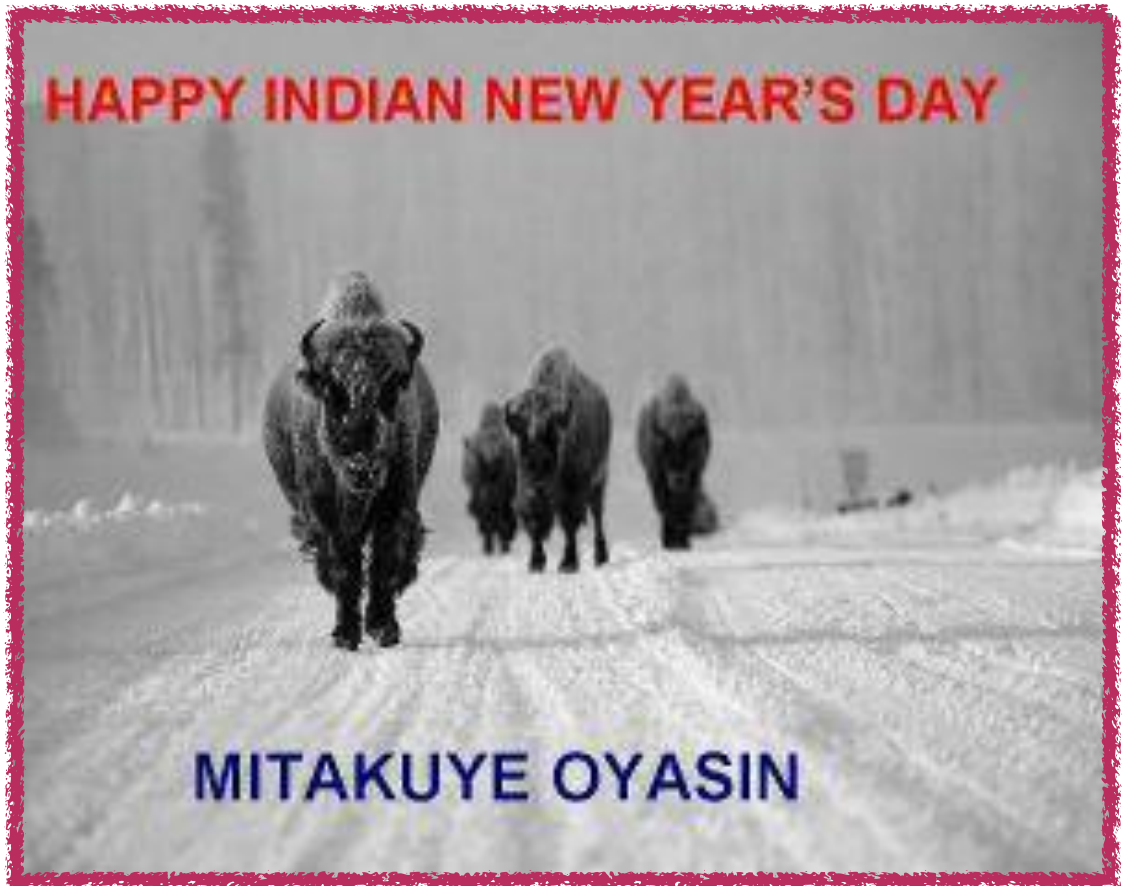


In the Indian world, things happen when they are ready to happen.

This year, remember, don't be in such a hurry, be stress free, know that all things are not bound by the clock or calendar in this busy world.



New Years Goals Not resolutions...

By Mary John

Another year comes. How will I remember the coming year a year from now. Each year begins with resolutions and good intentions, but goes by the wayside soon enough for me.

I remember one year, I didn't tell anyone my resolutions. I bought new clothes I knew wouldn't fit me. I started to walk to work, about six blocks. I climbed three flights of stairs instead of using the elevator. For lunch I ate small portions, and exercised at a salon across the street from work.

By April, my clothes were getting baggie, then I tried the clothes on I bought at the beginning of the year and Wow! I could fit them.

I kept this up until I was a lean, mean Native machine. Lol...When tempted by a large serving of junk food, slowing turn your head from side to side (a good exercise to help you).

