

# the nature of community

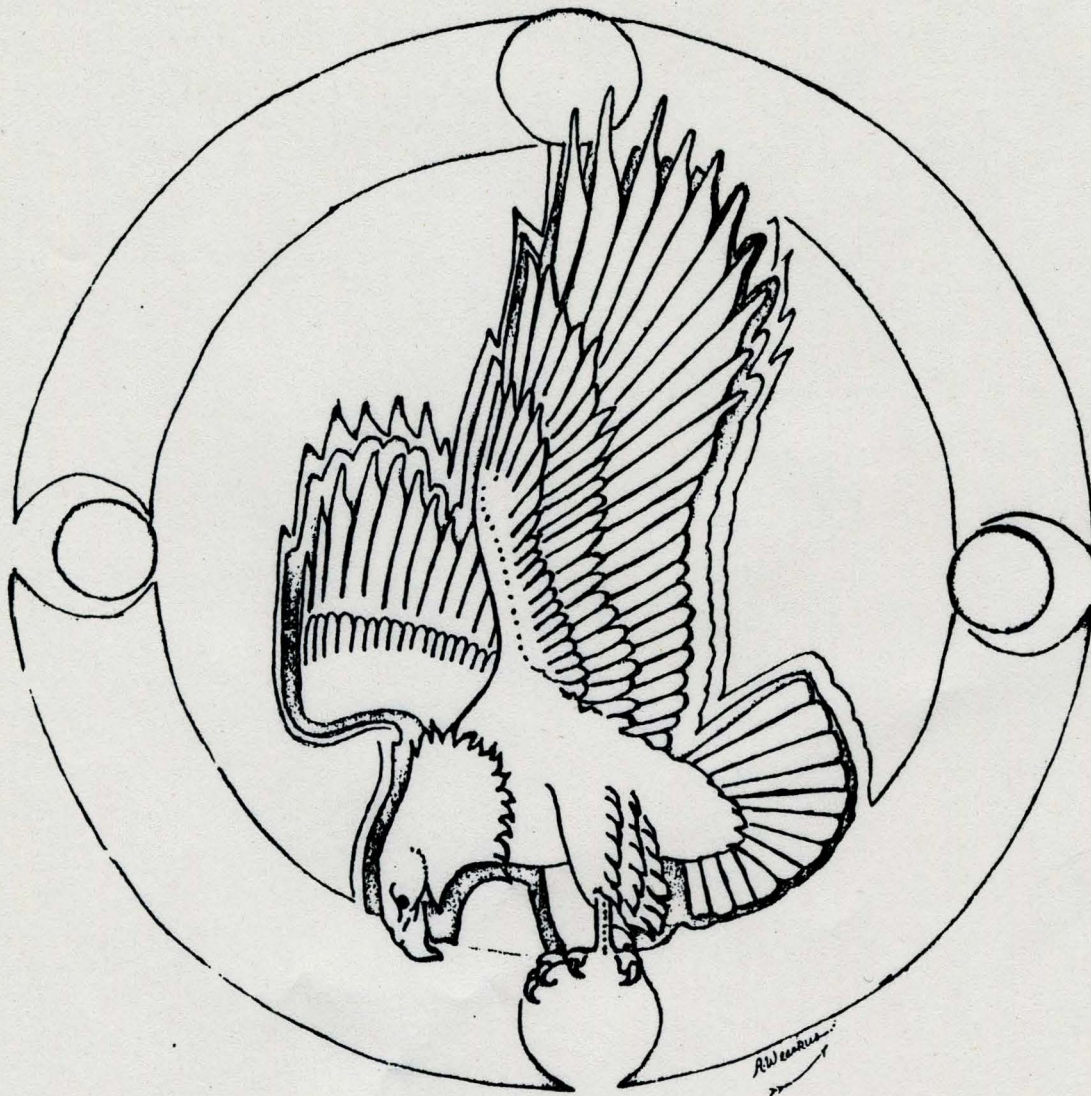
Native American Studies

THE EVERGREEN STATE COLLEGE

MARCH, 1980

**MEDICINE TALK for the INDIAN FAMILY SEMINAR**

**March 13-15, 1980**



**IN OUR UNITY IS STRENGTH**

## MEDICINE TALK FOR INDIAN FAMILIES

A seminar entitled "Medicine Talk for Indian Families" will be held March 13-15, 1980, at Evergreen State College, Olympia, WA. The event is sponsored by the Northwest Indian Women's Circle and will focus attention on the needs of the Indian family in a time of rapid change and increasing cultural pressures.

Speakers will include Tallalah Pinkham, Yakima; Katsi Cook, Akewesasne Notes, WARN, Mohawk Women's Dance; Phillip Deere, Musko-gee traditional elder; Thomas Banyacya, Hopi Interpreter; and Pat Ballanger, Minneapolis Chapter of Women of All Red Nations (WARN).

Discussion at the seminar will explore how we can use both traditional teachings and contemporary skills to strengthen Indian families. Medicine talk, healing words from knowledgeable, traditional elders will help to clear troubled minds and teach inspirational techniques so that Indian people can cope with life's mounting stresses.

A unique feature of this seminar will be the emphasis on topics of concern and interest to Indian women. Among the issues to be addressed are:

A Woman's Duty to Herself: Too often women tend to lose themselves in the many roles they must assume in life, such as wife, mother and worker. When this happens, she loses her sense of identity as a whole human being. How can this be overcome and how can women learn to cope responsibly with their many duties?

Sexual Roles of Women and Men: What is the generally acceptable and traditional sexual behavior of Indian women and men? This discussion will cover childhood sexuality and how to deal with it; premarital sexual behavior; monogamy; polygamy; adultery and promiscuity.

Man's Inhumanity to Women: Violence against women is epidemic in today's world. What can Indian society do to cope with the problems of battered women, sexually abused girls, rape victims and abandoned women?

