



# Four Directions NEWSLETTER

## Welcome October 2014!

The autumn colors are coming out, the air is a little crisp that reminds us that winter will be here soon. But do enjoy the last remnants of Indian Summer that our Creator gives us to prepare for Old Man Winter. Join us to learn, entertain and participate in our activities for this month. Instead of Columbus Day, focus on our contributions to the world Native people gave. You'll acquire knowledge and a bit of wisdom that may help you in your life, make new friends and have some fun!

Ladies, screen yourself regularly as this is also Breast Cancer Awareness Month. Always take care of your physical well being that is a path we all must travel. So be good to yourself.

Also be good to each other. It's not in our traditions to hurt others, so respect, be kind and honest with each other every day and remember this is Domestic Violence Awareness Month.

Lastly our children are precious, teach them safety tips and be cautious this Halloween.

And don't scare anyone too much on Halloween!

### Table of Contents

<b>NDN Buzz</b>	<b>P2</b>
<b>Woman On The Move</b>	<b>P3</b>
<b>Native Events</b>	<b>P4</b>
<b>More Events</b>	<b>P5</b>
<b>Wisdom Teachings</b>	<b>P6</b>
<b>FM Events</b>	<b>P7</b>
<b>Native Contributions</b>	<b>P8</b>
<b>Calendar</b>	<b>F9</b>

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### Four Directions Staff

**Editor:** Mary John,

**Co-Editor:** Jennie Thoreson

# NDN COMMUNITY BUZZ



Heidi Crist	Michelle Gonzalez
Oct. 2	Oct. 15
Scott Satermo	Keith Clark
Oct. 2	Oct. 18
Natalie Davis	Linda K Bearhart
Oct 3	Oct. 20
Brenda Usesarrow	Waylon Fox Jr.
Oct. 4	Oct. 22
Sadie Goulet	Brandon Pohto
Oct. 5	Oct. 24
Ellyn Walette	Madonna PeltierYawakie
Oct 9	Oct. 28
Annette Ja	Brianna Foote
Oct. 10	Oct. 30
Serena Turner	
Oct. 12	



## Welcome Brady Ray Mattson

For those anxiously awaiting! Back of camera shot of our new baby boy Brady Ray Mattson!! Born Wed. Sept. 24 at 6:32pm 8 lbs 6 oz, 21.25 inches long!

Welcome to our newest love!!!

Amber, Tyson and Lucas Mattson

## Fargo 4H Meeting

Oct. 13th at 6 PM at the Native American Center. I'll make spaghetti w/ garlic bread and Koolaid. Served at 6 PM until gone. As a reminder, parents are always welcome to stay for the meeting, planning of the activities, and putting on the activities.

## NATIVE AMERICAN COMMISSION MEETING

October 9, 2014 Fargo, 5:30 p.m.  
You can watch this meeting live on TV Fargo, channel 12. Meetings are rebroadcast on the first Tuesday of the month at 8 a.m., the second Wednesday at 7 p.m. and the fourth Wednesday at 3 p.m.

**AMERICAN INDIAN HEALTH MPH  
PROGRAM: MR. RICK TWO DOGS,  
SPIRITUAL LEADER & MEDICINE MAN  
THURSDAY, OCTOBER 23, SUDRO HALL,  
RM 27 5-8 pm**

Opening Prayer & Blessing:

Mr. Willard Yellowbird Jr.

Presentation: Mr. Rick Two Dogs:

"Using Traditional Medicine and  
Cultural Teachings to Transcend the  
Legacy of Historical Trauma"

Discussion/Questions from the Audience

# 2014 WOMAN ON THE MOVE

## Tanya Redroad

The Planned Parenthood Woman on the Move award honors an up and coming leader in North Dakota who has invested in the work of Planned Parenthood. The Woman on the Move award recognizes a woman who has displayed strong leadership in the area of reproductive health. Planned Parenthood believes that access to reproductive care and freedom is a human right.

Tanya will be receiving this award at Planned Parenthood's 10<sup>th</sup> Annual Progress on the Prairie. Please feel free to attend this free event!