So lades, however way you set your goals for this year, keep on it everyday. Don't give up. It takes time, but well worth it. Do everything in your power to help yourself. My uncle used to say, "God helps those who help themselves." It works in many other goals you set for yourself.

So come next January 1st, be proud that you're healthier, you've accomplished your goals, and never gave up.

Four Directions Staff

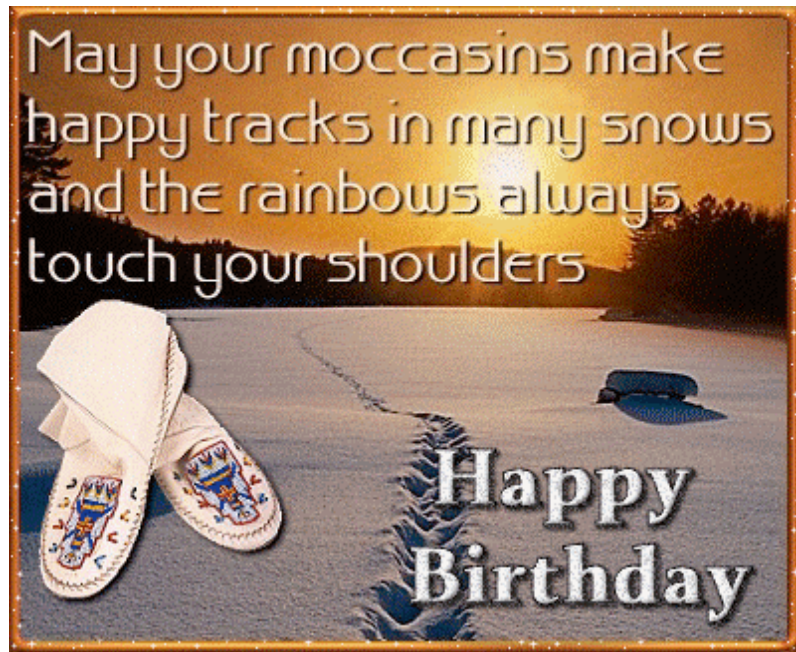
Editor: Mary John
Co-Editors:

Connie longie
Tanya Redroad

Disclaimer:
Daughters Of The Earth publishes Four Directions newsletter monthly .Every effort has been made to ensure the accuracy of the information contained in these pages. We accept no responsibility for any errors

New Year's Baby Birthdays

Tonya LaFrombois, Jan 1
Olivia Melroe, Jan. 1
Faron Blakely, January 2
Faye Smiley-Aakre, Jan. 2
Penny Lafromboise, Jan. 2
Bernice Belgrade, Jan. 6
Anita DuMarce, Jan 11
Amber Photo, Jan. 11
Cocoa Bedeau, Jan. 12
Kayla Reyes, Jan. 16
Donna Grandbois, Jan 22
ReNae Bear King, Jan 27
Maria Gleason Jan. 30



UPCOMING EVENTS

SAVE THE DATE!! 13th Annual North Dakota Indian Child Welfare & Wellness Conference – February 19 - 21, 2014

Earlybird Registration \$150

General Registration

\$200

Daily Rate

\$100

Special rates for students and foster parents

Daily \$60

Payment must be received or postmarked by January 31st to receive early-bird registration rate.

“You may contact Sandra Bercier at sandrab@nativeinstitute.org or at 701.255.6374.”

Boat & Marine Show

Jan 24, 2014 - Jan 26, 2014

1800 N University Dr, Fargo, ND 58102

701-241-9100

[view website](#)

Monster Jam

Jan 31, 2014 - Feb 01, 2014

1800 N University Dr, Fargo, ND 58102

THE FAB FOUR LIVE AT THE FARGO THEATRE!

Jan 23, 2014

314 Broadway, Fargo, ND

- All Ages
- Reserved Seating
- Doors @ 7pm
- Show @ 8pm

Purchase tickets at <http://www.tickets300.com>

For full details, check out <http://www.jadepresents.com>

This loving tribute to the Beatles has amazed audiences all over the world, including Japan, Malaysia, Hong Kong, The United Kingdom, Germany, Mexico and Brazil.

Designing Our Community, Designing Ourselves

Hjemkomst Center

WHEN:

January 25, 2014 @ 2:00 pm

COST:

Free and Open to the public.