Women's Health: Self-healing methods, including nutrition, herbs, sweats and other additional remedies, will be discussed.

Traditional Methods of Raising Children: Public schools often teach values conflicting with Indian cultural values, resulting in behavioral problems for our children. What can Indian mothers do to balance the conflicts? What educational tools can mothers use to help their children?

Social Service Programs for Indian Women: Indian women face many health abuses, including forced sterilization at the hands of racist and sexist medical and social service programs. Who designs and runs these programs? Do they help or hurt? Where do programs exist for Indian women--and are they visible, accessible and accountable to the women they are set up to serve?

The Spiritual Identity of Human Beings: The importance of elders within Indian social life, the purpose of meaning of life, the Hopi message to humanity.

### Registration and Travel Expenses

In order to help pay travel expenses for the speakers--who will come from many parts of the United States--a registration donation is requested to help defray the cost of this seminar. For tribes or Indian organizations who want to bring their tribal people to this event, reduced group rates are available. Low-income Indian women, elders or students may request a waiver of the registration donation. Non-Indians are also encouraged to attend.

### Pre-Registration Donation

\$10.00 per day or/  
\$25.00 for three days

### Registration Donation at the Door

\$15.00 per day or/  
\$40.00 for three days

The donation will cover lunch on Friday and a feast on Saturday night. The seminar will end with a mini pow-wow celebration Saturday night following dinner.



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It's that time of the quarter again. Winter Quarter ends on March 22. Evaluations are due by March 15th. All students leaving the program at the end of the Winter Quarter need to turn in formal evaluations. These students have an asterisk beside their name in the lists below. All other students on the lists need to turn in an informal evaluation to their designated faculty. All Nature of Community faculty members can be reached at 866-6334.

