



Brattleboro Rotary Club
Presents

5TH ANNUAL INTERNATIONAL FILM AND FOOD FESTIVAL

Benefiting



KILI (90.1 FM), licensed to Porcupine, South Dakota, is a non-profit radio station broadcasting to the Lakota people on the Pine Ridge, Cheyenne River, and Rosebud Indian Reservations, part of the Great Sioux Nation. The station started broadcasting in 1983 as the first American Indian-owned radio station in the United States. KILI serves 30,000 people on the three reservations and seeks to preserve Native American culture and instill pride in the peoples' unique heritage.

SUNDAY, MARCH 2, 2014

4–8 pm • New England Youth Theatre, Brattleboro

www.brattlebororotaryclub.org

BMH Orthopaedics & Sports Medicine

Elizabeth McLarney, MD
John Thatcher, MD
William Vranos, MD
Maureen Mahoney, PA
Richards Building - 1st Floor
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802-251-8611

Brattleboro Cardiology

Mark Burke, MD
Michael Cohan, DO
Phaedra McDonough, APRN
Richards Building - 2nd Floor
17 Belmont Avenue | Brattleboro, VT
802-275-3699

Brattleboro Family Medicine

Peter Foote, DO
Lauren McClure, MD
Gerald Doherty, PA
53 Fairview Street | Brattleboro, VT
802-251-8455

Brattleboro General Surgery

Greg Gadowski, MD
Thomas H. Lewis, MD
Joseph Rosen, MD
Medical Office Building - 1202
19 Belmont Avenue | Brattleboro, VT
802-257-2277

Brattleboro Internal Medicine

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Thomas W. Lewis, MD
Laura Metsch, MD
Roxanne Karter, APRN
John Todd, APRN, FNP
Gannett Building - 2nd Floor
21 Belmont Avenue | Brattleboro, VT
802-257-2611

Brattleboro Obstetrics & Gynecology

James Bunker, MD
Ellen Garvey, MD
Judith McBean, MD
Meghan Arthur, CNM
Heather Ferriera, CNM
Raine Kane, CNM
Gannett Building - 1st Floor
21 Belmont Avenue | Brattleboro, VT
802-251-9965

Cornerstone Pediatrics

Susan Slowinski, MD
Valerie Rooney, MD
Cynthia Howes, RN, CPNP
22 Bridge Street | Bellows Falls, VT
802-463-2020

Just So Pediatrics

Jane Katz Field, MD
Valerie Rooney, MD
Cynthia Howes, RN, CPNP
Medical Office Building - G102
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Maplewood Family Practice

Tony Blofson, MD
Denise Paasche, MD
120 Maple Street | Brattleboro, VT
802-254-1311

Post Acute Care Services

Carolyn Taylor-Olson, MD
17 Belmont Ave | Brattleboro, VT
802-257-8847

Putney Family Healthcare

Kari Dickey, DO
Richard Fletcher, APRN
John Todd, APRN, FNP
79 Main Street | Putney, VT
802-387-5581

Southern Vermont Ear, Nose and Throat Associates

William Wood, MD
28 Belmont Avenue | Brattleboro, VT
802-257-8355

Windham Family Practice

Thomas Evans, MD
Barbara Evans, MN, WHNP-BC
Gannett Building - 2nd Floor
21 Belmont Avenue | Brattleboro, VT
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The BMH Physician Group is a multispecialty group practice of primary care and specialty care physicians, nurse practitioners, and physician assistants that is part of the Brattleboro Memorial Hospital Healthcare System.





An International Project in the United States

Welcome to the Brattleboro Rotary Club 5th Annual International Film & Food Festival.

The inaugural Brattleboro Rotary Club International Film & Food Festival raised monies for Rotary International's Polio Plus, a project to help eradicate polio in the world. The 2nd and 3rd IF&FFs raised monies to build two adobe brick homes for poor families in San Miguel de Allende through a wonderful organization, Casita Linda.

Two years ago, after learning about the Pine Ridge Reservation in South Dakota through an investigative report on ABC's 20/20 TV show, we decided that our attention was going to be directed to helping improve the lives of the residents in Pine Ridge.

So far, we have sent sewing machines, refurbished laptop computers, and money for an informative calendar. With proceeds from last year's film and food festival, we were able to buy requested equipment to upgrade KILI Radio, a vital communications channel on the reservation. This year we hope to buy a new soundboard for the station!

