

Red Cliff Community Health Center
April 2015 Newsletter
Iskígamíziige-Gíizis
Maple Syrup Making Moon

Anishinaabe & the Maple Syrup Legend

A very long time ago, when the world was new, Gichi Manidoo made things so life was very easy for Anishinaabe. There was plenty of game and the weather was always good and the maple trees were filled with thick, sweet syrup. Whenever anyone wanted to get maple syrup from the trees, all they had to do was break off a twig and collect it as it dripped out.

One day, Wenabozho went walking around. “I think I’ll go see how my friends the Anishinaabe are doing,” he said. So, he went to a village of Indian people but there was no one around. Wenabozho searched and searched for the people. They were not fishing in the streams or the lake. They were not working in the gardens, taking care of their crops. They were not gathering berries. Finally, he found them. They were in the grove of maple trees near the village. They were just lying on their backs, letting maple syrup drip into their open mouths.



“This will NOT do!” Wenabozho said. “My people are all going to be fat and lazy if they keep on living this way.”

So, Wenabozho went down to the river. He took with him a big basket he had made of birch bark. With this basket, he brought back many buckets of water. He went to the top of the maple trees and poured water in , enough water to thin out the syrup. Now, thick maple syrup no longer dripped out of the broken twigs. Instead, a thin watery liquid dripped out and was just barely sweet to the taste.



“This is how it will be from now on.” Wenabozho said. “No longer will syrup drip from the maple trees. Now there will only be this watery sap. When people want to make maple syrup, they will have to gather many buckets full of the sap in a birch bark basket like mine. They will have to gather wood and make fires so they can heat stones to drop into the baskets. They will have to boil the sap with the heated stones for a long time to make even a little maple syrup. Then my people will no longer grow fat and lazy. Then they will appreciate this maple syrup Gichi Manidoo made available to them. Not only that, this sap will drip only from the trees at a certain time of the year. Then it will not keep people from hunting, fishing, gathering and taking care of the gardens. This is how it is going to be,” Wenabozho said.

And, that is how it is to this day.

As Ziigwan (Spring) approaches, it is a good time to think about growing some healthy fresh food. Here in the north, we have a short growing season and so it is good to give some of our plants a head start. March, April and early May are good months to start some seeds indoors, tomatoes, peppers (sweet and hot), and Asema all benefit from having more time to grow. Pumpkins, cucumbers and squash can be started at the end of April and in early May—they need about a month head start. Here is some info about seed starting. The Friends of the Dirt committee at the Mino Bii Ma De Se Win Farm are also happy to give advice and there will be seeds available through them and through the Seed Library located at the Health Center.

Beginner's Guide to Vegetable Seed Starting Planning

Keep the following in mind when planning your garden:

- Climate:** What grows well in your region?
- Space limitations:** How extensive will your garden be?
- Domestic habits:** What would you like to eat from your garden?
- Production levels:** How many tomatoes do you really need?
- Aesthetic desires:** How would you like the space to look?

Make a list of your top ten most desired veggies. Start with them. It is also good to plant some flowering plants alongside your veggies as that helps out and attracts the pollinator insects like bees. They also make the garden look pretty :))

Sowing Set-ups

Materials:

- Desired Seeds
- Spray bottle
- Containers
- Seed-starting soil





Containers: Gardeners have the choice of separate pots for each plant or flats holding many plants. The choice depends on various factors including your space limitations and the fragility of your desired plants. I use the separate pots or plug trays for most of my plants because there is less of a chance of damaging roots when transplanting. However, trays may be the more practical choice for lettuce, spinach, kale and other small seed crops.



Reuse last year's small nursery pots if you have them. Alternatively, ask friends and family. Most gardeners have them lying around. If neither of these options work out, any container two to three inches deep will do, including disposable cups, yogurt containers and milk cartons. Containers can be made from cardboard toilet paper rolls or newspaper too! You can also buy kits at your local plant nursery. My favorites are compressed peat discs and re-useable plastic plug trays. Make sure your containers are clean by washing with hot water. Ensure that each pot has good drainage, i.e. a hole or two in the bottom. Place containers in a water-catching tray lined with pebbles. This ensures that the drained water stays out of the pot preventing root rot.