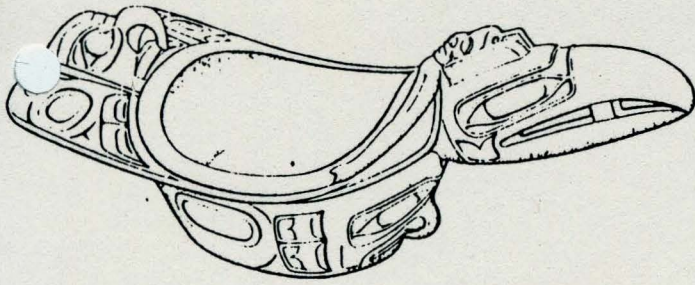
#### Maxine Mimms

\*Barbara Ann Arnold  
 \*Alphonso Hall Beverly  
 Joseph Willis Boston  
 \*George Wesley Boston  
 Pherris Ray Chapman  
 Wanda Ruth Cromartie  
 Betty Jean Davis  
 Ronald Gilven  
 Nader Hafezi  
 Brenda Rita Hurtado  
 Melvin Jenkins  
 Lillie May Johnson  
 Eddwynn Jordan  
 Jacquelyn M. Joseph  
 Alireza Kazemini  
 Richard Lester  
 Daniel Lee Lunsford  
 \*Arthur McChristian  
 James S. McKethan  
 \*Hernon Mosely  
 Yvette Nobel  
 Jesse Willard Price  
 Alexander Reed, Sr.  
 Jacquelyn M. Reed  
 Beverly Jean Roberts  
 Larry Dean Roberts  
 Richard Burton Rolle  
 John James Saunders  
 Robert Simmons  
 Carolyn Yvonne Smith  
 Henry Smith  
 Stephen Philip Smith  
 Mary P. Stevenson  
 Teresa Francine Stone  
 Clarence Taylor  
 Carlton Bruce Tucker  
 \*George Standley Turner  
 Ronnie Eugene Watkins

Gary Dean Beaver  
 Shirley Bob  
 William Lyle Davis  
 Lena F. Dunstan  
 Andrew Elwell, Jr.  
 Kay D. Fassler  
 \*Michael O. Finnegan  
 Joseph Robert Frank  
 John Wm. Friday  
 Audrey M. George  
 Evelyn George  
 Joel W. Greene  
 Edna Dorothy Hillaire  
 Ruben G. Hillaire  
 Georgina M. Knight  
 Faye Cabrini Lapoint  
 Charles Soper Learned  
 Stella Mary Long  
 June Maria Lumbert  
 \*Kevin James Maclean  
 Terri Lee McCloud  
 Alvina McGuire  
 Andre Jacques Mollet  
 Debra Lynne Moore  
 Patrick Paul  
 Joseph Edward Washington  
 Joseph L. Washington  
 Milton Glenn

#### Russ Fox

Deborah Ann Bradford  
 \*George A. Burkhart  
 Vickie L. Caparoon  
 Dorsay Fischer  
 \*Gregory John Hall  
 Julie Louise Hubben  
 \*Joan Kelly  
 \*Ellen Kissman  
 Karen Sue Lohmann  
 Vickie D. Matheson  
 \*Francis Ann Morgan  
 David Herbert Nilsen  
 Peter Robert Olson  
 Fonda D. Ray  
 \*William Joseph Schneider  
 Grace Simone Schumann  
 \*Amy Beth Shapiro  
 Roger Allen Stritmatter  
 \*Pamela Ruth Thornhill  
 Daniel Wekselblatt  
 Dorcas Ellen Whealan  
 David W. Whitener, Jr.  
 Jane Sherrill Williamson



