

News

RBZ New Kid in Town
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Memories of Christmas Past

It's that time of the year again. Wrapping gifts, baking goodies, parties, Christmas decorations array, it gets pretty busy. But let's not forget the true meaning of this holiday; the Baby that was born and all the traditions of giving and compassion for all people.

The first Christmas I remember is with my grandparents on the Spirit Lake Nation sometime in the 1950's. Like most people, we were poor, but rich in values and traditions like love, generosity and respect.

My grandma would buy popcorn balls wrapped in clear colored paper. We used the colored paper to put around the globe lamp so our cracked walls reflected the green, blue, red and yellow colors and made it pretty.

We didn't have big traditional meals like today, but what we had we shared. One thing grandma would make for Christmas is jello that we left on the top of Grandpa's old abandoned 40's car parked in the back. It jelled in no time. Jello is still my favorite for Christmas. Oh, and the old car became a play house.

When our relatives came we would slide down the big north hill in old car hoods. It was laughter and fun into the night as we all piled in. Sometimes we slid down to the house while the snow glistened in the moonlight.

Grandpa always chopped wood and our pot bellied stove glowed red with warmth for our two room house. In the morning the kitchen wood stove crackled and popped while Grandpa and Grandma talked Indian and waited for their coffee to brew. We each got an unwrapped windup toy guitar. We were happy.

Today, it's X-boxes, tablets, iPhones and all that technology has to offer. We've become very materialistic, always looking for the latest gadget and forget that the best things in life are free. The best Christmas for me is being healthy, surrounded by loved ones and remembering past holidays when things were simple and free.

~By Mary John~



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Four Directions Staff

Editor: Mary John,
Sprit Lake Nation

Co-Editor: Jennifer Thoreson,
Three Affiliated Tribes

NDN Community Buzz



Prayer (elders served first)
Pizza, Chips, Cake, pop provided
If you wish to contribute please
bring a pizza, chips, desserts or
pop.

Bingo for gift certificates
Santa Claus will be there



WANTED

Native American Woman with
a car, driver's license and
insurance to work 3 days a
week from 12:30 to 3:45 p.m.
to run errands. Call Mary at
218-287-3433 if interested.



**Native American 4H Club:
December meeting
Dec. 1. 6 PM.
FM Native American Center.
Homemade pizza night and
Bring a friend to 4H.**



**Myron Anthony Foote
Dec.1**

**Jorden Donner
Dec. 5th**

**Cami Kolding
Dec. 5**

**Jennifer Lindsay
Dec. 17**

**Sam Charwood
Dec. 18**

**Jodi Tsabetsaye
Dec. 20**

**Sylvester LaCroix
Dec. 21**

**Harold Lindsay
Dec. 21**

**Riel Walette
Dec. 22**

**Brandi A. Fox
Dec. 23**

**Joely Goodiron
Dec. 25th**

**Laura Youngbird
Dec. 26**

**Darlene Boyle
Dec. 28**

**Haley Goulet
Dec. 29**

**Jewel Lindsay
Dec. 30**



Happy Anniversary

to a beautiful couple!
May the freshness of your love,
always remain...



*Ethan & Darlene Boyle will celebrate their
19th Anniversary on Dec. 20th*

Congratulations! ♥♥



Merry Christmas Darrell Walette

From your wife Jaclynn Davis Walette



The Gift Of Health



SPIRIT GUIDES

Native American veterans prefer culturally appropriate help By Mary Helen Berg

The sweat lodge at the Fargo, ND, VA hospital, left, serves a large population of Native Americans who prefer traditional healing methods. The process involves fasting and ritual cleansing. A separate ceremony called smudging involves sacred, natural items such as eagle feathers and herbs, below.

And while Native American vets with PTSD have layers of health care available to them through the VA, Indian Health Services (IHS) and tribal health programs, they are often frustrated by figuring out where to go for care. Lack of coordination between the agencies has sometimes resulted in care being denied.

In recent years, federal initiatives have acknowledged these shortcomings and demonstrated a will to address them, said Stephanie Birdwell, director of the VA Office of Tribal Government Relations. The office was created in 2011 to help implement a memorandum of understanding that allows the VA to reimburse IHS for direct-care services from non-VA medical facilities closer to home.

