



How you can get involved with the Indigenous Parent Leadership Initiative

By **Beth Ann Dodds**
Project Coordinator
Indigenous Visioning, LLC

The Indigenous Parent Leadership Initiative graduated their first co-hort in September 2022 with 11 graduates. Many of the IPLI Alumni are now working on their Community Projects, so stay tuned! We are happy to share that the second co-hort of 13 parent leaders began their journey with an all-day retreat in December 2022 at Circle of Life Academy.

In Phase I of IPLI, parents experience their strength as leaders and begin to understand the perceptions and role of leadership within their family. They come to reexamine, from a cultural and family context, their interest in leading for the next generation. During a series of one-on-one and group activities, participants focus on what their passion is. This



Submitted photo

The second co-hort of 13 parent leaders began their journey with an all-day retreat in December at Circle of Life Academy.

phase helps them decide WHERE their passion lies and HOW they would like to help their tribal community through their personal community project.

We are excited to welcome two alumni from cohort 1 who applied to be facilitators (trainees) for cohort 2. IPLI graduates Marlena Hanson and Susie Ballot are currently being trained by Beth Ann Dodds and Kris Manning, who are both certified facilitators through the National Parent Leadership Institute. Senior Support Specialist Zulema Gomez from the National Parent Leadership Institute offers weekly technical assistance guidance.

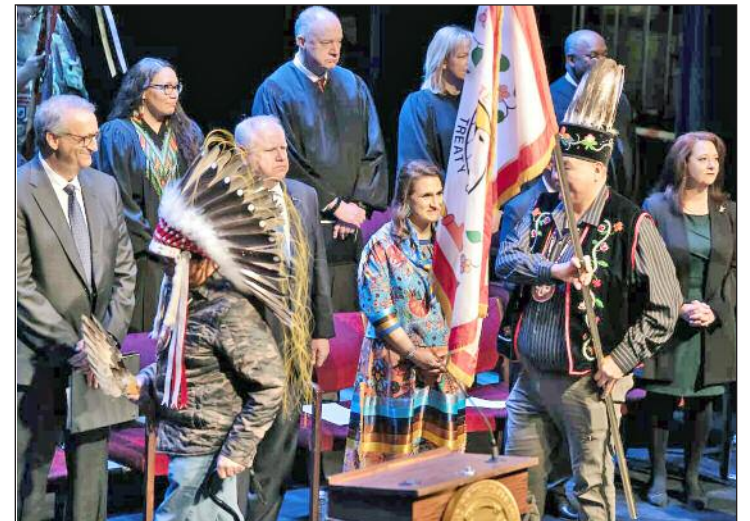
Susie Ballot is also being trained as the Indigenous Foundations Cultural Facilitator for the initiative. Her goal is to provide participants with the knowledge to be comfortable about incorporating cultural activities in their daily lives and into their children's daily lives and to carry on the traditions for future generations to come.

How can you get involved?

Become a Civic Design Team member! We are currently accepting applications from White Earth community members for the Civic Design Team. The Civic Design Team (CDT) is the driving force behind the initiative. Its members are a reflection of our tribal community. It has the special function of informing the tribal community about the initiative, introducing leadership training opportunities to parents, selecting and interviewing parents to attend the program, mentoring program participants and ensuring that the courses run smoothly for the community. Civic Design Team members meet monthly (depending on need) and should be willing and committed to give their time, resources and expertise to the initiative for the duration of the program. Meetings will be held in

See Leadership Page 4

White Earth invited to Swearing In



Photos by Glen Stubbe / Star Tribune

Top: White Earth Veteran Sharold Hanks (left) and Chairman Michael Fairbanks bring in the White Earth Nation flag during the swearing in of Minnesota Governor Tim Walz and Lt. Governor Peggy Flanagan on Jan. 2 in St. Paul. **Bottom:** Flanagan, White Earth enrolled, is sworn in by Judge Sarah Wheelock. With her are husband Tom Weber and daughter Siobhan, 10

White Earth employees sort toys for reservation children



Photo by Gary W. Padrta

White Earth employees helped sort Walking Shield toys in time for Christmas. Each community council received toys based on the number of youth that were signed up in their communities. From left are Loretta Solmon, Stacie Warren, Ayecia Kemp, Jeff Burnette, Mike Turner, Maria Bevins and Thomas Azure Jr.

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Anishinaabeg Today

The *Anishinaabeg Today* (AT) is the official publication of White Earth Nation and is published once a month. Editorials and articles appearing in the AT are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the AT staff or the White Earth Reservation Business Committee.

The AT reserves the right to reject any advertising or materials submitted for publication. The submission of articles and photos is encouraged, however, they are subject to editing for grammar, length, and malicious/libelous content. The Editor makes the sole decision of what is published in the AT and will not assume any responsibility for unsolicited material nor will the AT guarantee publication upon submission. **Deadlines are strictly enforced!** Deadline dates are printed below in each issue.

The AT is distributed at no charge to all postal patrons living on White Earth Reservation and by mail to White Earth Nation members (who request the newspaper) living within the United States. One per household. The cost of a newspaper subscription is \$12 per year for non-members (including descendants) living off the reservation. **Current and past issues of the AT can be read online for free at www.whiteearth.com.**

For more information call 218-983-3285 Ext. 5903, email: today@whiteearth-nsn.gov, fax: 218-983-3641, or write to:

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Future Issues *

Deadline	Issue Date
February 22	March 1
March 29	April 5
April 26	May 3
May 31	June 7
June 28	July 5

* Deadline and issue dates subject to change

Protecting Manoomin through Anishinaabe Law

By Amy Myszko
Niibi Center Program Manager

Rights of nature is a movement that seeks to give non-human relatives legal status as persons, and has gotten some traction around the world, as well as here in Minnesota. The White Earth Nation voted to give manoomin (wild rice) rights in 2019, in order to help protect wild rice and the habitats in which it grows. This legal standing is important due to manoomin's status as not only an integral food source for Ojibwe and non-Native people in Minnesota, but most crucially because of the role manoomin plays at the center of Anishinaabe prophecy, spirituality and culture.

The next step with protecting manoomin legally on White Earth is work at the WE Tribal level to codify these rights into actionable policies and laws, in order to give the rights of manoomin some "teeth," i.e. the ability to uphold them legally. This is still a process in the works, and the Niibi Center, a Native run non-profit here on White Earth has been working with private legal counsel as well as the Tribal DNR to solidify policies that can be used to protect manoomin on Tribal lands. But, this is just touching the surface of the work needed in the area of Natural Law (also referred to as Anishinaabe Law) going forward.

As we saw with the Manoomin vs. DNR case that was thrown out by a WE Tribal appellate court last year, even Tribal legal systems need to be educated about how to work with the existing rights of manoomin legislature in order to better protect wild rice and the lands on which it grows. That case focused on the imminent damage to water and manoomin that the State DNR was failing to prevent through their support of Enbridge, a Canadian corporation, during the Line 3 construction project. The Tribal appellate court threw out the case because they didn't believe they had jurisdiction, however other lawyers who specialize in rights of nature work, as well as Tribal members, have questioned that decision.

The Niibi Center is taking action on this front as well, with a first annual Anishinaabe Law conference that will be held June 25-26, 2023 at the Shooting Star Casino. This is intended to be the first of many conversations in the community where Tribal leaders from other parts of the country and world can come and share how they have utilized existing Tribal and non-Tribal legal systems to protect traditionally sacred foods/lands and uphold Tribal sovereignty.

The community is invited, and the focus will be on education in order to build capacity for enacting and

upholding Anishinaabe Law at the local Tribal level. Ultimately, we would like to collaborate with other Tribal Nations and Indigenous tradition keepers on how to best interface Anishinaabe Law systems with State and Federal law here in Minnesota and beyond.

The Anishinaabe Law Conference will be free and open to the public, with a focus on educating current Tribal legal systems in Minnesota. You can register now at this link if you are interested in attending.


www.eventbrite.com/e/anishinaabe-law-conference-tickets-524712999707

The link and more information can also be found at our website: niibicenter.org/event/anishinaabe-law-conference/

WHITE EARTH AREA

★ ★

VETERANS



We invite all veterans and active military in our community for a gathering to connect, eat and support one another.

Hosted by: White Earth Veterans Association and White Earth Mental Health

Food will be provided by: White Earth Mental Health

FEB

7

2023

★ ★ ★

2219 COLLEGE RD
MAHNOMEN MN,
56557

TUE

4-5:00

P.M.

FOOD WILL BE SERVED!!



Thank you ENP staff!

Thank you to the White Earth Elderly Nutrition Program staff for their hard work in making the annual White Earth Elders Christmas Party on Jan. 4 such a huge success.

Missing from the group photo are Eric Greene, Cheryl Rindahl, Jim Bevins, Tim Rindahl, Danielle Uran, Jean Libby, Thor Smith and Angie Neeland.

Submitted photo

BECOME A FOSTER PARENT IN CRITICAL NEED!!!

White Earth Foster Care is in critical need for licensable foster homes. If you or anyone you know is interested in opening your home to help out your family, friends, neighbors and community. Please reach out to our foster care team.

Office Phone: 218-983-4647

Roberta Roy -Coordinator Ext: 5516
Roberta.roy@whiteearth-nsn.gov

JoAnn Keezer -Licensor Ext:5542
Joann.keezer@whiteearth-nsn.gov

Vanessa Spry - Licensor Ext:5501
Vanessa.spry@whiteearth-nsn.gov

Patricia Racine - Licensor
Patricia.racine@whiteearth-nsn.gov

It takes a village to raise a child.

FIND A VILLAGE.
 ENCOURAGE ONE ANOTHER.
 &
 OPEN YOUR VILLAGE TO OTHERS.

Sponsored by the White Earth Urban Community Council

happy Valentine's day

White Earth Urban Elders Valentine's Party

Saturday, Feb 11th

11 am to 2 pm
 MCT Building
 1308 Franklin

Music, Food, Door Prizes



DO YOU WANT TO VOLUNTEER?

Email Annette at
weurbancommunitycouncil@gmail.com



877-410-8550

anonymous crime and elder abuse tip line

News From Chairman Michael Fairbanks



Aaniin Boozhoo Gaa-waabaabiganikaag Niminwendam Waabaminaan!

Namebini-Giizis!

Aaniish inaa akawe ninga-gaagizomaag aadizookaanag.

Greetings White Earth Nation I am Happy to See You!

It is already February!

This time of the year you will see many Anishinaabe people make and play the Snow-snake game. Back in the day Snow-snakes were used for hunting small game and for playing the game. This month we have the creation story aadizookaan of Awanookwe, Fogwoman and Goon-Ginebig, Snow-Snake.

Once upon a time there was a village on Gichigami, Lake Superior and there were a set of twins who went out to set net. The weather was very beautiful when the twins went out to set their nets they offered asema to Gichigami for safe travel and for a good catch. So the next day they went to retrieve the nets, offering asema and getting in a birchbark canoe paddling out. They came upon the first net they could see they didn't have any fish to harvest so they left it out. The next net was even better a few fish they could see so they pulled it in. The third net was okay they got like 10-12 fish but not nearly enough to feed the village. So as they made their way to the fourth one they noticed something in it. They grabbed it and it was really heavy as they pulled it in. It was empty at first, then as they got to the end of the net a big huge thick awan, fog came rolling in all around their canoe, it was so thick they could barely see as they pulled the net in.

Then they noticed an Anishinaabekwe, an Ojibwe woman entangled in the net and they were shocked to see her alive. The awan, fog was so thick they could hardly see what she looked like. Finally after freeing her from the net she began to talk as she was very upset because of the tiring experience it took to get her out. She pulled her long beautiful hair out of her face. One of the twins asked her, "Who are you and why are you entangled in our net?" She replied, "I am Awanookwe, Nanaboozhoo's half-sister he sent me here to help the Anishinaabe live minobimaadiziwin, healthier easier lives."

So they began to paddle back to the village but they couldn't see anything, they couldn't even see each other. They had no idea which way was which the awan-fog was so thick. At that moment Awanookwe got close to them pointing in a direction with her lips i'widi, go that way. So they paddled in the direction Awanookwe guided them to the village. They soon began to hear people from their village worried and waiting for them at the shoreline. As they made it home the older twin said, "Well I am at that age where I am looking for a wife and you would be a good fit for me." Awanookwe replied, "Gaawiin, no I am not here for that I am here to help all Anishinaabe because my brother Nanaboozhoo has sent me here to do so." So he thought well I will keep her prisoner until she changes her mind and he strapped her to a pole in his lodge before any of the villagers seen them. He tried feeding her but she refused day after day.

So the younger twin started to worry about her and went to see if he could talk her into eating. As he got closer to his brother's lodge he noticed a hole so he peeked in just as she was pulling out a strand of her hair dropping it in the water and she pulled out a wall-eye of which he had never seen that type of giigoonh-fish before and she called it ogaa- walleye. She ate the fish then pulled up a snake but she didn't eat it she told

it, "Go out there live a good life out there." As he turned to sneak away Awanookwe heard him and said, "Stop you must promise me you will never tell anyone what you have seen here today." He said "Enya, Yes." He felt okay because she was eating.

The older twin got curious one day and snuck up to the lodge peeking in and seen the same as the younger. She tried keeping him to secrecy and he disagreed telling her she was to hair-fish for them all because the fog on the lake had not subsided since she came to them. He told his brother, "We are not going netting anymore it is too dangerous. I am making Awanookwe hair fish for us." So she was fishing for walleyes and the older twin built a lodge making the village people trade their things for walleye; he had been making her fish so much eventually the whole village didn't have anything anymore because they traded all of their things to the older twin had it all using it to build lodges for smoking fish and other things.

Awanookwe seen how people in the village were struggling and began to talk to the older twin saying, "I will bargain with you by becoming your wife in exchange for my freedom so I can finish what my brother Nanaboozhoo sent me here for. He didn't trust her but finally she got the older twin to believe her so he called for his younger twin saying, "Take her to the village to meet the people." He did and Awanookwe flew out to the lake getting free and strong again. She turned around and said, "We are not together older twin no deal!" "There are gifts I need to give Anishinaabe without your greed and abuse. I need to finish doing what my brother Nanaboozhoo sent me here for. I will marry the younger twin because he has always been good to me!"

She swam back into the village separating from the older twin and married the younger. He introduced her to everyone telling them she had more gifts to give and showed them how to use. She gifted Anishinaabe fingernails and toenails helping them to have easier lives showing them how to use them. Also she explained they're sacred when they grow long enough trim them and put them in a little cloth tying up and offer asema, tobacco and set them out by the water shores for the nibiinaabe and nibiinaabekwe the mermaids to collect along with the little people memeng-wesiwig; they will use them for medicine.

She told the villagers to go out and get a large stick to smooth out and decorate for a biboon winter hunting and game, showing them how the goon-ginebig, snow- snake worked and looked. She said from this day forward a giant goon-ginebig will over-see food and medicine in the deeper winter months.

See Chairman Page 23

Secretary-Treasurer's Report / Michael J. LaRoque

Aanin Boozhoo

Greetings White Earth Members, I have the honor of providing you with the monthly report of the Secretary/Treasurer position for the White Earth Tribal Council. The monthly report consists of reports of the activities of each division within the White Earth Reservation Business Committee. These divisions consist of Public Safety, Natural Resources, Human Services, Behavioral Health, Judicial, Indian Child Welfare, Cultural, Public Works, Health, Compliance, Economic Development, WELSA, and Enrollments.

I will be featuring the Public Safety Division this month and talking about the Area Community Councils on and off the Reservation.

Public Safety

The White Earth Public Safety Division consists of these departments: Tribal Police, Tribal Dispatch, Security, Surveillance, Motor Vehicle, Mahnomen Police Contract, Community Service Officer Program, and BIA Indian Highway Safety Program.

Tribal Police

This department is made of 28 Minnesota Post Licensed Officers, consisting of a Chief of Police, Deputy Chief of Police, Patrol Sergeants, Investigators, and Patrol Officers that patrol and police the White Earth Nation. The department shares state criminal jurisdiction with the State of Minnesota under contractual agreements. We also have civil regulatory jurisdiction on all White Earth Members. The total General Fund is \$1,011,496. The salary and fringe for the next three years is coming from the BIA self-governance Cares Act funding.

BIA Indian Highway Safety Program

This reimbursable grant covers three Highway Safety Officers that provide traffic safety for all highways within the White Earth Nation. This grant covers salary, fringe and overtime for these officers.