Tuesday, October 21, 2014 from 5:30-7:30 pm

The Radisson Hotel – 201 5<sup>th</sup> St N, Fargo, ND

Complimentary appetizers and beverages will be available.

RSVP by October 13 to Amy Jacobson at 701.526.0726 or [ajacobson@ppmns.org](mailto:ajacobson@ppmns.org)

Or register online at [bit.ly/](http://bit.ly/NorthDakotaPOP14)

[NorthDakotaPOP14](http://bit.ly/NorthDakotaPOP14)

See more information on FM Healthy Teens, a program that helps our youth.



Tanya coordinates the Native American Center here in Fargo and is a member of the Fargo Human Relations Committee. She is incredibly supportive of the Reach One, Teach One program and has worked closely with our Education staff to recruit Native American youth for programming. With her help we have successfully run two programs and are looking to recruit for a third. Tanya is trained on the ROTO curriculum, assists in the facilitation of the program, and highlights important cultural issues to the youth throughout the course.

Tanya wears many hats, she is a board member of Daughters of The Earth, a local Native American's women's organization. Her past experiences include co-editor of Four Directions News, Director of Circle of Life, a Native American health care organization, Project Coordinator of Sacred Spirits, an organization that deals with domestic violence and HIV/Aids issues. She is the mother of three children and has one new grandson, a great friend to many, and a strong, resilient Native American woman. You've come a long way, Baby.



# NATIVE AMERICAN EVENTS

## Kind Hearted Woman

The North Dakota State University Women and Gender Studies program cordially invites you to attend the 14th annual Red River Women's Studies Conference, to be held Friday, October 24, 2014, in NDSU's Alumni Center.

This year's conference theme is "Revolutionary Women: An Infinite Journey," and our keynote speaker is Robin Poor Bear, subject of last year's PBS documentary, "Kind Hearted Woman". Poor Bear is a survivor of a lifetime of physical and sexual abuse and now shares her journey with others.

During registration (and throughout the day) we will offer space to organizations that benefit women. If you wish to "table," let us know.

Please register by Wednesday, October 12. You may register online after September 10 at <http://www.ndsu.edu/wgs/rwsc>. This method will allow you to pay your registration fee in advance.

If you have additional questions or need assistance finding hotel accommodations in Fargo, please do not hesitate to contact conference planners, Ann Burnett (701.231-7290, [ann.burnett@ndsu.edu](mailto:ann.burnett@ndsu.edu)) or Erienne Fawcett (701.231-6157, [erienne.fawcett@ndsu.edu](mailto:erienne.fawcett@ndsu.edu)).

## Minnesota Indian Education Association (MIEA) Conference

October 15 – 17, 2014

Shooting Star Event Center  
Mahnomen, MN

For conference information and registration forms, visit: [minnesotaindianeducation.org](http://minnesotaindianeducation.org)

For summit information and registration forms visit: [mn-indianed.org](http://mn-indianed.org)  
Call Shooting Star Hotel at 1-800-453-STAR(7827) to reserve a room and request MIEA rate.  
\*Questions? Contact LuAnn Frazer, [lfrazer@clbs.k12.mn.us](mailto:lfrazer@clbs.k12.mn.us), 218.335.2203 ext. 1322 or Teri Malbraaten, [tmalbraaten@clbs.k12.mn.us](mailto:tmalbraaten@clbs.k12.mn.us), 218.335.2203 ext. 1962

## Why Treaties Matter: Self-Government in the Dakota and Ojibwe Nations

An Exhibit hosted at 2nd floor, Livingston Lord Library, Minnesota State University Moorhead  
Sept. 22-October 10, 2014  
Lecture—October 1, Library 103, 12 N  
Wampum Belts & Treaties  
Damien Webster, singer with the drum group Rivers Edge

Lecture—October 1, Library 103, 7:00 pm.  
As Long as the Grass Grows and the Water Flows: The Continuing Vitality of Indian Treaties  
Hon. B. J. Jones, Tribal Judge & Director of the Tribal Judicial Institute, University of North Dakota School of Law

Lecture—October 2, Library 103, 7:00 p.m.