Many veterans living on reservations actually receive their health care from Indian Health Service hospitals and clinics or tribal health programs located in the local community,” Birdwell explained in an email. “IHS and tribal health programs serve as important access to care sites for veterans and this special ... partnership can open doors to more collaborations focused on bringing care closer to home.”

The National Congress of American Indians passed a resolution last summer demanding that the VA reimburse referred health services provided through Indian Health Service and tribal health programs, as well as the cost of care for non-Native American family members, such as a pregnant woman married to a Native man.

To bridge geographic and cultural distances, the VA has also developed telehealth services and increased transportation and outreach to tribes over the past decade, said Dr. Jay Shore, who works for the Office of Rural Health as the VA’s lead for the Native Veteran Domain Veterans Rural Health Resource Center-Western Region.

The permanent re-authorization of the Indian Health Care Improvement Act in 2010 and the Veterans Access, Choice and Accountability Act of 2014 reinforce the federal government’s commitment and require “outreach to tribal health programs in an effort to increase awareness of opportunities for partnerships with VA,” Birdwell said. The 2014 law also requires the VA to cover visits to eligible non-VA

facilities for vets living more than 40 miles from a VA facility.

But good intentions haven’t brought enough results. A June report by the Government Accountability Office found that “Native American veterans and their representatives (report) mixed views on whether access to care has improved over the past three years.”

In North Dakota, where the Native American population is more than four times the national average, Sen. Heidi Heitkamp, D-N.D., agreed.

“Not every reservation has (a memorandum of understanding), and quite honestly we have a long way to go,” Heitkamp said. “I understand all the good intentions, but we need to see results on the ground. You hear about this process or this procedure or this initiative, but it really doesn’t translate to any more assistance on the ground or in Indian country.”

Excerpts from US Today, Special Edition, Pg. 83



American Indians, Alaska Natives, and the Flu

“Vaccination against flu is especially important for American Indians and Alaska Natives, who have been found to be at higher risk for complications from the flu. Protect yourself and your community by getting a flu vaccine.

THE FLU & YOU

Influenza poses a greater risk to certain people, including pregnant women, children, and elders, who are all at high risk for flu-related complications. In fact, pneumonia and flu are a leading cause of death among Native elders. The flu also can cause certain health conditions, including diabetes, asthma, and heart and lung disease, to become worse. Pneumonia and bronchitis are examples of serious flu-related complications, which can result in hospitalization and sometimes even death.

The Fargo-Moorhead Native American Center, along with the ND AIDS Education & Training Center, the American Indian Public Health Resource Center, and the Family Healthcare Center present:

World AIDS Day 2014

Monday December 1, 2014

Lunch & Learn

Chili & Frybread

12:00 pm – 2:00 pm

**All events at the FM Native American Center
109 9th Street South – Fargo, ND
For More Information, Contact:**

**FM Native American Center
(701) 478-1255
American Indian Public Health Resource
Center (Hannabah) (701) 231-6239**

**Free & Open to the Public! Come Make
Your Own HIV Ribbon**

People sick with influenza feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

People sick with influenza feel some or all of these symptoms:

*Not everyone with the flu will have a fever. You can be sick and contagious without running a temperature.

Get a flu vaccine each year.

Stop the spread of germs, including influenza viruses

Cover your coughs and sneezes

Wash your hands often If you’re sick, stay home
Take antiviral drugs if they are prescribed for you.

PROTECT YOURSELF. PROTECT YOUR PEOPLE. HELP PREVENT the SPREAD of THE FLU

WHERE DO I GET A FLU VACCINE

Ask your Community Health Representative (CHR) or Community Health Aide (CHA) for more information.