Rotary International is a 105-year old organization of business and professional leaders united worldwide to provide humanitarian service and help build goodwill and peace in the world. There are approximately 1.2 million Rotarians who are members of some 31,000 Rotary clubs in more than 165 countries. For more information visit www.rotary.org.

The Brattleboro Rotary Club, founded in 1950, is an active community service club of 90 members who engage in community and human service projects locally and internationally.

If you are interested in learning more about the Brattleboro Rotary Club or our work with Pine Ridge Reservation, visit the Brattleboro Rotary Web site at brattlebororotaryclub.org

We thank you for your support in this effort.

Sandy Rouse, President
Brattleboro Rotary Club

Ron Stahley, Chair
International Committee

Wopila Tanka! (Thank You!)

- Donna McElligott (Howard Printing, Inc.) for her generous donation of the printing of this program book.
- Ben Briggs (Howard Printing, Inc.) for the design and layout of this program book.
- Steven Reynolds (Albert's Organics), as well as Tristen Toleno and Justin Thompson (Entera Artisanal Catering), our chefs-in-residence
- Sam Jones (Computers for Change) for his generous time and commitment to refurbishing the old and broken laptops we collect and turning them into "new" laptops for Pine Ridge Reservation.
- Marty Cohn, Jody Haley, June Howe, Carla Lineback, and Ron Stahley for organizing the Brattleboro Rotary Club 5th Annual International Film & Food Festival.

Brattleboro Rotary Club

PO Box 336

Brattleboro, VT 05302-0336

www.brattlebororotaryclub.com

President: Sandy Rouse

President Elect: Rich Carroll

Vice President: June Howe

Secretary: Jeff Hagstrom

Treasurer: Patty O'Donnell

Immediate Past President: Martin Cohn



Anyone who can name his 1964 Buick “Protector” and talk to it like a pony has a philosophy we can learn from. Philbert Bono is the name of the philosopher. He is a member of the Northern Cheyenne tribe, and near the beginning of “Powwow Highway” he and a friend, Buddy Red Bow, set out to ride

Protector from Lame Deer, Mont., to Sante Fe, N. M.

They go by way of the Dakotas, because to Bono the best way to get to a place is not always the straightest way.

“Powwow Highway” is the story of their journey, and in one sense it’s a road movie and a buddy movie, but in another sense it’s a meditation on the way American Indians can understand the land in terms of space, not of time. Philbert never states it in so many words, but it’s clear he doesn’t think of a trip to Santa Fe in terms of hours or miles, but in terms of the places he must visit between here and there to make it into a journey and not simply the physical relocation of his body.

The movie supplies a plot in order to explain why the two Indians need to take their journey, but the plot is the least interesting element of the film. It involves a scheme against Buddy, who is a tribal activist and opposes a phony land-rights grab that’s being directed at some Indian territories. His sister is thrown into jail in Santa Fe, and he must go there to bail her out, and that will get him out of Montana at a crucial time. And so on.

The plot is not the point. What “Powwow Highway” does best is to create two unforgettable characters and give them some time together.

It places them within a large network of their Indian friends so we get a sense of the way their community still shares and thrives. As Philbert points Protector east instead of south, as he visits friends and sacred Indian places along the road, he doesn’t try to justify what he’s doing. It comes from inside. And it comes, we sense, from a very old Indian way of looking at things. Buddy is much more modern and impatient - he’s Type A - but as their journey unfolds, he can begin to see the sense of it.

The movie develops a certain magical intensity during the journey, and much of that comes from the chemistry between the two lead actors.

Philbert is played by Gary Farmer, a tall, huge man with a long mane of black hair and a gentle disposition. He speaks softly and sees things with a blinding directness. Buddy (A Martinez) is more “modern,” more political, angrier. Their friendship has survived their differences.

The movie was shot entirely on location, and the set decoration, I suspect, consists of whatever the camera

found in its way. (If this is not so, it is a great tribute to the filmmakers, who made it seem that way.) We visit trailer parks and dispossessed suburbs and pool halls and convenience stores. We watch the dawn in more than one state, and we get the sense of the life on the road in a way that is both modern (highways, traffic signals) and timeless (the oneness of the land and the journey). And although I have made this all sound important and mystical, “Powwow Highway” is at heart a comedy, and even a bit of a thriller, although the way they spring Buddy’s sister from prison belongs to the comedy and not the thriller.