Tribal Dispatch

This department is made up of six Tribal Dispatchers that take emergency and non-emergency calls within the White Earth Nation. The total General Fund is \$32,219. The salary and fringe for the next three years is coming from the BIA self-governance Cares Act funding.

Surveillance

This department consists of one Tribal Surveillance Technician that covers all surveillance cameras for the White Earth Nation buildings. Total funding is \$34,744. This funding comes out of the indirect funding source.

Security

This department consists of five Security Officers that cover the buildings within the White Earth Nation. Four Officers at the Congregate Housing building provide 24/7 security services for this building and one other covering the Nah Tah Waush Complex building. We supervise Security Officers for Behavior Health buildings that are funded by them.



Total General Fund is \$371,432.

Motor Vehicle

This department consists of one Coordinator and one licensing clerk position that provides Tribal Identification Cards, Tribal License Plates, Tribal Hunting and Fishing Permits, and Renewals. Total General Fund is \$277,432 with a revenue of \$117,432.

Community Service Officer Program

This department consists of five Community Service Officers for each of the five large communities within the White Earth Nation. This program is funded by the Behavior Health Division.

City of Mahnomen Police Contract

The White Earth Tribal Police Department provides law enforcement services for Mahnomen. This consists of four Patrol Officers. The total contract for law enforcement services is \$236,530.

Area Community Councils on/off Reservation

In mid-December myself, the Executive Director, and CFO met with all Chairpersons and Secretary/Treasurers from each Area Community Councils to talk about budgets and funding sources. We also talked about obtaining their 501c3 status for obtaining future funding. The subject of stipends came up and the past RBC approved a \$200 per meeting stipend for up to 12 monthly meetings and up to five community council members. These stipends were paid out with proof of meetings with minutes. At the January RBC meeting the RBC amended the meeting stipends to \$150 per meeting for the upcoming year. The on reservation Area Community Councils receive \$10,000 in reimbursable funding from the White Earth Housing Authority for activities in each community. We also secured \$10,000 in funding from the Behavior Health Division for events in each community.

In closing I want to thank the members of the White Earth Nation for giving me this opportunity to serve as the Secretary/Treasurer for this great nation. I look forward to moving forward with great progress and optimism and I hope we can work together for a brighter future. Miigwech!

Leadership from Front Page

person or on Zoom. Although this is a voluntary position, CDT members will receive a small stipend.

Indigenous Visioning, LLC/All Nations Rise would like to bring the children's version of the initiative to the White Earth community. The Indigenous Children's Leadership Initiative (ICLI) would offer children ages 3-12 a parallel course to the Indigenous Parent Leadership Initiative. Trained early care providers facilitate ICLI, with youth serving as assistant teachers. ICLI offers a culturally responsive curriculum and will feature indigenous children's stories.

The Indigenous Parent Leadership Initiative is made possible by the MN Department of Health Community Solutions Healthy Child Development Grant with support from Northwest Minnesota Foundation and White Earth Nation Project Launch.

To apply as a Civic Design Team member visit www.IndigenousVisioning.com. You can also print out the application and mail it to: Beth Ann Dodds, Indigenous Visioning, PO Box 148, Bagley, MN 56569. For more information about becoming a funding partner, email beth@IndigenousVisioning.com.

22nd Annual "Jake Busse" Fishing Derby on Rice Lake

Saturday, Feb. 11, 2023

\$ 5.00 a person entry fee

(with a 4 hole limit)

11:00 am to 3:00pm



(Non-enrolled must follow state regulations)
(Enrolled members must follow tribal regulations)

With 100% payback

Everyone welcome

Persons to contact for Questions:

Pete Busse (218-214-3870)

Sherry Halberg – (218 -261-1198)



Mahnomen Country Club Winter Wonderland Rules:

- * Ski, snowshoe or walk with a partner. **One adult (18 or older) must be present**
- * Activity must occur during the daylight hours.
- * Stay away from the river water and areas marked with poles and tape.
- * Plan ahead, use the restroom before arriving, dress appropriately and bring a cell phone for emergencies.
- * Unauthorized motor vehicles, ATV's and snowmobiles are NOT allowed.
- * Take litter home with you.
- * Drugs and alcohol are prohibited.
- * Adult Cross country ski and snow shoe lessons are provided by White Earth Tribal Public Health. Make an appointment by calling 218-401-2421 Monday-Friday 8 until 4:30.
- * Have fun enjoying the fresh air, beautiful scenery and outdoor exercise!

Bonus: Monthly draw prizes will be awarded if you find the 7 foot Sasquatch on the property and take a picture of yourself with it every time you visit the MCC in the winter months. Text or email the photo along with your contact information to **218-401-2421** or Jackie.haugo@whiteearth-nsn.gov



Day Labor clients

Please provide an updated phone number(s) so staff can contact you.

News From District I Representative Henry Fox

Boo-zhoo

It has been very busy the past three months. The Rice Lake Homeless Elder Village was granted \$7.5 million in 2021 while I was on the Rice Lake Community Council working with then District 1 Rep. Raymond Auginaush, Human Services Director Michael Thompson, Elder Advocate Lisa Goodwin/Knutson, Adam Fairbanks, and the architects. The plan was to break ground as soon as possible.

After the recent tribal election and being voted in by our people, the Elder Homeless Arrowhead Building is still my number one priority. With the price of building materials and the skyrocketing cost of the wiring, the Arrowhead design for the building went way over budget and we are currently looking for more funding and we are looking at a Homeless Elder Arrowhead design with central offices for services to accommodate the elders living there.

White Earth Maintenance came and upgraded the gym lighting to LED bulbs. Mii-gwech for the patience.

We have been working with all the boards - one of them is Housing and getting them back on track to better serve our people. Because of Covid-19 it was a set back looking to hire a new Housing director. We also meet with our White Earth Enterprises Board on all our businesses for the tribe and we started our own PUC and Elders Commissions.

Met with our Land Department on some purchases of buying land back and getting the money back from when the Shooting Star was built put back into our WELSA Program - a long time coming. Working with the Circle of Life Academy, their School Board and the Education Program to better provide schooling to all the area children in our surrounding schools that reside on the White Earth Reservation.

In the last three months I have attended our regular White Earth RBC meetings (the last Wednesday of every month) and the Gaming Commission and the Special Finance meetings.

Good news! The land the Bagley Casino sits on is now in trust.

I have also been attending the 1855 Treaty Authority meetings. Our last one was Jan. 12 at Timber Lake Lodge in Grand Rapids, Minn. During



this meeting I was nominated by Michaa Aubid for vice chairman. I accepted and was placed on as the vice chairman. There are a lot of knowledgeable people on the Authority.

I wanted to share a little about addiction of any sort. Years ago a person's addiction was based on what they called the Jellinek Chart - it told you where you were in your addiction and it was like a valley chart and most of the time people hit rock bottom seeing their addiction is disastrous. Like all other addictions, at some point it has become a problem so when you finally decide and admitted you have a problem and want to change you bring all your baggage with you. Most of the time it gets pretty personal in today's world with all the alcohol and the drugs.

I was attending a funeral one time about 10 years ago and an Elder got up and said if you are going to use don't use alone. I was upset but after giving it a thought he had a point. It also comes down to the families, if you see a family member or a friend please do an intervention - let them know they are loved. Let them know what you see and they need help and please accept it and quit fighting that evil spirit. It's a long tough road and that's why we live one day at a time, ah-ho.

Mii-gwech
District 1 Rep. Henry George Fox
Cell# 218-407-2729

USDA accepting applications to help low-income individuals and families buy or repair homes

USDA Rural Development is accepting applications for very low- and low-income individuals and families seeking to purchase or repair a home in a rural area.

The Direct Home Loan program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing. No down payment is required, and the interest rate could be as low as one percent with a subsidy. Applicants must meet income and credit guidelines and demonstrate repayment ability. The program is available in rural communities of generally 35,000 people or less.

The maximum loan amount is \$40,000 at a one percent interest rate, repayable for a 20-year term and can be used to improve or modernize homes and do essential repairs. Grants of up to \$10,000 are available to homeowners 62 and older and must be used to

remove health or safety hazards, such as fixing a leaking roof, installing indoor plumbing, or replacing a furnace.

Contact Claire Jackson, SFH Loan Technician, Rural Development, United States Department of Agriculture at 809 8th St SE, Detroit Lakes, MN 56501. Phone: 218-530-3314, Fax: 855-804-4098, Email: claire.jackson@usda.gov

USDA Rural Development loans and grants provide assistance that supports infrastructure improvements; business development; housing; community services such as schools, public safety and health care; and high-speed internet access in rural areas. For more information, visit www.rd.usda.gov/mn.

USDA is an equal opportunity provider, employer, and lender.

Rez Briefs

RBC offices closed for holiday

White Earth RBC offices will be closed Monday, Feb. 20 for Presidents Day and will reopen on Tuesday, Feb. 21 at 8 a.m.

COLA School Board meets second Tuesday of the month

The Circle of Life Academy school board meeting will be held Feb 7 at 4:30 p.m. in the COLA conference room or by zoom. You must request a link at the front office by calling 218-983-4180.

Elders Commission sets meeting dates

The White Earth Band of Ojibwe Elders Commission will meet Feb. 15 at the RBC building and March 15 at the Shooting Star Casino. All meetings start at 9 a.m. The Commission will use Robert's Rules of Order to govern the meeting and decision-making process. Visitors and guests are welcome to attend and observe and will have time to share their issues with the Commission at about 11 a.m., after the business meetings.

Save the date!

The Niibi Center and White Earth will host the bi-annual Niibi and Manoomin Symposium on April 23-25 at the Shooting Star Casino. All White Earth band members and community members are invited to attend.

Ogema VFW 9880 Auxiliary news

Ogema VFW Post 9880 Auxiliary will meet on Feb. 13 at 4 p.m. at the VFW Hall in Ogema. All members encouraged to attend. We will be holding a Pancake Breakfast on Feb. 19 and need workers! If you have questions please call Carol Fabre at 218-983-3443.

Waubun School Forest Hut is open

The School Forest Hut is open weekends and holidays. There are skis, snowshoes and sleds available. You can call volunteer Loree at 218-473-2475 for more information. To reserve a weekday time call the Waubun School 218-473-6173. The School Forest is located at 2541 State Hwy 113 (9.2 miles east of Waubun). The sledding hill and trails are always open to use.



How does tribal child support work?

Child Support is payments one parent makes to their child's other parent or legal guardian to help with the costs of raising the child.

Here are the services our tribal child support program provides:

- **Find the other parent** — We can try to find the other parent to establish parentage and a support order.
- **Establish parentage** — We can help parents establish a legal relationship with their child through a quick and easy form or genetic testing.
- **Establish and enforce a support order** — We can establish an order that provides support for your child. When the other parent doesn't pay the full amount or doesn't pay at all, we can use enforcement options like withholding child support from their paycheck.
- **Review or modify the order** — We can review your order and, if appropriate, modify it based on your income or situation.

Our program also has culturally specific elements:

- **Cultural understanding** — Our program knows the community and works to help children financially, emotionally, and holistically. We can make referrals to community and culturally-based programs.
- **Hands on experience** — We're uniquely positioned to walk you through our tribal child support process and family-centered approach.
- **Non-cash support** — Our court can order non-cash child support payments, such as firewood, childcare, home repairs, or other services approved by the tribe. Both parents must agree to the non-cash payments.

Did you know?

Our office can help parents who have cases with other tribal and state programs.

Have questions?

We're here for you! Contact us to learn more.



White Earth Nation Child Support Program

Phone: 218-983-4641 PO BOX 387 White Earth, MN 56591



Tired of paying for tax preparation? With WEII free tax services and tools, you don't have to!



	WEII VITA Tax Site	TaxSlayer FSA	Cash App
Delivery Method	Our IRS-certified volunteers prepare your returns for you	You prepare your own returns and we provide help mytaxquestions@mmcdc.com	You prepare your own returns and we provide help mytaxquestions@mmcdc.com
Income Limit	AGI must be under \$73,000	AGI must be under \$73,000	No income limit
Tax Years Allowed	2017 to 2022	2022 only	2022 only
What Can Be Filed?	Federal, state, and MN property tax returns	Federal, state, and MN property tax returns	Federal and state income tax returns only
Get Started Today!	Call 800-752-6579 or visit weii.website to schedule an appointment	Scan from your phone; complete on phone, PC, or tablet 	Scan from your phone; complete on phone, PC, or tablet 

**Questions?
Call us today!
800.752.6579**



White Earth Investment Initiative is an equal opportunity provider and employer.

WE sponsors Snowmobile Safety Field Day

By Ashley Zurn

White Earth Conservation Officer

The Snowmobile Safety Field Day is March 5 at 1 p.m. at the White Earth Natural Resources building located at 102 3rd Street Northeast in Mahnomen.

All adults need to come into the building and fill out field day forms and stay to transport your child to the driving portion of the field day. This will be just a few blocks north of our office on Highway 200.

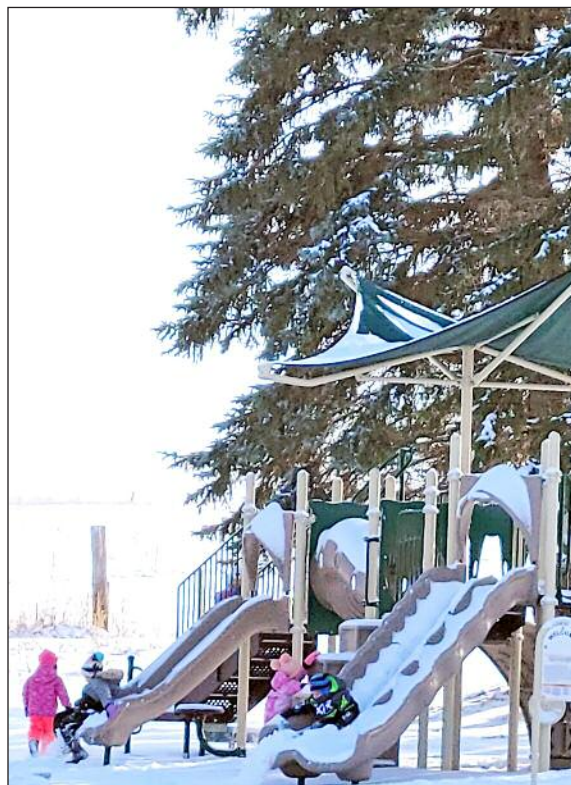
Participants must complete the online portion of Snowmobile Safety and bring a copy of their completed field day voucher to the field day. **(If you do not have this you will not get certified).** There is a fee for the online portion. The field day is free.

To access the online course, go to dnr.state.mn.us and find the Education and Safety tab and click. Under that tab you will see a spot that says Recreational Vehicle Safety and you will find Snowmobile safety training. Click on that and then finish the online course. Again, when you complete this course, print off your field day voucher and bring with you to the field day along with a birth certificate.



To register text 218-850-0242 or email Ashley.Zurn@whiteearth-nsn.gov with the name, address and date of birth of the student, and name and number of an adult I can send reminders to. All students please **bring the proper gear to be outside** in the cold for a few hours and **bring your own helmet.**

Jamie's Daycare provider/kids thank WE program



Submitted photos

Jamie's Daycare, including the children and Jamie Weigel, would like to THANK White Earth Child Care for the new addition to our outside play area. The children could not wait for this new piece to be installed. What a great opportunity for the kids to use their large and small muscle skills as we are learning to share with each other on this equipment. There was so much exercising going on and learning and their imaginations went wild thinking of different games they made up and played. They have been having fun on this all summer and even this winter. Thanks to the White Earth Child Care Program and staff for purchasing this piece and realizing how important activities and exercise are important in our daycare home in our area. Thanks again - **Jamie and her daycare children.**

White Earth Council of Elders

By Lucille Silk, Chairperson

White Earth Nation Council of Elders

We want to wish everyone a happy and wonderful New Year. To all the families that have lost loved ones, we extend our deepest sympathy. For all those that are sick and facing a chronic illness, we wish you well and offer our prayers. We must always say thank you to all our Veterans both the living and deceased. To all those affected with drugs or alcohol, we pray for your health and well-being.

There are many programs that are now offering hope to victims of alcohol or drugs and we can only hope that they will take advantage of them. We are losing too many of our young, middle aged, and even Elders to the chronic diseases. As Elders, we try to assist our families in any way possible, but our tolerance levels are diminishing and we must take care of the ones that are trying to help themselves. Please know that we love you all, but must take care of those babies and youngsters that are left behind. It hurts our heart to admit that our own families are victims of the drug problem that is killing our people. Also, the alcohol disease is still very much a part of our communities and many are suffering from liver, kidney, or other health issues. God Bless all those caretakers out in our communities that provide the needed care to Elders, so that they can remain in their homes rather than go to a nursing or assisted living facility. We want to give a special thank you to our home health care nurses that provide the great care to our homebound and others.