### Betsy Diffendal

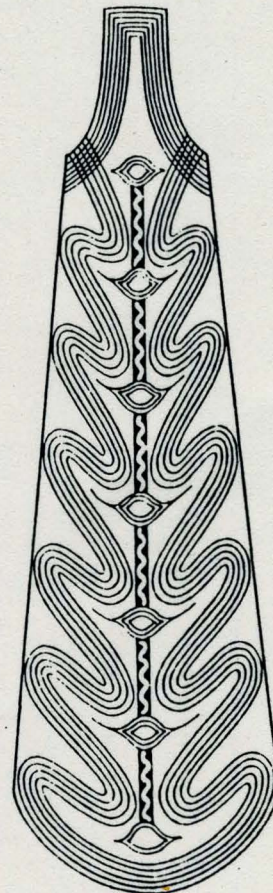
Ingrid Fabbe Bauer  
 Nancie Ann Blahm  
 Haywood Butler, Jr.  
 Willie Roy Chapman  
 Nancy Chelemedas  
 \*Michelle Rachel Cohill  
 Birdie Louise Viola Davenport  
 \*Sylvia Nora Fuerstenberg  
 Karen Kay London  
 \*Nancy A. Maule  
 \*Linda Kay McChristian  
 Barbara Ann McClarron  
 Kent Leslie Moore  
 Judy L. Roberts  
 John H. Rodriguez  
 Jan Louise Schneider  
 David Wayne Snyder  
 Bennie Tate  
 Charlisa Bea Wade  
 Catherine Louise Wilson  
 Evelyn L. Yellowbird

### Lovern King

Rudy Amesquita  
 \*Maria Ofelia Anorga  
 \*Maria Teresa Borja  
 Nancy Ann Cress  
 Susan Davenport-Moore  
 Abelardo De La Pena  
 Dianne Mary Devlin  
 Rosaline McCloud  
 \*Sheila McCloud  
 \*Miles McEvoy  
 Scott Daniel Medbury  
 Steve Bradley Rosenthal  
 \*Terra Solove  
 Kelly Jean Stevens  
 Rafael Villegas  
 \*Donna Dixie Wood  
 Maureen Elsie Yocum

### David Whitener

Mario Alvarado  
 \*Charles Aurthur Cantrell  
 Wayne Fred Cantrell  
 Edward Gordon Chinneth  
 \*Emmerson Keith Coker  
 David E. Cox  
 James Howard Doble  
 Terri Anne Gibson  
 \*Anthony B. Gil  
 Leslie R. Gribi  
 Charles Cecil Haines  
 Walter Daniel John  
 Charles Carrol Mathews  
 Melvin Eugene Moon  
 Jaylene F. Oehrling  
 Mark Ronald Olson  
 Wesley Christ John Penn  
 \*Diane Carol Rautio  
 Bernadine Lynn Robb  
 David Weeks  
 Robert Wesley Whitener, Jr.



seminar P  
 Thursday  
 mt student P  
 Sunflower shared  
 withered  
 pierc

A seminar Poetry Writing is being held  
every Thursday from 10:00-12:00 in L1406.  
Recent student poetry follows:

Inflower sharpened strife  
withered heart full of life  
piercing, pinning, painter's spear  
spilling over oily tear

Ravine reflected reach  
painful eyes full of speech  
staring, suffering, silent shrill  
spine contracts, addicting chill.

Scot Medbury

.....

Sometimes I feel as lonely  
as the etching I bought  
last Friday--

She Still Has Her Cat  
woman  
sepia solitary  
clutching her cat  
she sits quietly, a symbol  
future.

Ellen Kissman

Electric  
Jasmine  
Kazoo

.....

Childhood Bedtime

Closed away  
Unhappy thoughts --  
Possessions taken,  
Scolding parents  
The can'ts and don'ts.  
Chores taking  
Away from play  
Hard work  
Kid work  
Then sleep.

Margaret Greene

.....

I know how it feels to need.  
I have needed forever.  
My head spins in circles  
As I go from 'friend' to 'friend'  
Crying for compassion,  
A hug  
Or  
a cup of tea.

Michelle Cohill

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Private  
Unshared secret  
Kept by some  
When discovered, no longer  
Mine.

Greg Hall

.....

