

MVSKOKE FOOD

Mvskoke Food Sovereignty Initiative



September Calendar



Grey Snow Eagle House - Magnificent Eagle

Eagle Time

H. June Marshall
Community Coordinator

The Eagle is a powerful symbol of strength and hope in the Native American cultures and in the spiritual and biblical realm of life. We witnessed the strength, tenacity, and wisdom of eagles in action at the Eagle Experience workshop held in OSU Stillwater, July 30 through August 1, 2012, as our OSU and Chickasaw Nation hosts welcomed us, introduced us to the knowledge of the eagle books, enfolded the group as we saw the Eagle play,

watched tribal young people perform tribal dances, and as we listened to inspiring presentations leading us into the heart of the Eagle Experience.

MFSI has had our intro into the four wonderfully written books by Georgia Perez: Tricky Treats, Through The Eyes of The Eagle, Knees Lifted High, and Plate Full of Color. Several years ago, the Muscogee (Creek) Nation presented the program at the Creek festival, and MFSI was involved by presenting a puppet show in the Creek language on

September 3, 2012

MFSI office will be closed for Labor Day

September 5-6, 2012

Cherokee Nation, Healthy Nation, Healthy Communities for a Healthy Tomorrow: Addressing Public Health Policy. Doubletree Warren Place, Tulsa. For more information: healthynativecommunities@cherokee.org - 918 453 5600

September 8, 2012

Oklahoma Beginning Farmers & Ranchers Program, Kerr Center Farm and Ranch, Poteau, 8 am - 4:30 pm MFSI will be attending the horticulture training.

September 13, 2012

MFSI will prepare traditional, organic Mvskoke meal for students during Welcome Week for the college of the Muscogee Nation. The theme for the week is Happy Holidays.

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Eagle Time by H. June Marshall, Community Coordinator (cont)

healthy eating and giving out tons of handouts including the eagle books. We still offer these books to our communities. We wish to thank Sara Mata, OSU, Coordinator of Social Marketing and Evaluation, and the staff that presented the Adventure program. We also had the opportunity to hear Stephany Parker, Associate Professor Outcomes Coordinator, as she explained the program. Following is taken from their website on the program (<http://agconferences.okstate.edu/eagle-adventure-partnership-workshop-2012/>):

Join our interdisciplinary team from the Chickasaw Nation & Oklahoma State University to learn more about this in-depth diabetes prevention program developed using the CDC's popular "Eagle Books" as a central theme.

Through three days of sessions and activities we'll take you through the program from start to finish including: the Eagle Play, Lessons 1-4 and the games, activities and food experiences that we share with children and how we evaluate the program. We are also planning for sharing sessions, a classroom management discussion and cultural experiences for attendees.

The Eagle Adventure program strives to improve the health and nutrition of youth who are increasingly at risk of developing type 2 diabetes. We hope to provide youth and their families with a vision of hope that diabetes can be prevented through dietary and physical activity changes. Students in grades 1-3 are introduced to the program through the "Eagle Adventure" play, which embraces traditions of Native American storytelling.

The play is followed by four in-class lessons, designed to engage children in discussion about their own health and nutrition habits. Students also participate in hands-on activities and food experiences and are encouraged to share the messages with their parents and family members through take-home activities, including Nestwork (health homework), simple recipes and fun physical activities.

Recognized for its effective, replicable and evaluable qualities, the program has been presented at national conferences and agencies, and tribes across the nation have requested program information as a means of education to prevent type 2 diabetes. Results from program evaluation indicate that the program has had a significant impact on physical activity and intent to choose healthy foods.

Eagle Time (Continued)



prepare and serve the Tuesday night meal. Dicey Barnett and June Marshall were the chefs who cooked all day preparing the meal that was served to approximately thirty-five attendees at the Botanical Garden site.

Following the program, children were more likely to indicate a preference for activities requiring movement than sedentary activities like playing video games or watching television. There was also a significant increase in the proportion of children who wanted to consume more fruits and vegetables and play outside more after participating in



the injuries. “The Iowa Tribe is the first tribe in the country to be permitted through the USFWS as Eagle Rehabilitators. As of November 2011, the Grey Snow Eagle House houses 35 non-releasable eagles (7 Golden Eagles and 28 Bald Eagles) which are cared for by an Aviary Manager, 6 staff members and volunteers. The aviary manager is a USFWS certified eagle rehabilitator and an Iowa Tribal Elder. The Tribe has successfully rehabilitated eight Bald Eagles and released them back into the wild.” <http://www.iowanation.org/home/government/office-of-environmental-services/eagle-aviary> The USFWS is the U.S. Fish and Wildlife Services.

The next step is introducing the Eagle Experience program to the community. We look forward to this adventure.



the Eagle Adventure.

The workshop included plenty of healthy meals and snacks (recommended from the Eagle books). MFSI was privileged to

Even though the temperatures were very hot the three days, the pleasure of being in the Conoco-Phillips Alumni Center and the Botanical Gardens more than satisfied everyone, we forgot the heat! For further inspiration, we went to the town of Perkins and were taken on a tour of the Iowa Tribe’s eagle rehabilitation program that protects injured eagles. The Grey Snow Eagle House was built in 2006 that houses non-releasable eagles due to the nature and severity of

Top Left: OSU Tribal Liaison Coordinator Alison Black (Center) with her two daughters Shelby (left) and Madison (right) as they teach the group the eagle song and dance.

Center: Eagle showing its 6 foot wide wingspan. Grey Snow Eagle House worker.

Bottom: Lee Longhorn, OSU Tribal Liaison Coordinator, and Eagle Adventure participants as they watch an eagle. Myto to Lee for washing pots and pans after the MFSI meal. Alison and Lee facilitate partnership with tribes interested in the Eagle Adventure program.



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<http://www.mvskokefood.org>

September 2012

September Events Continued

September 15th - Robert M. Kerr Food & Agricultural Products Center is offering the first ever Marketing with Social Media Training from 8:30 AM - 3:30 PM in 120 FAPC, Stillwater. Registration deadline is September 5th. The cost to register is \$100.00 To register, visit: <http://www.fapc.biz/marketingwithsocialmedia> call Karen Smith at 405 744 6277

September 28 - 30, 2012 International Indian Treaty Council "International Indigenous People's Conference on Corn" "Guendaro stinu, nga guendanabaninu" "Our Food is our Life" Santo Domingo Tomaltepec, Oaxaca Mexico. For more information, Mark Anquoe mark@treatycouncil.org 415 641 4482

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

MFSI OFFICE

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

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