## The Impact of Treaties on Ojibwe Language and Culture Revitalization

Dr. Wendy Makoons Geniusz, Associate Professor, Ojibwe Language, University of Wisconsin-Eau Claire

Lecture—October 6, Library 103, 7:30 p.m.

## Treaties Are More Than a Piece of Paper

Dr. Gwen Westerman, poet, fiber artist, Professor of English & Director, Humanities Program, Minnesota State University Mankato

Lecture—October 8, Library 103, 7:00 pm.

## Dakota Prisoner of War Letters, 1862

Dr. Clifford Canku, Dakota language scholar, Sisseton-Wahpeton, S.D.

## POW-WOWS

MN Pow-Wow  
October 24, 2014  
Fond du Lac Ojibwe School  
Dagwaagin Pow Wow - Traditional Location: Cloquet and Duluth MN, MN. 49 University Road, Cloquet, MN 55720 Info: 218-878-7239 218-878-7276 - [Email- -Pow wow flier](mailto:Powwowflier@gmail.com)-Cost: Free

WI Pow-Wow  
October 17 - October 19, 2014  
10th Annual Hunting Moon Pow Wow - Contest Location: Milwaukee, WI. Potawatomi Bingo Casino Info: 414-847-7320 - Website-

## MORE NATIVE EVENTS

### FM Healthy Teens

F/M Healthy Teens will be available for youth 13-18 yrs. of age. The class will meet at the FM Native American Center on Mondays from 5:30-8:00 pm for 10 weeks.

This class uses the medicine wheel and the four parts of ourselves (mental, emotional, spiritual, and physical) to teach youth how to maintain balance in their bodies and lives. This particular class will also have a focus on relationships, dating, and decision-making as teens begin to navigate this new dimension of their lives.

Participants have an opportunity to earn a free Nook (electronic tablet) by completing certain activities during the class.

Meals and prizes will be provided at each session. Transportation is also available. Registration is necessary before attending class. To register, please call Tanya at 701-478-1255 on Tuesday/Thursday or call/text Katie at 701-388-7369.

*Katie Christensen  
Community Education Programs  
Manager  
Planned Parenthood Minnesota,  
North Dakota, South Dakota  
624 Main Avenue, Suite 9  
Fargo, ND 58103  
office: 701.526.0725  
cell: 701.388.7369  
fax: 701.298.2930*

### MHA Nation Chairman Candidates Debate

Oct 19 - 7-9 pm

NDSU Beckwith Concert Hall, 12th  
Ave. N. at Bolley Drive Fargo, ND  
58102

There will be a debate between the final 2 candidates, Mark Fox and Damon Williams, for Chairman of the Three affiliated tribes. The event will be live stream on internet and local televised. Scott Satermo of Fargo will be the moderator.

More information can be found on the Facebook Event Page at "MHA Nation Chairman Candidates Debate".

Please email your questions for the candidates to  
[mhachairmansdebate2014@gmail.com](mailto:mhachairmansdebate2014@gmail.com). Questions will be

categorized and reviewed to eliminate duplication. Categories include:

Environment  
Government Structure  
Tribal Employment Rights Office  
Ethics and Accountability  
Oil & Gas  
Budget and Expenditures  
Housing  
Education  
Public Safety / Law Enforcement  
Attorney General  
Community and Economic Development  
Healthcare  
Elder Protection  
Child Protection  
Court System / Separation of Powers  
Tribal Election Law Revision  
Constitutional Revision  
Cultural Preservation  
Other

### Criminal Jurisdiction in Indian Country Seminar (43262),

December 17-19, 2014, Columbia,  
South Carolina

Point of Contact: Leslie A. Hagen,  
[Leslie.Hagen3@usdoj.gov](mailto:Leslie.Hagen3@usdoj.gov)

While the SLEC is still issued by BIA, passage of the Tribal Law and Order Act (TLOA) of 2010 shifted primary responsibility for delivery of CJIC training to the Department of Justice (DOJ).