The movie is based on a novel by David Seals, which I have not read; the story resembles the tone in some of W. P. Kinsella’s stories about North American Indians. In Buddy it shows the somewhat fading anger of a man who once was a firebrand in the American Indian Movement (he has a concise, bitter speech about the programs “for” the Indians that will be an education for some viewers). In Philbert it finds a supplement to that anger in a man whose sheer, unshakable serenity is a political statement of its own.

One of the reasons we go to movies is to meet people we have not met before. It will be a long time before I forget Farmer, who disappears into the Philbert role so completely we almost think he is this simple, openhearted man - until we learn he’s an actor and teacher from near Toronto. It’s one of the most wholly convincing performances I’ve seen.

Most of the people who go to see “Powwow Highway” will already have seen “Rain Man,” the box-office best seller. Will they notice how similar the movies are in structure? Philbert does not have any sort of mental handicap, as the man with autism does in “Rain Man,” but he has a similar, absolutely direct simplicity. Both characters state facts.

They catalog the obvious. Deep beneath the simplicity of Philbert’s statements is a serene profundity (we cannot be quite sure what lies at the bottom of the autistic’s statements). In both movies the other man - younger, ambitious, impatient - learns from the older. Meanwhile, in both movies, the men become friends while they drive in ancient Buicks down the limitless highways of America.

— Roger Ebert, April 28, 1989
<http://www.rogerebert.com/reviews/powwow-highway-1989>

AWARDS

- Sundance Film Festival — Filmmakers Trophy - Dramatic (Jonathan Wacks)
- Native American Film Festival - Best Picture (Jan Wieringa, George Harrison & Denis O'Brien)
- Native American Film Festival - Best Director (Jonathan Wacks)
- Native American Film Festival - Best Actor (A. Martinez)



2013 Winner
of the Heartland Chapter
Emmy Award
for Best
Cultural Documentary

Urban Rez explores the controversial legacy and modern-day repercussions of the Urban Relocation Program (1952-1973), the greatest voluntary upheaval of Native Americans during the 20th century. During the documentary, dozens of American Indians

representing tribal groups from across the West recall their first-hand experiences with relocation, including the early hardships, struggles with isolation and racism. Interviewees also speak about the challenges of maintaining one's own tribal traditions — from language to hunting — while assimilating into the larger society. Actor, musician and Oglala Lakota member Moses Brings Plenty narrates this insightful film about this seldom-told chapter in American history.

The Voluntary Relocation Program, spanning from 1952-1973, was the greatest voluntary upheaval of Native Americans during the 20th century. **Urban Rez** explores the lasting legacy of the relocation policies that encouraged Native Americans to leave their homelands and relocate to urban areas across the country.

Urban Rez's unique approach to this historical reflection of the Voluntary Relocation Program is interspersed with modern-day analysis which makes clear that the program that started over 60 years ago still has an effect in today's world. Hosted by actor, musician, and Oglala Lakota member Moses Brings Plenty, this insightful film shines light on a seldom told chapter in American history.

From award-winning producer Lisa D. Olken and director Larry T. Pourier (Lakota), the film features personal stories from multiple tribal perspectives with both urban- and reservation-based views. Olken, Pourier, and the **Urban Rez** crew traveled to reservations and urban areas to chronicle these stories that are very different in nature from the stereotypical American Indian narrative of land loss, poverty, and scant resources.

"These are stories of tumultuous lives filled with both opportunity and disappointment and that of identities lost and reclaimed," commented Olken.

Interviewees speak about the wonderful opportunities provided to them such as the work-education programs but also of the challenges of maintaining their tribal traditions, speaking their language, isolation, racism, and being separated from family and friends.

Three weeks ago, KILI Radio broadcast live a Mayor's Town Hall meeting in Rapid City; the meeting included the U.S. Attorney for South Dakota, Brendan Johnson and the governor's cabinet secretary for Indian Affairs JR LaPlante; Arlo Iron Cloud handled the broadcast for KILI with the new remote broadcast equipment purchased for KILI Radio by the Brattleboro Rotary Club, it has definitely come in handy, has helped expand the station's ability to provide better service to our listeners and community members, thank you again.



KILI Radio uses the new set of microphones in our talk studio every day to help us better handle groups of three or more who come to the station for a show. All of the equipment has really helped the station.

John Willis delivered three used laptops that the Rotary Club sent out for the station's use, they are very much appreciated as well.

The Rotary Club is a long ways from KILI Radio, certainly not in your service area so the station recognizes your commitment and wants you to know it's very much appreciated.

KILI Radio station still has needs, we do not have a real broadcast board yet, we are in need of a wheel chair ramp and we have one solar array but our south facing roof has room for at least another array or maybe even two.

