich environment, we encourage you to think about Nett Lake if they haven’t already enrolled.

I also believe that “It takes a village to raise a child.” So, if you have some available time to give to our children, we would love to have you think about volunteering here at the school. Just let us know where your interests are and we will try to place you in a volunteer position that you will enjoy -- you could help in the area of reading, assisting in the library, helping at lunch time, or in many other ways. We also have a wonderful PTO program that meets quarterly. We’ll let you know when the first meeting occurs.

My philosophy of education includes the concept that no child should fail. Some have called a similar policy No Child Left Behind. It is our endeavor at Nett Lake not to let a child slip behind in their understanding of the curriculum. We are here to help them at every juncture, at every step in their path of learning.

To help us do that, we are involved with several programs in various subject areas, such as math and reading.

( cont. on page 11)
Minneapolis fire fighters are “Strong”er

The Minneapolis Fire Department became much “Strong’er” on July 11 when they welcomed their new class of 19 firefighters. Among the graduates is Jesse James Strong, son of Stan Strong and Cheryl Fishbach of Minneapolis, and grandson of Russell and Elsie Strong (Sam) from Nett Lake.

Jesse’s class of 19 members, selected from a pool of 3,000 applicants, was the first group of trainees since 1963 to all complete their arduous training and graduate as full firefighters. The success may be due in part to the fact that 18 of the 19 candidates had military experience. Jesse was a member of the U.S. National Army National Guard Reserve for eight years, serving in North St. Paul, Wabasha, Minnesota and one year in Iraq.

Fireman Strong is serving from Station #16, in the Glenwood community of Minneapolis. He is one of three Bois Forte Band members who are firefighters in the Twin Cities. Karen Connor, a ten-year veteran firefighter works on Engine 12, which serves the community near the International Airport. Wendell Hoaglund is a fireman/EMT on Engine 9 which provides fire protection to the East side of St. Paul.

Our goal is to provide the teaching skills necessary to bring every child to their highest potential - the very best they can be - in every subject, and the best they can be in being excellent citizens.

I want to thank my predecessor in this role as Superintendent/Principal for her three years of guiding the school. Rae Villebrun was helpful as I transitioned into this new role and I want to publicly thank her for all her work at the school and wish her luck in her new position.

My wife, Angela, and I are delighted to be here. We are culturally oriented, and appreciate the opportunity to serve in the community. We look forward to meeting you as the weeks go by. We enjoy it here already. We’ve already had deer eat some of our plants when we weren’t looking! Is there a polite way of shooing them off – deer spray?!

It’s not too late to get a great HEAD START for FREE!

The Bois Forte Head Start is accepting applications for the current program year. Head Start is located in both Tower & Nett Lake.

FREE program for ALL children age 3 years old by September 1, 2014 to 5-years old.

FREE healthy breakfast, lunch and afternoon snack.
Open Monday to Friday 9:00 a.m. - 3 p.m.

Creative Curriculum & Curiosity Corner Curriculum
Safe, healthy, enjoyable learning environment
Prepares your child for Kindergarten
FREE child transportation

For more information contact the Head Start at (218) 757-3265.

Protect our kids

With our children heading off to school, you will be noticing the return of many school buses on the road. Keep in mind the following school bus safety laws so that our children are safe.

• All drivers MUST stop when the red lights are flashing and the stop arm is extended, this means that children are getting on or off the bus. Stop at least 20 feet from the bus and remain stopped until lights are turned off.

• Drivers may NOT pass a school bus from behind on EITHER side when the flashing red lights are on and the stop arm is extended.

• When a school bus is stopped and the red lights are flashing and the stop arm is extended, stay stopped in your original lane, do not turn onto a street where the bus is stopped. Proceed only when the lights are turned off and the arm is withdrawn.

The majority of children injured or killed in pupil transportation are not injured or killed on the bus, but OUTSIDE the bus. Most are struck by motorists who fail to stop for the flashing red lights and stop arm. If you fail to stop for a school bus with the red lights flashing and extended stop arm it is a gross misdemeanor punishable by a $3,000 fine and/or one year in jail.

Help keep our students safe this school year and obey the school bus safety laws.