Registration is required.

Call Jill 218-329-8893 to register.

WINTER POW-WOWS

MN

January 10, 2014

AIMS Powwow - Traditional

Location: St. Paul, MN. 1075 Third St E.

Directions: We are located on the corner of 3rd Street and Earl. Bus #63 (Sunray - Grand Avenue) runs approximately every 20 minutes. Also, you can take the #74 (46th Street Station - Randolph - W 7th - E 7th - Sunray) on Minnehaha and 3rd Street (approximately 5 blocks north on 3rd Street).

Info: 651-767-8100 (651)

778-3100 -Website-

Additional Info: Pow wow goes from 6 PM to 8 PM.

January 11, 2014

Gichi Manidoo Giizis Pow Wow - Traditional

Location: Carlton, MN. Black Bear Casino Resort-Otter Creek Event Center More information & Info:

Nikki Crowe 218-878-7148

218-878-7101 -Email- -Website- -Pow wow flier-

MC(s): Murphy Thomas

AD(s): Les Gibbs

Host Drum(s): MA'IIN'GAN

Cost: Free

Additional Info: Vendor Tables available for \$100. More details to



Save the Date!

25th Annual Woodlands & High Plains POW-WOW

For more information contact: Jody Steile
218-477-4272 |
steilejo@mnstate.edu

Many Nations, One
Community

Saturday, April 26, 2014

MSUM Nemzek Fieldhouse

Moorhead, MN

Doors Open to Public
12:30 - 10 p.m. Grand
Entries 1 p.m. & 7 p.m.

follow! Head Dancers: Bill and Edye Howes. Invited drums only. 50/50 raffle, and Moccasin game demonstration. Registration: 10 AM. Grand Entry: 1 PM & 7 PM.

January 24, 2014

Minneapolis American Indian Center Circle of Generations Monthly Pow Wow - Traditional

Location: Minneapolis, MN. Minneapolis American Indian Center, 1530 East Franklin Avenue. Info: Mi-zi-way Desjarlait 612-879-1785 -Email- -Website- Additional Info: 6-8 PM. Circle of Generations goal is to restore some of the traditional systems of social support and cultural connections for children, youth and families, in order to promote healthy families.



2nd Annual New Year's Eve 2013 Round Dance

I like to thank the Community, singers and programs for this year support of New Year Community Min-Pow Wow & Round Dance. We had a great turnout in spite of the cold weather, well over 150 in attendances.

Thanks!!!!!!

Willard Yellow Bird Jr.
Cultural Planner
City of Fargo



AND THEN IT IS WINTER

You know. . . time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is... the winter of my life and it catches me by surprise...How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey...they move slower and I see an older person now. Some are in better and some worse shape than me...but, I see the great change...Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be. Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so...now I enter into this new season of my life unprepared for all the aches and pains and the loss of

strength and ability to go and do things that I wish I had done but never did! But, at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over on this earth...its over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done...things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long! Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not! You have no promise that you will see all the seasons of your life...so, live for today and say all the things that you want your loved ones to remember...and hope that they appreciate and love you for all the things that you have done for them in all the years past!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

LIVE IT WELL!

ENJOY TODAY!

DO SOMETHING FUN!

BE HAPPY !

HAVE A GREAT DAY

Remember "It is health that is real wealth and not pieces of gold and silver.

LIVE HAPPY IN 2014!

LASTLY, CONSIDER THE FOLLOWING:

TODAY IS THE OLDEST YOU'VE EVER BEEN,

YET THE YOUNGEST YOU'LL EVER BE

SO - ENJOY THIS DAY WHILE IT LASTS.

~Your kids are becoming you.....but your grandchildren are perfect!

~Going out is good.. Coming home is better!

~You forget names.... But it's OK because other people forgot they even knew you!

~You realize you're never going to be really good at anything... especially golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".

~You miss the days when everything worked with just an "ON" and "OFF" switch..

~You tend to use more 4 letter words ... "what?"..."when?"... ???

~Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

~You notice everything they sell in stores is "sleeveless"?!

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

~~~But Old is good in some things: Old Songs, Old movies, and best of all, OLD FRIENDS!