We can't tell you how much we have appreciated your support, it has been a great help. We try to be there each day for our listeners across Pine Ridge Reservation and we couldn't do it without the help and assistance from individuals, groups and agencies from across the reservation and sometimes from a long ways away. I hope we are able to continue to work together..

Thank you very much; wopila tanka!

Respectfully,

Thomas Casey



KILI Radio — The Voice of the Lakota Nation

by Tom Casey, Director of Development, KILI radio (90.1 FM)

KILI radio is an independent, 100,000-watt radio station that is owned and operated by the Oglala Lakota people. It is located at Porcupine Butte on the Pine Ridge Reservation in southwestern South Dakota. On the air seven days a week and twenty hours a day, KILI's broadcast area covers approximately 30,000 square miles, including the Pine Ridge, Cheyenne River, and Rosebud reservations; Rapid City and the southern Black Hills; and the panhandle of Nebraska. KILI's programming comprises news and information, public affairs broadcasting, sports coverage, cultural celebration, and entertainment with a variety of music formats, including traditional, Indian contemporary, country, rock and roll, rap, blues, and jazz. KILI is a very unique community radio station working hard to meet the needs of individuals and groups throughout its listening area and online.

The 1970s had been a tumultuous decade for residents of the Pine Ridge Reservation with the occupation of Wounded Knee in 1973, the death of two F.B.I. agents in Oglala in 1976, and a climate of fear on Pine Ridge marked by violence and death from 1972 to 1976. So, in the fall of 1979, a group of community members and representatives of the American Indian Movement (A.I.M.) met in Porcupine to talk about the needs of the Pine Ridge community, the problems facing those living on the reservation, and what actions could be taken to improve life there.

Communication became the focal point of the discussion, and ideas of how to connect people on the fifty-by-100 mile reservation ended up centering on the possibility of a radio station. Could a strong community radio station help people deal with rural isolation, long distances, a lack of transportation, an absence of telephones, and no current media covering Pine Ridge and the Oglalas as their

community other than crime, violence, and car wrecks caused by alcohol or drugs? Could a radio station, owned and operated by Oglala Lakota, distribute news and information important to the community while celebrating Lakota language, culture, history, and tradition? The answer was an emphatic yes; the group decided on an FM radio station.

In the spring of 1980, the radio group organized, started raising funds, decided on Porcupine Butte north of Wounded Knee for the site, arranged for an engineer to do a frequency search, and started researching what it would take to get a station up and going and to keep it on the air. No one took the group seriously. In a meeting with the tribal chairman, the group was told, "Why don't you just do a gas station?"

No matter what people said or how many roadblocks were put in its way, the group kept moving forward and was soon given a house by the head of the local housing agency to use for the station a quarter mile south of Porcupine Butte. When the owner of the house died of a heart attack a few months later while campaigning for the tribal presidency, the house was no longer an option. Spearheaded by an engineer who worked for a radio station in New York City, funds and building materials were then raised, and in the summer of 1982 a building was constructed on the side of the butte.

Despite all of the roadblocks, lack of initial support, and general disbelief, an independent and community-owned KILI radio went on the air on February 25, 1983.

And, in spite of all of the attempts by missionaries and the U.S. Government since the 1800s to assimilate Lakota people into the mainstream of American society, the first DJ, Calvin Two Lance, spoke in Lakota and English when KILI went live on that historic day. It did not take long for KILI to become a regular part of people's lives. Local community members were the DJs, and honoring songs, shout outs, memorial songs, and news and information about upcoming events and activities brought a lot of information directly into every home on the reservation. Before too long, KILI was taking the station out on the road, broadcasting live from local events, powwows, basketball and football games, and community celebrations from one end of the "rez" to the other. KILI networked with other groups, organizations, and agencies in the area as they connected to local schools, Oglala Lakota College at Kyle, the Chamber of Commerce, tribal

government, and community groups. And KILI kept people connected in the face of natural disasters and emergency situations. Whether it was a two-day blizzard followed by extreme cold, a tornado that hit Oglala, or floods that hit several communities, emergency messages went out over the airwaves. Over the years, information on missing loved ones, public affairs programming on a variety of issues, and music from local artists and Indian Country as a whole all found their way over KILI's airwaves.