Seeds and seedlings are extremely sensitive to disease and nutrient levels. Seedlings will appreciate it if you buy a seed starting mix from your local nursery (WalMart has this also). Fill each container with soil up to 1/4 inch from the top of the container.

Ready, set... SOW!



This is a fun activity to do with kids! Children as young as 2 or 3 can learn to plant seeds!

Sowing the seeds: Moisten the soil in the containers before sowing the seeds. Put two seeds in each container to ensure something emerging. Generally, gardeners cover the seeds to a depth about 3 times the thickness of the seeds. Be sure to read seed packets for seed specific instructions. Pat the soil lightly and water with a fine mist.

Cozy Climates: Cover containers with plastic wrap to keep their environment humid. Place containers in a warm, protected place. Most seeds will germinate well at about 70 degrees F (20 degrees C).

Labeling: Be sure to label each container with the plant name and date sown. Popsicle sticks are perfect for indoor containers. Commercially available plastic or metal labels from nurseries are better for the outdoors. (You can also cut up yogurt or cottage cheese containers and label them with a permanent marker.)

Leftover seeds and packaging: Empty seed packets should be filed for future reference. Leftover seeds need to be placed in an airtight container in a dim, dry place. Seeds over 2 years old may be past their prime. Decide whether it is worth the risk next year. (You can put extra seeds in the pot if you think they may be past their prime. Thin out any extra seedlings or carefully transplant them.)



Whisper best wishes to your seeds until...

They're up! As soon as the seedlings have emerged, remove the plastic wrap. Place containers in a south or east-facing window. Gardeners may also use **lights to extend the `sunshine`**. Regular or compact fluorescent lights work well. Place the seedlings just 3-4 inches below the lights. Seedlings need not be as warm as emerging seeds. Keep seedlings away from radiators and heat vents to save water. If more than one plant comes up, clip the smaller one at soil level. Do not pull the plants up by the roots as this could damage the other seedlings.



Ongoing Maintenance: Mist containers with spray bottle as needed taking care to not to drown or flatten the seedlings, or you can water the pots from below. Make sure to pour off any water that is not soaked up within an hour so the roots don't drown. Remove diseased plants immediately to prevent spread. Once the plants have 3 pairs of leaves, you can give them some diluted plant food with their water. Fish emulsion, compost tea or commercial organic foods are good.

New digs: If necessary, transplant plants from crowded trays to their own pots after they grow a second set of leaves. Some plants that spend more time indoors may need to be transplanted into larger pots. Tomatoes and peppers are likely candidates. As needed, choose the healthiest seedlings to move to 6-inch pots.

Hardening Off: A week or two before the plants go outside for good, acclimatize them to the changing conditions. On a warmer spring day, move plants outside to a shaded spot for a few hours. Each day increase the plants' exposure to sun and wind. After a week, leave plants outside overnight. Then transplant them into the garden.

Whisper, "Good Luck!" They have a few more tests to pass before bearing you food.

Adapted from <http://yougrowgirl.com>



Black Bean and Corn Salad

247 Reviews

Recipe courtesy of Rachael Ray SHOW:
30 Minute Meals

Smoky Black Bean Corn Salad

Total Time:

25 min

Prep:

10 min

Inactive:

15 min

Yield: 4 servings

Level: Easy



Cumin adds smoky flavor but no heat to Rachael's black bean and corn salad. Corn and beans combine to provide complete protein.