THANK YOU FOR KEEPING INDIAN COUNTRY HEALTHY

Learn more at www.cdc.gov/flu or call 1-800-CDC-INFO

IMPORTANT

Free Flu Shots will be available soon. Watch for Notice TBA



FM Calendar of Events

December 2-3, 2014
NORTHERN AG EXPO
Regional agricultural
exhibition sponsored by the
North Dakota Agricultural
Association held at the
FARGODOME.
701-282-9432
www.ndag.org

December 6, 2014
CHRISTMAS ON THE PRAIRIE
Enjoy a beautifully decorated
Bonanzaville with cookie
decorating, Christmas
carolers, horse drawn wagon
rides, music, desserts and
photos with Santa.
701-282-2822
www.bonanzaville.org

December 6, 13 & 20, 2014
SANTA FLY IN
Santa flies in at the Fargo Air
Museum to visit with children
about their wish lists.
701-293-8043
www.fargoairmuseum.org



Homeless Memorial Day
Sunday, Dec 21 at 6pm – the
longest night of the year. The
plan is to walk 4 blocks from
the US Bank Plaza (Broadway
& 2 Ave N) to Elim Church (4
Ave & 7 St N) carrying a White
Earth cedar casket that was
made by guests staying at the
Gladys Ray Shelter.
More information TBA.

Plains Art Museum Hosts Free Noon Holiday Concerts, Gallery Talks

Plains Art Museum is again hosting the popular Noon Holiday Concerts, offered free every Monday through Thursday for the first three weeks of December. Enjoy performances by area musicians over the lunch hour and take in the museum galleries for free with a purchase of lunch from Blue Goose Café, which will serve up a full buffet during the concert series. In addition, free gallery talks will be offered on *Art Boom: The Tri-College Faculty Show* from 1 – 1:30 p.m. on Tuesdays and Thursdays, through Dec. 11.

Shop for unique gifts in The Store, the museum's gift shop, and have them wrapped for free. Members get 20% off store purchases from Nov. 28 – Dec. 18. The Museum is located in downtown Fargo at 704 1st Avenue N. For more, visit www.plainsart.org.

The Noon Holiday Concerts are sponsored by Minnesota Public Radio.

Performances and Gallery Talks:

Week 1

- Monday, Dec. 1 –
Concordia Sax Quartet
- Tuesday, Dec. 2 – Dave
Ferreira Trio
 - o Faculty Showcase Gallery
Talk: Paintings
- Wednesday, Dec. 3 –
Darin Henze & Friends
- Thursday, Dec. 4 –
Marjorie Schlossman &
Margie Bailly
 - o Faculty Showcase

Gallery Talk.: Photography

Week 2

- Monday, Dec. 8 –
Clarion Quartet
- Tuesday, Dec. 9 –
NDSU Student Chamber
Ensembles
 - o Faculty Showcase Gallery
Talk: Ceramics and Sculpture

- Wednesday, Dec. 10 –
Darin Henze & Michelle
Gelinske

- Thursday, Dec. 11 –
NDSU Brass Quintet
 - o Faculty Showcase Gallery
Talk: Prints and Drawings

Week 3

- Monday, Dec. 15 –
Silver Winds
- Tuesday, Dec. 16 –
NDSU Faculty Chamber
Ensemble
- Wednesday, Dec. 17 –
Sarah Morrau & Bekka
Devries
- Thursday, Dec. 18 –
Dakota Rose String Quartet

Contact:

Amy Richardson
Communications Director
Plains Art Museum
704 First Avenue N | Fargo,
ND 58102
701.551.6121 | Direct
701.551-6100 | Museum

SAVE THE DATE!!

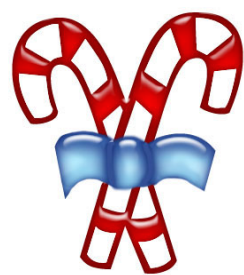
14th Annual North Dakota Indian Child Welfare & Wellness Conference – February 18 - 20, 2015

This year's theme is "Healthy Children, Healthy Families – Our Journey Continues"

Native American Training Institute

3333 E Broadway Ave - Suite 1210, Bismarck, ND 58501 701/255-6374 (phone) 701/255-6394 (fax) or email -
sandrab@nativeinstitute.org

Native Announcements



Welcome RBZ

RBZ Barbershop opened its doors, October 15, 2014, the shop was previously owned by, Nancy Fause, until recently retiring from the barber business. RBZ Barbershop is a family and community oriented small business. It welcomes all ages and backgrounds. We hope to empower and build community through quality haircuts and services.