(Since Thomas cont. from page 10)

Minneapolis fire fighters are “Strong”er

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Dear Dr. Per Cap: I am turning 18 next week and will be getting my Minor's Trust payment. I am psyched! I am thinking of getting a Cadillac Escalade or maybe just a Land Rover.

I was wondering, what color do you think I should get it in - black or gunmetal grey? ~ Signed, Built for Speed

Dear Built for Speed,

Whoa there! Let’s take a step back here and take a deep breath. You have a lot more to think about than the color of your car. You’re about to receive a large amount of cash, and you want to make sure that money lasts longer than the new car smell. Otherwise it is just “easy come, easy go.”

This is a once in a lifetime opportunity, and you should make a plan for what you are going to do with your money before spending one dime. The plan doesn’t have to be complicated either. Maybe write a paragraph describing how you intend to spend your money over the next few years; or draw a pie chart with wedges that represent expenses and savings. A good rule of thumb for a young person is to save at least 50%, but don’t be afraid to sock away more. Then put your plan somewhere where you’ll see it every day; like your refrigerator door, bathroom mirror, or even the inside of your locker at school.

Now let’s talk about car buying. But I’m gonna have to apply the brakes here, too. Getting a new car can be fun, and a car is also a necessity for many people. But keep a few things in mind. First: a car is not an investment because it actually loses value, or depreciates, over time. In fact some brand new cars can depreciate by as much as $2,000 the moment you drive them off the dealer’s lot! So don’t assume your car will hold its value if you ever need to sell it.

Next, remember the words a wise man once told me: “You start paying for a car after you buy it.” (Would you believe the wise man was actually my high school wrestling coach? Yep!) My coach was right because as soon as the ink dries on your sales contract, and you’ll be spending more money on stuff like insurance, gas and maintenance.

The third thing to think about is that those car dealers are smart, and know how to separate people from their money – they are good at their job. So be a savvy shopper and maybe take an experienced friend or family member with you when you are looking around for the perfect car, to make sure the car salesman doesn’t take you for a ride.

OK, so now that you have the road map in front of you, and you have your plan, think about what car best suits your needs – do you need good gas mileage, a big truck bed, or is reliability the most important thing? Next, if your budget can afford it, you can think about your wants too: kickin’ stereo, rims, sunroof, tint, etc. Then shop around, and take your time. And before you know it, you’ll be zooming around town in your dream car – and still have money in the bank for later. Sit back, relax, and enjoy the ride!

PS: Oh, yeah, and I vote for the color red.

Ask Dr. Per Cap is a program funded by First Nations Development Institute with assistance from the FINRA Investor Education Foundation. For more information, visit www.firstnations.org. To send a question to Dr. Per Cap, email askdrpercap@firstnations.org.

**Phone Assistance Program**

The Minnesota Department of Human Services have joined with the Mille Lacs Band of Ojibwe and Wisdom Steps to provide no cost telephone equipment for Minnesota residents who have difficulty using a regular telephone due to hearing loss, speech or physical disability.

To qualify for assistive telephone equipment, you must:

1. Have phone service or applied for service
2. Be a Minnesota resident
3. Have a hearing loss, speech or physical disability
4. Be at or below the state median income guidelines

For more information contact 1-800-657-3663, visit the website www.tedprogram.org or email ted.program@state.mn.us
Research project examines stress, its impact on Type 2 Diabetes

The Maawaji’ ido-og Mino-ayaawin (Gathering for Health) project is a collaboration between researchers at the University of Minnesota Medical School-Duluth. Our team was granted a resolution in support of the project from the Bois Forte RTC prior to applying for funding. A major goal of the research is to understand the specific types of stressful experiences most strongly related to diabetes-related health problems in Indigenous communities.

We also hope to identify important protective and coping factors that offset the negative impact of stress on health. The research team appreciates this opportunity to share information about the project with Bois Forte News and its readers.

Q. **How are study participants chosen?**
A. Participants are randomly selected from clinic records and are invited to participate by mail. Eligibility criteria are: 18+ years of age, diagnosed with Type 2 diabetes in the past 2 years, and self-identified as American Indian. The study will be enrolling new participants through October, 2015.

Q. **What are study participants asked to do?**
A. Individuals who are randomly selected, invited to join the study, and agree to participate will complete a survey and provide saliva samples used to measure a stress hormone called cortisol. Survey and saliva collection occurs every 6 months for a total of 4 visits.