Smoky Black Bean Corn Salad

Ingredients

1 can, 14 ounces, black beans, rinsed and drained (chilled if using canned corn)

2 cups frozen corn kernels or one can whole kernel corn, chilled and drained

1 small red bell pepper, seeded and chopped

1/2 red or yellow onion, chopped

1 1/2 teaspoons ground cumin,

2 tablespoons hot sauce or salsa, just eyeball the amount (recommended: Tabasco)

1 lime, juiced

1 tablespoons vegetable or olive oil

Salt and pepper

Directions

Combine all ingredients in a bowl. Let stand at least 15 minutes for corn to fully defrost and flavors to combine, then toss and serve. The corn will also place a quick-chill on this easy side-salad as it defrosts -- no need to refrigerate while marinating!

Refrigerate leftovers.

Recipe courtesy Rachael Ray (adapted for lower fat calories)

Read more at: <http://www.foodnetwork.com/recipes/rachael-ray/black-bean-and-corn-salad-recipe.html?oc=linkback>

Decolonizing the Native American Diet

Bison and venison meatloaf? Cattail stir-fry? New movement brings Native Americans back to food of their ancestors

History and health came together one dark November evening for Marty Reinhardt at Northern Michigan University.

Reinhardt, a professor in the Native American Studies program, was helping to serve fry bread, Indian tacos and other offerings at the annual First Nations Food Taster, a fund-raising event for the Native American Student Association, when he had an epiphany: “Would my ancestors even recognize this as food?”

Much has changed between Reinhardt and his ancestors. Indians have long since been removed to reservations, and diets based on seasonal hunting, fishing, gathering and gardening have been replaced by government-supplied commodity foods. Indians have suffered a crisis in diet-related obesity and health issues.

These disparate threads converged that evening in the Lake Superior port city of Marquette, Michigan. As Reinhardt, of Anishinaabe Ojibway heritage, turned his question inside out, “I wondered if I could eat what my ancestors ate.”

The spark of curiosity soon evolved into a formal, university-sanctioned research study, the Decolonizing Diet Project (DDP) —a year-long challenge to eat only foods that were in the Great Lakes region before 1602. The initial food challenge ended in March (2014) but the research into Indigenous diet continues.

Scars of Settlement

The scars of settlement on indigenous people and the American landscape have been profound -clear-cut forests, dammed rivers, plowed prairies, industrial pollutants. Reinhardt said the project involved research into whether native plants still existed, if fish and foraged foods were safe to eat. But he also



Marty Reinhardt, who founded the project, shown harvesting cattails .
Decolonizing Diet Project.

offers perspective, “People are worried about eating indigenous foods but go ahead and have Twinkies and pizza? Crazy.”

Native Americans suffer disproportionate rates of diet-related ills, such as hypertension and diabetes and are more than twice as likely to be diagnosed with coronary heart disease, government statistics show.

American Indians and Alaska Natives are diagnosed with diabetes at rates more than twice as high as the general population—16.1 to 7.1 percent, according to the Indian Health Service. Indigenous children between 10 and 19 have seen a 110 percent rise in adult-onset, or Type 2, diabetes in the last 20 years.

Alcoholism has also been a scourge among Indian peoples, though it is historically likely that indigenous groups had fermented drinks, Reinhardt said.

“We did not include alcohol as part of our diet, purposefully,” he said. “One reason is the impact of alcohol in our communities.”



Above photo: Alicia Paquin, head of the Native American student group at NMU, watches as Larry Croschere, of the Red Cliff Band of Lake Superior Ojibwe, makes vinegar. Decolonizing Diet Project

Statistics show greater health threats from obesity and diabetes, he said. “Alcohol is a part of that, but I think the thing that is really killing us en masse is poor diet.”

A Growing Movement

The loss of culture and the rise in diet-related ailments have created a movement across Indian Country for a better way. Reinhardt’s project may be the most academically rigorous, but it is not alone. He was inspired by Devon Mihesuah’s American Indian Health and Diet Project at University of Kansas. (For more information on other diet projects, please refer to this article online.