The December 17-19, 2014, Criminal Jurisdiction in Indian Country Seminar offering at the National Advocacy Center is the DOJ/BIA-approved course that is frequently taught by

United States Attorneys offices' (USAO) personnel at the district level. This class is for law enforcement officers who fulfill all other BIA minimum requirements to receive an SLEC and for USAO personnel who have responsibility under the TLOA to teach the CJIC class, but may not have experience with the class format and materials.

This training is FREE. All Travel and Lodging will be paid for by the US DOJ. If you have any questions, please do not hesitate to contact me via email.

Leslie A. Hagen  
National Indian Country Training  
Coordinator  
[Leslie.Hagen3@usdoj.gov](mailto:Leslie.Hagen3@usdoj.gov)

# WISDOM TEACHINGS

Native elders have taught that before a person can be healed or heal another, one must be cleansed of any bad feelings, negative thoughts, bad spirits or negative energy - cleansed both physically and spiritually. This helps the healing to come through in a clear way, without being distorted or sidetracked by negative "stuff" in either the healer or the participant. The elders say that all ceremonies, tribal or private, must be entered into with a good heart so that we can pray, sing, and walk in a sacred manner, and be helped by the spirits to enter the sacred realm.

Native people throughout the world use herbs to accomplish this. One common ceremony is to burn certain herbs, take the smoke in one's hands and rub or brush it over the body. Today this is commonly called "smudging." In North Dakota to participate are welcome to attend. In North Dakota the plant most frequently used in smudging is sage. Robin Poor Bear has offered to conduct this ceremony for those who have confronted abuse in their lives. All who wish to participate are welcome to attend.

~ *Revolutionary Women: An Infinite Journey* ~

The honor of the people lies in the moccasin tracks of the women...No people goes down until their women are weak and dishonored, or dead, upon the ground.---ANONYMOUS MALE SIOUX

**DID YOU KNOW?** A give-away is a common custom among many Native nations. Unlike other cultures where a person is given gifts for their accomplishments, many Native cultures believe gifts are given by the person being honored. The more revered they are, the more they give. For some, the chief was the poorest person in the community.

**ANISHININABE TEACHING:** A Smudging Purification Ceremony is performed to cleanse an area of bad thoughts, sickness, spirits, energy and to keep the good in the area. All four of the sacred medicines are used, sage, cedar, sweet grass and kinikini (Anishinabe tobacco). Dried sage is wrapped with cedar, and sweet grass are made into a sage ball. Kinikini is prayed with before placing into sage ball. All four medicines are ready to perform the smudge purification ceremony. The four medicines can also be tied onto a sage stick and used in ceremony. The individual doing the ceremony cleanses the area in a clockwise manner unless they are of the backwards society.

**NOTE:** The Manitou want the Kinikini when offering and performing the Anishinabe ceremonies. Miigwech ~ Jt ShiningOne Side ~

## *Indian Summer*

"When the times turn cold and it seems that all is gone after the Hard Killing Frost do not fear for I will always give the people the time of another warmth in your honor to gather just a bit more food. Make it a time of great happiness and sharing and it shall always be known as Little Summer."

The People heard the voice of The Creator and forever more remembered The Warrior. Now they would never fear the Moon of the Hard Frost for the joy of Little Summer would be close at hand.

As Moons and Seasons past into years the story of The Warrior and Little Summer soon passed to the coming People From Across the Great Water and in time they also learned of the joy of this warm spell after the Hard Killing Frost. They called it after the name they had given The People and thus it has always been known to the White Man as "Indian Summer."

Read more: <http://www.powwows.com/2011/07/21/indian-summer/#ixzz3DOkXwluM>

# FM EVENTS

## October 4, 2014

Oktoberfest is fun for the whole family. From Weiner dog races to the pub crawl. 701.298.3936

[www.fmva.us](http://www.fmva.us)

## October 4-5, 2014

### FM STUDIO CRAWL

During the two-day event, the public is invited into the studios of many of the areas working artists.

701.298.3936 [www.fmva.us](http://www.fmva.us)

## October 8-11, 2014

### NDSU HOMECOMING

Celebrating the breadth of a Top 100 research university and successful athletics in a great community. Events include parade, tailgating, football game, reunions and other activities.

