

## FOUR DIRECTIONS

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#### DISCLAIMER:

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# Four Directions News

April 2014



## April is Awareness Month

I hope Spring is here and April showers will bring May flowers, and warm weather so we can rid ourselves of cabin fever. Time to get out of our tipis. No more snow!

This month will be busy. There are some activities that are in the works and will be announced at a later time.

We hope we see you at the 25<sup>th</sup> Annual Woodlands and High Plains Pow-Wow this month.

This a social event with a free meal and plenty of dancing and

vendors. So come and enjoy and meet new friends and renew old friendships. And don't forget Easter.

Here is the partial list of issues to be aware of that affect people's lives everywhere.

National Autism Awareness Month; Alcohol Awareness Month; Alcohol-Free Weekend (Apr. 4-6); National Child Abuse Prevention Month; Sexual Assault Awareness and Prevention Month.

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## Community Buzz

### Woodlands and High Plains Traditional Powwow

MOORHEAD, MN – This year is the 25<sup>th</sup> anniversary celebration of the Woodlands and High Plains Traditional Powwow sponsored by Concordia College; Minnesota State Community and Technical College Moorhead (M State); Minnesota State University Moorhead (MSUM); and North Dakota State University (NDSU) and will be held April 26, 2014, in the Nemzek Fieldhouse on the MSUM campus in Moorhead. This year's theme is "Many Nations, One Community."

A traditional powwow is a time to celebrate and renew friendships. In addition, this powwow celebrates the educational experiences of American Indian higher education and the sharing of tribal cultures in the FM area.

The powwow will feature many styles of dance and drum songs from the area tribes. The community will also enjoy the overall cultural experience, including the many vendors that will display and sell their wares and perhaps enjoy a delicious Indian taco.

A new edition to the powwow will be the First Annual Hand Games tournament. The hand game is a Native American guessing game. There are many variations of the game, we will be hosting the intertribal style. This will take place throughout the day.

Grand Entry will be at 1:00 p.m. and 7:00 p.m. and a meal will be served during the 5:00 p.m. break. The doors will open to the public at 12:30 p.m. This year's head female dancer will be Quinne Goodwin-Chaffee, member of the White Earth Nation in Minnesota;

she is attending M State. Our head male dancer is Brandon Adams, member of the White Earth Nation in Minnesota; he is attending MSUM.

The emcee is Mickey Hodges, member of White Earth Nation in Minnesota, and the Arena Director is Tom Mason, member of Rainy River First Nations Band of Ojibwe in Ontario, Canada. The Spiritual Advisor is Dr. Clifford Canku, Sisseton-Wahpeton Sioux Tribe and the host drum Creekside of Pine Ridge, South Dakota. The Honor Guard is from the White Earth Nation in Minnesota.

Admission for the event will be children five and under, free; children ages six to eighteen, \$3.00; adults nineteen to fifty-four, \$5.00; and adults fifty-five and over, \$3.00. Quad-College Students (from Concordia College, M State, MSUM and NDSU) are admitted free with a valid student ID.

Day money will be paid for all registered dancers who remain in regalia until payout. Registration for dancers and drums (first ten registered drums only) is from 11:00 a.m. until 1:00 p.m. No admission charge for dancers in regalia and registered drummers.

#### Indian Students & Families

The FM Indian Education Programs will be paying admission for our Students and their immediate families.

\*Students will need to be on our Native American enrollment student list in order for us to pay admission.



April Schwandt  
April 4

Jodi Shepherd  
April 5

Darlana DuMarce  
April 7

Kejon Cote  
April 9.

Sandee Fox  
April 10

Corey Bostrom  
April 14

Jared Shepherd  
April 20

Clinton Alexander  
April 21

Lorraine Alberts  
April 26

Jim Northrop  
April 28

Jane Ohnstad  
April 29

#### SAVE THESE DATES

**Rummage Sale June 6-7th.**

Address 346 11<sup>th</sup> St West , West  
Fargo  
Time 8:00AM.

**August 23, 2014,  
Native American Community  
Picnic, Oak Grove Park #1 Shelter**

## Fargo Community Events

April 4-6, 2014

### EL ZAGAL SHRINE CIRCUS

High-wire and trapeze acts, clowns, bears, elephants, cotton candy and much more at the FARGODOME.