<https://www.popularresistance.org/decolonizing-the-native-indian-diet/>)

A Blessing

Reinhardt said his epiphany at Northern Michigan evolved into a university-endorsed research project that included intensive consultation with national seed databases and international seed and plant experts to determine the makeup of a pre-contact landscape in the Great Lakes region. The USDA seed database and experts from as far away as the Netherlands and Germany, were consulted to see what plants were present when, Reinhardt said, and has resulted in an extensive master food list to guide the DDP. (Can be downloaded from here: <https://share.nmu.edu/moodle/course/view.php?id=33> There are also recipes and a blog site here.)



Reinhardt says that raw cattails taste like heart of palm; when cooked in a stir-fry, they taste more like asparagus. Tom Biron

There were also before-and-after health checkups to get a medical baseline, and journaling by the 18 volunteer research subjects. Throughout their year-long challenge, participants shared recipes and tips on the group website. (see above)

Reinhardt said the DDP was not intended to be a grim survivalist experience with people eating dandelion leaves and berries. Varieties of squash—especially pumpkin—corn and beans were staples. Turkey was on the menu as were fish and duck eggs. Bison, which roamed the Upper Peninsula before European contact, was also a popular protein option, though expensive, Reinhardt said. Many of these foods could be found in supermarkets. But the DDP participants also foraged for wild foods and had workshops on learning to garden and even to hunt. Reinhardt killed a deer for his larder, he said.

“Overall we’ve seen significant healthy weight loss,” Reinhardt said. But, like Swentzell (author of another study mentioned in the online version of this article), he said, there was a deeper understanding of identity and self: “We can’t decolonize humans. I’m a mixed ancestry person, and I can never be a decolonized person. Plants and animals are forever changed by changes in the environment,” he said.

Yet the experiment has deepened his respect for his Ojibway ancestors. He hunts game, gathers wild food. It’s widened his knowledge of diet and the environment. All because he asked a seemingly simple question.

“I look back now and what was it that moved me? It really was the ancestors speaking to me through that question. I’m glad I was able to heed the question. What a good blessing,” Reinhardt said.

For more info: Full article <https://www.popularresistance.org/decolonizing-the-native-indian-diet/>

[American Indians are Embracing the Decolonized Diet](http://www.startribune.com/lifestyle/health/273612961.html) <http://www.startribune.com/lifestyle/health/273612961.html>

[Plants Used by the Great Lakes Ojibwa](http://www.glifwc.org/publications/index.html) <http://www.glifwc.org/publications/index.html>



The Story of Ziigwan

*Ziigwan means Spring in Ojibwemowin.
This is the story of the spirit of Spring.*

Ziigwan is a beautiful eternal virgin who sits in the South and is watched over by her Uncle Giniw (Golden Eagle). Her counterpart Biboon or Winter, who lives in the North, is always trying to catch Ziigwan's attention. When Biboon is at his most fierce he is the picture of a brave warrior with unlimited strength. However, no matter how hard he tries he cannot turn the eye of Ziigwan who sits in a restful slumber until it is time for her to do her work. As Ziigwan begins to awaken she takes slow careful steps to prepare for the coming of new life, of the rebirth of the natural world. She dances slowly at first, each step carefully placed upon Nimaamaa Akii (Mother Earth) to gently rouse the flora and fauna from their winter slumber. As Ziigwan becomes more powerful Biboon ages and loses his strength. He continues to try to show her how powerful he can be and in this way they engage in a dance of transition between the seasons. Eventually Ziigwan is at her full power and Biboon slips into his resting state until his time comes again. Everywhere Ziigwan dances she awakens the smallest of flowers, the biggest of trees, our hibernating relatives – the animals, and Anishinaabeg. Her dance calls to them to come out from the cover they have taken during Winter and embrace the renewal of life. Giniw is ever watchful of his beautiful niece until her work is complete and all life has woken from its frozen slumber.

Spring is a new beginning echoing the very first breath of life given to the universe by Creator. Ziigwan is Spring and Anishinaabe remember her and are grateful and humbled by all the amazing work she does for us. Remember to offer your asemaa (tobacco) each new day, but especially at the beginning of Spring to honor and give thanks to the beautiful maiden, Ziigwan.



