

MVSKOKE FOOD

Mvskoke Food Sovereignty Initiative



OSUIT Culinary Arts Students, Josh Soo, Sean Allgood, Teacher Georgia Harjo, Megan Palmer and Cory Spencer.

Georgia (Burgess) Harjo

Rita Williams, Policy Coordinator
Georgia (Burgess) Harjo, Creek, is a fourth grade elementary teacher at Wilson High School. Aside from teaching, she has been cooking fry bread for the Junior and Senior Class fundraisers for years. Georgia is quick to add that she was taught by her late mother-in-law, Hepsy Harjo. Recently the junior class held their Indian Taco Dinner during the fall festival at Wilson High School. Culinary Art Students from OSUIT were invited to assist with the preparations. While none of this was planned, the students were eager to experience their first fry bread class with Ms. Harjo as the teacher. Georgia related that they

caught on well and relieved her from the kitchen duty to enjoy her dinner and prepare for her classroom booth. We all know that Fry bread is not an everyday food that is cooked in our homes. It is a sometimes food that is served on special occasions and most young ladies and older ones too are willing to say, "We can't cook fry bread well or at all." With all the drive-in fast foods, Hamburgers, chips, fries and a coke have replaced the fry bread. Hardly anyone cooks at home. Our families have become busier and the dinner table has become a place for books, IPods, laptops, videos, games and just about anything you might want to pile upon the table.

November Calendar

November 6th, 2012

3-5 pm, Indian Health Care Resource Center after school program.

November 13th, 2012

6-8 pm, Beginning Farmers & Ranchers Program - "Farmers Talk," MFSI, Okmulgee. Friends of OFRA and MFSI collaborate to bring farming info to local communities.

November 20th, 2012

MFSI to prepare/serve meal - College of the Muscogee Nation, Thanksgiving Taste & Sample, 11 am, for Students/Staff

November 22-23, 2012

MFSI closed for the Thanksgiving Holiday.



Happy Thanksgiving from MFSI

MFSI Today

MFSI Board of Directors

LIZ HOLATA
DUANE MEADOWS
CHUMONA DEERE
JACKSON BARNETT



MFSI Advisory Committee

GEORGE TIGER
MCN Principal Chief

JOHNNIE BRASUELL
MCN Diabetes

SHARON IVERSON
MCN Diabetes Dietician

EMMAN SPAIN
MCN Cultural Preservation

JOHN WEST
Horticulturalist

YVETTE WILEY
MCN Environmental Services

DONNA WILLIAMS
Personal Chef

LOU FIXICO
MCN Elderly Nutrition



MFSI Staff

DARRELL FOX
H. JUNE MARSHALL
DICEY BARNETT
RITA WILLIAMS
STEPHANIE BERRYHILL
SUE WHITE



The first annual Muscogee (Creek) Nation Food and Fitness Policy symposium was held on September 21st, at the Creek Nation Mound Auditorium.

Invited guest speakers included Andrea Carmen, Yaqui Indian Nation, and Executive Director for International Indian Treaty Council. Lori New Breast, Blackfeet Reservation and Praxis Consultant for Robert Woods Johnsons Foundation, and Native grantees working with “Communities Creating Healthy Environments,” and Marc Anderson, Seminole, “Reversing Diabetes/Sustainable Health.”

The rest of our speakers were Muscogee (Creek) Nation Policy Council members who are expertise in their areas, David Hogner, IHS District Environmental Health Officer, spoke on Water and Drought, Andrea Beck, MS, RD/LD, Eating Healthy on a Budget, James Nichols, Emergency Preparedness, Jerry McPeak, State Representative, and MCN Tax Commissioner, Report on USDA Council of Native Americans Farmers/Ranchers, Anna Cruce, Manager, Overview of Creek Nation Commodity Services, Williams Fixico, B.S., CI-CPT, Physical Wellness, Duane Meadows, M.Ed., CI-CPT, Health and Physical Fitness, Connie Fox, MS, RD/LD, CBE, Childhood Obesity in Native American Children, Michael Berryhill, Creek, Traditional Bow Maker, Richard Belcher, Creek, Urban Farmer on Composting, Barton Williams, Creek, Rural local Farmer, Ben Yahola, demonstration of the Chunky Game, Pearl Thomas, Creek, Tribal Representative, spoke on Canning and Preservation of Foods, and Policy Council Chairperson, Rita Williams on the importance of Tribal Food and Fitness Policy Councils.

