

MEMORANDUM

TO: Native American Commission
FROM: Tia Braseth, Community Development Coordinator
DATE: December 27, 2018
SUBJECT: Fargo Native American Commission Meeting

The next meeting of the Fargo Native American Commission will be held on Thursday, January 3 at 12:00 p.m. in the City Commission Room at **OLD** Fargo City Hall. If you are not able to attend, please contact staff at 701.241.1474 or planning@FargoND.gov.

NATIVE AMERICAN COMMISSION Thursday, January 3, 2019 City Commission Room AGENDA

1. Welcome and Introductions
2. Prayer
3. Approve Agenda
4. Approve Minutes
5. Public Comment – Citizens to be heard
6. Presentation: Jan Nelson, Heart Springs
7. Presentation: Sunny Branick, Northern Narratives Writing Project
8. Human Rights Film Festival Wrap Up: Sean Coffman
9. 2019 Strategic Planning
10. NYE Powwow Report
11. Public Comment – Continued if needed
12. Announcements
13. Staff Report
14. Next Meeting – February 7, 2019
15. Adjourn

Native American Commission meetings are broadcast live on cable channel TV Fargo 56 and can be seen live by video stream on www.FargoND.gov/streaming. They are rebroadcast each Tuesday at 8:00 p.m. and Thursday at 5:00 p.m.

People with disabilities who plan to attend the meeting and need special accommodations should contact the Planning Office at 701.241.1474 or TDD at 701.241.8258. Please contact us at least 48 hours before the meeting to give our staff adequate time to make arrangements.

Minutes are available on the City of Fargo Web site at <http://fargond.gov/city-government/boards-commissions/native-american-commission>.

**BOARD OF NATIVE AMERICAN COMMISSIONERS
MINUTES**

Regular Meeting:

Thursday, December 6, 2018

The Regular Meeting of the Board of Native American Commissioners of the City of Fargo, North Dakota, was held in the City Commission Room at City Hall at 12:00 p.m., Thursday, December 6, 2018.

The Native American Commissioners present or absent were as follows:

Present: Sharon White Bear, John Strand, Guy Fox, Anna Johnson, Lenore King, Rebecca Knutson, Chalsey Snyder, Whitney Fear

Absent: None

Item 1. Welcome and Introductions

Chair White Bear welcomed Members to the meeting and introductions were made.

Item 2. Introduction of New Native American Commissioner

Willard Yellow Bird, Jr., gave a blessing, prayer, and smudging for the New Native American Commissioner, Anna Johnson.

Item 3. Approve Order of Agenda & Minutes

Member Snyder moved the Order of Agenda and the minutes of the October 4, 2018 Native American Commission meeting be approved. Second by Member Fear. On the call of the roll Members Fear, Fox, Johnson, King, Knutson, Snyder, Strand, and White Bear voted aye. The motion was declared carried.

Item 4: Approve 2019 Meeting Times & Dates

Chair White Bear noted that proposed meeting dates for 2019 were included in the packet. She led a board discussion regarding the best options for meeting dates and times to ensure optimal attendance.

Member Knutson moved to approve the 2019 meeting schedule as presented. Second by Member Snyder. On the call of the roll Members King, Johnson, Fox, Strand, Snyder, Fear, Knutson, and White Bear voted aye. The motion was declared carried.

Item 5. FM Native American Programs Interim Director

Chair White Bear gave a background of the Native American Center and Programs and read the memorandum in the packet. She noted that \$2500 from the Native American Commission Budget is being proposed to sponsor 1-2 Interim part-time Directors for "FM Native American Programs".

Discussion was held on the logistics of the position and the role it would serve to re-establish the Native American Center and Programs.

Planning Coordinator Tia Braseth provided further details regarding the position and its role, noting the position is not an extension of the Native American Commission and that it is not a City posted or funded position.

Assistant Planning Director Mark Williams clarified that a motion would modify the Native American Commission budget to allow a sponsorship for the directors to get the Native American Programs started.

Member Fox moved to approve the motion to publish a job posting to solicit potential candidates and authorize the Executive Committee to sponsor 1-2 Interim Directors for "FM Native American Programs". Second by Member Fear. On the call of the roll Members Fox, Knutson, King, Snyder, Johnson, Strand, Fear, and White Bear voted aye. The motion was declared carried.

Item 6. Budget Recommendations

Chair White Bear presented the proposed budget recommendations for the remaining 2018 Native American Commission budget funds noting that a facilitator for a 2019 Strategic Planning session is included.

Member Fox requested an increase to Line Item 1 for Sweat Lodge improvements. He presented his recommendation to purchase a shed in the cost of \$5262 for be used for improvements.

Member Strand requested a closer look at the budget for the upcoming year so the Commission is not left with so much leftover at the end of the year.

Member Fox moved to approve the budget in the amounts presented with an increase to Line Item 1 in the amount of \$5262, allowing for up to 25% fluctuation, and reallocating any remaining funds to the FM Native American Programs Interim Director positions or small sponsorships. Second by Member Knutson. On the call of the roll Members Fear, Fox, King, Knutson, Strand, Johnson, Snyder, and White Bear voted aye. The motion was declared carried.

Item 7. Election of Vice Chair

Chair White Bear gave a background on the officer process for the Vice Chair to become the Chair after a one-year term and noted that a new Treasurer needs to be elected due to Member Buffalo's resignation.