Red Cliff Community Health Center's

Ziigwan Gathering

Miigwech to all those who attended, sponsored, and supported the April 3rd, 2015 event! It was a great turn out:

197 community members participated

Chi-Miigwech to the Red Cliff TANF Program who donated the funds to purchase all the raffle prizes. Because of their generosity every child was able to go home with a prize! MIIGWECH!

Chi-Miigwech to the Red Cliff Youth Center and staff! The Youth Center is such a wonderful place to hold community gatherings. The staff are so helpful & enthusiastic!

Also a huge shout out to the Red Cliff Maintenance Crew – we could not have done it without you! MIIGWECH!!



Spring Motion



Caretakers of the medicine, protectors of your health





2nd Annual Sugar Bush Squat Challenge

MIIGWECH to all those participating in the 2nd Annual Sugar Bush Squat Challenge at the April 3rd Red Cliff Community Health Center Ziigwan Gathering!

2015 Stats:

1,768 squats were completed by participants during the challenge!

*304 more squats than the 2014 Challenge

41 Participants

Age Categories:

Biibiiyens Squat Challenge: Complete as many squats as you can in 30 seconds while holding an 8lb. bucket of "sap".

0 to 5yrs completed 176 squats

4 girls completed 90 squats

2 boys completed 56 squats

Winners: **Stella Gordon** with 29 squats and **Braun Smith** with 34 squats

Abinoojiiyens Squat Challenge: Complete as many squats as you can in 45 seconds while holding two 8lb. buckets of "sap".

6 to 11yrs completed 1,338 squats

18 girls completed 877 squats

11 boys completed 461 squats

Winners: **Presley Smith** with 72 squats and **Ethan Gordon** with 62 squats

12 to 17 yrs: Lane Gokee was the only participant for this category and completed 58 squats

Ininiwag & Kwewag Squat Challenge: Complete as many squats as you can in 90 seconds while holding two 8lb. buckets of "sap".

Adults (18+) complete 152 squats

2 females complete 46 squats

1 male completed 150 squats

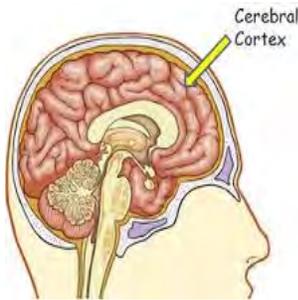
Winners: **Jacklyn VanVlack** with 26 squats and

Chuy Avila with 150 squats - also the top squatter of the day!

1 Waabooz completed 44 squats

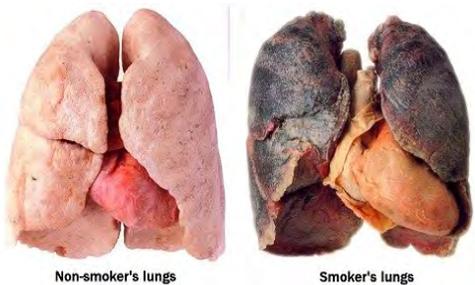
Reasons to quit tobacco use.

Smoking can cause thinning in the brain's cortex, new study finds.



In the study it states that shrinking of the cortex is associated with deterioration of cognitive ability. Meaning it can slow down the speed at which you actually think, or could inhibit creative process. Your brain can recover once you quit however it can take upwards of 25 years to see a full recovery or you may still have a thinner than normal brain. For more information checkout the paper at <http://www.nature.com/mp/journal/vaop/ncurrent/full/mp2014187a.html>

One person dies every 6 seconds from a tobacco related disease, which is 10 people per minute. Over 20% of all deaths in the U.S. are from tobacco. Commercial tobacco contains over 4000 chemicals many of which are known to cause cancer or are known to be harmful to humans. <http://ash.org/resources/tobacco-statistics-facts/>