Special Thanks goes to our Tribal Leaders for their full support, Principal Chief George Tiger, Second Chief, Roger Barnett, Speaker of the National Council, Sam Alexander and National Council Representatives.

Special Recognition to the Mvskoke Creek Nation Honor Guards on a last minute notice to post our colors, a big MVTO!!! Mvskoke Food Sovereignty Staff and volunteers for organizing our sign in, door prizes, assisting with our dinner, Mvskoke Media for the beautiful program design, and to Mike Berryhill, Marilyn White and Nichole Green for all their labor, contacting departments, running and doing a job well done! The reviews for our luncheon served was a success, all healthy foods and snacks made by our local business owners in Okmulgee, Ike’s Restaurant

We are looking forward to next year’s 2nd Annual Symposium. For more information please feel free to contact us. 918-759-1891 or Contact the office @ 918-756-5915.

Chief George Tiger Signs TR 12-110 Tribal Resolution Promoting Healthy Lifestyles through Physical Activity and Healthy Food Choices



left to right: Policy Council Secretary, Whitney Mayhew, Policy Council member, Stephanie Berryhill, Policy Council Vice-Chair, Richard Belcher, Policy Council member, Connie Fox, Policy Council member, Anna Cruce, MFSI Executive Director, Darryl Fox, Policy Council Chairperson, Rita Williams, Chief George Tiger, Okmulgee District Representative, Pearl Thomas and Okfuskee District Representative, Lena Wind.

TR 12-110

CLASSIFICATION: #22. HEALTH AND SAFETY

A TRIBAL RESOLUTION OF THE MUSCOGEE (CREEK) NATION PROMOTING HEALTHY LIFESTYLES THROUGH PHYSICAL ACTIVITY, AND HEALTHY FOOD CHOICES FOR ALL MUSCOGEE (CREEK) NATION DEPARTMENTS AND ENTITIES BY ENCOURAGING AND SUPPORTING THE PURCHASE OF LOCAL FRESH GROWN FOOD, VEGETABLES, AND FRUITS FOR THE CITIZENS OF THE MUSCOGEE (CREEK) NATION

Be it resolved by the National Council of the Muscogee (Creek) Nation:

WHEREAS, the Muscogee (Creek) Nation has departments and entities that purchase food to assist our Muscogee (Creek) Citizens on a day-to-day basis and our departments and entities want to increase healthier food production and consumption of local and traditional foods in our service areas; and

TR 12-110 (continued)

WHEREAS, the Muscogee (Creek) Nation Food and Fitness Policy Council works to: 1) research our tribal food systems and its relation to health; 2) meet with health professionals as well as other tribal stakeholders to discuss potential tribal policy that promotes healthy food choices within our Nation; 3) grow our own foods using our Tribal land base; 4) revitalize agriculture in communities and with individuals; 5) provide methods of building hoop houses and greenhouses; 6) visit with elders on early food knowledge; and 7) works to locate local farmers to assist the Muscogee (Creek) Nation in providing healthier foods to prevent diseases that damages our citizens health every day; and

WHEREAS, in the Muscogee (Creek) Nation's WIC Program's review of recent research on obesity in youth, it shows that: 1) more than 30 percent of Native American 4-year olds are obese; 2) more than 39 percent of low-income Native American children ages 2-5 are overweight or obese; 3) over a 10-year period, the number of diabetes cases increased by 68 percent among Native American teens ages 15-19; 4) childhood obesity is associated with an increased risk of type 2 diabetes, high blood pressure, cardiovascular disease, asthma, sleep apnea and social discrimination; 5) obese Native American children are twice as likely to die before the age of 55; and 6) there is a direct correlation between the lack of affordable, healthy food and the lack of exercise contributing to obesity; and

WHEREAS, the Muscogee (Creek) Nation wishes to join and uphold the Healthy, Hunger-Free Kids Act of 2010 which helps communities establish local farm- to-school networks, create school gardens, and ensure that more local foods are used; and

WHEREAS, the Muscogee (Creek) Nation encourages Muscogee (Creek) Nation departments and entities to participate in healthy eating habits and physical activity through example by serving healthy foods, consuming healthy foods, walking or participating in any physical activity at work or home and sharing healthy lifestyle successes with the Muscogee (Creek) Nation Food and Fitness Policy Council; and

WHEREAS, by working together the Muscogee (Creek) Nation can become a healthier Nation, decreasing childhood obesity, diabetes and the health disparities that afflict our people; and

WHEREAS, the importance of organic food and agriculture to our culture and traditions is depicted in the Great Seal of the Muscogee (Creek) Nation.