701.241.9100

[www.fargoshrinecircus.com](http://www.fargoshrinecircus.com)

April 10-13, 2014

### USA GYMNASTICS REGION 4 CHAMPIONSHIPS

Top level gymnasts from the 7 State Region will compete at the FARGODOME for an opportunity to qualify for the 2014 Jr. Olympic National Championships.

701.365.8868

[www.region4gymnastics.com](http://www.region4gymnastics.com)

April 18-19, 2014

### EASTER EGGSTRAVAGANZA

Meet the Easter Bunny, Easter egg hunts and other great family activities at Yunker Farm.

701.232.6102

[www.childrensmuseum-yunker.org](http://www.childrensmuseum-yunker.org)

## Plains Art Museum Studio Classes

### Youth Art Experiences

[Art Kids: A Look and Listen](#)

[Program - April](#) Thursday, April 10 • 10:30-11:30 AM

["Fargo in 60 Seconds" Premiere and Teen Filmmakers Awards Night](#)

April 10, 2014 • 7 pm - 9 pm

[Art for Two: Patchwork Prairie Landscapes](#)

Saturday, April 12 • 1-3 PM

[Ceramics Gallery Walk and Studio Talk](#)

April 24, 2014 • 5:30 pm - 6:30 pm

[Circus Stories](#)

Saturday, April 26 • 1-3 PM

[Recycling the Clay Community Day](#)

Sunday, April 27 • 1-4 PM

Upcoming Events

## Community Announcements

### Indian Taco Sale and Easter Bake Sale

Thursday, April 17th.

11 to 2 pm. to dine in at the FM Native American Center 109 9th Street South, Fargo.

Indian Taco & pop \$6

Delivery is available for those who call in the day before, (Wednesday, April 16th) to place an order. Please call Tanya at 701-936-3182 to place order.

Please help support our way to a Healthier Native American community! Thank you! Proceeds go to the 5K Marathon-Fargo and Moorhead Indian Ed, to help support students and their families with registration fees.

### No School

on Friday, April 18 and Monday, April 21 for Fargo-Moorhead Students K-12, Easter break

### Circus Tickets

We have shrine circus, tickets at our office, Moorhead Indian Education, Horizon School, Rm.128, 218-284-7323. This years circus is April 4 - 6<sup>th</sup>

### Drum Singing

FM Native Center will provide drum singing on the 2nd and 4th Tuesday evening 7 pm and Teaching of intertribal songs for boys and young men on the 1st and 3rd Tuesday each month at 7pm.

### Dakota Language Class

By Jim Greene of Sisseton, SD. He will meet and teach all students and Parents wanting to learn beginners Dakota he has his own curriculum, online.

He will be here to teach on Wednesday, April 2,9,16,23,30 from 6-8 pm at Horizon cafeteria with snacks.

## Plains Art Museum

### Buzz Lab: Teen Internship Opportunity

If you care about the environment, here's a chance to dig in and help out! We're looking for 12 energetic and creative teens interested in the arts and sciences to take part in Buzz Lab, an all-day, week-long paid internship from June 9 - 13.

One goal of the Buzz Lab is to help transform the outdoor campus at Plains Art Museum into a sustainable urban landscape with native and edible plants. The interns will also learn about colony collapse disorder, visit beekeepers and their hives, talk with gardeners about pollinator-friendly plants, and make art.

[Click here for details and an application](#)

Submissions accepted up to April 25, 2014

### Easter Egg Hunt

Hunt for Easter eggs, meet the Easter Bunny and play on the inflatable games. Other activities will include a bunny and baby chick area, cupcake and cookie walk, face painting, decorating Easter eggs, games and crafts. This event is for ages 2-8 years old. Bring a camera to take a photo with the Easter Bunny and Easter eggs for decorating. Concessions will be available. Fee is \$3/participant. WHEN: April 15, 2014 @ 5:00 pm – 7:00 pm WHERE: Veteran's Memorial Arena (1201 7th Avenue East) West Fargo COST: \$3/participant For more info go to: <http://www.wfparks.org>



# Your Gift to Me

In June 2011, you left me alone to miss you. All the memories, good and bad I think of. God gave you to me for a reason and I know why.