Before long, there were requests to expand KILI's signal. Through ongoing fundraising and assistance from the U.S. Department of Commerce's Public Telecommunication Facilities Program, KILI added translators in Rapid City and the Rosebud and Cheyenne River reservations. And, although there has been regular support from the Corporation for Public Broadcasting in Washington, D.C., there has been a never-ending need to fundraise on a regular basis. Over the years, KILI has raised money by operating a local bingo, partnering with an African-American radio station in New York City on an on-air fundraiser one day each year, sponsored benefit concerts, run a national direct-mail campaign, sold merchandise, built an underwriting base, collected donations, and written grant proposals.

"Some days you have trouble rubbing two nickels together, and other days you feel cashy," said a past manager. "There are just over thirty native stations around the country. By far, the majority of them are in rural, isolated areas, and they struggle to maintain a steady level of funding. It takes up a good deal of your time as you look at raising money every day."

As a community station, KILI was not immune from some of the same problems that individuals, families, businesses, and communities deal with regularly. Staff turnover, a fundraising concert that lost money, political turmoil in the community that spilled over onto the radio station, lightning that took out KILI's antenna, transmission, and transmitter, and unending demands on staff and station time have all presented challenges and problems to the station.

Through the ups and downs, KILI has continued to broadcast each day news and information on treaties; land and water rights; tribal government; racism and discrimination; developing tribal and federal budgets; Lakota language, history, and culture; suicide prevention and awareness; health care information on HIV-AIDS, diabetes, heart disease, West Nile Virus, black mold, cancer, STDs, and smoking cessation; and available services from tribal, state, and federal government agencies.

In February of 2008, KILI celebrated its twenty-fifth anniversary as "The Voice of the Lakota Nation." The station has depended on hundreds of people to contribute to that voice, to make it really the VOICE of the Lakota Nation. Even as the station still struggles to make ends meet, through the help of many people it continues. In the spring of 2007, KILI went back on the air with full power after being limited to a low-power version for ten months due to storm damage. The station now has a new analog transmitter, a new digital transmitter, and a new antenna and transmission line. KILI also has its own Website (www.kiliradio.org) and streams its signal over the Internet. In October of 2008, KILI turned on its 65KW wind turbine, which can generate enough wind-generated electricity to cover about two-thirds of the station's electrical needs.

Yes, KILI has survived, but the board members, staff, and volunteers want to do more than just endure. They would like to improve their signal and continue to upgrade the equipment and expand the staff. KILI has really never had the staff to do solid news programming. They would like to do regular news and produce features on a variety of issues that impact the community not only today, but even more so in the future. KILI would also like to improve the Lakota programming by developing more shows that feature the language, culture, history, and traditions of the Lakota people.

KILI depends on the help of so many people, and to move ahead it will need the help of even more people. KILI is located on the Pine Ridge Indian Reservation, which makes up Shannon County, oftentimes the poorest county in the wealthiest nation on Earth: The United States of America. The reservation suffers from unemployment rates anywhere from fifty to eighty-five per cent. Support to keep KILI on the air and moving forward must come from beyond the reservation's boundaries. Contributions large and small are necessary and always welcome.

In the Lakota language, KILI means "extraordinary, very special," and KILI radio has been just that to many people over its first three decades. The Lakota people and members of the Oglala Sioux Tribe face serious issues in the coming years, and they need to be informed about their life and what's on the horizon while continuing to celebrate being Lakota, celebrating the language, culture, history, and traditions. KILI radio in the years to come plans to continue to be an integral part of the community as the Voice of the Lakota Nation. Mitakuye Oyasin.

January, 2014 is Rotary Awareness Month

Rotary International, along with its various clubs throughout the world, has established January as Rotary Awareness Month.

Sandy Rouse, Brattleboro Rotary Club president, said, "A lot of people don't know what Rotary International does. We want to get the word out."

One of the biggest focuses of the organization is working to eliminate polio. The club has worked closely with World Health Organization (WHO) and the Gates Foundation in this effort.

"We pretty much have polio eliminated except for two or three countries," Rouse said.

Rotary International and the Gates Foundation have provided close to \$600 million to combat polio worldwide.

This includes \$8500 contributed by the Brattleboro Rotary Club and the Sunrise Rotary Club through their joint "Indian Film and Food Festival" in 2009.

Still, polio isn't the only focus of Rotary International.

The International organization has also focused on literacy and clean water. Club members have gone to various areas of the world to help map out well locations and to help provide water filters.

