We continue to host our popular educational tours of our Tribal Property. Many public, private, and home-schooled children come to our facility in order to learn about Southeastern American Indian culture before, during, and after European contact. Sharn Jeffries, Vice-Chair, leads many of these tours and is intrigued how attendees often cringe when he discusses traditional hunting, fishing, and trapping. On occasion, he explains folks ask him “why do you kill animals?” Ironically, Sharn notes “no one passes on the opportunity to feel the 20 different hides at the end of the demonstration. This is the second most popular activity, behind the bow and arrow demonstration.” These tours are a great way to showcase our Tribe’s efforts to educate and share our culture with our neighbors while promoting our own efforts to return to healthy eating and healthy foods!

Summer Health Tips

* Eat fresh produce
* Drink plenty of water
* Wear sunscreen
* Plant a garden
* Keep cool while active
* Grill safety
* Activate your family
* Try a new recipe

Inside this Issue

Tools for Healthy Tribes
Healthy, Native North Carolinians
Our Farms, Our Foods
OBSN Health Circle
Full Circle Movement

American Indian Healthy Eating Project

Our tribe has been collaborating with the University of North Carolina-Chapel Hill since March 2009 on a Robert Wood Johnson Foundation funded Healthy Eating Research project. Tribal leaders and members provided insight into our local food environment and the potential for community changes to promote healthy eating.
At the Unity Conference 2011, we shared our Tribe’s health initiatives during a collaboration building workshop. W.A. “Tony” Hayes, Tribal Chair and Chief Executive Officer of the North Carolina Indian Economic Development Initiative shared our success with hosting our OBSN Health Circle and the importance of letting our Tribal brothers and sisters know we want to see them grow old and be healthy. During the Unity Conference, we teamed up with six other NC Tribes and four Urban Indian Organizations to request support from Kate B. Reynolds Foundation for a two-year capacity building workshop series focused on community change around healthy eating and active living. Tony “is excited about our Tribe’s continued path with community food projects and partnerships.” He believes “these collaborative endeavors are fruitful opportunities for our Tribe to grow and develop health, cultural, and economic angles into our Tribal activities and actions.” Recently, we have been approved for funding and look forward to hopefully beginning Healthy, Native North Carolinians this fall!

Tools for Healthy Tribes was created through a partnership between the American Indian Healthy Eating Project and the following Tribes: Coharie Tribe, Haliwa-Saponi Indian Tribe, Lumbee Tribe of North Carolina, Occaneechi Band of the Saponi Nation, Meherrin Indian Tribe, Sappony, and Waccamaw Siouan Tribe. Explore the website for ways you can help advance American Indian health!

Healthy, Native North Carolinians

Our youth participated in a Native Youth Healthy Eating Art Contest and their work was part of the Tools for Healthy Tribes! The work of our art contest winner, Elijah Jeffries-Logan, is hanging in the NC Commission of Indian Affairs! Elijah shared his $50 Walmart gift card with his fellow contestants!

“The American Indian Healthy Eating Project has been blessed to build partnerships with the NC Commission of Indian Affairs, seven Tribes in North Carolina, and with all the Tribal leaders, liaisons, and advisors who have given so much of their time and thoughts to facilitate united approaches to advance American Indian health within their Tribes, across the state, and throughout Indian country.”

Sheila Fleischhacker, PhD, JD
American Indian Health Eating Project
Co-Principal Investigator
“I’m amazed at some of the comments and questions I hear surrounding the impact of food on our current society from children and their chaperones. Many children are shocked to learn that corn, beans, tomatoes, potatoes, peppers, and pumpkins are crops planted in this area long before European contact. They just think produce ‘comes from the store.’ I always get a good laugh and oblige to younger children’s cute requests to take the shelled corn kernels home! I also enjoy tending the land with my daughter, Mikayla. Her only complaint after a long days work is ‘I hope the deer don’t eat these up.’”

Sharn Jeffries, OBSN Vice Chair

Call for Volunteers

The Tribe is always looking for Tribal Volunteers for our different projects. We encourage each of you to consider donating some time and volunteering on one of our committees or at one of our events or educational tours. Please contact the Tribal Office by mail at OBSN, PO Box 356, Mebane, NC 27302 or by email at obsntribe@gmail.com.
A movement is not an organization separate from Tribal leadership, churches, or families. Full Circle Movement is within each of us and in all of these settings. It happens when we talk and listen to one another, heal together, and focus collectively towards a common goal of encouraging our people to live longer, healthier lives. Let’s look within and speak out together! Join the Movement!

Randi Byrd, Workshop Coordinator
American Indian Center at UNC
rrbyrd@email.unc.edu
919-843-4189

Tony V. Locklear, Executive Director
The Healing Lodge
nativeelderassist@yahoo.com
910-522-0900

The OBSN Health Circle is responsible for all aspects of community health. Vivette Jeffries-Logan, an OBSN Tribal Council Member and the OBSN Health Circle Director, explains that our Health Circle “honors the indigenous belief that health is a balance of the physical, mental, emotional, and spiritual aspects of one’s being and one’s community; dis-ease develops when any aspect is out of balance.” The OBSN Health Circle, “is committed to research, design, and implements interventions through programs and policies that will focus on creating a circular approach to developing and maintaining holistic wellness to promote healthy Tribal members while working towards Tribal sovereignty, self-sufficiency, and decolonization.

The First Lady Michelle Obama has been working on developing a special initiative within her Let’s Move campaign called: Let’s Move! in Indian Country. She is pushing Indian Tribes and Urban Indian Organizations to focus on:

1) Creating a Healthy Start on Life
2) Developing Healthy Schools
3) Increasing Physical Activity
4) Fostering Healthy, Comprehensive Food System Policies

“People find the Circle, we remember it come home.”