You were so beautiful when you first arrived. I could hardly believe you were mine since I just found out about you two months before.

I cried when I first saw you in an incubator with tubes attached to you. You looked deep into my eyes like you could see my soul. It was the same look you gave me years later in another hospital when you were very ill.

I remember the baby days and how friends would chuckle at my attempts to be the perfect mom.

Your first crib was a Country Store box with a pillow in it. We didn't have much then, just a couch and you beside me in your little box. I didn't want you to be out of my sight for a minute. Your first smile I documented, so happy. Also the little things that made you laugh so hard.

Then everything went wrong. A doctor said you had cerebral palsy because you couldn't walk. More tears, more worries, more reasons. I remember your tiny walker you had for a year. Then Dad put Junior's hi-top tennys on you by mistake and you walked! A big milestone.

Then came the school years and behavior problems. Oh my boy, what was wrong? You just got worse and worse. They said you needed medications so began the trial and error plan to find the right one. Some made you sleepy or in a stupor. My heart hurt seeing you like that.

Finally the school suggested you be sent away, far away. No, he can't be far away from me. I consulted a legal disability worker and she suggested the school have a time out room for you, so that was established. Relief, my son would stay with me.

As time went on, there were more tests for something or other. Nothing changed though. Just that you were unhappy and frustrated with more challenges that you and I couldn't communicate to anyone.

Things finally came to a head when you turned twelve years old. In September, the school showed me your chart that was filled with xxes for the many behaviors you had. I felt they really didn't want you there. I so remember that meeting room filled with teachers, social workers, doctors and psychologists. They said my son was autistic. I drew a blank. Then they discussed your behaviors and different medications I knew nothing about. When the meeting was over I cried and cried.

Gladys asked me what was wrong when she picked me up. We were going to hear a speaker at that time who happened to be a medicine man. She told me to offer him some tobacco and ask him about my son. I was nervous and scared but this was something I had to do for my son.

We struggled along until later that November when I took you with me to see the medicine man. I was silently praying you wouldn't act up and you didn't.

Ceremony was beautiful and intense, I can't describe it. It gave us new hope that everything would be okay.

Modern and traditional medicine work together I've been told and you gradually changed. By May, the school fell in love with you and wanted you to stay. You became so lovable, funny and more handsome. You graduated, got a job and settled into life.

Then my health took a nose dive and you couldn't live with me anymore. My medical problems didn't compare to our tears of not being together.

One day, you weren't feeling well and went to see the doctor.

After some tests, the doctor called to let me know you had stage four colon cancer. You needed emergency surgery.

That moment is etched in my heart forever. My thoughts were racing. I can't let him go, this is some mistake. I'm suppose to die first. I'm the one, with medical conditions, not my precious son.

You came home to me. We made some beautiful memories before you left and I cherish those times.

Then you got weaker and weaker and it was time for your journey home to the spirit world. I knew you were going, but I couldn't believe it when you actually left. Oh my son, you taught me so much that words cannot express.

We traveled to sundances, sweats, ceremonies like I told you when we got our first car. You gave me the courage to get my B.A. Degree so I can understand.

I miss your smile, your spirit, everything about you. When I hear "Silent Night" or your favorite Garth Brooks, I miss you more. Since then, you let me know that you are healed and happy, free of this world's limitations that autism corralled you in.

I will see you again, son. Sometimes it's hard to wait to talk to you, hug you, but I'll continue to live until then.

By Mary John

## For Red Star

*The Autism Awareness Ribbon — The puzzle pattern reflects the mystery and complexity of the autism spectrum. The different colors and shapes represent the diversity of the people and families living with the condition.*

*The brightness of the ribbon signals hope — hope that through increased awareness of autism, and through early intervention and appropriate treatments, people with autism will lead fuller, more complete lives.*





Honor Our Mother  
The Great Spirit is our Father,  
but the Earth is our Mother. She  
nourishes us, that which we put  
into the ground she returns to  
us.



## 5k Training Group Run/Walk

We are all excited to see the families start training for the Fargo Marathon 5k!

Our first meet will be at the Fargo Sports Arena (2001 17th Ave S Fargo) located next to Fargo South High School.