Tatami  
Mats golden  
Arranged in geometric  
Fashion, for kneeling knees and bowing bodies  
Oriental augment

Mats golden  
Gleaming rice fields  
Pleasant paddies of sacred white  
Munching on raw fish and tsukimono  
Japan.

Gleaming rice fields  
Flocked outside the train  
Amidst the glistening rain  
Fearsome Fuji flying by  
Memories.

Kelly Stevens

.....

After Vincent

Done or said,  
I know when it's come out wrong  
I sit; how deep is this  
striving after striving  
that my father's father taught him,  
him me entwined inside...  
It's thick.  
There is beauty.  
Let go of all that.

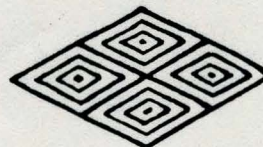
Dave Weeks

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Outside my window  
Birds singing a new day  
Learning from the woods  
Listening to the river riffle  
Watching mallards fly  
Where do I go  
The wind blows past.

Wes Penn

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## FEBRUARY 25 ALL DAY CLASS WITH STUDENT PRESENTATIONS

by Susan Davenport-Moore

We started the day at ten o'clock with a short lecture by Betsy and a film concerned with moral reasoning development. These generated a great class discussion with many people contributing thoughts and feelings about morality, an individual's choice and many other topics.

We stopped for lunch and to take the time to look at some of the visual displays of student work on the walls around the room.

Karen Lohman had done a series of landscaping plans for naturalizing the parking and other outside space around the F.O.O.D. Co-Op. One of the drawings was a plan for three 20 ft. carrots to be carved out of a cedar log. What a concept!

Abelardo De La Pena contributed a series of autobiographical photographs with short poems to describe the images. All of these were interesting and skillfully done.

Fran Morgan had hung up two large charcoal drawings with poems woven into the sketches. Beautiful!

After the break, Michaelle Cohill talked about her study of Judaism, the Olympia Jewish community and her feelings about being Jewish in this community. Then she served us all her first attempt at chicken soup with Matzoh balls. Delicious. After the soup, Abelardo came up to explain the process he went through to create his series of photographs. He also read a poem that Maxine asked him to reread in Spanish. He did, with some translating help from Rafael and Rudy.

During this second half of the day, Rafael Villegas and Nancy Cress were utilizing their video camera technique, so we have a video tape of part of the day.

Then Billy Davis, who works in Tacoma with the American Business Association gave an interesting mini-seminar on the "drug scene," the games people play to get prescription drugs to sell on the street, their value and lots of other information. He also talked about how he is making a living by giving seminars to the medical profession of his knowledge of the drug world.

We had another good discussion after his presentation with many viewpoints expressed.

Birdie Davenport showed some of her forged iron work and a wonderful wood carving of two clasped hands which will eventually be a door pull for the door of a cabin she plans to build in the near future.

We ended the day listening to singing and guitar playing by Sylvia Fuerstenberg and a friend. Some people joined in the singing on familiar tunes--especially "Happy Birthday" for Maxine, Lovern and Rudy Amesquita. They each sang an improvised verse of Happy Birthday about themselves (and their age) to the enjoyment of all of us listening.

We ended eating chocolate birthday cake. The best demonstration of the day. Yum!

The next student presentation will be on the afternoon of March 10th. Donna Wood, Terra Solove, Steve Rosenthal and David Weeks will present a wholistic health workshop. A wholistic health food potluck will be held at noon preceding the presentation. Rafael Villegas and Nancy Cress will also show video clips of their taping of El Centro Chicano Community Center in Seattle. Everyone is welcome.



# wholistic health:

Everything affects our health--all factors physical, emotional, mental, spiritual and environmental. Today more than ever environmental conditions play an important role on the effects of our body. A disharmony in life will in turn reflect upon the body. The body communicates to us through subtle hints and early warnings, we should try to listen and be aware of this.