In fact, the roots of Pure Water for the World (PWW) began in Brattleboro itself in 1994 when Peter Abell, a member of the Brattleboro Rotary Club, volunteered to go to a small Salvadoran village to provide medical services. Abell was moved by the poor living conditions and vowed to make a difference and do something. With the support of the Brattleboro Rotary Club, Abell decided to help the people by providing rural villages with potable water. The success and interest of the club's activities soon outgrew the capacity of the Rotary Club. As a result, Pure Water for the World, Inc. was set up as a 501(c)(3) organization to carry out this important humanitarian effort.

Pure Water for the World works in remote regions of developing countries that lack sustainable clean, safe drinking water. PWW works with local governments and community partners to select, analyze the appropriate technology for the community, and to implement cost effective projects.

Each year, the Brattleboro Rotary Club holds an International Film & Food Festival to benefit an international cause. On March 2, the club's 6th Annual "Native American" Film and Food Festival will

raise awareness and funds for KILI Radio, a radio station committed to improve the lives of residents of Pine Ridge Reservation in South Dakota.

At the local level, members help charitable ventures when they arise.

The Brattleboro Rotary Club uses funds raised from its annual Christmas tree sales and other efforts primarily for area high school scholarships. Over \$500,000 in scholarships has been awarded over the past 25 years. This year the club will be offering \$18,000 to graduating seniors from Brattleboro Union High School and the Career Center, Hinsdale High School, and Leland & Gray Union High School.

In addition, the club supports a number of projects in the community, both large and small with cash and in-kind work. For instance, Rotary recently built and installed at two handicap ramps; one for a new mobile home in Glen Park and one at Hilltop House.

The club also raises funds by way of its annual Golf Tournament. This year, net proceeds from the tournament will benefit a local youth sports organization, as well as the Brattleboro Memorial Hospital new emergency department.

"We help pretty much any non profit organization that needs it," Rouse said.

The Brattleboro Rotary Club has 80 members and the Sunrise Rotary Club has over 45 members. She said Rotarian members throughout the world follow the same four-way test. The questions addressed by the test include: Is it the truth, fair to all concerned, will it build goodwill and better friendships, and will it be beneficial to all concerned?

Rouse said people have to be invited into the club, and someone must vouch for them.

The Brattleboro Rotary Club, founded in 1950, has weekly meetings at 12:15 p.m. Thursdays at the VFW Post (40 Black Mountain Road) in Brattleboro.

The Sunrise Rotary Club, founded in 1995, has weekly meetings on Wednesdays at 7:15 AM at The American Legion Post 5 (32 Linden Street, Brattleboro)

If you are interested in learning more about Rotary or attending a meeting, visit the Sunrise Rotary Club Web site at <http://www.brattleborosunriserotary.org> or the Brattleboro Rotary Club Web site at www.brattlebororotaryclub.org.

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**Proud Supporter of
the Brattleboro Rotary Club's
International Film and Food Festival!**

Chuck Cummings

MENU

New Native Fry Bread
Summer Squash Bread
Grandma Connie's Grass fed
Buffalo Feast
Grass fed Buffalo Stew
Three Sisters Vegetables

Blueberry Wojapi
Sioux Indian Pudding
Ice Cream
Red Sassafras Tea
Coffee

NEW NATIVE FRYBREAD

INGREDIENTS

- 1 egg
- 1/2 cup dry milk
- 1 teaspoon salt
- 3 teaspoons baking powder
- 2 cups flour
- 1 cup warm water

DIRECTIONS

Mix the dry ingredients together, mix the egg and the water, add to the dry mixture. Add flour or water to adjust mixture to a very soft dough mixture. Put dough on a well floured board. Roll out to about a 1 inch thickness. Let set for about 15 minutes. Cut into what ever size you would like, I like to do mine in smaller pieces for dipping into wojapi. You could get about 24 pieces out of this batter. Deep fry in hot oil, just enough to brown on each side. Put on a paper towel to get some of the top oil off the bread. Note: I found that when making frybread, it is better to make one batch at one time. My family likes to dip the frybread in wojapi made from blueberries.