Time: 6:30pm.

Our Meeting times will be every Tuesday at the Fargo Sports arena (which may be subject to change).

Please dress appropriately just in case we decide to run/walk outside. We will be providing water and a healthy snack for after we are all done. Any questions call Darlene Boyle at the Indian Ed. Office.

## Sexual Assault

Sexual assault is a significant problem affecting many Americans, American Indians and Alaska Natives. Sexual assault refers to sexual activity when permission, or consent, is not freely given. This can occur in situations when a person is unable to give consent, for example when a person is under the influence of drugs or alcohol. Anyone can experience sexual violence, but most victims are female. The person responsible for the violence is typically male and is usually someone known to the victim. The person can be, but is not limited to, a friend, coworker, neighbor, or family member.

IHS addresses public health problems like sexual violence by:

- \*Providing direct health care and behavioral health services for patients;
- \*Providing funding for demonstration projects;
- \*Developing, implementing, and monitoring health policy; and

\*Training providers in the Indian health system to respond to sexual violence.

### How to Help a Victim

You may be the first person that a victim confides in after a sexual assault. Often times, victims blame themselves for the assault or are afraid they won't be believed. It is important to let the person know they are not alone on their journey to recovery and help is available whether the assault was recent or in the past.

If someone you know tells you that they have been sexually assaulted consider one of the following responses:

I believe you.

I am afraid for you.

You are not alone.

It is not your fault.

You do not deserve to be abused.

Help is available.

Some people may not be ready to press charges against their perpetrator. Reporting the assault should be the victim's choice.

If the person is in immediate danger, call 911 or your local

police department. For more help, call the Rape, Abuse, and Incest National Network at 1-800-656-HOPE (4673).

### Sexual Assault

#### Examinations

It is important to know that a sexual assault exam is available to get checked for injuries, and if the person chooses, to have evidence collected. A person does not have to report to law enforcement to have a sexual assault exam or to have evidence collected.

Examinations are provided by local hospitals or sexual assault examiner programs.

During the exam, medication is available to prevent sexually transmitted diseases (STDs) or pregnancy (if taken within 72 hours of the sexual assault).

A person should not shower before the exam. However, an exam can still be completed if a person has showered. The person should bring the same clothing that was worn during or immediately after the assault to the exam

*Indian Health Service*

## Your Health Corner

# INDIAN MEN'S PHILOSOPHIES ON WOMEN AND CHILDREN

## TO THE WOMEN

I will treat women in a sacred manner. The Creator gave women the responsibility for bringing new life into the world. Life is sacred, so I will look upon the women in a sacred manner.

In our traditional ways, the woman is the foundation of the family. I will work with her to create a home atmosphere of respect, security and harmony.

I will refrain from any form of emotional or physical abuse. If I have these feelings, I will talk to the Creator for guidance.

I will treat all women as if they were my own female relatives. This is my vow.

## TO THE CHILDREN

The most important thing I can give to my children is my time. I will spend time with them in order to learn from them and to listen to them.

I will teach my children to pray, as well as the importance of respect.

We are the caretakers of the children for the Creator. They are His children, not ours.

I am proud of our own Native language. I will learn it if I can and help my children to learn it.

In today's world it is easy for the children to go astray, so I will work to provide positive alternatives for them. I will teach them the culture. I will encourage education. I will encourage sports. I will encourage them to talk to the Elders for guidance; but mostly, I will seek to be a role model myself.

I make this commitment to my children so they will have courage and find guidance through traditional ways.

## TO THE FAMILY

I will dedicate my priorities to rebuilding my family.

I must never give up and leave my family only to the mother.

I am accountable to restore the strength of my family. To do this, I will nurture our family's spiritual, cultural, and social health. I will demonstrate trust, respect, honor and discipline; but mostly I will be consistent in whatever I do with them.

I will see that the grandparents and community Elders play a significant role in the education of my children.

I realize that the male and female together are fundamental to our family life. I will listen to my mates council for our family's benefit, as well as for the benefit of my Indian Nation.

## TO THE COMMUNITY

I will give back to my community by donating my time and talents when I am able.

I will cultivate friendships with other Indian men for mutual support and strength.