We are very concerned about our Indian Health Clinics on the White Earth Reservation and the doctors that we do not have here. At one time, we had the best health care and the employees loved their jobs and the health service to their customers was fantastic. Now, we have one doctor and another that works only one day a week and does telework the other days from home in another state! We do have nurse practitioners that provide good care but medical doctors are needed, since we have four field clinics to serve.

Many of our people have needs that must be provided through specialty care and thus must be referred out of our local clinics. When this happens, costs for those referrals must be paid by our health facility. We become especially concerned at this time when it is tax season, as many families have had their taxes taken away because bills were not paid and collection agencies referred them on to the IRS. We have been meeting on a monthly basis with Indian Health Service and every time we get close to coming to some form of mediation, the attending person is detailed back to the area office and we have to start all over again. In the meantime, our health care falls further and further behind. We are told that if we do not like the service provided we should go elsewhere. The morale at our facilities is waning and that reflects back on the poor service to our patients. This is our Treaty rights that we refer to, ones that our Chiefs traded land, water or other minerals so that we could be provided good quality health care. We are not just a group of whining Elders, but Native People with inalienable Treaty rights!

We thank all the programs that provide services, such as snowplowing, roof clearing, ice removal, plastic to windows, Elder nutrition meals, home health care, financial, energy assistance, and many others.

To all those that have been connected to the Wisdom Steps Program, which is a preventive health program for Elders, and have questions or want to become a member, you can contact myself, Paulie Niesen or Tim Rindahl for assistance.

Simply because we do not officially meet as an Elder Council during January, February or March, it doesn't mean that we will not answer your calls or try to find solutions for you. If

See Elders Page 26



877-410-8550
**anonymous crime and
elder abuse tip line**



White Earth Nation
TRIBAL PUBLIC HEALTH
Prevent. Promote. Protect

What behaviors increase the risk of heart disease?

Your lifestyle can increase your risk for heart disease.

- **Eating a diet high in saturated fats, trans fat, and cholesterol** has been linked to heart disease and related conditions, such as atherosclerosis. Also, too much salt (sodium) in the diet can raise blood pressure.
- **Not getting enough physical activity** can lead to heart disease. It can also increase the chances of having other medical conditions that are risk factors, including obesity, high blood pressure, high cholesterol, and diabetes. Regular physical activity can lower your risk for heart disease.
- **Drinking too much alcohol** can raise blood pressure levels and the risk for heart disease. It also increases levels of triglycerides, a fatty substance in the blood which can increase the risk for heart disease.
 - Women should have no more than 1 drink a day.
 - Men should have no more than 2 drinks a day.
- **Tobacco** use increases the risk for heart disease and heart attack:
 - Cigarette smoking can damage the heart and blood vessels, which increases your risk for heart conditions such as atherosclerosis and heart attack.
 - Nicotine raises blood pressure.
 - Carbon monoxide from cigarette smoke reduces the amount of oxygen that your blood can carry.
 - Exposure to secondhand smoke can also increase the risk for heart disease, even for nonsmokers.



Source: https://www.cdc.gov/heartdisease/risk_factors.htm

Start your commercial tobacco quit journey today!
American Indian Quitline 1-833-9AI-QUIT • aiquit.com
MN Quitline 1-800-QUIT-NOW • quitpartnermn.com

This publication is made possible through a Tribal Tobacco/Tribal Statewide Health Improvement Partnership grant from the Minnesota Department of Health.



Need your support Funding awarded for potential White Earth Food Co-op

By Zachary Paige
Food Sovereignty Specialist

The White Earth Food Sovereignty Initiative has been awarded funding for a feasibility study for a White Earth grocery store, organized as a cooperative. A co-op is like any other store except that it will be owned by the community members who use it. Each member would OWN a share in the business and the board of directors would be democratically elected by the members who purchased shares.

Since a cooperative grocery store is owned by community members, there are many ways that you can be personally involved. If you are passionate

about healthy eating and interested in participating, please reach out to your community council and they will have paper surveys to fill out.

There will also be an online version of the survey here - <https://bit.ly/whiteearthcoop>. The survey will also be on the White Earth official Facebook page for a link to that survey.

After we complete this survey, community meetings will be conducted in the Spring for further input. If you are interested in attending, please fill out our survey and leave your contact information in the survey for updates on the project.

We look forward to hearing from you! For questions email Zachary.Paige@whiteearth-nsn.gov



Submitted photo

Zachary Paige, White Earth Food Sovereignty Specialist, serves traditional food during a summer event. The White Earth Food Sovereignty Initiative has been awarded funding for a feasibility study for a White Earth grocery store.

White Earth Energy Assistance Program Notice

The White Earth Energy Assistance Program has sent out new 2023 applications to the clients that applied last heating season. For those of you that did not apply, check our website at www.whiteearth.com and go into Divisions or call our phone number.

Please keep in mind to fill out your application clearly and completely, with all necessary documentation. This makes for a faster process.

Homeowners, please call if you are having furnace problems, we may be able to help you. Please remember to change your filters once a month for adequate maintenance.

Always keep in mind to check your tanks. Running out will adhere to more problems. Summer

prices are at there low. This time of year call, your company to set up payment plans or arrangements if suitable.

Any questions on the program or need to send in information see the information below.

Phone: 218-473-2711

Fax: 218-473-2719

Toll Free: 1-866-885-7656

Email: Chris.Fairbanks@whiteearth-nsn.gov

Location: Across from the Housing Authority office in Waubun

Mail: PO Box 418, White Earth, MN 56591

Website: www.whiteearth.com

THE DOCTOR'S CORNER

February is Heart Health Month

By CDR Deanna Pepper, RNC, WHNP-C
White Earth Health Center

Heart disease is the leading cause of death in the United States. Every day, approximately 2,200 people die from heart disease. That is nearly 800,000 Americans each year or one in every three deaths. Heart disease is also known as cardiovascular disease and is a group of diseases that affect your heart or blood vessels, including heart failure, stroke and high blood pressure.

The most common type of heart disease is called coronary artery disease in which a substance called plaque builds up in the arteries that supply blood to the heart. Coronary artery disease can cause a heart attack, angina, heart failure and/or irregular heartbeat.

Heart disease can happen at age. Being overweight and having high blood pressure can put people at a higher risk for heart disease earlier in life. Approximately half of all Americans have at least one of the top three risk factors for heart disease - such as high blood pressure, high cholesterol and smoking.

High blood pressure: About 1/2 of the people with high blood pressure do not have it under control. Having uncontrolled high blood pressure is a big risk factor for heart disease. If you have blood pressure, routine care with your primary provider is recommended. Medications may be needed to help control your blood pressure.

High cholesterol: Having high cholesterol can increase your risk for heart disease. Having diabetes and being overweight, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels. Exercise can be as simple as walking 10-20 minutes 3-4 times per week.

Smoking: Smoking can cause damage to the blood vessels and can cause heart disease. Certainly, Indian Health Service has a smoking cessation program and can assist you in quitting smoking today.

Obesity: Carrying extra weight can put extra stress on the heart.

Diabetes: Diabetes causes blood sugar to build up in the blood. This can damage blood vessels and nerves that help to control the heart muscle.

Physical activity: Being physically active can help to keep your heart and blood vessels healthy.

Ways to take control of your heart health:

1. Don't smoke- smoking is the leading cause of preventable death in the United States. If you need assistance to quit, please contact your primary provider to assist you.

2. Stay active - work to exercise at least 10-20 minutes 3-4 times per week. This can be going for a walk or using one of the exercise facilities on the reservation.

3. Manage your conditions: work with your primary care provider to manage conditions such as high blood pressure, high cholesterol and diabetes. This may mean taking medicine if needed.

4. Make heart healthy eating changes. Eat foods low in added sugar, sodium and saturated fats. Try to fill your plate with more vegetables and fruits.

As always, with any questions/concerns, please see your primary care provider to assist in meeting your health care needs.

White Earth tribal offices closed for holiday

White Earth RBC offices will be closed on Monday, Feb. 20 for **Presidents Day** and will reopen on Tuesday, Feb. 21 at 8 a.m.

Call For Move-In Specials!

WHITE EARTH CONGREGATE HOUSING

WAUBUN, MINNESOTA

White Earth Congregate Housing has immediate openings for 1 bedroom units. Must be 62 years of age or 18 years of age with a disability.

Rent includes water, sewer, garbage and heat. Rent is based on income. Certain restrictions apply

For complete information call DW Jones Management, Inc. 218-547-3307 or

www.dwjonesmanagement.com

CREATING BETTER LIVING!

Equal Housing Opportunity TTY 711



Prevention is key to lower chances of cervical cancer

By CDR Deanna Pepper, RNC, WHNP-C
White Earth Health Center

Cervical cancer used to be the leading cause of cancer deaths for women in the United States. However, that number has decreased significantly in the past 30 years. The decline is largely a result of many women getting regular pap smears, which can find cervical pre-cancer before it turns to cancer.

The cervix is the lower, narrow end of the uterus. This is the most easily preventable gynecologic cancer with regular screening tests and follow up. All women are at risk for cervical cancer. It affects approx. 12,000 women per year in the United States. The Human Papilloma Virus (HPV) is the main cause of cervical cancer. HPV is a virus is a common virus that may be passed from one person to another during sex. Most sexually active people at some point in their lives will be exposed to HPV but few women will get cervical cancer. This virus may wax and wane in the body without causing issues.

Early on, cervical cancer may not cause any signs or symptoms. Advanced cervical cancer may cause bleeding or vaginal discharge that is not normal for women. The two tests that can help detect cervical cancer are to have a Pap smear and or HPV testing. The recommendations are for all women to start having pap smears at age 21. The Pap smear will be done every three years until the age of 30. At age 30-64, pap smears are recommended to be done every five years, with an HPV test. The Pap smear is completed during a pelvic exam by taking swabs of the cervix and submitting them to lab for evaluation.

• Risk factors: Things that place a woman at a higher risk to cervical cancer include Human Papillomavirus (HPV) infection. The most important risk factor for cervical cancer is infection with HPV. HPV is common. Most people become infected with HPV when they become sexually active, and most people clear the virus without problems. There are over 100 different types of HPV. Not all of them are linked to cancer. The HPV types, or strains, that are most frequently associated with cervical cancer are HPV16 and HPV18. Starting to have sex at an earlier age or having multiple sexual partners puts a person at higher risk of being infected with high-risk HPV types.

• Immune system deficiency. People with lowered immune systems have a higher risk of developing cervical cancer. A lowered immune system can be

caused by immune suppression from corticosteroid medications, organ transplantation, treatments for other types of cancer, or from the Human Immunodeficiency Virus (HIV), which is the virus that causes acquired immune deficiency syndrome (AIDS). When a person has HIV, their immune system is less able to fight off early cancer.

• Herpes. Women who have genital herpes have a higher risk of developing cervical cancer.

• Smoking. Women who smoke are about twice as likely to develop cervical cancer as women who do not smoke.

• Age. People younger than 20 years old rarely develop cervical cancer. The risk goes up between the late teens and mid-30s. Women past this age group remain at risk and need to have regular cervical cancer screenings, which include a Pap test and/or an HPV test.

• Socioeconomic factors. Cervical cancer is more common among groups of women who are less likely to have access to screening for cervical cancer. Those populations are more likely to include Black women, Hispanic women, American Indian women, and women from low-income households.

• Oral contraceptives. Some research studies suggest that oral contraceptives, which are birth control pills, may be associated with an increased risk of cervical cancer and may be associated with higher-risk sexual behavior. However, more research is needed to understand how oral contraceptive use and the development of cervical cancer are connected.

• Exposure to diethylstilbestrol (DES). Women whose mothers were given this drug during pregnancy to prevent miscarriage have an increased risk of developing a rare type of cancer of the cervix or vagina. DES was given for this purpose from about 1940 to 1970. Women exposed to DES should have an annual pelvic examination that includes a cervical Pap test as well as a 4-quadrant Pap test, in which samples of cells are taken from all sides of the vagina to check for abnormal cells.

Prevention is certainly key. See your provider regularly for a pap smear/HPV testing, get the HPV vaccine as it helps to protect against the types of HPV that most often cause cervical, vaginal and vulvar cancers. This vaccine is recommended for boys and girls ages 11-26 years of age. Limit the number of sex partners.

As always, if you have questions, ask your provider.

White Earth storyteller makes live debut on Valentine's Day

White Earth storyteller Zoey Dering makes her television/streaming debut on "Stories From the Stage" live from Boston during a Valentine Day Special, "The One," on Feb. 14.

Dering tells of how hot wings; a broken furnace and a broken heart led her to "The One."

About the Storyteller: Dering is a registered nurse with over 30 years of emergency room experience working in Indian Country, as well as rural and urban areas. She received her bachelor degree in Nursing through support from the Indian Health Scholarship Program and the White Earth Tribe.

Storytelling has been a part of her family (including great grandfather, John LaDoux) and handed down through generation to generation as a member of the Minnesota Chippewa Tribe on the White Earth Reservation. Zoey is relatively new to storytelling to larger audiences, but enjoys it as a way to express her real self, as well as making authentic connections like her ancestors did. She makes her home in Gig Harbor,

Wash.

About the program

Stories have the power to astonish us, make us laugh and cry, and open our hearts to the world. Stories From the Stage invites storytellers from around the world to share extraordinary tales of what it means to be human. On this multimedia series, hear tales of love and loss, amazing adventures, incredible surprises and unexpected triumphs. Stories From the Stage is produced by WORLD Channel in partnership with GBH Events.



Zoey Dering

Where to view or stream broadcast:
www.facebook.com/StoriesFromTheStage

Twin Cities Public Broadcasting (PBS)
www.tpt.org/stories-from-the-stage-2

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Slipped & fell or
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Fergus Falls
218-736-5673

*Licensed in Minnesota and White Earth Tribal Courts



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Produced and broadcasted in partnership with the White Earth Tribe





That sense of calm you get when you watch the sunset from your new home?

We've got a loan for that.

White Earth Investment Initiative offers affordable home loans for those living in Native American communities. Apply at www.weii.website/home-loans/



This institution is an equal opportunity provider and lender.

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FREE FINANCIAL WELLNESS COUNSELING



ARE YOU:

- THINKING ABOUT BUYING YOUR OWN HOME?
- EXPECTING A TAX REFUND AND WANT TO PLAN AHEAD HOW TO BEST USE IT?
- READY TO CREATE A HOUSEHOLD BUDGET?
- IN NEED OF HELP ESTABLISHING OR REPAIRING CREDIT OR SETTING FINANCIAL GOALS?

We can help! Homebuyer education and financial wellness counseling are services provided by White Earth Investment Initiative and made possible by support from the State of Minnesota, Minnesota Housing, Minnesota Homeownership Center, Greater Minnesota Housing Fund, Family Housing Fund, and the Oweesta Corporation. White Earth Investment Initiative is an equal opportunity provider and employer.

Call 218.844.7029 to schedule your appointment today!



MAHNOMEN + BAGLEY
STARCASINO.COM + 800.453.STAR



CHANCE TO WIN CASH, PRIZES OR AN ICE HOUSE WITH MOUNTAIN DEW GEAR

Drawings on February 26 | 3PM-7PM
Start earning entries February 1. Bonus entries on Wednesdays and Saturdays.

Concerts | Mahnomen | 8PM

STARSHIP | Fri, Feb 10

CHRIS JANSON | Fri, Feb 24

SKID ROW | Fri, March 10



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WHITE EARTH TRIBAL PUBLIC HEALTH SERVICES COMING TO YOUR COMMUNITY!

FEBRUARY SCHEDULE!

Pine Point Community Center Weekly Activities!

Tuesday: 1PM- 3PM Blood Pressure, Glucose testing, Ankle Brachial Index Screening (ABI) Rooms 110 & 111

Wednesday: 1PM- 2:30PM WECARE Assessments get connected to services in your area! Rooms 110 & 111

Thursday: 1-PM-3PM Traditional Remedies, Smokalyzers, Cessation, Tobacco and ASQ's! Rooms 110 & 111

Interested in Yoga? Call Gail at (218) 401-3079 to schedule a class!

Rice Lake Community Center Weekly Activities!

Tuesday: 8AM-11PM WECARE Assessments get connected to services in your area!