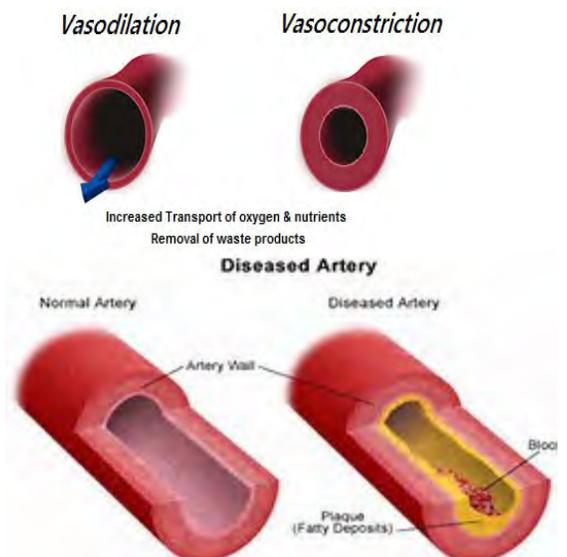
The lungs on the right might still be repairable.



The damage done to these lung can not be repaired.

What most people fail recognize is the effects it has from the time after someone starts smoking till before it kills that person. There can be delay of years before the onset of the noticeable damage it causes, which is why so many people especially teens don't try to quit until years later; However once worst symptoms are noticeable it is generally too late to repair the damage.

One of the first things that happens as you inhale is your blood vessels constrict. This mean less blood flow which means less oxygen and nutrients are traveling through the body. Which can further slow the thinking process even further cause of lower oxygen and nutrients. Even in your adults it begins to cause an increase in blood pressure. The lack of oxygen causes the body to begin sending signals to increase red blood cell production in which in turn will also cause blood pressure to increase. For teens increase blood pressure might not mean very much however if it continues your blood vessels can become chronically constricted which means restricted blood flow. It also increases your risk for atherosclerosis and diabetes. For more information check out <http://www.webmd.com/heart-disease/what-is-atherosclerosis>



Take charge of your health and your wealth.

Top reasons to quit:

20 minutes after quitting

Your heart rate and blood pressure drop.

12 hours after quitting

The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting

Your circulation improves and your lung function increases.

1 to 9 months after quitting

Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting

The excess risk of coronary heart disease is half that of a continuing smoker's.

These are just a few of the benefits of quitting smoking for good. Quitting smoking lowers the risk of diabetes,

The tobacco companies only spend only pennies (about 6 cents) to make a pack of cigarettes. Every time you use tobacco you are giving your money away. **Important point to remember: Smoking cigarettes is very expensive.**

It costs **\$7.00** or more to buy a pack of cigarettes today.

The tobacco companies only spend only pennies (about 6 cents) to make a pack of cigarettes. That means that the tobacco companies make several dollars profit on each pack of cigarettes that you buy and the government gets a few dollars!

1 Pack of Cigarettes Costs Approx.

Minus 6 Cents for cost Costs

\$7.00

- .06

\$6.94 ! Profit



The Red Cliff Community Health Center has resources to help you take charge of your life, starting today!

We can help you identify reasons to quit, identify your triggers and develop coping mechanisms.

We can also assist you with acquiring some tools to help you quit such as : such as medications to ease cravings , patches , gum or lozenges.

You can contact Karen, our Smoking Cessation specialist at 715-779-3707 ext. 2274

Quit today for them.



Quit today and be a leader in your community.



Quit today so this doesn't happen to you.





MAY



2015

Waabigwapii-gizis



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 WIC Pick up all day 1-4pm Optical	5 WIC Pick up all day	6 WIC Pick up and Clinic all day	7	8 WIC Clinic all day	9
10	11 WIC Pick up all day 1-4pm Optical	12 WIC Pick up all day	13 Indian Day Closed	14	15	16
17	18 1-4pm Optical	19	20	21	22	23
24	25 Memorial Day Closed	26	27 WIC Clinic 9:00am-12:00pm	28	29 Centering 8:00am -4:30pm	30
						31