I will consider the effects of our decisions on behalf of the next seven generations; in this way, our children and grandchildren will inherit healthy communities.

I will care about those in my community so that the mind changers, alcohol and drugs, will vanish, and our communities will forever be free of violence.

If each of us can do all these things, then others will follow; ours will be a proud community.

## TO THE EARTH

I realize the Earth is our mother. I will treat her with honor and respect.

I will honor the interconnectedness of all things and all forms of life. I will realize the Earth does not belong to us, but we belong to the Earth.

The natural law is the ultimate authority upon the lands and water. I will learn the knowledge and wisdom of the natural laws. I will pass this knowledge in to my children.

The mother Earth is a living entity that maintains life. I will speak out in a good way whenever I see someone abusing the Earth. Just as I would protect my own mother, so will I protect the Earth. I will ensure that the land, water, and air will be intact for my children and my children's children - unborn.

## TO THE CREATOR

As an Indian man, I realize we make no gains without the Great Spirit being in our lives. Neither I nor anything I attempt to do, will work without the Creator. Being Indian and being spiritual has the same meaning. Spirituality is out gift from the Great One. This day, I vow to walk the Red Road.

As an Indian man, I will return to the traditional and spiritual values which have guided my ancestors for the past generations.

I will look with new eyes on the powers of our ceremonies and religious ways, for they are important to the very survival of our people.

We have survived and are going to grow and flourish spiritually. We will fulfill our teachings and the purpose that the Creator has given us with dignity.

Each day, I will pray and ask for guidance. I will commit to walk the Red Road, or whatever the spiritual way is called in my own culture.

If I am Christian, I will be a good one. If I am traditional, I will walk this road with dedication.

If each if us can do these things then others will follow. From this day forward, I will reserve time and energy for spirituality, seeking to know the Creators will.

## TO MYSELF

I will think about what kind of person I want to be when I am an Elder.

I will start developing myself now to be this person.

I will walk with the Great Spirit and the grandfathers at my side. I will develop myself to remain positive. I will develop a good mind.

I will examine myself daily to see what I did good and what I need to improve. I will examine my strengths and weaknesses, then I will ask the Creator to guide me. I will develop a good mind.

Each day, I will listen to the Creators voice in the wind. I will watch nature and ask to be shown a lesson which will occur on my path.

I will seek out the guiding principles, which guided my ancestors. I will walk in dignity, honor and humility, conducting myself as a warrior.

I will seek the guidance of the Elders so that I may maintain the knowledge of culture, ceremonies, and songs, and so that I may pass these on to the future generations.

I choose to do all these things myself, because no one else can do them for me.

I know I cannot give away what I don't have, so I will need to walk the talk.

*From Spitit Talk*<http://www.spiritalk.net/native-americans-7philos.html>

# Pow-Wow Time

## Minnesota

April 5, 2014

30th Annual Circle of Nations  
Indigenous Association Powwow -  
Traditional

Location: Morris, MN. Regional  
Fitness Center, 626 E 2nd St, Morris,  
MN 56267

Info: 320-589-6097 [-Email-](#) [-Website-](#)

MC(s): Jerry Dearly

AD(s): Gabe Desrosiers

Host Drum(s): Young Kingbird

Additional Info: Grand Entry at 1 & 7  
pm. Powwow Feast, Specials, CNIA  
Princess & Brave Contest, American  
Indian Arts & Crafts, Peace Run 5K.

April 12, 2014

1st Annual Augsburg Fairview  
Academy Powwow - Traditional

Location: Minneapolis, MN.

Minneapolis American Indian Center

Info: Liz Saunby [-Email-](#) [-Website-](#) -  
[Pow wow flier-](#)

MC(s): Justin Huenemann

AD(s): Ricky White

Host Drum(s): Midnite Express

Contest Info: Grand Entries at 1:00 &  
6:00 PM

April 12, 2014

21st Annual St. Cloud State Pow  
Wow\* - Traditional

Location: St. Cloud, MN. Hallenbeck

Hall Info: 320-308-5447 [-Email-](#) -  
[Website-](#)

April 25, 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.