WOJAPI - TRADITIONAL NATIVE AMERICAN BERRY DISH

Introduction: Wojapi is a thick berry sauce. If your berries are ripe and tasty, there is no need to add additional sweeteners. Tradition-

ally, Wojapi is not made with cornstarch, flour or sugar. Minutes to Prepare: 10 Minutes to Cook: 120 Number of Servings: 12

INGREDIENTS

- 6 C Fresh Berries, Blueberries, Raspberries or Strawberries
- 1 c Water
- Honey, Sugar or use a sugar substitute like Splenda for desired sweetness
- 1 Tbl Cornstarch for thickness

DIRECTIONS

1. Clean your berries.
2. Place them in a mixing bowl and mash with a potato masher.
3. Add fruit and water to a large saucepan and bring to boil. Stir, being careful not to burn the berries.
4. Reduce the heat and simmer on low heat for one hour.
5. Watch the pot carefully and stir constantly.
6. Taste and see if you need to add honey or sugar substitute to sweeten to your taste. **Thickening Options:** Wojapi is sometimes the consistency of pudding. For a thicker berry mix, you can use cornstarch.
7. Continue to simmer to reduce the berry mix to the thickness you want. Keep stirring constantly until you have the desired consistency. Or place one tablespoon of cornstarch into a cup, add cold water. Slowly add to hot pot of berries and stir to the thickness you want. Enjoy with Native American Frybread.

GRASS FED BUFFALO STEW WITH FRY BREAD CRUST

INGREDIENTS

- 1 lb of Buffalo or Beef
- 1 medium onion
- 4 potatoes
- Seasoning salt
- Oil
- 1/2 cup of water
- Tomato sauce or jarred spaghetti sauce

For the bread crust (same as Fry Bread)

- 1 cup of flour
- 1 teaspoon of baking powder
- 1/2 teaspoon of salt
- A pinch of sugar gives the bread a yummy taste and makes it softer.
- 2 tablespoons of oil
- Milk

DIRECTIONS

Heat the oil in a stew pot. Chop the onions; add to heated oil. Cook for a couple of minutes. Rinse your stew meat; add to the onions. Add the seasoning salt to taste; and add tomato sauce or spaghetti sauce. Stir well, covering all the meat. Add 1/2 cup of water; get it boiling. Let cook for about 30 minutes. Add the potatoes. Cover and let cook through. Then make your bread crust . . . Mix all the dry ingredients together, then add your liquids. Make a soft dough. Roll out on a floured surface. When 30 minutes have passed, take stew off the stove. Let it cool and let the dough rest for about 10 minutes then put your stew in a casserole dish and top with the rolled out dough. Bake for about 20-30 minutes. It is ssssoooo good, especially in the winter; nice and warm.

GRANDMA CONNIE'S GRASS FED BUFFALO FEAST

INGREDIENTS

- 1 lb. ground buffalo
- 1 cup of diced onion
- 2 cups uncooked brown rice
- 2 cups of water
- 1 can (14 oz.) of tomatoes
- All-purpose seasoning
- 1 can (14-16 oz.) of corn

DIRECTIONS

Cook onion and ground buffalo in large skillet until meat is brown. Add rice, water, corn, and tomatoes. Allow to simmer uncovered for 30 minutes, or until rice is well cooked. Add seasoning to one's own taste. Serve with a smile and enjoy!

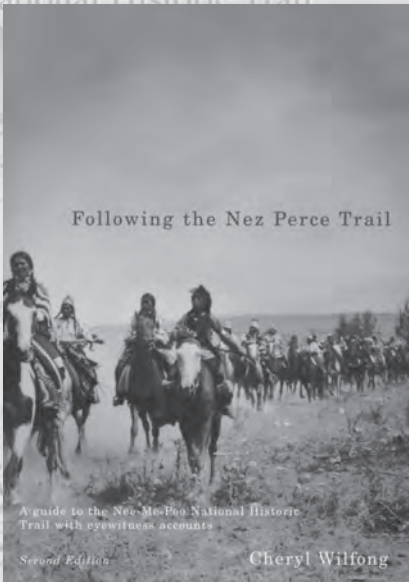
SIOLUX INDIAN PLUDDING

INGREDIENTS

- 3 cups milk
- 1/3 cup cornmeal
- 1/4 cup dark molasses
- 1/4 cup white sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon

DIRECTIONS

1. Preheat oven to 275 degrees F (135 degrees C). Butter a 1 quart baking dish.
2. In a large saucepan over medium heat, cook milk until bubbles form at edges. Slowly stir cornmeal and molasses into milk. Continue to cook and stir until thickened, 10 minutes. Remove from heat and stir in sugar, salt, ginger and cinnamon. Pour into prepared dish.
3. Bake in preheated oven 2 hours, until set. Serve hot or cold.