Q. **How long is the study?**
A. Data collection for this project began in early 2013 and will continue through the spring of 2017.

Q. **How might the results be used?**
A. Understanding the types of stress most harmful to health as well as the specific coping factors (e.g., resources, support networks, behaviors, etc.) that protect against stress is critical information for patients and healthcare providers. The results of this study could also be useful for future diabetes support programs, particularly those focusing on stress reduction and management. The University-based researchers and Community Research Council (CRC) members from your community (see next column) will work to identify ways that the data can be put to good use within your community.

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The Gathering for Health Project Team is honored to work with the Bois Forte community on this important work. We welcome your ideas for informing Band Members about the progress and outcomes of the project.

**Gathering for Health Community Research Council (CRC) members:**
- Doris Isham
- Beverly Steel
- Jane Villebrun
- Stan Day
- Michael Connor
- Ray Villebrun
- Muriel Deegan
- Peggy Connor
- Pam Hughes

**Contacts:**
- Doris Isham, RN (disham@boisforte-nsn.gov) or Melissa Walls, PhD (mlwalls@d.umn.edu or 218-726-8367)

Approximately 14,000 adults with health care coverage through MinnesotaCare have recently received a “Referral to MNsure” letter stating the need to renew health care coverage through MNsure. The Minnesota Chippewa Tribe (MCT), located one mile south of Cass Lake, MN, employs two (2) MNsure Navigators who can provide assistance with the MinnesotaCare renewal application process.

Appointments may take place Monday through Friday in Cass Lake at the Minnesota Chippewa Tribe building, or Tuesday afternoons in Bemidji at Northwest Indian OIC. Please bring your “Referral to MNsure” letter with you to your appointment, as it contains important information to access your MNsure account.

MCT MNsure Navigators are also available to schedule Enrollment Events at any of the Minnesota Chippewa Tribe reservations, i.e., White Earth, Leech Lake, Fond du lac, Bois Forte, Mille Lacs and Grand Portage. MCT MNsure Navigators also reach out to Native populations residing in Duluth, Bemidji and the twin cities metropolitan area. Call us today if you would like to participate in a MNsure Enrollment Event in your area.

You may schedule an appointment with MNsure Navigators Priscilla Fairbanks or Joni Hilliard by calling 218-335-8586, ext 128 or 129.

Respect traditional tobacco use and avoid tobacco abuse

Bois Forte Health and Human Services wants to help you live a happier, healthier life.

For information and help in beating addiction to unhealthy tobacco use, contact Linda Tibbetts Barto, Coordinator of the Tobacco Education and Policy Development Program at 218-757-3295 ext. 284 ltbart@boisforte-nsn.gov or Rebecca Adams, Community Wellness Coordinator 218-757-3295 ext. 280 radams@boisforte-nsn.gov.
Community News & Announcements

September Bulletin Board

I'm so tickled about Theda Drift's idea for this new community bulletin! I have a recipe that Mom (Alice Kenny Smith) used to make us kids when we were young. A simple, delicious Lemon pie. Refreshing and easy! Blender Pie! Now-a-days, I use a ready made crust, which makes it even easier. We didn't have much when we were growin' up but when Dad got Mom this new blender, for Christmas one year, she discovered this recipe. Brings back wonderful summer memories of Mom! Hope you enjoy and make wonderful memories too!

- 1 large lemon, ends cut off, diced (peel and all)
- 1 cup Sugar
- 4 Eggs
- 1/2 cup melted butter
- 1/2 tsp. vanilla

• Blend in blender (looks runny)
• Poor in pie shell
• Bake @ 375 for 40-50 min.
• Top with whip

Thank you so much for this opportunity to share,
Carolyn Ruth Smith Dunn - Deer Meadows, Washington
e-mail: minnindian@yahoo.com

To submit your ideas email Helenwilkie@comcast.net or mail them to:
Bois Forte News
1101 Sibley Memorial Hwy, Suite 507
Lilydale, MN 55118

Welcome

Nicolis Buchholz
Born June 17 at a healthy 8 pounds, 15 ounces
Son of Nicolis Buchholz Isham & Racheal Howe
Grandson of Bill & Jannan Isham and Bob & Annette Howe

What do you plan to do with your 1854 Treaty Payment?