## Woodlands and High Plains Traditional Powwow

April 26, 2014, in the Nemzek  
Fieldhouse on the MSUM campus  
in Moorhead. (See Press Release  
on Page 2)

## North Dakota

April 11 - April 13, 2014

University of North Dakota Indian  
Association Time-out Wacipi -  
Contest

Location: Grand Forks, ND, UND  
Hyslop Sports Arena, 2751 2nd Ave  
North

Info: 701-777-6985 701-777-4291 -

Email- [-Website-](#) -Pow wow flier-

MC(s): Jerry Dearly and Vince Beyl  
AD(s): Rusty Gillette

Host Drum(s): Elk Soldier

Cost: \$12 weekend and \$7 a day 60  
& over and 5 & under free

Additional Info: craft vendors contact  
Darlene Nelson at 701-777-4291.

Mens Basketball Tournament: for  
additional information contact Ross  
Zaste at 701-777-6285 or  
701-550-1633. Like us on Facebook  
for up to date information: UND  
Indian Association Time-Out Wacipi

April 25 - April 26, 2014

Spring Honor Dance\* - Traditional

Location: Minot, ND. Minot State  
University Dome

Info: 800-777-0750 ext. 3365 -Email-  
-Website-

Host Drum(s): Fort Peck Sioux

## South Dakota

April 11 - April 13, 2014

31st Annual Black Hills State  
University\* - Contest

Location: Spearfish, SD. Young Field  
House Info: 605-642-6578 -

## Wisconsin

April 5 - April 6, 2014

University of Wisconsin Madison  
Spring Powwow - Contest

Location: Madison, WI. University of  
Wisconsin Madison

Info: Wunk Sheek 608-265-3420  
608-265-3420 -Email- -Website-  
Contest Info: Over \$25,000 in Prize  
Money

April 12, 2014

2014 UW-Green Bay Intertribal  
Student Council Powwow: Honoring  
Our Native Warriors - Traditional

Location: Green Bay, WI. 2420

Nicolet Dr., Kress Events Center:  
UW-Green Bay campus

Info: Clinton Isham 920-412-2404 -  
Email- [-Website-](#)

MC(s): Daniel King; Oneida, U.S.  
Army-Viet Nam

AD(s): Gary Besaw (Menominee)

Host Drum(s): Str8 Across (Host  
Drum)

Cost: FREE admission to event and  
feast

Additional Info: Head Man: Wesley

Martin (Oneida). Head Veteran

Dancer- Jeff Huebel, U.S. Army.

Head Lady: Chelsea Dodge. Head

Veteran Dancer- Jamie Awonohopay,

U.S. Army. Other Drums: Smokey

Town (Menominee), Lake Delton (Ho-  
Chunk), Young Firekeepers

(Potawatomi), Git-tah-Zay (Mohican),

Cumberland Singers (Chippewa),

Eagle Singers (Oneida) Additional

Information: Special Honorees-

Veterans, Arena Director- Gary

Besaw (Menominee). Honor Guard-

Wisconsin Indian Veterans

Association-Oneida Chapter, Mohican

Veterans Association, Veterans of the

Menominee Nation, Forest County

Veterans Post #1. Registration begins

at 10 AM, Grand Entry at 1 PM and 7

PM. Feast at 5 PM in Mauthe Center.

Drug & Alcohol Free Event.

April 26, 2014

MATC\* - Traditional

Location: Madison, WI. MATC - Truax  
Campus

Info: 608-246-6458 -Email- -Website-

Host Drum(s): Pipestone Info:

320-308-5447 [-Email-](#) -

[Website-](#)

*Source: Drumhop*



## And a Child Shall Lead them...

**March 29th, 2014 became the official day to honor our Vietnam Veterans.**

Darcy Medicine Stone from Fort Bethhold/ Mandaree Post 9016 heard Christopher Brines, (son of Connie Longie) share his essay in Devils Lake in January and invited him to Newtown, ND to be honored for his achievement on March, 29

2014 as a young native youth representing his native people and the state of ND.

The Ladies auxiliary provide a bountiful meal for all and gifts were shared to honor our fallen soldiers and living Veterans. What an honor it was to be a part of this ceremony.

*(See March 2014 Four Directions News on his essay.)*

Congratulations!

By Connie Longie