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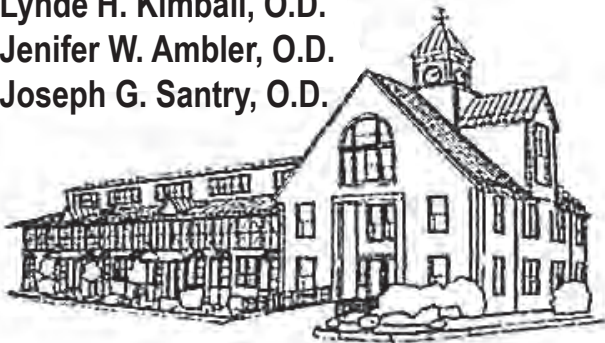
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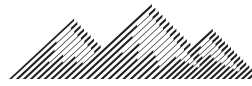


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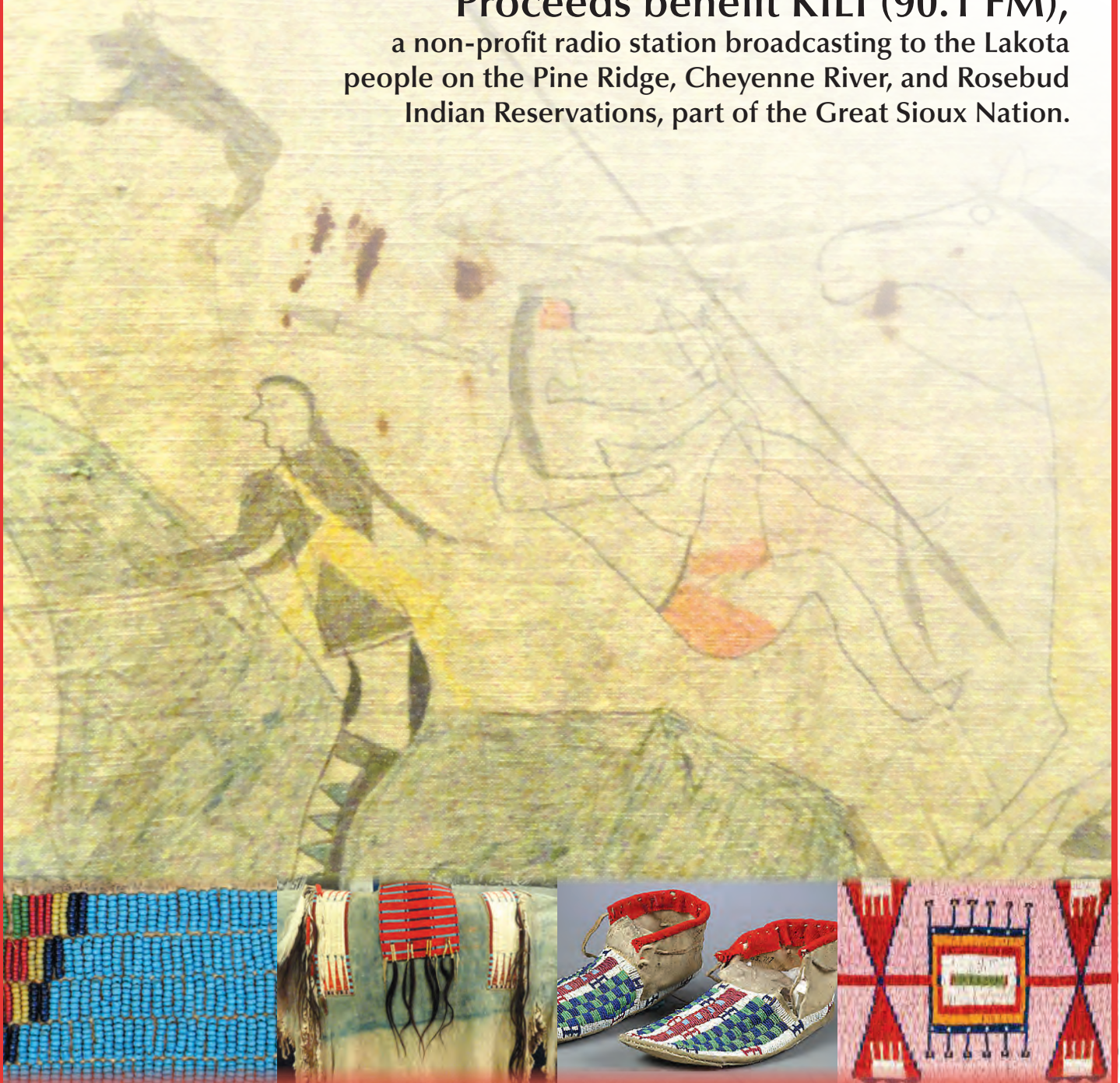


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