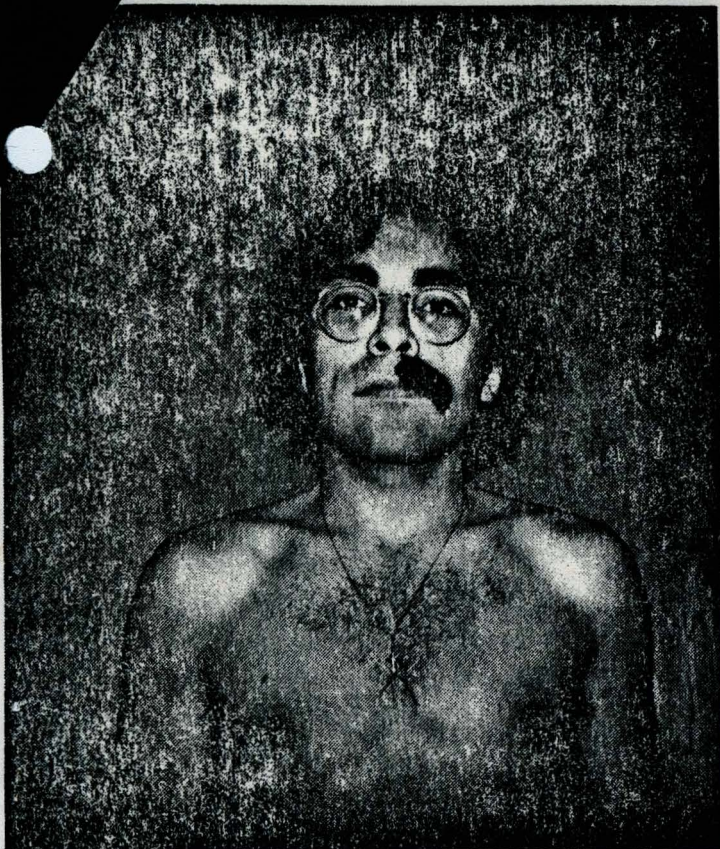
Many people when emotionally upset will develop a slight sore throat. When people are afraid of approaching something, whatever it may be, a sickness of some sort will develop. In most cases instead of dealing "wholistically" with the problem from which the physical symptom derived, the physical symptom is treated with a drug. The drug works well to relieve the physical symptom, but what of the roots of where the physical symptom came from? What happens to them?

Usually, these roots are buried even deeper within the person, which in turn creates chronic illness such as cancer, heart disease and hypertension. These diseases are very prominent in our western culture. Stress has been linked directly with cancer, heart disease and hypertension.

We must learn to allow ourselves to relax, rest and reflect with the emotional symptom(s), as well as the physical, that was **ORIGINALLY** responsible for the disease. Approaching the sickness wholistically involves the whole person, not just the physical symptoms.

Our life is like that of a river, flowing freely, gently. However, when the river has been dammed up, it causes blockage. The dam could be old (early childhood and childhood) or new (present life); the dam or blockage causes illness and contamination to the freely flowing river.

Wholistic is defined as a state in which an individual integrates all his levels of being--mind, body and spirit. When dealing wholistically we must examine who we are and where we came from and what we are doing to and with ourselves. We must accept the responsibility of ourselves and to ourselves and recognize everything that comes to us has meaning, purpose, importance and is useful in healing ourselves and each other. - Terra Solove



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Images of myself  
Sections of seconds  
When the reflected light  
etches on silver

Expressed replicas  
Staring into the unlying glass eye  
Self inflicted shots  
during serious moments

These probes into portraiture  
These egocentric excursions  
Aid in the exploration  
Explaining my existence

Photo graphic self-therapy

Abelardo de la Pena

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## FROM CHANGE

The Nature of Community seminars on Mondays have moved to Room 1612 in the Library building. The time remains the same, 10:00 AM to noon.