“My check is going to purchase clothes and supplies for the kids.” ~Cheryl Jensen

“I’m thinking about taking a trip to the southwest with my son, Alex.” ~George Strong

“My job with the American Indian Cancer Foundation requires me to dress up, so I’ll probably be buying work clothes.” ~Dannis Chosa

“I will probably use the money to replace my old computer.” ~Arlene Chosa

Supporting Senator Bakk

Several Bois Forte teams showed their support for Senator Tom Bakk Wednesday, July 9, at The Wilderness at Fortune Bay. The golf outing/dinner is an annual fundraiser put on by Senator Bakk. Pictured left to right are Corey Strong, Warren Villebrun, Senator Tom Bakk, Dave Villebrun and Troy King.
Kimberly Ann Hughes

Kimberly Ann Hughes, “Miskogiizhikequay” (Red Sky Woman) 44, of Cottage Grove, passed away peacefully at home on Monday, August 11, 2014.

She was born on April 7, 1970, in Minneapolis, where she also grew up.

She married Raymond Hughes on October 8, 1993 in St. Paul. Kim was a dedicated homemaker, and dearly loved being with her family, especially her beloved granddaughter, Aliyah.

Her family fondly recalls her love of Pepsi Cola and her collection of Pepsi memorabilia. She loved shopping and collecting everything. Kim battled illness most of her life, and battled cancer at the end. She was a very strong and supportive and will be sadly missed by family and friends.

She is preceded in death by her father, Michael Leecy and a sister, Louise Lambert.

Kimberly is survived by her husband, Raymond of Cottage Grove, MN; 1 son, Dustin (Maria Olderberg) Hughes of Orr; 1 daughter, Austin (Robert Martinez) Hughes of Cottage Grove; her mother, Cheryl “Ticko” Jensen of Nett Lake; 1 brother, Danny (Sandy Hill) Lambert Jr. of Nett Lake; 1 cherished granddaughter, Aliyah Martinez.; many aunts, uncles- including special uncle Mark Hoagland; special friend Dyan Lovette; and numerous nieces and nephews.

SERVICES: Traditional services will be at 10 a.m. Friday (August 15th) at the Cheryl “Ticko” residence at 4573 Palmquist Drive in Nett Lake. Visitation will be after 5 p.m. Thursday at her residence. The spiritual advisor will be Michael Dahl. The casket bearers will be: Wendell Hoagland, Tim Hughes, Shawn Jensen, Alec Kruz, John Lambert and Jeremy Hoagland. Honorary Bearers will be all in attendance. Interment will be in the Nett Lake Cemetery.

“What Cancer Cannot Do”

Cancer is so limited.
It cannot cripple love.
It cannot shatter hope.
It cannot corrode faith.
It cannot eat away peace.
It cannot destroy confidence.
It cannot kill friendship.
It cannot shout out memories.
It cannot silence courage.
It cannot reduce eternal faith.
It cannot quench the spirit.

Author Unknown
There is help and hope for those dealing with untreated mental illness and substance abuse.

Mental Health and Substance Abuse Treatment for All Ages

Get Back To Life
Prairie St. John’s

701.476.7216 | prairie-stjohns.com | Fargo, ND

Deadline for October issue: September 8

Submit material to:
Bois Forte News
1101 Sibley Memorial Hwy. #507
Lilydale, MN 55138
651-260-2420 phone 651-452-1640 fax
Helenwilkie@comcast.net

The Bois Forte News (BFN) is published monthly by the Bois Forte Band of Chippewa. The BFN encourages submission of articles, community announcements and photos. There is a $10 charge for personal announcements. Contributions are subject to editing for grammar, length and malicious/libelous content. BFN will attempt to include all material submitted by Band members and guests. Multiple contributions from the same source may be excluded or rotated to future issues to ensure equal access to all. Paid ads are accepted. Visit www.boisforte.com for rates and insertion order.

The BFN is distributed for free to Band members and is available to others for $10 per year.

BOIS FORTE NEWS
SEPTEMBER 2014

Tribal Council
Kevin W. Leecy
Chairman
David C. Morrison, Sr.
Secretary/Treasurer
Karlene Chosa
District I Representative
Brandon Benner
District II Representative
Ray Toutloff
District II Representative