[www.ndsu.edu/homecoming](http://www.ndsu.edu/homecoming)

## October 9, 2014

### KEGS & CANVAS - ART & ALE

WALK Sample select beers as you stroll through downtown businesses while enjoying great art and witness artists working live. 701.364.9867

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

## October 10-12, 2014

### CONCORDIA HOMECOMING

Homecoming is an annual event that invites alumni to join in the festivities with current students, faculty, staff and friends, celebrating the Cobber tradition. 800..699.9020

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

## October 17, 2014

### PINUP ON THE PLAINS

For the ultimate ladies night out celebrating women through glamorous attire, photography, unique entertainment and fine desserts. 701.373.5770

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

## October 18-19, 2014

### THE BIG ONE

Handcrafted wood furniture and decorative pieces including photography, pottery, jewelry, floral arrangements and food at the Fargo Civic Center. 701.837.6059

[www.thebigone.biz](http://www.thebigone.biz)

## Clay for Couples

**Tuesday, Oct. 14, 6:30 - 9 PM,**

16+, \$50 per couple

A unique and relaxed evening with a friend or partner! Learn introductory clay techniques in hand building and wheel throwing, then select a glaze for your finished project.

## COMMUNITY HALLOWEEN CARNIVAL

Join us for the annual Courts Plus Community Halloween Carnival. This FREE Carnival is for children of all ages. There will be Inflatable Games from Games Galore, Carnival Games, Face Painting & Art Projects by the Fargo South Art Club, Trick-or-Treat Bags, Candy, Candy and More Candy!!!! The Carnival is FREE and open to the Public. DATE: FRIDAY, OCTOBER 31ST, 2014

TIME: 3:30PM-5:30PM

COST: FREE

## SAVE THE DATE!

Come and hear The Four Winds, two La Rocque brothers from Turtle Mountain, who will share Métis/Michif music, dance, and storytelling:

Friday, Nov. 7, 7 pm, Spirit Room Gallery, 111 Broadway, Fargo

Saturday, Nov. 8, at Pangea—Cultivate Our Cultures Festival, Hjemkomst Center, 202 1st Ave. N., Moorhead

The festival runs 10 am to 4 pm. Call Jeff to find out when exactly they are scheduled to perform: 218-299-5511, Ext. 6737 or

Email him at

[jeff.swenson@ci.moorhead.mn.us](mailto:jeff.swenson@ci.moorhead.mn.us) s BOTH EVENTS ARE FREE AND OPEN TO ALL AGES.

## Saturday, Nov. 8,

### Cultivate Our Cultures Festival

Hjemkomst Center, 202 1st Ave. N., Moorhead

The festival runs 10 am to 4 pm. Call Jeff to find out when exactly they are scheduled to perform:

218-299-5511, Ext. 6737 or

Email him at

[jeff.swenson@ci.moorhead.mn.us](mailto:jeff.swenson@ci.moorhead.mn.us) s BOTH EVENTS ARE FREE AND OPEN TO ALL AGES.



# NATIVE AMERICAN CONTRIBUTIONS

Native Americans' Day is celebrated in the state of South Dakota, while Indigenous People's Day is celebrated in Berkeley, California, on the second Monday of October.

Learn from educational resources that focus on the traditions, culture and background of Native Americans. It is a day to celebrate the heritage of Native Americans and for both native and non-native cultures to unite so the many aspects of native culture can be shared.

*Let's concentrate on some of our contributions to the world, since we were "discovered" in 1492 and your discoveries of our history.*

From pineapples and pumpkins, to a model of government and the zero in math, discover some of the many contributions Native Americans have made to world cultures.

## **Foods**

Edible plants domesticated by Indians have become major staples in the diets of peoples all around the world. Such foods include corn (maize), manioc, potatoes, sweet potatoes, peanuts, squashes and pumpkins, tomatoes, papayas, avocados, pineapples, guavas, chili peppers, chocolate (cacao), and many species of beans.

## **Animals**

Indians were the first to raise turkeys, llamas, guinea pigs, and honeybees for food.