Tuesday: 2PM-3PM Indoor walking, exercise classes!

Wednesday: 9:30AM-11:30AM Blood Pressure, Glucose testing, Ankle Brachial Index Screening (ABI)

Thursday 9:30AM-11:30M Traditional Remedies, Smokalyzers, Cessation, Tobacco and ASQ's!

Services Provided in Room 109 on the north side of the building!



White Earth Nation
TRIBAL PUBLIC HEALTH
Prevent. Promote. Protect



WE CARE
White Earth Coordination, Assessment, Resources & Education

Walk-in's Welcome!

For more information or to schedule an appointment call

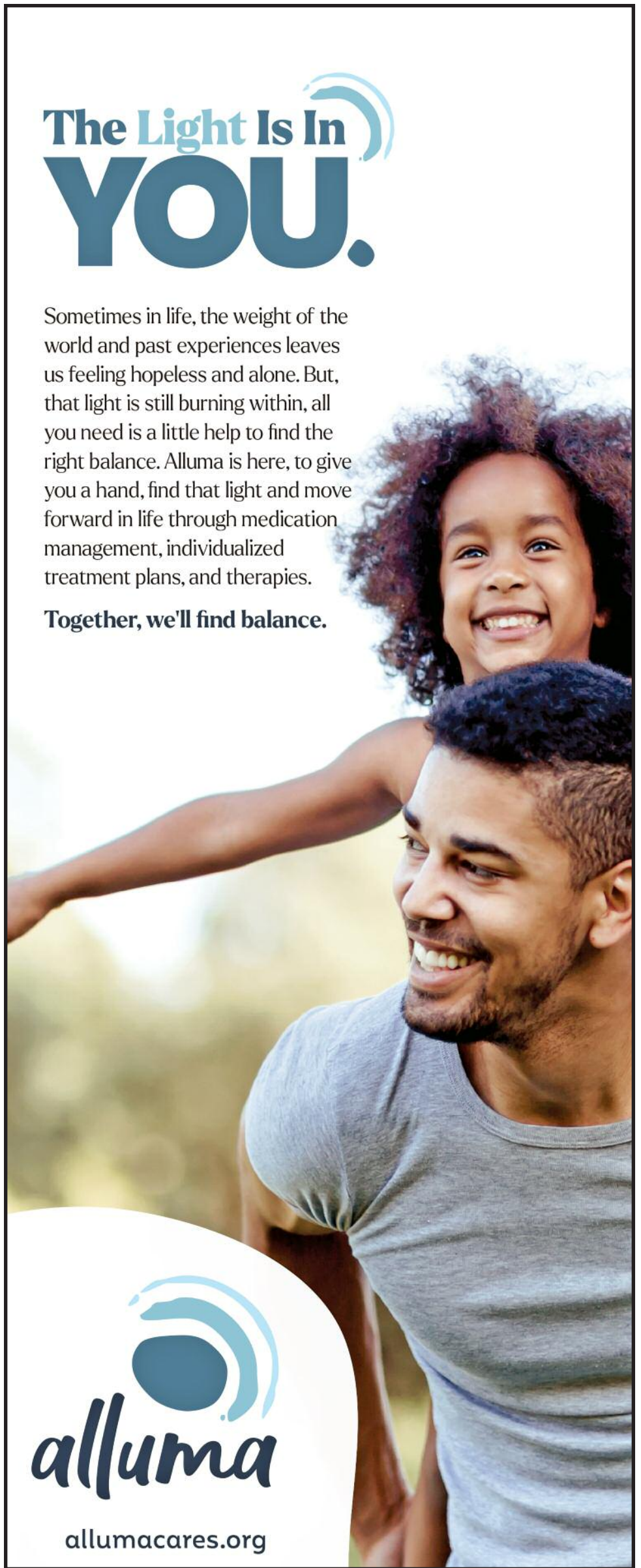
Deb Killian (218) 401-0550


Lori Fairbanks (218) 401-4120

The Light Is In YOU.

Sometimes in life, the weight of the world and past experiences leaves us feeling hopeless and alone. But, that light is still burning within, all you need is a little help to find the right balance. Alluma is here, to give you a hand, find that light and move forward in life through medication management, individualized treatment plans, and therapies.

Together, we'll find balance.





alluma

allumacares.org

WHITE EARTH RESERVATION ENROLLED ELDERLY SNOW REMOVAL PROGRAM

No need to complete this application if we have been plowing for you in the past. Call us and update your information.

DATE APPLYING: _____

Name: _____ Spouses Name: _____

Mailing Address: _____

Physical Address: _____
Permanent residency is required

Telephone # _____ Cell # _____ Work # _____

Birthdate: _____ Spouse's Birthdate: _____

Enrollment # _____ Spouse's Enrollment # _____
Attach a colored copy

Do you own the home: Yes No if not, name your landlord? _____

Do you live in a Housing home? _____, as they plow for their own Residents/Units.

Which district do you reside in: District I _____ District II _____ District III _____

Detailed directions to your residence (only for new applicants): _____

Estimated length of your driveway (only for new applicants): _____

*** Snowplowing will be done **only when snowfall accumulation exceeds 4" inches or more.**

*** Snow shoveling of driveway or sidewalk will not be done.

*** Due to COVID no signatures are required at this time. If we missed you, let us know ASAP.

White Earth Water & Sewer Department
PO Box 418, White Earth, MN 56591
Phone #: 218-983-3202 / Fax #: 218-983-4350
E-mail address: Betsy.Smith@whiteearth-nsn.gov or Matt.Smith@whiteearth-nsn.gov

Everyone welcome!

Heart Health Fair

February 16th 2:00 to 7:00 pm

Shooting Star Casino in Mahnomon

Join us for:

*Health Screenings (no cost to you)

Glucose/Cholesterol/BMI

*Heart Health information booths

*Fun photo booth

*Healthy, light snack and drink samples

*AED Demonstration

(Automated External Defibrillator)

*Fitness demonstrations and more!



Come and enjoy a variety of booths to celebrate **Heart Health** month!

7th Annual: White Earth Tribal 4-H Cultural Winter Camp

Sunday, February 12th, 2023
10:00am-3:00pm

White Earth Rediscovery Center, 29401 400th St, Waubun, MN

Celebrate Learning and Growing through Traditional Anishinaabeg Values



Everyone is welcome to come and bring your families for an introduction to 4-H Youth & Family Winter Activities: fishing, traditional arts and/or crafts (all ages), language, storytelling, games, food, and winter fun. Dress for the weather! Youth, please bring your parent or guardians (No youth drop off please). This event is a collaboration between the White Earth Tribal 4-H Program, White Earth Nation Tribal Public Health, and White Earth Tribal and Community College (WEICC) Extension.

The University of Minnesota Extension, Office of Youth Development, offers 4-H Community Programming serving the communities of the White Earth Nation. 4-H provides youth opportunities to learn, explore, and grow through leadership.

For questions on this event, please contact: Dana Trickey at 218-289-1193, tric0014@umn.edu



White Earth Nation
TRIBAL PUBLIC HEALTH
Prevent. Promote. Protect.



WHITE EARTH TRIBAL &
COMMUNITY COLLEGE
EXTENSION SERVICE



Students from NCCS thank Ronda Estey



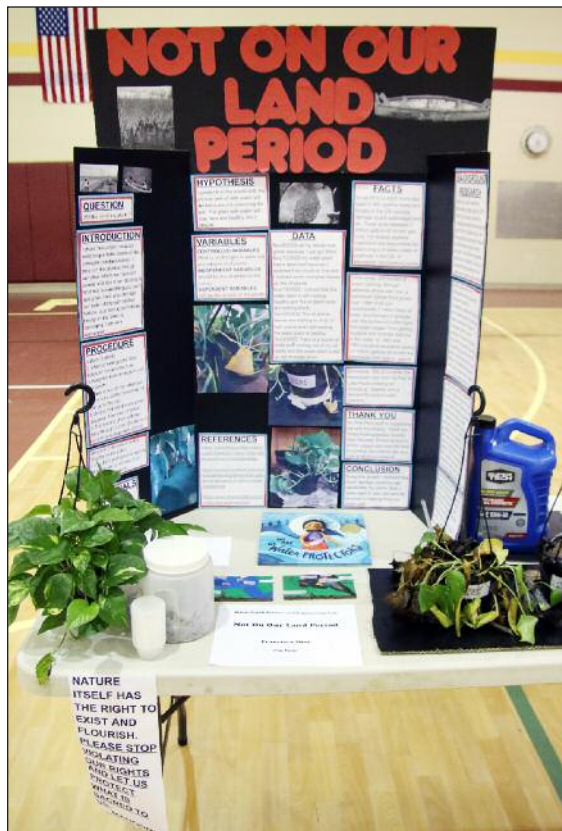
Submitted photo

The 3rd grade class at Naytahwaush Community and Charter School sends a big THANK YOU to Ronda Estey for the fun learning tools and snacks donated to us at her retirement party!

Students shine in White Earth Science and Engineering Fair



It's a family thing! Francisca Diaz (second from right) is one of two students selected to attend a Caribou Thunder Aerospace Trip. Her sisters, Teresita (second from left) and Linda (right) were selected to attend Space Camp in prior WE Science Fairs. Looking on is mom, Neegonee (left).



Francisca Diaz won first place in the 6th grade category for her project "Not on Our Land Period."



Gracie Clark placed second for 7th grade with her project "Marble Maze."



Anthony Clark explains his project "The Mighty Arm" to judge Mark Bellcourt. Clark was one of two students selected to attend the Caribou Thunder Aerospace Trip.



Heath Larson explains his project "Germs, Germs, Germs" to judge and WE Elder Sherold Hanks.



Shayley Clark won first place in the 7th grade category for her project "The Edge Cutter."



Past winners were awarded trophies for placing in the Science Fair. Winners this year were awarded medallions made by Mariah Parisian.

After two years off due to the pandemic, the 13th White Earth Science and Engineering Fair was held Jan. 6 at the Pine Point School.

More than 25 students from Pine Point and Naytahwaush Community Charter School presented 15 projects with titles such as Unhealthy Soda Pop, Bouncy Eggs, Talking to Plants, Fantastic Photosynthesis, and Marble Maze. Several volunteer judges visited each project, talked to the students and assigned them a grade. The top two projects in grades 4-8 were awarded medallions.

Here are the names of the top scorers:

4th Grade:

1st: Jarekiah Keezer, The Super Bacteria Killer (Pine Point)

2nd: (three way tie):

Mackenzie Lerud, A Plant is Just a Plant (Pine Point)

Travera Buckanaga & Nelly Bruguier, The Powered Car (Pine Point)

Carleen Arthur & Delmariyah Basswood, Balloon Car (Pine Point)

5th Grade: No submissions

6th Grade:

1st: Francisca Diaz, Not On Our Land Period (Pine Point)

2nd: Jovie Grandbois and Aleera Bush, Talking to Plants, (Naytahwaush Community Charter School)

7th Grade:

1st: Shayley Clark, The Edge Cutter (Pine Point)

2nd: Gracie Clark, Marble Maze (Pine Point)

8th Grade:

1st: Anthony Clark, The Mighty Arm (Pine Point)

Francisca Diaz and Anthony Clark were selected to attend a Caribou Thunder Aerospace Trip. This camp will take place in Colorado Springs, Colo. They will receive a first class STEMS experience, tour technology facilities, and visit area natural recreational areas, including Garden of the Gods, Estes Park and more. Rita Peterson (White Earth) is sponsoring this event.



Photos by Gary W. Padrta

The White Earth Science and Engineering Fair was recently held at Pine Point School. Pictured are students that won first and second place in grades 4 through 8.

White Earth Elders Christmas Party highlights



The White Earth Elder Christmas Party was held Jan. 4 at the Shooting Star Casino in Mahanomen. The event was scheduled for Dec. 15 but had to be moved to January due to bad weather.

More than 400 elders visited 15 informational booths and they were treated to lunch, bingo and door prizes. The highlight of the day was students from the Naytahwaush Community Charter School singing Christmas songs.

Frank Stech was the MC and the drum group was White Earth Junior Boys. The event was sponsored by the WE Elderly Nutrition Program.

Photos by Gary W. Padrta



WE tournament location change

White Earth Natural Resources, White Earth Behavioral Health & White Earth Public Safety present the

3RD ANNUAL WHITE EARTH NATION ICE FISHING TOURNAMENT

RAFFLE TICKETS ON SALE NOW! SATURDAY, FEB. 4TH 2023 **WINNERS ANNOUNCED ON KRJM GOLD 101.5**

11AM - 3PM
\$5000 IN PRIZES

Due to ice conditions
NEW LOCATION!! NORTH TWIN LAKE, MN
Use North Access (BAB)

REGULATIONS	REGISTRATION
WE ENROLLED MEMBERS FOLLOW TRIBAL REGULATIONS	OPEN AT 8AM
NON-ENROLLED MEMBERS FOLLOW STATE REGULATIONS	16 & UNDER FREE
FOUR HOLE LIMIT	\$10 ADULTS

MIIGWECH TO ALL SPONSORS! DRUG & ALCOHOL FREE EVENT. NOT RESPONSIBLE FOR ACCIDENTS.

FIRST 250 KIDS RECEIVE \$10 CASH FOR 1ST FISH CAUGHT

QUESTIONS CONTACT - THE WHITE EARTH NATURAL RESOURCES DEPARTMENT AT 218-935-2488

Due to ice conditions, the White Earth Nation Fishing Tournament location has changed to North Twin Lake. Check for any updates on the White Earth Facebook page.

Tribe honors Jeremy Cossette



Photo by Gary W. Padrta

After 17 years with the White Earth Police Department, Lt. Jeremy Cossette was recently honored with a Pendleton blanket. He has moved on to be the City Administrator for Barnesville, Minn. From left are Mindy Iverson - Human Resources Director, Laurie York - Executive Director, Jeremy Cossette, and Curtis Rogers - Assistant Executive Director.

Retirement party for "Kibby"

An Open House "potluck" retirement party for Marcianna "Kibby" Sullivan will be held on Friday, Feb. 3 at noon at the White Earth Tribal Health building.

Everyone is welcome to wish Kibby a Happy Retirement after serving 46 years with the White Earth Tribal Council.





Community Development Bank

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New program helps people with pre-diabetes

The Prevent Type II Diabetes program is the newest edition to the plethora of services that White Earth offers. This program is for those diagnosed with pre-diabetes or at high risk of developing type II diabetes. This program is new to White Earth and has already proven itself successful.



This Center for Disease Control and Prevention (CDC)-recognized lifestyle change program is an evidence-based program that can reduce a person's risk of developing type 2 diabetes by 58% (71% in individuals aged 65 and older). It has proven to be more effective than certain medications at preventing type 2 diabetes.

This program requires a big commitment that everyone is both capable and worthy of. The program requires a one year-long investment in yourself! We meet 16 times in the first six months followed by two months of bi-weekly meetings and ending with four meetings in the final four months. This is not a diet plan or a workout plan, it is exactly as titled, a lifestyle change program.

This CDC-recognized lifestyle change program must have Lifestyle Coaches who are trained to use a CDC-approved curriculum and who have the knowledge and skills to effectively deliver the program. The Lifestyle Coach's ability to support participants, provide guidance, and help groups work together effectively is essential for a successful lifestyle change program.

The first cohort of participants started the program in October 2022 and all have been successful at making changes to better their health. Another cohort will start in March and they are looking for qualified candidates to join. At this time, the program is looking for people who have been diagnosed with pre-diabetes or at high risk of developing Type II diabetes that are wanting to avoid the diagnosis.

Here on White Earth there are four trained Lifestyle Coaches: Lisa Braun, R.N., Carolyn Cossette, R.N., Deb Killian, LSW, and Willy Ann Heisler-Hoban, LGSW. All four currently work within the Tribal Public Health division of the White Earth Nation.

If you meet these criteria and are interested, please call Deb at 218-401-0550 for more information.

REDEEMED AND READY TO GO
THRIFT STORE

1220 Richwood Road / Detroit Lakes, Minn.

Open:
Tuesday through Saturday / 10 a.m. to 4 p.m.
Closed Sunday and Monday

New items daily!

Self help law clinic located in Becker County Courthouse

The Legal Services of Northwest Minnesota Self Help Law Clinic is located in Becker County Law Library in the lower level of the Courthouse at 915 Lake Ave, Detroit Lakes. Clinic hours are Thursdays from 11 a.m. to 2 p.m.

able to provide personalized help, free of charge, to any community members with a Becker County Court case.

Appointments can be made in advance to meet individualized needs by calling Legal Services 1-800-450-8585

A new resource to make you aware of are legal kiosks- these community based computer kiosks are stationed in a variety of community locations throughout Minnesota, including one in the Law Library and four others in Becker County, offering the public the ability to apply for civil legal aid services, access legal resources, and in most cases attend online meetings and remote court hearings in privacy.

The purpose of the clinic is to assist people who are representing themselves in civil court matters in Becker County. This may include explaining legal process and options, assisting and reviewing court-approved pro-se forms, or referrals to other appropriate recourses. An attorney or paralegal will be avail-

For list of kiosks, visit www.legalkiosk.org/ locations

Searching for Elder Cultural teachings

Looking for elders to teach their cultural knowledge in group settings in the villages on the White Earth Reservation. These chosen helpers will be on a contract under White Earth Public Health for a limited amount of sessions.

The teachings can be; Ribbon Skirts, beading, fishing skills, wild rice knockers and poles and harvesting knowledge.

Elders will be teaching cultural skills that will last a lifetime.

For more information please contact Eva Brakefield at 218-983-3286 Ext 1249 or Eva.Brakefield@whiteearth-nsn.gov

Will need your name, contact information and skill you want to provide.

Feed Our Families

Deliveries: Monday - Thursday

218-935-5554 Ext. 3217

White Earth Volunteer Income Tax Assistance Calendar
Shooting Star Event Center Site / Mahnomen
INVESTMENT INITIATIVE January-February-March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 30 OPEN 11am-7pm	January 31 OPEN 11am-7pm	February 1 OPEN 11am-7pm	February 2 OPEN 11am-7pm	February 3 SITE CLOSED
February 6 OPEN 11am-7pm	February 7 OPEN 11am-7pm	February 8 OPEN 11am-7pm	February 9 OPEN 11am-7pm	February 10 SITE CLOSED
February 13 OPEN 11am-7pm	February 14 OPEN 11am-7pm	February 15 OPEN 11am-7pm	February 16 OPEN 11am-7pm	February 17 SITE CLOSED
February 20 SITE CLOSED	February 21 OPEN 11am-7pm	February 22 OPEN 11am-7pm	February 23 OPEN 11am-7pm	February 24 SITE CLOSED
February 27 OPEN 11am-7pm	February 28 OPEN 11am-7pm	March 1 OPEN 11am-7pm	March 2 OPEN 11am-7pm	March 3 SITE CLOSED
March 6 OPEN 11am-7pm	March 7 OPEN 11am-7pm	March 8 OPEN 11am-7pm	March 9 OPEN 11am-7pm—Last Day!	

To make an appointment, visit weii.website or call 800.752.6579 after January 23
For assistance after March 9, call Cindy at 218.844.7057

weii.website • 800.752.6579

You can reach the Anishinaabeg Today at 218-983-3285
Ext. 5903 or today@whiteearth-nsn.gov

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of: **Terrance Lee Stevens, Jr.**

Summons of Petition and Hearing Notice

Court File No. CC21-0009

YOU ARE HEREBY notified that on December 19, 2022, a Petition for Transfer of Legal and Physical Custody was filed with the White Earth Tribal Court regarding your child in file CC21-0009. A Pretrial hearing on the matter is scheduled for March 1, 2023 at 9:30 A.M. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: January 25, 2023
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of: **Maria Bellanger**

Summons of Petition and Hearing Notice

Court File No. CC21-0355

YOU ARE HEREBY notified that on November 4, 2022, a Petition for Transfer of Legal and Physical Custody was filed with the White Earth Tribal Court regarding your child in file CC21-0355. An Admit-Deny hearing on the matter is scheduled for March 6, 2023 at 11:00 A.M. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: January 25, 2023
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of: **Randi Rose Bellanger**

Summons of Petition and Hearing Notice

Court File No. CC22-0002

YOU ARE HEREBY notified that on November 23, 2022, a Suspension of Parental Rights Petition was filed with the White Earth Tribal Court regarding your child in file CC22-0002. A Pretrial hearing on the matter is scheduled for March 6, 2023 at 11:30 A.M. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: January 25, 2023
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRAFFIC COURT

In the Matter of **Christopher Gregory Chief; DOB: 12/26/2000**

Summons for Appear in Court

Court File No. T2023-00002

YOU ARE HEREBY notified that on February 22, 2023, at 10:00 a.m. a Continued Initial Hearing on the traffic citation will be held at the White Earth Tribal Court at 35500 Eagle View Road Ogema, MN 56569. You are asked to contact Court Administration at 218-983-4648, Ext. 5757 to receive a copy of the citation. If you fail to appear for this hearing, the Court may find you in default and/or held in contempt of court.

Dated: January 24, 2023

You can reach the *Anishinaabeg Today* at today@whiteearth-nsn.gov or 218-983-3285 Ext. 5903

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of: **Andrew Ludson**

Summons of Petition and Hearing Notice

Court File No. CC22-0097

YOU ARE HEREBY notified that on January 23, 2023, a Suspension of Parental Rights Petition was filed with the White Earth Tribal Court regarding your child in file CC22-0097. An Admit-Deny hearing on the matter is scheduled for February 27, 2023 at 10:00 A.M. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: January 25, 2023
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of: **Any Man Coming Forward as the Father of the Child of Randi Rose Bellanger**

Summons of Petition and Hearing Notice

Court File No. CC22-0002

YOU ARE HEREBY notified that on November 23, 2022, a Suspension of Parental Rights Petition was filed with the White Earth Tribal Court regarding your child in file CC22-0002. A Pretrial hearing on the matter is scheduled for March 6, 2023 at 11:30 A.M. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: January 25, 2023
Veronica Newcomer
Attorney for WE Indian Child Welfare

Obituaries

Derrick Luke Harding-Reyes

Derrick Luke Harding-Reyes was born Nov. 25, 1991, in Minneapolis to Howard Harding Jr. and Paula Reyes. A city boy at heart, he spent all his time in the Twin Cities metro. At the young age of 31, Derrick's life was tragically taken on Dec. 21, 2022, in Minneapolis.



Derrick is survived by his mom, Paula Reyes; sons, Derrick Jr. and Henry; daughter, Jayla; brother, Matthew Harding; sister, Catherine Harding; grandma, Patricia Harding; great-grandma, Adeline Anderson; aunts: Leah Reyes-Rambaum and her husband, Shane, Amanda Harding and Lisa Harding; and nieces and nephews.

He was preceded in death by his father, Howard Harding Jr.; grandpas, Howard Harding Sr. and David Reyes; grandma, Marie Reyes; uncles, Bruce Reyes and Frank Harding; and aunts, Lily Harding and Tonia Harding.

Private family services will be held.
Arrangements: Anderson Family Funeral Home of Mahnomen.
Online: www.andersonfamilyfh.com

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of: **Any Man Coming Forward as the Father of the Child of Melinda Jones**

Summons of Petition and Hearing Notice

Court File No. CC22-0097

YOU ARE HEREBY notified that on January 23, 2023, a Suspension of Parental Rights Petition was filed with the White Earth Tribal Court regarding your child in file CC22-0097. An Admit-Deny hearing on the matter is scheduled for February 27, 2023 at 10:00 A.M. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: January 25, 2023
Veronica Newcomer
Attorney for WE Indian Child Welfare

WE TRIBAL COURT CHILDREN'S COURT

In the Matter of the Welfare of the Child(ren) of: **Melinda Jones**

Summons of Petition and Hearing Notice

Court File No. CC22-0097

YOU ARE HEREBY notified that on January 23, 2023, a Suspension of Parental Rights Petition was filed with the White Earth Tribal Court regarding your child in file CC22-0097. An Admit-Deny hearing on the matter is scheduled for February 27, 2023 at 10:00 A.M. You are asked to contact White Earth Tribal Court Administration located at the RTC in White Earth, Minnesota at 218-983-4648. If you fail to appear for this hearing the Court may find you in default and enter an order.

Dated: January 25, 2023
Veronica Newcomer
Attorney for WE Indian Child Welfare

Timothy Ryan Keezer Sr.

Timothy Keezer Sr., 37, of Waubun, died unexpectedly on Jan. 21 at his home. Timothy Ryan Keezer was born Nov. 15, 1985, in Park Rapids., Minn., the youngest child of Kenneth and Susan (Anderson) Keezer. He grew up in Elbow Lake Village and attended school in Waubun. After high school, Tim moved to the Minneapolis area for a time before returning to the White Earth Reservation. He has made his home in Elbow Lake Village since then. He worked at the Shooting Star Casino a short time but preferred working in the outdoors trapping and leeching.



Tim was very sociable and enjoyed spending time with family and friends. He was the one who was usually loud and in charge of all the festivities taking place. He also liked to spend time at the casino trying his luck on the slot machines. Tim was a caring individual who was always willing to help out a friend, neighbor or elder when in need. His family, especially his children, nieces and nephews held a special place in his heart. Tim was always giving

hugs and passing out "I Love You's" to family. He was also a great cook with some of his specialties being french toast and no bake cookies. Although gone too soon, he will live on in the hearts of many.

Tim is survived by his children, Timothy Keezer Jr. and Nahlah Keezer; mother, Susan Keezer; brothers: Jeffrey Keezer, Kenneth "Beep" (Lois) Keezer Jr. and Robert Keezer; sister, Terrie Sue Keezer; and many nieces and nephews.

He was preceded in death by his grandparents, father, and nephew, Derek Keezer. Funeral services were held Jan. 27 at Anderson Family Funeral Home in Mahnomen. Arrangements: Anderson Family Funeral Home of Mahnomen. Online: www.andersonfamilyfh.com

Let us know if you recently moved, or have moved in the past few years so we can cancel your old address. **Email:** today@whiteearth-nsn.gov

Obituaries

Sue Carol Bellefeuille

Sue Bellefeuille, 74, of Mahanomen, died Jan. 7 at the Mahanomen Health Center Nursing Home surrounded by loved ones.

Sue Carol McArthur was born May 21, 1948, in White Earth, to Bernard and Delphine (Ross) McArthur. Sue attended school in Mahanomen and in 1966 was blessed with the birth of her son, Ernie. Sue began working various jobs which allowed her to travel and explore the United States. In 1977, Sue moved back to the Mahanomen area. In 1981, Sue married the love of her life, Ron Bellefeuille, and the couple made their home in Mahanomen. During this time, Sue worked at the liquor store and helped with private home health care. She later began working as a manager of the Golden Eagle Bingo in White Earth. In the late 1990s, Sue took on the position of the Community Health Representative for the White Earth Tribe, a job that brought her joy for 20 years until her retirement in 2019.



Sue had many talents, especially when it came to creativity and crafts. She created many cherished crocheted blankets, clothing, and items for her family. Sue was a fantastic cook and baker, she spent the whole year looking forward to Christmas Eve at her house with her entire family. Sue had a special place in her heart for her grandkids and nieces and nephews. She was lovingly known as "Suzie Homemaker" to her family. In her free time, she enjoyed reading crime and romance novels and participating in a book club. Sue and Ron enjoyed going antiquing and traveling to auctions together. The couple also enjoyed traveling around the United States together. Sue was a dedicated Minnesota Vikings fan and had season tickets for 20 years. Her great sense of humor and caregiving nature will be greatly missed by her loved ones.

Sue is survived by her husband of 41 years, Ron Bellefeuille; son, Ernie Mrachek; stepdaughter, Michelle (Rob) Stevens; grandchildren: Amanda Stevens, Ellen (Jake) Perrault, Dylan Stevens and James Mrachek; great-grandchildren: Brody, Suzie and Theodore; siblings: Jack McArthur, Lucille Goodwin, Steven McArthur, Nancy Bratvold, Scott McArthur, Laverne Hisgun, Tim (Barb) McArthur and Tammy McArthur; and many nieces and nephews; and beloved cat, Bob.

Sue was preceded in death by her parents; sisters: Joan "Bunkie" LaFriniere, Mary Ann Keogh and Evelyn Tangen; and brother, Clyde McArthur.

A memorial service was held Jan. 13 at Anderson Family Funeral Home in Mahanomen.

Arrangements: Anderson Family Funeral Home of Mahanomen.

Online: www.andersonfamilyfh.com

Gregory Alan Pavek

Greg Pavek, 63 of Waubun, died Jan. 15 at Pelican Landing Memory Care Assisted Living in Detroit Lakes.

Gregory Alan Pavek was born July 31, 1959, to J. Lloyd and Marilyn (Bement) Pavek in Detroit Lakes. He was raised in the Waubun area and graduated from Waubun High School with the Class of 1977.



Immediately after graduation, Greg entered the U.S. Air Force, serving most of his time in Idaho. Following his honorable discharge in May of 1981, Greg returned to the Waubun area and began taking classes at the Northwest Technical College in Wadena, Minn.

He met the love of his life, Heidi Bruggeman and they were united in marriage at St. Michael's Catholic Church on June 1, 1985. The couple made their home in Fargo, West Fargo, N.D., and a short time in Coon Rapids, Minn., before settling back in the Waubun area to raise their family of four sons and a daughter.

Greg worked as a computer technician for a few years before starting at the Shooting Star Casino when it opened. Over the next 25 years he worked in different areas at the casino working his way up to the Director of Non-Gaming. Greg then worked as a gaming auditor for the tribe for a few years before his declining health forced him to an early retirement. In April 2022, Greg moved to Pelican Landing to make his home.

Greg was a true outdoorsman. He loved everything from hunting to fishing, spearing, trail riding to simply walking in the woods taking in nature's beauty all around him. He enjoyed camping, traveling, and spending time with family and friends at Tulaby Lake. Greg was always athletic and very competitive and throughout his life remained an avid sports enthusiast. He never missed any of the kid's activities when they were growing up. From high school, to college, to professional athletics, he enjoyed them all and was always looking for the latest stats on each of them. Greg had a great sense of humor and liked to laugh and have a good time. He was a member of St. Michael's Catholic Church and the Knights of Columbus.

In more recent years, he worked jigsaw puzzles and word searches to pass the time and never missed a Minnesota Vikings game! Greg was diagnosed with FTD (Frontotemporal Dementia) and PPA (Primary Progressive Aphasia), a disease with little known information. His care and compassion for others continued even with this diagnosis as he willingly participated in studies and testing conducted by a research team at Mayo to further educate doctors. Even in death, Greg continues to give back as he was able to donate his brain for advanced studies to hopefully aide in answers to help others who may be diagnosed with FTD. Although gone to soon from this life, Greg will live on in the hearts of all who knew and loved him.

Greg is survived by his wife, Heidi of Waubun; children: Dan (Melissa) of Devils Lake, N.D., Justin (Brittany) of Horace, N.D., Kelsey (Zach Howe) Pavek of West Fargo, Jacob (McKenzie) of Hawley, Minn., and Tom (Cassie) of Detroit Lakes; grandchildren: Hunter, Jax, Cooper, Liam, Finn, Birk, Hoyt and baby Pavek coming in summer 2023; siblings: Steve (Linda) of Roseau, Minn., Rick (Deb) of Waubun, Jim of Oakdale, Minn., Mike of White Earth, Dan (Tina) of Edina, Minn., Chris (Gena) of Eagan, Minn., Sue (Ted) Peterson of Alexandria, Minn., Terri (Todd) Irey of Stillwater, Minn., Pam (Charlie) Jasken of Detroit Lakes, Judy (Tom) Goldsmith of Warroad, Minn., and Lisa Pavek of Fargo; sisters-in-law, Brenda (Jim) McCauley of East Grand Forks, Minn., and Sandra (Greg) Rodlund of Durbin, N.D.; several nieces, nephews, cousins; and his special canine companion, Chief.

Greg was preceded in death by his parents; grandson, Rhett; sister-in-law, Jamie Pavek; and brother-in-law, Steve Bruggeman.

Blessed be the Memory of Gregory Alan Pavek.

A Funeral Mass was held Jan. 23 at St. Michael's Catholic Church. Lunch and fellowship were held at the church following military honors.

Arrangements: Anderson Family Funeral Home of Mahanomen.

Online: www.andersonfamilyfh.com

Russell J. Bigbear

Russell J. Bigbear was chosen to crossover on Jan. 9 at St. Joseph's Hospital in Tacoma, Wash. Russell was born Oct. 3, 1954, at the White Earth Indian Hospital to Raymond Conklin and Doris Bigbear. He was raised by his uncle Charles Steward and aunt Isabelle Stewart.



He grew up in Minnesota between White Earth Reservation and Ponsford as a child, and the Cities as a teenager. As a young adult aged 18, he moved to Washington and went back and forth between there and Minnesota before finally settling in Washington State.

Russell was very strong willed and charismatic. He was diagnosed with a terminal liver disease and far surpassed the timeline the doctors had given him, by many years. He continued to show his strength up until his passing.

Russell had a flair for mechanics and racecars, and often built his own cars to race. He was a self-taught mechanic and loved to share his knowledge. He embraced his Native American heritage and often passed down his wisdom and knowledge to his children and grandchildren. Russell loved riding his motorcycle, camping fishing, and boating. In his earlier years, he could often be seen riding his Harley with four children lined up to the handlebars. He adored his family, but had a soft spot for his grandchildren. They were the apple of his eye. His favorite past times were when he could get all of his children together with his grandchildren for a camping trip. He loved to be spontaneous and take off for the weekend and see where he ended up.

Russell is survived by his wife, Laura Conklin; sisters, Verna Fuller and Kim Ling; sons with Aldene Morrison, Chad and Russell Morrison; daughters with Kathy Ostrander, Starla (Jason) Roseen, and their children Devun and Mason, daughter Lisa (Richard) Reynolds and their children, Keyndal and Kylee Reynolds, and Kathleen Ari and her children Jayden and Kaylin Ari; stepchildren with Laura Conklin, Ryan and Jessica Beach and their children, as well as two great grandchildren and many cousins and extended family.

He was preceded in death by his brothers, Kenneth Conklin and Richard Bartness, and sister, Marilyn Conklin. He had many cousins that were raised as siblings including Lorraine (Suzie) Stewart, and proceeded in death by Charlie, Gilbert, Gary Stewart and Nancy Bigbear.

A memorial service will be held Saturdau, Feb. 4 at Mountain View Funeral Home in Tacoma.

Russell has touched many hearts. He has passed down his strong will to his family he has left behind. He will be missed and never forgotten. Until we meet again.

Let the us know if you moved so we can cancel your old address and update your new address. Email the *Anishinaabeg Today* at today@whiteearth-nsn.gov

Obituaries

Rachel Moran Pederson

May 20, 1926 – Nov. 16, 2022

Rachel Moran Pederson was born on White Indian Reservation and she was the daughter of William C. Moran (Sisseton/Wahpeton Dakota) and Annie King Sullivan Moran (White Earth Band, Ojibwe/Chippewa). Soon after her birth, Rachel moved with her family to live on her father's reservation in South Dakota.



As a toddler, Rachel contracted tuberculosis, the same disease that at that time claimed the life of her mother and infant sister. Once diagnosed, she was sent to live in the Sac and Fox Tuberculosis Sanatorium in Iowa, where she spent several years recuperating. After her recovery, Rachel was then sent back to South Dakota to live with her grandmother and dad on the reservation.

As was mandated by the federal Indian boarding school system of that time, Rachel was then removed from her family home to attend Indian boarding schools. She attended several: Tekakwitha Indian Boarding School in Sisseton, S.D.; an Indian boarding school in Wahpeton, N.D.; and one in Stephan, S.D. She left school shortly before her high school graduation when she went to live with family members in Washington State.

Rachel married Theodore Martin Pederson in Seattle, her husband of 54 years. "Ted" was the love of her life until his death in 1999. Ted and Rachel began their life together on one of the last small, urban farms in SE Seattle, next to what is now Othello Park. Once their small farm land was developed, they moved to Rainier View where they lived for several years. Eventually they settled in Renton, Wash.

Together they raised four children. Rachel is survived by Ted Jr. (Pam), Shirley (Thomas), and Karleen (Jeffrey). She also leaves behind many grandchildren, great-, and great-great-grandchildren. She was preceded in death by her son, Richard; grandsons Andrew, Alex; and granddaughter, Rochelle.

Rachel was a devoted mother to her children and when her youngest entered junior high school, she returned to work as a hospital cook. She worked many years at Doctors, Swedish, and Providence Hospitals.

Rachel attended several churches (of Ted's faith) over several decades—Bethlehem Lutheran Church (in Columbia City), St. Timothy's Lutheran Church (Upper Rainier Beach), and Renton Lutheran Church. Upon Ted's death, she attended St. Anthony's Catholic Church in Renton, returning to the faith system she had been raised in while attending Catholic Indian boarding schools.

Rachel is remembered for the great love she held in her heart for her family, her delicate yet extremely hard-working hands, a talent for gardening, her love of laughter, and for being a wonderful cook. Rachel was also known as the grizzly of mama bears. She provided an immense amount of love and support to her family.

In lieu of flowers, family asks that you consider a donation to a favorite charity in her name. (One to consider is United Indians of All Tribes Foundation in Seattle)

A small private graveside memorial was held for immediate family. A celebration of Rachel's life is being planned for Spring 2023.

Our family wishes to thank all the wonderful staff at GenCare Lifestyle in Federal Way, for the wonderful and loving care provided to our mother as she faced each challenging day while dealing with Alzheimer's disease. Just like Rachel, we want you to know we consider all of you at GenCare as members of Rachel's family.

Dallas Edward "Kojack" Quinn

Dallas Edward "Kojack" Quinn, 42, of White Earth, died Jan. 6 at Fargo-Sanford Main Campus following a brief illness.

He was born July 31, 1980, in Minneapolis to Dennis Ricebird and Marlene Quinn. Kojack enjoyed music, art and tattoos and was a great uncle. He will be sadly missed.



Kojack is survived by his mother, Marlene Rogers of White Earth; children: Dallas "Snoop," Alarah, Jordanna and Shahday Quinn, Kaitlyn, Hailie, Dallas "Snooty" and Dallas "Bosko" Foote; brothers and sisters: Wayne "Jumbo" Quinn, Christina Keezer, Danelle (Jamie) Keezer, Jeanie (Jude) Rogers, Beverly Rogers, John Rogers, and Kenneth Rogers. Kojack also leaves behind many nieces, nephews, aunts, uncles and cousins.

He was preceded in death by his father, Dennis; grandma Quinn; auntie, Jeanie Keezer; cousins, Phil and Kyle Quinn; and his hood friends, Ched and Black.

Arrangements: David Donehower Funeral Home of Detroit Lakes.
Online: www.daviddonehower.com

Stanley Steven Fagre

Stanley Steven Fagre was born Jan. 11, 1965, to Darlene (Olson) and the late Stanley J. Fagre in Detroit Lakes. Darlene later married John Bartos and Stan was raised by Darlene and John. He passed away at his home, in rural Waubun, on Dec. 27.

As a young boy Stan was an adventurous lad always getting into some mischief with either his older brothers, younger brother, or friends. He spent a lot of time hunting, trapping, and fishing. He also was a wrestler and would want to take on anyone willing and able. He also enjoyed tinkering with cars and was proud of his many hotrods that he would end up crashing. Stan graduated from Waubun High School in 1983.



After high school, he joined the National Guard. He worked for Morrel Meats for a short time in South Dakota. Stan returned to Waubun and helped with the bait business, as needed, and started a long career as a logger. He was very proud of the huge equipment that he operated. Due to medical issues, he no longer was able to continue the hard physical work that it demanded. He then helped with the bait and walleye business, along with his brothers. He most recently took over managing Bartos Baits

from his brother, Jeff. Stan enjoyed being at the lake and visiting each morning with the leechers that would bring in their early morning catch.

In 2009, Stan met the love of his life Kathy Klarer at Berry's Bar (his 2nd home). In 2012, they purchased the home Stan grew up in and resided there until his death. They enjoyed spending time outdoors fishing, searching for mushrooms, hunting, dancing, and gardening (the only thing he enjoyed about it was the harvest as it was served at the table!)

Stan was a guy who enjoyed his fun. He loved music and knew the lyrics to almost any song. He was a great friend for many and would love to put a smile on your face with a joke or a wise crack. Stan had a way of making people feel comfortable and had a heart of gold. He was brutally honest and would call you out if he thought you were wrong. It was Stan's way or the highway.

He was preceded in death by his parents, Stanley and Darlene; stepfather, John Bartos; sister, Carrie; brother, John; niece, Molly Bartos; as well as his grandparents.

He is survived by his fiancé, Kathy Klarer and her children, Chaz Dodd and his fiancé Bri, Damian Dodd, and Angel Jackson. He is further survived by his sisters, Val (Dirk) Johnson and Vickie Heisler; brothers, Jeff Fagre and Randy (Jen) Bartos; nieces: Kayla Fagre, Katie Buzick, Andrea Johnson, Jennifer Wilson, Melissa Zima, and Melany Thomas; nephews: Jason Fagre, Justin Johnson, Michael Heisler and Mason Bartos; many grand nieces and nephews; and his godchildren: Kristofer Cukla, Rylie Berry and Olivia Fagre.

A funeral service was held Jan. 2 at the St. Michael's Catholic Church in Mahanomen with lunch following at the Waubun Community Center.

Interment: Lake Grove Lutheran Cemetery.
Arrangements: Anderson Family Funeral Home of Mahanomen.
Online: www.andersonfamilyfh.com

Rosemary "Mitty" Jackson

Rosemary "Mitty" Jackson was born April 17, 1936, in White Earth to Robert and Lenore (Bergen) Monroe. She passed away peacefully on Jan. 19 surrounded by family at the Cerenity Care Center in White Bear Lake, Minn.

She met and married Kenneth "Babe" Jackson in 1955 and they had eight children together. They lived on the reservation and eventually moved to St. Paul.



Rosemary enjoyed the girls day outings with her daughters and nieces, going to the casino, road trips to White Earth, watching the Minnesota Vikings and most of all loved spending time with her family.

She is preceded in death by her parents; brothers: Robert (Chinny), Jerome, Richard (Dick), and Francis (Jeep); and sister, Dorothy (Ditty).

Rosemary is survived by her children: Kenneth (Monica), William, Timothy, Paul, Corrine, Karen (Greg) Doumany, Keith and Roxanne (Glenn) Bartelmy; 28 grandchildren, 23 great-grandchildren, five great-great grandchildren; sisters, Rochelle Cammisuli, and Elizabeth Guevara, and brother Lawrence Monroe.

A memorial service will be held at Cerenity Care Center Chapel and celebration of life at a later date.

Her final resting place will be at Guardian Angels Cemetery in Lake Elmo, Minn.
Arrangements: Cremation Society of Minnesota
Online: cremationsocietyofmn.com

Please update your information with White Earth Tribal Enrollments



White Earth Tribal Enrollments

P.O. Box 506
White Earth, MN 56591
Phone: 218.983.4643

ADDRESS UPDATE/REQUEST FORM For ADULT Enrolled Members Only

Please Print All Information

NAME: _____ SSN: _____
(First) (Middle) (Last) (Maiden)

Tribal ID: _____

Date of Birth: _____ Place of Birth: _____
(City) (State)

Address: _____

City ST: Zip:

Telephone: (____) _____ Cell Phone: (____) _____

If on the Reservation, please list the Community in which you live: _____ District: _____

EMAIL ADDRESS: _____

REQUESTING: _____ ADDRESS UPDATE _____ NAME CHANGE (**must provide proof**)

SIGNATURE: _____ DATE: _____

- Adults **MUST** provide a Social Security Number (no last four digits only)
- Complete and sign your **OWN** request. One per person, unless incapable, and then a Power of Attorney and/or Guardianship documents must accompany the request.
- Legal Name Change: Marriage, Divorce, Adoption. Must provide LEGAL documentation.
- White Earth Enrollment cards are issued to Enrolled members only.

Address Update: All information given on this form is encoded into the Minnesota Chippewa Tribe Database and is kept strictly CONFIDENTIAL.

Legal Name Change: Legal Documentation is needed for Enrollment staff to make the name change on the Enrollees enrollment records. This could include first, middle and/or last names. Documents used could be one or more of the following: Marriage License, Divorce Decree, driver's License with Social Security Card, or a legal name change document from a court system (judge's signature with date).

AN ADDRESS UPDATE/REQUEST FORM MUST BE COMPLETED BY AN ENROLLED MEMBER OR WITH A WHITE EARTH ENROLLMENT STAFF MEMBER IN ORDER FOR ANY REQUEST TO BE PROCESSED. IF YOU ARE REQUESTING FOR ANOTHER ADULT, IT WILL NOT BE TAKEN. *IF YOU ARE AN ADULT YOU MUST UPDATE/REQUEST FOR YOURSELF, UNLESS YOU ARE CONSIDERED INCAPABLE, THEN A POWER OF ATTORNEY/GUARDIANSHIP MUST ACCOMPANY THE REQUEST.*

EMAIL COMPLETED FORMS TO: Shannon.heisler@whiteearth-nsn.gov or Shelley.scheler@whiteearth-nsn.gov

Special Events

- **Diabetic Bingo**
 February 1st—Pine Point
 February 2nd—Shooting Star
 February 7th—Elbow Lake
 February 8th—Valley View

Gaawaabaabanganikaag Ogikaag Miniwanjige
“White Earth Elder Eating Good”
White Earth Elder Nutrition Program
Namebini-giizis (Suckerfish Moon)- February

Elderly Nutrition Program Information

*Daily Menu includes 1% milk, and provides 1/3 of the Recommended Daily Allowance (RDA) set by USDA guidelines, with health conscious and cultural consideration to overall well-being.

*Menu is subject to change depending on product availability and/or schedule changes

Elders Suggested Donation \$4
Guest Meals \$6

Questions or comments please contact :




White Earth ENP Site (218) 983-3744
 Site Supervisor ~ Tanya Heinonen

Pine Point ENP Site (218) 573-2210
 Site Supervisor ~ Angela Clark

Elbow Lake ENP Site (218) 734-2315
 Naytahwaush ENP Site
 Site Supervisor ~ Tim Rindahl

Rice Lake ENP Site (218) 694-2795
 Site Supervisor ~ Sherry Halberg

Kat Thompson, ENP Manager
 Danielle Sutherland, Nutrition Coordinator
 (218) 983-3286 ext. 1266
 Katherine.thompson@whiteearth-nsn.gov
 Danielle.Sutherland@whiteearth-nsn.gov

Mon	Tue	Wed	Thu	Fri
		1 Chefs Choice Main Entrée Vegetable and/or salad Fruit Bread 1% milk	2 Cordon Bleu sandwich Sweet potato fries Baked beans Tropical fruit	3 Chef Salad w/ the fixings Artisan roll Berry parfait w/ granola
6 Cheese manicotti w/ marinara sauce Breadstick Steamed veggies Mandarin oranges	7 Tator-tot hotdish Dinner roll Corn Cinnamon spiced peaches	8 Chefs Choice Main Entrée Vegetable and/or salad Fruit Bread 1% milk	9 Baked ham Scalloped potatoes Steamed peas Croissant roll Pears	10 Clam chowder Oyster crackers Garden salad Brownie Fresh fruit
13 Baked chicken Manoomin pilaf Vegetable blend Dinner roll Plums	14 Turkey tetrazzini w/ mixed veggies Breadstick Fruit salad Valentines Treat 	15 Chefs Choice Main Entrée Vegetable and/or salad Fruit Bread 1% milk	16 Meatloaf Mashed potatoes Glazed carrots Wheat bread Grapes	17 Brunch for Lunch Chefs Choice 
20 Closed 	21 Tuna salad sandwich w/ lettuce and tomato Broccoli cheese soup Cookie Fruit cocktail	22 Chefs Choice Main Entrée Vegetable and/or salad Fruit Bread 1% milk	23 Birthday Lunch Teriyaki chicken Brown rice Oriental veggies Egg Roll Mangos	24 Beef Stroganoff over egg noodles Country blend veg. Croissant roll Banana
27 Manoomin hotdish Dinner roll Green Beans Berry parfait w/ granola	28 Pork chop w/ gravy Mashed potatoes Stuffing California blend veg. Fresh fruit			

White Earth Food Distribution

February 2023 Store Hours

Monday-Thursday / 8:30-3:30

Office Hours M-F 8-4:30 / 218-935-2233

February 2023 Home Delivery Schedule (Subject to Change)

February 3rd: Bagley, Ponsford & Naytahwaush

February 6th: Mahnomen & Waubun

February 10th: White Earth

February 17th: Detroit Lakes

February 20th: Closed – President’s Day

February 28th: Store closed for inventory

No Store hours on Fridays

If you receive home delivery service and will not be home on your scheduled route, please notify us ASAP.

Please call the office during inclement weather to ensure we are open.

White Earth WIC  **February 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*WIC follows RBC schedule for closings	*Dates and times are subject to change		1 White Earth Health Center 8:30-4:00	2 Pine Point Community Building 9:30-3:00	3 White Earth Health Center 8:30-4:00	4
5	6 White Earth Health Center 8:30-4:00	7 Bagley Elementary School 10:00-3:00	8 White Earth Health Center 8:30-4:00	9 White Earth Health Center 8:30-4:00	10 White Earth Health Center 8:30-4:00	11
12	13 Mahnomen Tribal College 11:00-5:30	14 Mahnomen Tribal College 9:30-3:30	15 White Earth Health Center 8:30-4:00	16 White Earth Health Center 8:30-4:00	17 White Earth Health Center 8:30-4:00	18
19	CLOSED	21 Bagley Elementary School 10:00-3:00	22 White Earth Health Center 8:30-4:00	23 White Earth Health Center 8:30-4:00	24 White Earth Health Center 8:30-4:00	25
26	27 Mahnomen Tribal College 9:30-3:30	28 Mahnomen Tribal College 9:30-3:30				

This institution is an equal opportunity provider.

In-person visits will be optional at this time. Please call 218-204-0399 or 218-401-4247 to contact our department.



Chairman from Page 3

This is the story behind our Snow-snake game we practice and play every winter to this day. I've made some myself and participated in the games over the years. It is our biboon tradition we as Ojibwe do every year in honor of Awanookwe and goon-ginebig. There are a few Snow-snake events that have already happened here and other places.

Miigwech to our White Earth Natural Resources Division for providing updates.

Environmental

As many of you know, the RBC passed a two-year Moratorium on any new Concentrated Animal Feeding Operations (CAFO's) proposed to be built within our boundaries. During conversations with State Agencies regarding a proposed CAFO, we learned about another 20x the size proposed less than a mile west of our borders. This is a 21,000 Animal Unit, (AU) facility which has the potential to have massive effects on our members' health and our Treaty Reserved Rights.

Just to give you an idea of what a CAFO produces in the quantity of urine and feces from even the smallest CAFO is equivalent to the urine and feces produced by 16,000 humans. What do they do with this waste day after day? They pile it outside near the actual CAFO facility into an enormous mountain of animal waste. This happens day after day so you can imagine the pollution runoff into rivers, streams, lakes and air.

Our White Earth Natural Resources Division, along with our White Earth Legal Department held an informational meeting on Jan. 24 at Shooting Star Event Center. This meeting was to raise awareness of the detrimental environmental effects these facilities have, as well as gain unanimity from you all. We need membership support in the form of individual stories; if you use the western, prairie area of White Earth Nation to hunt, gather, to make or add to your livelihood, please contact our Natural Resources Department. Also please be aware that we will have future informational meetings on CAFO's as well.

Our Environmental Department has been awarded a \$250,000 grant to increase recycling practices throughout White Earth Nation. In the near future look for more large recycling containers much like the blue bins throughout Becker County, also throughout the rest of White Earth Nation as well.

White Earth Wildlife & Fisheries

Chronic Wasting Disease (CWD) continues to be a statewide issue, and it's getting closer and closer to White Earth Nation. The Minnesota DNR held a management season in December in state Zone 184 (south of Bemidji), where there has been deer confirmed positive with CWD. Our Wildlife Department has been conducting surveillance in the form of deer head drop off sites throughout the White Earth Nation for the last two seasons. Miigwech to everyone who has taken the time to drop off their deer heads, we have not had any test positive thus far.

Our Fisheries Department has been busy taking our youth out ice fishing this winter. The division is ramping up their efforts in getting our youth outdoors to learn lifelong skills and enjoyable hobbies. Another huge undertaking the Fisheries Department is conducting is increasing our ability to hatch and rear our own fish. The department is in the final



Photo by Gary W. Padrta

Chairman Michael Fairbanks with a Snow-snake he made.

steps of incorporating a new water system at the hatchery on Ice Cracking Lake. This new water system will filter the water to appropriate standards for fish egg viability, as well as allow us to heat and cool the water as needed. With this new water system in place, White Earth Fisheries will be able to increase walleyes stocking rates in our lakes, as well as hatch and rear other species as well.

Parks and Recreation

Our Parks and Recreation Departments have been instrumental in increasing opportunities for you all to get to and enjoy the outdoors during the winter months. Winter means ice fishing for us, so the department has procured a new truck and plow capable of opening landings and plowing roads on our area lakes. Lake accesses that have been opened up are:

- Roy Lake
- North and South Twin
- Snider Lake
- Tulaby Lake
- Little and Big Elbow Lakes
- Net Lake
- Strawberry Lak
- Many Point Lake

Another great program the Parks and Recreation Department has started is an incentive program for area schools by taking youth out to practice our traditions in darkhouse spearing. The department has purchased two skid style spear houses, equipped with all necessary spearing gear for the program. I encourage the local schools to contact our Parks and Recreation Department to schedule a spear house for our youth! Finally, I hope to see you all the 3rd Annual White Earth Nation Ice Fishing Derby on Saturday, Feb. 4 on North Twin Lake. Get out there enjoy and win some great prizes!

Baamaapii wiingezin.
Miigwech bizindawiyeg.
Gigawaabamininim naagaj.
Take it easy.
Thank you for listening to me.
See you all later.

Chairman Michael Fairbanks

Howah Ads

Happy **10th** Birthday to my **Grandcub Amelia!**
Love, Gma



REMINDER!

Howah Ads are \$5 with a picture or \$4 without.

All payments must be made in advance.

No exceptions

Happy Birthday to my Sista

Angela Lynn Bevins

(January 28th)

Love you always,
Your Fav sister Lace and Family

Happy Birthday **Roger Jackson**

The Big 50!

Feb. 3

AKA: Ojibwa Foundation "AIM"

Standing Strong



Happy **14th** Birthday

Hanna

(February 9th)

Love,
Papa, Grandma, Moma, Ella, Eevi, Emoni, Weston and Family

Happy **7th** Birthday

Eevi

(February 28)

Love,
Papa, Grandma, Moma, Ella, Hanna, Emoni, Weston and Family



Your job search ends here
www.whiteearth.com

Valleyview Commons

in Mahnomen has immediate openings for 1 bedroom units.

\$500 Visa gift card move-in special!!!

Rent is income based.

All ages welcome to apply

Certain income restrictions apply

For more information contact DW Jones Management.

218-547-3307 or apply at www.dwjonesmanagement.com

CREATING BETTER LIVING
Equal Housing Opportunity

TTY711



All articles and photos submitted to the Anishinaabeg Today will be run on a space available basis



CHILD DEVELOPMENT ASSOCIATE (CDA) TRAINING

MARCH - APRIL 2023

Registration Deadline: February 13
Free to Eligible Participants!

Customized Education

ELIGIBILITY

Must have one or more of the following to qualify for eligibility:

- 18 years old and older & Not enrolled in K-12
- Self identify as a minority
- Lacking stable housing
- At or below the 200% of Federal Poverty Guidelines
- Unemployed for 15 or more weeks

Course Description

- The Child Development Associate (CDA) Credential is the most widely recognized credential in early childhood education (ECE).
- It is based on a core set of competency statements, which guide early care professionals as they work toward becoming qualified teachers of young children.
- Course work: 120 hours online
- 480 hours of work/volunteer experience with birth through 3/5 years old at a licensed facility (this can be fulfilled retroactively).

Registration Deadline: February 13
Free to Eligible Participants!

Customized Education

Questions about eligibility?

Contact Us:
bridget.guiza@wetcc.edu
218-935-0417 ext. 8327

philip.devries@wetcc.edu
218-935-0417 ext. 8326
wetcc.edu



CERTIFIED NURSING ASSISTANT (CNA) TRAINING

MARCH-APRIL 2023

FREE TO ELIGIBLE P2P PARTICIPANTS
REGISTRATION DEADLINE: FEBRUARY 28

ELIGIBILITY

Must have one or more of the following to qualify for eligibility:

- 18 years old and older and Not enrolled in K-12
- Self identify as a minority
- Lacking stable housing
- At or below the 200% of Federal Poverty Guidelines
- Unemployed for 15 or more weeks

Course Description

This course introduces concepts of:

- basic human needs
- health/illness continuum
- basic nursing skills needed to work as a Nursing Assistant in long term care.

Upon successful completion of classroom studies, the student will participate in supervised clinical experience in a long-term care facility.

This class meets the objectives of the Federal Omnibus Budget Reconciliation Act (OBRA) and Minnesota Department of Health Requirements as detailed for educating the nursing assistant.

Customized Education

Questions about eligibility?

Contact Us:
bridget.guiza@wetcc.edu
218-935-0417 ext. 8327

philip.devries@wetcc.edu
218-935-0417 ext. 8326
wetcc.edu



WHITE EARTH RESERVATION FORESTRY AND FIRE MANAGEMENT

White Earth Reservation Forestry and Fire Management will be accepting applications for emergency firefighters for the 2023 wildland fire season. Applications may be picked up at:

- White Earth Tribal Forestry, 254 County Road 4, Naytahwaush, MN 56566
- Maadaadzi Workforce Center, 3081 Workforce Road, Naytahwaush, MN 56566
- White Earth Tribal and Community College, 2250 College Road, Mahanomen, MN 56557
- White Earth Tribal Human Resources at the RTC headquarters, 3550 Eagle View Rd, Ogema, MN 56569

You can also find the application by scanning the QR code:



Requirements:


- Must be 18 years of age or older.
- Must have high school diploma or GED.
- Must pass pre-employment drug test.
- Must obtain medical clearance per the Department of Interior Medical Standards for arduous duty.
- Must be able to pass a physical fitness test which includes carrying a 45 lb. pack for 3 miles in less than 45 minutes.

Please note that this is not a White Earth Reservation Job. The Bureau of Indian Affairs is the employer. Selected candidates will attend basic firefighter training after all tests are completed. This employment is not guaranteed. Emergency Firefighters are employed on an on-call basis as needed. Possible times of employment are during spring fire season (which usually ranges from early April through middle to late May), Fall fire season as conditions allow, and possible off unit fire assignments during the summer months.

Applications will be accepted until February 10th, 2023

If interested and have questions please contact: White Earth Forestry @ 218-935-5967 or email dave.snetsinger@whiteearth-nsn.gov

Check us out on Facebook:
@WhiteEarthFireMgt



Solar Photovoltaic (PV) Course & Internship

Registration Deadline: February 28th
Free to Eligible P2P Participants!

Class Dates: March - April 2023
At the Customized Education Classroom

ELIGIBILITY

Must have one or more of the following to qualify for eligibility:

- 18 years old and older and Not enrolled in K-12
- Self identify as a minority
- Lacking stable housing
- At or below the 200% of Federal Poverty Guidelines
- Unemployed for 15 or more weeks

Important Details


- You will receive a Registered Unlicensed Individual (RUI) certification.
- You will be paid \$16 per hour for 45 hours total (30 hours of in-class electronics and solar education +15 hours of on-site training)
- Each intern will receive a free basic electronics kit (\$170 value).
- Will prepare for the NABCEP Solar PV Installer Industry Credential Exam.

Customized Education

Questions about eligibility?

Contact Us:
bridget.guiza@wetcc.edu
218-935-0417 ext. 8327

philip.devries@wetcc.edu
218-935-0417 ext. 8326
wetcc.edu



Special Boiler Operator License Course

Registration Deadline: February 28
Free to Eligible P2P Participants!

Class Dates: March-April 2023
Online Zoom Class: Days & Times TBD

ELIGIBILITY

Must have one or more of the following to qualify for eligibility:

- 18 years old and older and Not enrolled in K-12
- Self identify as a minority
- Lacking stable housing
- At or below the 200% of Federal Poverty Guidelines
- Unemployed for 15 or more weeks

Class Objectives:

- Understand safe operation and maintenance of pressure boilers.
- Become familiar with Minnesota Boiler License Requirements.
- Recognize the major hazards associated with boiler operation and ways to prevent them.
- Gain working knowledge of boiler water treatment programs, chemicals and equipment.
- Troubleshoot basic boiler problems before they become boiler failures.

Customized Education

Questions about eligibility?

Contact Us:
bridget.guiza@wetcc.edu
218-935-0417 ext. 8327

philip.devries@wetcc.edu
218-935-0417 ext. 8326
wetcc.edu



White Earth Child Care Holiday Book Give Away!

***Date: February 8th, 2023**

***Time: 2:00 - 6pm**

@ White Earth Community Center

Books for Children Ages 0 - 12 years old

If weather causes cancellation, it will be posted on the RBC email and WECC Facebook page!
Milgwech!

Nolan from Page 28

Nolan hopes that showing kids the cards has a similar effect on them as watching the likes of Stan Jonathan, Gary Sargent and Jimmy Neilson did on him when he was growing up.

“You can kind of walk around school the next day and be very proud of those gentlemen (because) even though we didn’t know them, they looked a lot like you,” he said. “Now, not only can you talk about it. You can actually show pictures that it really did happen.”

Hockey historians in recent months and years have begun to delve deeper into the role of some of hockey’s first nonwhite pioneers, including Native American defenseman Taffy Abel and Henry Elmer “Buddy” Maracle.

After more details have come to light about Canada’s history of boarding schools used to push First Nations children to assimilate to white culture from the 19th century through the 1970s, Nolan is proud to be an example of an

athlete who embraces his Indigenous heritage.

“We had a lot of our elders and a lot of our chiefs that showed the way for us, and especially the survivors of the residential schools and how hard they fought to maintain who we are,” said Nolan, who coached parts of six NHL seasons and won the Jack Adams Award as coach of the year in 1996-97. “I’m just another part of that, trying to build on that legacy of our forefathers and make the next generation even stronger than this generation.”

Nguyen said this card set has been years in the making and pointed out it comes at a good time given the dialogue going on, especially in Canada, about the treatment of Indigenous peoples and what can be done now to learn from it.

“It’s continuing the conversation with everyone and it’s not just letting it kind of lie,” he said. “It’s putting it in a really good light where people can have that conversation.”

988 Crisis Lifeline

If you or a loved one is struggling with mental health, there are options available for help!

988 (call or text line) and the Becker County/White Earth Reservation Crisis Hotline (218-850-HELP) offer 24/7 access to crisis staff members who can assist individuals experiencing thoughts of suicide or emotional distress.



Understanding Long COVID?

Some people who have been infected with the virus that causes COVID-19 can experience long-term effects from their infection, known as post-COVID conditions (PCC) or long COVID.

Common Long COVID Symptoms

The long-term effects of COVID can affect everyone differently and can result in different types of symptoms. These symptoms may come and go, and they may last for a few weeks, a few months, or longer. Below you will find a few common symptoms.



Shortness of breath or coughing



Brain fog (having trouble thinking clearly)



Loss of smell or change in taste



Having trouble sleeping



Fever



Feeling very tired



Body aches, headaches, chest pain, or stomach pain



Mood changes

What You Need to Know

- Even without symptoms, people who have been infected with COVID-19 could get long COVID.
- If you think you have long COVID, talk to your healthcare provider.
- Getting vaccinated for COVID-19 can prevent hospitalization and severe illness, including long COVID, especially if you have not already been infected.



JOIN STAR FITNESS CENTER TODAY


FREE ACCESS WITH EXTENDED HOUR KEYCARD ENTRY



Located in the Manitok Mall, Mahanomen
Email Jackie.Haugo@whiteearth-nsn.gov or call 935-0808 or 218-401-2421 to fill out application

NEW KEY CARD HOURS:
Monday-Friday 6 a.m. until 10:00p.m. (age 15-17)
Monday-Friday 24 hour access (age 18+)
Saturday & Sunday 6 a.m. until 6:00 p.m.

JOIN THE WHITE EARTH FITNESS CENTER TODAY!



BECAUSE EXERCISE IS MEDICINE

Located in the dialysis wing of the White Earth Tribal Health building
Email Gail.Borgurd@whiteearth-nsn.gov or call 218-983-3286 ext. 1342 or 218-401-3079

HOURS STAFFED:
Monday-Friday 8am-4:30pm
(Except RBC Holidays)

Key Fob access: (application required)
Monday-Friday 6a.m. until 10p.m. for age 15-17
Monday –Friday 24 hour access age 18+
Saturday-Sunday 6am-6pm everyone



WHITE EARTH TRIBAL ELDER SNOW REMOVAL PROGRAM

Position: On Call Snow Removal Provider
Location: District I – District II – District III
Closing date: Until filled.

- Must be a W.E. Tribal Enrollee or W.E. Descendant
- Must have a truck and a plow.
- Must have a valid Minnesota Drivers License
- Proof of Insurance (liability-coverage) for personal plow truck
- Must be able to pass a criminal background check and drug screening.
- Knowledge of area highways and roads in each District
- Must be able to communicate with elders.
- Must sign a contract and liability form upon hire.

Apply at: White Earth Water & Sewer Department
P.O. Box 418
White Earth, MN 56591
Phone: 218-983-3202
Fax: 218-983-4350
E-mail address: Burnham.TibbettsIII@whiteearth-nsn.gov
or Betsy.Smith@whiteearth-nsn.gov

Contact Buck Tibbetts III or Betsy by telephone or email if you have any questions.



Do you have needs in Housing, Food Support, Employment, Mental Health, Early Childhood, Etc.?

Contact a WECARE Navigator to complete an assessment to get you connected to services!

Contact Information:
White Earth Tribal Health
Phone: (218) 983-3286
Ask to speak to WECARE

Kali Lhotka – WECARE Navigator
Phone: 218-401-3185 or (218) 983-3286 ext. 1413

Page Lhotka – WECARE Navigator
Phone: (218) 401-1976 or (218) 983-3286 ext. 1359

Taylor Vonderharr – WECARE Navigator
Phone: (218) 401-3210 or (218) 983-3286 ext. 1341

Lori Fairbanks – WECARE Navigator
Phone: (218) 401-0550 or (218) 983-3286 ext. 1370

Taylor Soyring – WECARE Navigator
Phone: (218) 401-3208 or (218) 983-3286 ext. 1350

Attention New Homeowners & Existing Homeowners

If you are in need of a Well and Sewer System for your house/ trailer home you can contact White Earth Water & Sewer for an application as we receive grants.

Requirements to qualify for the grants are:

- * Tribal Enrolled member
- * Reside on the White Earth Reservation
- * Show proof of land (Land Deed/Tribal Land agreement) and proof of homeownership
- * 18 years of age or older
- * Must have electricity, heat source, and interior plumbing to the home
- * Income verification (some existing home owners grants require)

Contact us at 218-983-3202

763-221-8834

Confidential TeleHealth Counseling
for Adults, Individuals and Couples

Anxiety
Anger Issues
Depressed Mood



Lucy and Ethel's Attic
A place of happiness!



Thrift store
9 a.m. – 5 p.m.

Open 1st and 2nd Saturday of each month
Weather permitting.

Check our website for times and dates, www.nlmo.org/
Lucy and Ethel's attic or our Facebook page.

Upstairs of:
Northern Lights Freedom and Life church
28372 North Buffalo Lake Road
Callaway, MN

(1/2 mile east of Richwood, MN on Co. Hwy 34)

Great quality at a low price!

Accepting Bids

The White Earth LTCC program is accepting bids for a walk-in shower to be done at an individual home located on the White Earth Reservation. Modifications must be performed by a Minnesota licensed contractor and per MN State Code. All contractors must pass both White Earth RTC background and drug testing. Modifications must follow State guidelines, including cost effectiveness. Payment will be made in full after final inspection, review of receipts, and approval of completed job. Bid specifications and locations are available at the White Earth Tribal Health Building, 26246 Crane Road, White Earth, MN 56591. All BIDS submitted MUST include a diagram/blue print of the proposed project and a list of materials, labor, equipment, etc. or they will be considered incomplete and will not be accepted. Due to client confidentiality the bid description must be picked up in person at the White Earth Tribal Health Building. We are open Monday-Friday 8 a.m.-4:30 p.m. **Bids will be accepted until 4:30 p.m. on 3/3/23.**

French Toast Breakfast Bake Sale

Sponsored by St. Ann's Church - Waubun

Sunday, February 12th
9:00 AM – 1:00 PM
Waubun Community Center

Serving: French Toast,
'Ketters' Sausage, Scrambled Eggs,
Orange Juice, Coffee

Cost – Adults \$10.00
Children (10 & under) - \$5.00

Proceeds benefitting St. Ann's Church

Thank you for your support!

Elders from Page 7

necessary, we can call a special meeting! These months can have brutal weather, so we try to minimize traveling for our Elders. Thank you for your patience.

Please take care of your pets when it is extremely cold too. Gii ga wah bah min, and be safe! Elder Council contacts are below!

Lucille Silk, Chair 218-983-3768
Lawrence (Sam) Crowell, V Chair 218- 252-9390
Missy Fairbanks, Sec., 218-401-0553

Diabetic Bingo

All are welcome and it cost nothing to play



February

Feb. 1 st , 2023	Pine Point
Feb. 2 nd , 2023	Shooting Star Casino Event Center & Mini Health Fair
Feb. 7 th , 2023	Elbow Lake
Feb. 8 th , 2023	Valley View, Mahnomen
Feb. 16 th , 2023	Healthy Heart Health Fair Shooting Star Casino 2pm-7pm

Bingo in Pine Point is on the west side of the School in E.N.P. Dining Hall after the 11:30 E.N.P. meal.
Bingo at the Shooting Star Casino Event Center will be at 1:00pm
Bingo in Elbow Lake Village is at the E.N.P. building, after the 11:30am meal
Bingo at Valley View will be in the Community Room beginning at 1:00pm

March

Mar. 1 st , 2023	Rice Lake
Mar. 2 nd , 2023	Shooting Star Casino Event Center
Mar. 7 th , 2023	Naytahwaush
Mar. 8 th , 2023	White Earth

Bingo in Naytahwaush is at the Sports Complex, conference room behind the front desk at 12:00 Noon.
Bingo at the Shooting Star Casino Event Center will be at 1:00pm
Bingo in Rice Lake is at the Rice Lake Community Center Gym after the 11:30 E.N.P. meal.
Bingo in White Earth in at the Congregate Center, dining hall after the 11:30am meal

April

Apr. 4 th , 2023	Elbow Lake
Apr. 5 th , 2023	Pine Point
Apr. 6 th , 2023	Shooting Star Casino Event Center & Mini Health Fair
Apr. 20 th , 2023	Valley View, Mahnomen

Bingo in Elbow Lake Village is at the E.N.P. building, after the 11:30am meal.
Bingo in Pine Point is on the west side of the School in E.N.P. Dining Hall after the 11:30 E.N.P. meal.
Bingo at the Shooting Star Casino Event Center will be at 1:00pm
Bingo at Valley View will be in the Community Room beginning at 1:00pm

If the R.B.C or the E.N.P. site is closed, Bingo will be rebooked to another date, if possible.

At the Mini Health Fair starting at 12:30, you can have your Blood Pressure, pulse, Oxygen, and blood sugars checked, do a WECARE assessment, schedule your Covid Booster and or flu shot, all while enjoying a cup of coffee or glass of water and enjoying a light snack (February BBQ meatballs**)
Topping it all off you can play Diabetic Bingo starting at 1pm!
*ABI checks the blood flow to your legs ** subject to availability
Schedule is subject to change without notice. Updated 1/20/23

NOTICE OF TOWNSHIP ELECTION

To the Electors of the Township of SUGAR BUSH

Notice is Hereby Given, that a March Election will be held in Sugar Bush Township located at County Hwy 143, Ogema, MN 56569, Becker County on **Tuesday, March 14, 2023**, for the purpose of electing candidates for the following offices, which are to be voted for at the March Township Election to be held on Tuesday, March 14, 2023 to wit:

- One (1) Town Supervisor - 3 Year Term**
- One (1) Town Treasurer - 3 Year Term**

Please note the polls will be open for voting from 5 p.m., and will remain open until 8 p.m.

To obtain an Absentee Ballot please contact the Becker County Auditor-Treasurer, 915 Lake Avenue, Detroit Lakes, MN 56501 or 218-846-7311; Monday through Friday 8 a.m. until 4:30 p.m.

Contact Janice Chilton, Township Clerk if you have any questions regarding the upcoming March Township Election at 218-849-0882.

PP School Meeting Minutes

Pine Point Regular School Board Meeting Wednesday, November 9, 2022 @ 4:30 p.m. Pine Point School Staff Room

1.0 Roll Call – Meeting called to order by Chairman Gerald Adams at 4:37 p.m.

Members present – Michael Swan, Allison Jones, Marva Aitken, Sara Hunt, Gerald Adams, John Swan

Ex-officio – Chris Schulz, Principal

2.0 Recognition of Visitors – Nancy Schulzetenberg, Bonnie Meeks

3.0 Approval/Amendment of Agenda – Motion by Sara Hunt to approve the agenda as presented, seconded by Michael Swan. All in favor. Motion carried.

4.0 Approval/Amendment of Minutes – Motion by Michael Swan to approve the October 5, 2022 minutes as presented, seconded by Marva Aitken. All in favor. Motion carried.

5.0 Finance

5.1 Treasurer's Report – Motion by Sara Hunt to approve the Treasurer's Report for October 2022 as submitted, seconded by Marva Aitken. All in favor. Motion carried.

5.2 Payment of Bills & Electronic Funds Transfer & Debit Card Transactions – Motion by John Swan to approve the payment of bills for the month of October 2022 in the amount of \$59,744.30 for check #32203 through check #32259 and the EFT for Federal/State/TRA Payroll Tax & Debit Card Transactions, seconded by Michael Swan. All in favor. Motion carried.

6.0 Unfinished Business

6.1 No unfinished business

7.0 New Business

7.1 2021-2022 Audit – Motion by Allison Jones to approve the 2021-2022 Audit as submitted, seconded by John Swan. All in favor. Motion carried.

7.2 Canvassing Election Results – Motion by Allison Jones to approve the November 8, 2022 election results as submitted, seconded by Michael Swan. All in favor. Motion carried.

7.3 Parking Lot Seal Coating & Painting – Motion by Michael Swan to approve the S@N Sealcoating bid, seconded by Sara Hunt. All in favor. Motion carried.

7.4 IOWA Designation – Motion by John Swan to designate Christopher Schulz to act as the Identified Official with Authority for Pine Point School District #25, seconded by Marva Aitken. All in favor. Motion carried.

7.5 2022-2023 Calendar Change – Motion by Sara Hunt to approve December 2 & 23 calendar change, seconded by Marva Aitken. All in favor. Motion carried.

7.6 Annual Compliance Indian Education 2022-2023 – Motion by John Swan to accept concurrence on Annual Compliance Indian Education 2022-2023, seconded by Michael Swan. All in favor. Motion carried.

8.0 Principal's Report – Discussion on Veteran's Day; Weather-Storm outlook; Picture Day; Thanksgiving Dinner; School Drum; Dental Screening; Vape Detector & Speaker; Science Fair; After School Tutoring. No action needed.

9.0 Public Participation – Toys for Tots; Community Christmas Party; Soup & Bread Competition; Community Council Election; Culture Camp; Christmas Lights competition; Veterans' Appreciation Dinner

10.0 Adjournment – Motion by Allison Jones to adjourn the meeting at 5:30 p.m., seconded by Michael Swan. All in favor. Motion carried.

Eagle View Township Annual Meeting Notice

The Eagle View Township annual meeting will be held Tuesday, March 14, 7 p.m. at Elbow Lake Community Center, 39933 North Elbow Lake Drive.

Gail Gardner, Clerk

Lake Grove Township Monthly Meeting Notice

Notice is hereby given to the citizens of Lake Grove Township, County of Mahnomen, State of Minnesota, that the monthly Township meeting will be held the **3rd Tuesday of each month**. The meeting will commence at 7:30 p.m. at the Jerome Wolbeck residence.

Lori Tibbetts, Clerk

24 HOUR WORKOUT PRIVILEGES

Monday through Friday *Must be 18 or older
Star Fitness & White Earth Fitness Centers
Saturday & Sunday 6 a.m. until 6 p.m.

- A recent fitness center application & waiver must be on file before exercising. (within 3 years) On July 1, 2022, active keycards/fobs will be automatically given 24 hour access if member is 18 or older.
- To enter the fitness center, you **must be at least 15 years of age**. Please have a parent sign our liability waiver if you are under age 18. Contact Jackie.haugo@whiteearth-nsn.gov or Gail.borgrud@whiteearth-nsn.gov
- Age 15 to 17 can still workout Monday-Friday 6a.m. to 10p.m. Saturday-Sunday 6a.m. to 6p.m. or after hours with a parent present.
- This is a trial period and keycards and/or badges will be de-activated if rules are not followed.



White Earth Nation
TRIBAL PUBLIC HEALTH
Prevent. Promote. Protect

IN NEED OF SEPTIC PUMPING?

If you need your sewer system pumped call the White Earth Water & Sewer Department at 218-983-3202

Tribal Enrolled Elders (55 & older) - \$25

Tribal Enrolled Members (54 & younger) - \$80

Non-enrollees (any age) - \$115

White Earth Businesses - \$115

Other Businesses - \$120

(You must live on the White Earth Reservation)

SELF-HELP LAW CLINIC

WHEN: Thursdays from 11:00 a.m. to 2:00 p.m.

WHAT: Self-help law clinic can assist free of charge with:

- Divorce
- Domestic Abuse
- Name Change
- Child Support
- Child Custody/Parenting Time
- Criminal Expungement
- Landlord-Tenant
- Or many other, non-criminal issues

WHERE: Becker County Courthouse (located in the Law Library)
915 Lake Avenue | Detroit Lakes, MN 56501

FREE HELP FILLING OUT COURT FORMS

United Way | LSC | A partnership with the Becker County Law Library

LSNMLAW.ORG
For questions, please call 1-800-450-8585

Iron Range Area Community Council

The Iron Range Area Community Council holds a meeting on the second Thursday of each month at 6:30 p.m. at the Greenway Township Hall in Marble, Minn.

Everyone is encouraged to attend and get involved



January Mental Health Connections

White Earth Mental Health collaborated with White Earth elder, Kent Estey, to provide the Naytahwaush community a canvas painting class. The event was open to all community members free of charge to paint birch bark trees. Due to high interest, two events were held and 23 people were in attendance. Continue to watch for more exciting mental health connections events to be held in various communities!

Submitted photos

Indigenous hockey cards shed light on First Nations players

By Stephen Whyno
AP News

Ted Nolan finally has his rookie card more than 40 years after making his NHL debut. Better late than never, particularly because it includes a nod to his First Nations heritage.

Upper Deck recently unveiled a "First Peoples Rookie Cards" set featuring eight Indigenous hockey players who did not get this opportunity the first time around. It comes at a time when appreciation for Native American and First Nations influences in the sport is on the rise.

"It's kind of like somebody calling you 40 years after your 18th birthday and saying, 'Hey, you're turning 18,'" Nolan said. "It wasn't as exciting as it would have been if I was actually getting it when I was a rookie, but just the same I'm so honored to receive it, especially with the Indigenous component to it because (for) a lot of our kids, representation really does matter, and the more the kids get to see these type of things happening, they can dream, also."

That was the hope of Indigenous card collector Naim Cardinal, who first suggested the idea at a trade show a few years ago. There were some players missing from his collection that he thought deserved



Photo by Gene J. Puskar

New York Islanders coach Ted Nolan talks with his players during a timeout.

their due.

"We thought that was an interesting concept," Upper Deck senior marketing manager Paul Nguyen said. "So, we asked other people within the hockey community to see if there was an appetite for a set like this, and we heard yes."

The cards, including the logo on each of them, were designed by artist Jacob Alexis from the Alexis Nakota Sioux Nation, while Cardinal wrote the content on the back that highlighted the player's Indigenous heritage and family history.

Nolan's card, which shows him in a Detroit Red Wings uniform, points out he's Anishinaabe (Ojibwe) from Garden River First Nation in Ontario and not only played in the NHL with the Red Wings and the Pittsburgh Penguins but went on to become a successful coach and has two sons who made the league, Jordan and Brandon.

Having a rookie card like his sons is a cool development for Nolan, who said, "It's kind of like a family thing." Taking it a step further, the cards won't be sold but rather distributed at the 3NOLANS First Nation Hockey School and other Indigenous hockey camps and events.

See Nolan Page 24

Health & Wellness Round Dance



Photos by Paulie Neisen

The White Earth Nation 2nd Annual Health and Wellness Round Dance was held Jan. 21 at the Shooting Star Casino in Mahanomen. More than 600 dancers and 30 drums attended the event. The emcee was Dave Northbird. Placing first in the hand drum competition were Fawn Wood and Dallas Waskahat. Finishing second and third were Keveon Kingbird and Joel Wood. The event was sponsored by White Earth (WE) Public Safety, Mahanomen Tribal Community Council, WE Behavioral Health, Mii-gii-way-win Advisory Board, WE Cultural Department and the WE CSO Program.