RBZ Barbershop is located at 109 7th St. S., in Moorhead, MN. The shops hours are Monday through Saturday, 9am-5pm. The shop is a family business, owned and operated by Brian & Ruth (Buffalo) Zarazua. Brian & Ruth recently moved to Moorhead in August. Brian is a descendant of the Aztec and Kickapoo Tribe of Kansas. Ruth and their children are enrolled members of the Three Affiliated Tribes, Mandan Hidatsa Arikara Nation of North Dakota.

Brian is from Topeka, Ks and Ruth is from Mandaree, ND. They have two school age children who attend a local school in Moorhead. They enjoy attending and participating in cultural events and currently coach their sons basketball team.

Brian is a graduate of Midwest Barber College of Topeka, KS. Upon graduation he was employed at Gametime barbershop of Lawrence, KS, where he worked alongside former instructor and mentor Jermaine Jackson. Gametime barbershop did several community events including free hair cuts for the homeless population.

Ruth is a high school graduate of Fargo Oak Grove. She attended Concordia College but graduated from Si Tanka University, Huron, SD with Bachelors of Criminal Justice.

NDSU Event Winona LaDuke



Thinking for the Seventh Generation
Fracking, Water, and Food in North Dakota and the Northland

Speaker: Winona LaDuke, Honor the Earth Director, Economist, Speaker & Author

Date: Monday, Dec. 8, 2014
Time: 7:00 PM
Place: Plains Room, NDSU Memorial Union

Winona LaDuke will discuss the economics of extreme energy versus the economics of sustainability in a lecture covering such topics as fracking, stranded assets, social and cultural adjustments, and options for North Dakota sustainability.

LaDuke has written extensively on the topics of environmental and economic issues. She has a degree from Harvard University, graduate work from Massachusetts Institute of Technology and a Master's Degree in rural development from Antioch College.

LaDuke is a frequent contributor to the Fargo Forum and other regional publications, the host of a weekly radio show on Nijjii radio, and the Director of the Native-led environmental organization Honor the Earth.

NDSU Sponsors for the Event:
Tribal College Partnerships Program, College of Arts, Humanities, and Social Sciences, English Department, and the Masters of Public Health Department

December Pow-Wows

MINNESOTA

December 19 - December 20, 2014
American Indian Magnet School Winter Pow Wow - Traditional
Location: St. Paul, MN. 1075 E Third St.
Info: 612-396-5365 -Website-

WISCONSIN

December 13 - December 14, 2014
31st Annual St. Croix Trails* - Traditional
Location: Hertel, WI. St. Croix Tribal Center
Info: 715-520-2272 -Email-

31st St Croix Chippewa Youth On Red Road Pow-wow
Date/Time December 14 to , All Day
St. Croix Chippewa Tribal Center: 24663 Angeline Ave. , Webster, WI
CONTACT: Mark Soulier
PHONE: 800-236-2195 ext 5310
EMAIL: souliermark@yahoo.com

December 30, 2014
LCO New Years Pow Wow* - Traditional
Location: Hayward, WI. LCO High School
Info: 715-634-8924

December 31, 2014
Menominee New Years Eve Pow Wow* - Traditional
Location: Keshena, WI. High School Gym
Info: 715-756-2354

SOUTH DAKOTA

December 26 to 28, 2014, All Day
Old Agency Christmas Wacipi
Cheyenne Eagle Butte High School
Gymnasium: P.O.Box# 590, Eagle Butte, SD
CONTACT: Deon Red Dog
PHONE: (605)964-4344 or (605)200-9064
EMAIL: oldagency@hotmail.com
WEBSITE:
ADDITIONAL INFORMATION: Arena Director: Joe Lafferty. Drum Keeper: Melvin Young Bear. Flag Bearer: Leon Reddog. Host Honor Guard: Dakota Kit Fox Society. Co-Host: CR Lakota Akicita Okolakiceya