NOW THEREFORE BE IT RESOLVED THAT, the National Council hereby encourages and supports the Muscogee (Creek) Nation departments and entities to purchase locally grown food, vegetables, and fruits from farmers to enable our Muscogee (Creek) Citizens access to healthier food choices and promote healthier lifestyles for Muscogee (Creek) Nation Citizens.

NOW THEREFORE BE IT FURTHER RESOLVED THAT, the National Council hereby continues to encourage and support our agriculture system by strengthening our Tribal Food Sovereignty, Food Sustainability, and Food Security.

ENACTED by the Muscogee (Creek) National Council on this 25th day of August. 2012.

IN WITNESS WHEREOF, the Speaker of the Muscogee (Creek) National Council has hereto attached his signature.

Samuel S. Alexander, Speaker National Council Muscogee (Creek) Nation

TR 12-110 (continued)

CERTIFICATION

I, the undersigned, certify that the foregoing is a true extract from the minutes of the Muscogee (Creek) National Council comprised of Eighteen members with Seventeen members attending this meeting on the 25th day of August 2012 and that the above is in conformity with the provisions therein adopted by a vote of 16 in favor, 0 against, and that said Resolution has not been rescinded or amended in any way and the above is

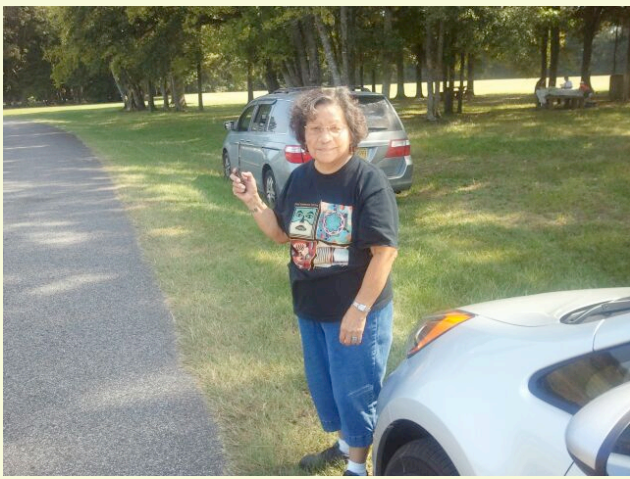
the signature of the Speaker of the National Council.

Sandra Denney, Recording Secretary Muscogee (Creek) National Council

APPROVAL

I, the Principal Chief of the Muscogee (Creek) Nation, hereby affix my signature this 4th day of September 2012 to the above Resolution, TR 12-110 authorizing it to become a Resolution under Article VI., Section VI., of the Constitution of the Muscogee (Creek) Nation.

George Tiger, Principal Chief Muscogee (Creek) Nation



Everyone must take time to sit and watch the leaves turn. ~Elizabeth Lawrence

Photo of MFSI Office Assistant, Dicey Barnett, taken at the Moundville NA Festival, Tuscaloosa, Alabama.

November Gardening Checklist by Dicey Barnett, Office Assistant

- Harvest the late season crops and then put the garden to bed.
- Heap all those raked leaves into the garden. They will decompose over the winter. The leaves have to be shredded or they will just mat and take forever to decompose making a gooey mass in the compost pile.
- Continue to plant spring-flowering bulbs, such as tulips, daffodils, hyacinths, and crocus. They must be planted in the fall because they require a sustained “dormant” period of cold temperatures to stimulate root development. Plant them about three times as deep as their height with the pointy end up. Finish by mid-November or before the ground freezes.
- Drain garden hoses and sprinklers and store indoors for increased life.
- Clean up rose beds-be sure all diseased leaves are raked and disposed. Prune rose bushes back, depending on the size of the plant, a foot for small young plants and about three feet high for mature plants.
- Container grown shade trees and shrubs can be successfully planted in the fall.



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Mvskoke Food Sovereignty Initiative

100 E. 7th, Suite 101, Okmulgee, OK 74447

<http://www.mvskokefood.org>

November 2012



Megan Bear, president of Wilson School Future Farmers of America, recently helped MFSI unload Indian pumpkin that will be saved for its seed bank.

Mvskoke Food Sovereignty Initiative is a 501 (c) (3) non-profit, organized exclusively for charitable, educational and scientific purposes.

MFSI OFFICE

MVSKOKE FOOD SOVEREIGNTY INITIATIVE

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Office Hours:

M - F 9 a.m. - 5 p.m.

MFSI Staff are here to help you. Please feel free to stop in and visit.

mvskokefood@gmail.com