## **Non-edible plants**

Other plants of great importance developed by Indians include cotton, rubber, and tobacco

## **Medicines**

Indians discovered the medicinal use for quinine. Also, Canadian Indians knew how to prevent scurvy by eating plants rich in vitamin C, and they passed this information along to the Europeans.

## **Mathematics**

The Maya of Mexico appear to have been the first to use the zero in mathematics. Scholars believe that Asians traveled across the Pacific Ocean and learned about the zero from the Maya.

## **Government**

Indian governments in eastern North America, particularly the League of the Iroquois, served as models of federated representative democracy to the Europeans and the American colonists. The United States government is based on such a system, whereby power is distributed between a central authority (the federal government) and smaller political units (the states).

## **Economy**

Indian contributions to the modern world's economy have been enormous. In the 1500's, Indian labor produced the gold and other valuable metals that helped bring the Spanish Empire to the height of its power. In the following centuries, Indian labor in the North American fur trade contributed significantly to the wealth of England, France, the Netherlands, and Russia. In addition, for hundreds of years the agrarian economies of the Latin American nations have been based on Indian labor on plantations.

<http://www.scholastic.com/teachers/article/native-american-contributions>

## **I Need Your Help**

I am Connie Longie's son I am selling popcorn for scouts, the money goes toward my college fund, our troop and community. I want to be top sales person this year. Anyone can go online to [http://trails-end.com?scout=9cbda7ae40ae757&utm\\_source=Sales%20Application&utm\\_medium=email&utm\\_campaign=Scout%20Email%20-%20Support%20my%20Scouting%20Activities](http://trails-end.com?scout=9cbda7ae40ae757&utm_source=Sales%20Application&utm_medium=email&utm_campaign=Scout%20Email%20-%20Support%20my%20Scouting%20Activities) and put me down for scout, Christopher Briones Troop 232 West Fargo.

Just place an order on my behalf. Trail's End has made a lot of improvements this year. All microwave products are made with canola oil and all chocolate products contain no hydrogenated oils, so there are plenty of healthy, flavorful snacks to choose from.

Thanks for supporting me  
Chris Briones



◀ September		~ October 2014 ~					November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			<b>1</b> Why Treaties Matter p.m. Hon. B. J. Jones, Tribal Judge 7 pm	<b>2</b> Why Treaties Matte 7 pm Dr. Wendy Makoons Geniusz	<b>3</b>	<b>4</b> October FEST	
<b>5</b> FM STUDIO CRAWL	<b>6</b> FM STUDIO CRAW Why Treaties Matter	<b>7</b>	<b>8</b> NDSU HOMECOMING Why Treaties Matter 7:30 p.m. Dr. Clifford Canku	<b>9</b> NDSU HOMECOMING  NATIVE AMERICAN COMMISSION MEETING 5:30 pm	<b>10</b> NDSU HOMECOMING  CONCORDIA HOMECOMING	<b>11</b> CONCORDIA HOMECOMING	
<b>12</b> CONCORDIA HOMECOMING	<b>13</b> Fargo 4H Meeting 6 pm	<b>14</b> Clay for Couple 6:30 pm	<b>15</b> (MIEA) Conference	<b>16</b> (MIEA) Conference	<b>17</b> (MIEA) Conference  PINUP ON THE PLAINS	<b>18</b> THE BIG ONE	
<b>19</b> MHA Candidate's Debate 7-9 pm  THE BIG ONE	<b>20</b>	<b>21</b> Tanya Redroad Award night.	<b>22</b>	<b>23</b> Rick Two Dogs, Medicine Man 5-8 pm	<b>24</b> Kind Hearted Woman NDSU	<b>25</b>	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Trick or Treat, Money or Eats.	<b>Notes:</b> 	

**Disclaimer:**

**THESE TERMS MAY HAVE CHANGED SINCE YOUR LAST VISIT TO THIS NEWSLETTER.**

Daughters Of The Earth publishes Four Directions News monthly. Every effort has been made to ensure the accuracy of the information contained in these pages. Some graphics are used from the internet. We accept no responsibility for any errors.