



# American Indian-Alaska Native Heritage Month

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Please enjoy this issue of American Indian Heritage month news. Published to celebrate the contributions of American Indians .

**"The first time you meet someone, the impression you leave with them is everlasting."**  
James Billy Smith, