



# Four Directions N<sub>orth</sub> E<sub>ast</sub> W<sub>est</sub> S<sub>outh</sub>

## Native American Heritage Month

November is Native American month and many communities will bring Native American speakers and do cultural activities. While many celebrate the Native American Heritage there are those who choose not to because to them it is just another month.

Others like surrounding schools of the Turtle Mountain Chippewa Reservation invite guest speakers to demonstrate their arts, culture, heritage, dance, music and so much more. Universities throughout the state of North Dakota and Minnesota bring In Native guest speakers to visit with students about the life of the first Americans.

In many tribal communities, November is election time for many reservations. I had the privilege two years ago of walking in the Great Oglala Lakota, Theresa Two Bulls Campaign as the Mentor for Loneman school's student council. The Loneman gymnasium was packed with Lakota tribal members, two big drums, many Eagle staffs and flags, other youth councils, elders and community members. A person could feel the blessing of the ancestors and youth at this grand gathering. Even though at one time I would have been the enemy, an Ojibwa, I was welcomed by many as one of them while there. Yeta Hey, Hoka Hey, Waasa Inaabida, We look in all directions.

Many of the Native American families last names have meaning and came from a relative who earned the name. Last names like, Iron Bear, Kills Enemy, Stands Alone, Shiningone Side, and Standing Chief have significant meaning in the name. The name Stands Alone came about while warriors were out to fight a battle and one of the warriors went out to do battle with the enemy. The other warriors were going to fight also but the Chief said, "He stands alone." The Kills Enemy name is pronounced fully Kills Enemy at Night but shortened for school purposes. The name Oneside came from our great, great grandmother who was born in 1849 who carried the name ShiningOne Side.

Many contributions Native Americans have given to the world such as 60 to 65 % of the food eaten like potatoes, corn, tomatoes and many others. The government used today by America called Democracy was influenced by the Iroquois constitution. Native Americans were and still are the first to sign up for the draft when war time hits America. Native men are natural warriors and will give their last full measure to protect the people and their homeland. Native people were signing up for the war even before they were considered citizens of the United States in 1924.

Many of the medicines used buy hospitals came from Native

medicinal medicines that are polluted with testing and dyes. The farmers learned from Native Americans irrigation and what crops were best to plant where and time of year they grow best.

Women's rights came as a result of two Caucasian women spending time observing the rights of Native American women with in the tribes such as owning 75% of the marriage dowry including the children. Native women held council through women societies and held the responsibility of overseeing the leaders of the tribe by giving advise, making decisions regarding daily life, or to decide fate of a leader who may need to be replaced and other decisions concerning women. When a man married a young woman he joined the women's family where they resided and lived with the help of her extended family. Therefore this brought about the Women's Rights Organization throughout America.

Many other contributions the Native Americans are responsible for are many and these are a few mentioned. One Important thought; *Within the Native American Heritage there is a story and answer for every problem they could encounter, the solutions are in the hands of Native Americans heritage and language.* Miigwech

Written By: JT Shining One Side  
10/28/10

## Community Announcements

### Happy Birthday!

**Greg Ohnstad**  
Monday, November 1

**Lisa Bunn**  
Tuesday, November 2

**Courtney Redwing**  
Thursday, November 4

**Leia Daniels-Fogel**  
Friday, November 5

**James Shepherd**  
Sunday, November 7

**Warlene Yellowcloud**  
Thursday, November 11

**Judy Azure**  
Sunday, November 14

**Octavio Gomez**  
Tuesday, November 16

**Marva Tollefson**  
Wednesday, November 17

**Lauretta Moses Blakely**  
Sunday, November 21

**Kaare Vassenden**  
Tuesday, November 23

◆ **Cultural Committee Meeting**  
Date: November 19, 2010  
Time: 12:00 pm – 1:00pm  
Location: Cultural Diversity  
Resources Board Room  
Called by: Mary Kay Person-Fable

◆ **Christmas Food Baskets:**  
November 1 - November 30  
Mon. - Fri. 9 - 3:30 pm at the  
Salvation Army. On the 8th and  
22nd they will be open until 6:30  
p.m. All adults must have a picture  
ID SSN for each person and proof  
of income. The Salvation Army will  
be distributing food baskets that  
day in Centennial Hall. Contact  
them for more information.

◆ **Giving Tree Of Hope:**  
Parents come and pickup gifts for  
children at the Civic Center, Fargo  
on Thursday December 16th from:  
9 - 4 pm, . Due to different taste,  
color, and style preferences, as  
well as size issues, we will not be  
distributing clothing this year. Photo  
identification and social security  
cards of clients and their children  
are needed on distribution day.  
No Applications this year!

◆ **Ojibwe Language Classes:**  
Held on every Monday starting  
November at Probstfield in Room  
301. We will supply dictionaries  
and CD's to take home and listen  
to. The Ojibwe teacher is Renee  
Fosmark of White Earth Tribe.

◆ Pangea Celebration of Cultures  
held at the Hjemkomst Center,  
Moorhead, MN on November 13th,  
2010 from 10am to 4pm. Dancers  
Drums, Singers and Food for all  
cultures. Free open to the Public,  
food items sold at a minimal cost.

### ◆ Homeless Coalition Meeting Update

1. The Bush Foundation is  
conducting "Listening Sessions" in  
ND – through the United Way.  
Cass County in November. First  
date set is November 1 Time TBA.  
Purpose is to hear what is going  
on. A question was raised as to  
representation for the Native  
American Community at those  
listening sessions. This is an  
opportunity to push forward with  
info from the November 4th Native  
American Giakition meeting to be  
active in front of a couple of  
influential audiences that can make  
something good happen. There  
will be childcare available and  
transportation offered.

2. United Way will be **concentrating**  
on Success by Six – early  
intervention for better educational  
outcomes.

### ◆ Mahto Beads

Authentic Red Lake/Standing Rock  
Order your Beaded Gifts now!  
Peyote Stitch: Dreamcatchers,  
Medicine Wheels, keychains &  
earrings!  
Call Sean at 701-306-6611

# NATIVE AMERICAN HERITAGE MONTH 2010

## NDSU

- **Opening ceremony & Ojibwe Culture Presentation**

November 3, 9:00 AM - 10:00 AM

Rose Room, NDSU Memorial Union

Steve Davis, Turtle Mountain Band of Chippewa

- **Indian Taco Sale**, November 3,  
11:00 AM

Lutheran Student Center on 13th Ave. North

NDSU NASA/AISES fundraiser

- \* **Flute music performance**

Keith Bear

Nov. 23, 7:00 PM

Beckwith Recital Hall, NDSU campus

- \* **Winona LaDuke**

Monday, November 29, 7:00 PM

Century Theater, NDSU Memorial Union

- \* **Getting to Know Our Tribal Partners**

Speaker: Karen Paetz Sitting Crow, PhD  
Candidate

Thursday, Nov. 4th/ 6pm/ MU Meadow Lark  
Room

Reception at 4:30pm in Equity and Diversity  
Center

- \* **Anti-Racism Tuesday: Native American Law & Order Act**

Speaker: Monique Vondall-Rieke

Tuesday, Nov. 9th/ 12:30pm /MU Hidatsa Room

**All events are Free and open to the public**

**MINNESOTA STATE UNIVERSITY MOORHEAD  
TO BE ANNOUNCED IN AN EMAIL**

**NO EVENTS AT CONCORDIA COLLEGE**

# Do you feel you may be a victim or do you know someone who may be experiencing Domestic Violence?

There is help!

In our community we have  
The Rape and Abuse Center  
317 8<sup>th</sup> St N Fargo, ND  
701) 293-7273

Also Sacred Spirits will soon have  
a Sexual Assault Advocate and  
Therapist coming to assist those in  
Our Moorhead office and our Mahnomen  
office. 218) 284-1255

## **SIGNS THAT YOU'RE IN AN ABUSIVE RELATIONSHIP**

Do you

- \* feel afraid of your partner most of the time?
  - \* avoid certain topics out of fear of angering your partner?
  - \* feel you can't do anything right for your partner?
  - \* believe that you deserve to be hurt or mistreated?
  - \* wonder if you're the one who is crazy?
- feel emotionally numb or helpless

Does your partner:

- \* humiliate or yell at you?
- \* criticize you and put you down?
- \* treat you so badly that you're embarrassed for your friends and family to see?
- \* ignore or put down your opinions or accomplishments?
- \* blame you for his own abusive behavior?
- \* see you as property or a sex object, rather than as a person
- \* have a bad and unpredictable temper?
- \* hurt you, or threaten to hurt or kill you?
- \* threaten to take your children away or harm them?
- \* threaten to commit suicide if you leave?

- \* force you to have sex?
- \* destroy your belongings? act excessively jealous and possessive?
  - \* control where you go or what you do?
- \* keep you from seeing your friends or family?
- \* limit your access to money, the phone, or the car?
- \* constantly checks up on you?

These are a few examples of power and control and are a mixture of belittling, violent and controlling behavior. ([helpguide.org](http://helpguide.org)) You can Google domestic violence signs and information is in [helpguide.org](http://helpguide.org).

**REMINDER Support Group for Native American women** who have been harmed by sexual assault or domestic violence. The support group will be held Tuesday evenings through December 14th-every Tuesday evening. Time is from 5-6:30pm at the Native American Center Project. 701-293-7273 for more info.



# Native American Teachings

## The Seven Sacred Rites of the Lakota

### The Keeping of the Soul

A ceremony of spiritual healing performed after the death of a loved one.

### The Rite of Purification or Sweat Lodge

One of the most powerful and pervasive of ceremonies, the Sweat Lodge ritual is designed to cleanse the spirit and bring the participant ever closer to the Great Spirit,

**The Vision Quest** is a rigorous and specialized ceremony designed to bring the participant to a new level of awareness of himself and his place in the greater world.



### The Sun Dance

A ceremony that involves fasting and dancing for several days (typically, four days), and is designed to help relieve the suffering of others in the community.

### The Making of Relatives

A ceremony of “bringing together” or of forging stronger relationships with others.

### Preparing for Womanhood or Puberty Rite

The ceremony that marks the transition from girl to woman following her first menstrual period.

### Throwing of the Ball

This rite is no longer actively practiced.

### The Healing

This is a modern addition to the original Lakota sacred rites. It is designed for healing and to practice the “seeing way” as called for by a respected Elder or Medicine Man.



## The Seven Teachings of the Anishinaabe

### Honesty

To achieve honesty within yourself,  
To recognize who and what you are,  
Do this and you can be honest with all others

### Humility

Humble yourself and recognize that  
No matter how much you think you know,  
You know very little of all the universe.

### Truth

To learn truth,  
To live with truth, and  
To walk with truth,  
To speak truth

### Wisdom

To have wisdom is to know the difference between good and bad, and To know the result of your actions

### Love

Unconditional love to know that when people are weak  
They need your love the most,  
That your love is given freely,  
and You cannot put conditions on it. Or your love is not true.

### Respect

Respect others, their beliefs, and  
Respect yourself.  
If you cannot show respect,  
You cannot expect respect to be given

### Bravery

To be brave is to do something right,  
Even if you know it's going to hurt you.



## It's GET OUT THE VOTE TIME

School Board calls special election to ask voters to approve an operating levy referendum

Moorhead School District voters will have an opportunity to vote November 2, 2010, on an operating levy referendum that, if approved, will provide the school district \$850 per pupil in additional funds each year for the next seven years beginning with the 2011-12 school year.

Additional information about the referendum is available at [www.moorhead.k12.mn.us/referendum](http://www.moorhead.k12.mn.us/referendum).

## SANFORD HEALTH SIOUX FALLS, S.D. – Sanford Health says it is getting a \$7.1 million grant to help address American Indian health issues.

The five-year grant from the U.S. Department of Health and Human Services renews a previous five-year commitment. Partners for the project include the University of South Dakota, the Aberdeen Area Tribal Chairman's Health Board and Sinte Gleska University. The money will be used for such things as recruiting Indian students into health research fields and developing programs to address issues such as obesity among Indian children. Sanford Health was formed by the merger of two health

systems in the Dakotas last year. It is headquartered in Sioux Falls, S.D., and Fargo, and is billed as the nation's largest not-for-profit health care provider.

## Arikara in Indiana

*Black Pinto Horse*, Monte Yellow Bird, to share his many talents with the *Eiteljorg Museum*, in the form of workshops and presentations during his month long Artist-in- Residence Indianapolis INDIANA, - Nov. 2 – Dec. 1

Monte Yellow Bird is a member of the Three Affiliated Tribes, Arikara and Hidatsa Nation from White Shield, North Dakota. Enjoy his refined art and educational programs on their website @ [www.blackpintohorsefinearts.com](http://www.blackpintohorsefinearts.com).

## An Apology Please

It is in the spirit of the White Bison Prophecy, that we call upon all peoples to join us in signing this petition supporting a US apology and healing for the widespread abuse of Native American children at the nearly 500 [schools](#) funded by the US [government](#) to assimilate Native American people.

The [vision](#) is to promote

awareness, dialogue and forgiveness for what happened at the [schools](#) so that we can collectively heal from this tragic chapter in United States history.

This petition [calls](#) upon the President of the United States to issue a formal apology for what the US government allowed to happen to Native American children at the [schools](#) and for the intergenerational trauma that is still negatively affecting Native individuals, families & communities to this day. *Please support this cause by signing the online petition website at <http://www.thepetitionsite.com/1/Apology-For-Indian-School-Abuses/>*

*White Bison, Inc*

## The Native American Commission

meets on the second Thursday of each month at 5:30 p.m. in Fargo City Hall. Meetings are broadcast live on TV Fargo channel 12. Meetings are rebroadcast every Saturday at 8:00 p.m., Thursday at 5:00 p.m. and Sunday at 11:30 a.m.

## REMINDER

FALL BACK starts November 7th Turn your clocks back one hour.



# NOVEMBER POW-WOW TRAIL



## North Dakota

### November 13: **Williston Basin Indian Club Veterans day Contest pow wow.**

**Location:** Williston, ND. New Armory. **Info:** Joe McGillis 701-571-4375 joseph.mcgillis@ihs.gov  
**Cost:** \$5.00 for the day. 65 and over 5 and under admitted free.

Contest info: all adults categories including Golden age 1st \$300.00 2nd \$200.00 3rd \$100.00. Men's Veterans Special: 1st \$500.00 2nd \$300.00 3rd \$200.00. Women's Veterans Special: 1st \$500.00 2nd \$300.00 3rd \$200.00. Other Specials TBA. All Drums Welcome, Paid Per session, 2 sessions.

## Minnesota

### November 6: **7th Annual Gathering for Our Children and Returning Adoptees traditional pow wow.**

**Location:** Minneapolis, MN. American Indian Center. 1530 East Franklin Ave.

**Info:** Sandy White Hawk 651-442-4872 sandywhitehawk@gmail.com

**Cost:** FREE

### November 12: **St. Paul Public Schools Indian Education traditional pow wow.**

**Location:** St. Paul, MN. The American Indian Magnet. 1075 E. Third St.

**Info:** 651-293-5191

[www.indianeducation.spps.org](http://www.indianeducation.spps.org)

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**Cost:** Free and open to the public.

**Additional Info:** Monthly winter pow wow.

Everyone is welcome. Pow wow 6-8 PM. This is an opportunity for families to sing, dance, socialize and and enjoy our cultural traditions. No smoking on school grounds. Concession stands or booths \$10; no candy sales. Children 11 and under MUST be accompanied by an adult or they will not be admitted. Security provided by First Nations Security.

### November 19-21: **Native American Heritage Week pow wow.**

**Location:** Mahnomon, MN. Shooting Star Casino and Event Center

**Info:** Dennis Hisgun 218-261-1209 hisgun2@msn.com

**Cost:** None

### November 25-27: **3rd Annual Thanksgiving traditional pow wow.\***

**Location:** Minneapolis, MN. American Indian Center.

**Info:** 612-824-3118 or 612-799-2698 zoogipoequay@msn.com



# A Thanksgiving Perspective

*By Mary John*

*From the Messenger, Moorhead State University, November 1991*

*An interview with Gladys Ray*

With Thanksgiving coming upon us soon, we need to look at another perspective behind all the turkey trimmings. Gladys Ray, a well respected Ojibwa elder in our community, originally from White Earth Minnesota offers her views on this holiday.

She begins by saying, "I feel the pilgrims did not teach Indians to give thanks, it was always a part of our being".

"Although the early settlers were credited with Thanksgiving, Native Americans practiced their thanksgiving prayers and rituals every day of their lives". In her own family, ceremonias were held twice a

year and it's still recognized and performed. Their first ceremony was in Autumn before the snow came and a large portion of the ritual was to give thanks that family and relatives had lived through another season and had been taken care of by our Creator.

A blessing was asked for the next season to come by offering the Pipe, and tobacco and food to the four directions. This ceremony was again held in the Spring much the same way. An elder in the family led the prayers and this honor was passed down through the family.

Gladys goes on to say, "Thanksgiving sounds like a Christian idea started by the Pilgrims, but I really feel that originally it was an Indian ceremony as this was in their tradition. This was not a new thing to the Indian people, as it was a part of their lives ingrained from birth to death for whatever they had. When people determined we are poor, we still had a lot of things to be thankful for."

Thanksgiving was always practiced whether it was the first game, the first snow or name-giving and still today, tobacco is offered in thank you ceremonies with the usual traditional feast afterwards.

## Four Directions Staff

**Mary John--Editor--Spirit Lake Nation, DOE**

**Patty Leaf--Co-Editor--Spirit Lake Nation, DOE**

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**Tanya Red Road--Reporter--Turtle Mountains Chippewa, SS**

**JT Shining One Side- Guest Reporter- Turtle Mountains**