Member Fear nominated Member Snyder to serve as Vice Chair. Second by Member Johnson. No action was taken on this nomination.

Member King offered a recommendation to keep the Chair and Vice-Chair positions as seated for a new one-year term, and elect a new Treasurer.

Member Snyder made a motion to have the Chair and Vice Chair positions remain as seated for a new one-year term. Second by Member Knutson.

Discussion was held on the by-laws regarding officers terms and elections.

Member Strand made a motion to amend the motion to nominate Member White Bear as Chair, Member King as Vice Chair, and Member Snyder as Treasurer. Second by

Member Knutson. On the call of the roll Members Knutson, Snyder, Fox, Johnson, Fear, King, Strand, and White Bear voted aye. The motion was declared carried.

Member Strand stated a vote was needed on the overall motion. Member Fox clarified the motion was to elect Member White Bear as Chair, Member King as Vice Chair, and Member Snyder as Treasurer as amended. On the call of the roll Members Snyder, Johnson, Strand, Fox, Fear, Knutson, King, and White Bear voted aye. The motion was declared carried as amended.

Item 8. 2019 Strategic Planning

This Item was heard after Item 9.

Chair White Bear noted that this Item was briefly discussed with Item 6.

Discussion was held regarding the need for subcommittees to be established for 2019.

Assistant Planner Catlyn Christie shared that a Request for Proposals (RFP) is being worked on for a facilitator and there are plans for a meeting to be held in late-January or February.

Item 9. NYE Powwow

Member King provided an overview of the upcoming event and noted work being done to gather volunteers.

Member Fear absent.

Member King noted a committee meeting will be held to review more details regarding this event.

Item 10. Public Comment

No public comment was given.

Item 11. Announcements

Member Knutson extended congratulations to former Native American Commission Member Ruth Buffalo on being elected to the North Dakota House of Representatives for District 27.

Member Knutson shared that she recently attended a human rights summit, and had a conversation with a representative from Planned Parenthood regarding collaborating with the Missing and Murdered Indigenous Women (MMIW) group on programming.

Chair White Bear shared that there is a MMIW Task Force and Member Fear would be the appropriate contact to provide the information too.

Member Knutson additionally shared that an Essential Understandings Curriculum is now available for schools to incorporate Native American understandings into their curriculum.

Discussion was held regarding the Nation Flags on display in the lobby of the new City Hall building noting that one flag is currently missing, but work is being done to have it on display.

Item 12. Staff Report

No report was given.

Item 13. Next Meeting – January 3, 2019

Item 14. Adjourn

The time of adjournment was 1:15 p.m.

Food as Medicine for Women's Health May 19th-24th at Esalen Institute in Big Sur, California

About the Training

This program offers everything you need to know about using food to promote health and prevent and treat illness. Physician James S. Gordon and integrative nutritionist Kathie Madonna Swift team up with leaders in the worldwide movement for women's health to present the most powerful, up-to-date nutrition science, focusing on:

- Food-based solutions and mind-body skills for preventing and managing chronic disease
- Healing the troubled gut and immune system with microbiome-based therapeutics
- The link between heart and brain vascular systems and mind, mood, and memory
- Using the mind-body connection to increase energy and decrease pain
- The connection between polycystic ovary syndrome and hormones, metabolism, fertility, endometriosis, and more
- Muscle and bone health including sarcopenia, osteopenia, and osteoporosis
- Nutritional medicine and the power of sleep
- Dietary supplements and botanicals for menopause
- The science and art of nutritional assessment
- Case-based examples and clinical pearls and tools for practice
- Mindful eating, meditation, movement, nature based therapies, and the art of self-care!

Enjoy cutting edge presentations, kitchen wisdom, lively cooking demonstrations, and nourishing spiritual practices that make healthy eating and vibrant living a reality for women of all ages.

This program offers everything you need to know about using food to promote health and prevent and treat illness. Physician James S. Gordon and integrative nutritionist Kathie Madonna Swift team up with leaders in the worldwide movement for women's health to present the most powerful, up-to-date nutrition science, focusing on:

Food-based solutions for chronic disease prevention and management (cardiovascular disease, cancer, Alzheimer's etc.)

The food-mood connection: using nutrition to successfully address anxiety, depression insomnia and chronic stress

Understanding hormones for health, happiness, and a vital life pre- and post-menopause

Energy: The adrenal and thyroid connection

Digestive healing, including microbiome-centric strategies for IBS, SIBO, food intolerances and more

Autoimmune conditions and a science-based immune recovery plan

Healthy weight management and blood sugar strategies

How nutrition helps chronic pain and fibromyalgia

Vitamins, minerals and herbal guidelines

Preconception and prenatal health

Mindful eating, meditation, movement, nature-based practices, and the art of self-care

**HEARTSPRINGS MEDICINE WHEEL FOR
HEALTH AND HEALING**

NORTH
SPIRITUAL

Nature
Meditation
Creativity

Community

YOU

Thoughts
Emotions
Community/
Relationships

Beliefs
Attitudes
Purpose in Life/
Work/Service

EAST
MENTAL

WEST
EMOTIONAL

Movement
Food
Sleep

SOUTH
PHYSICAL

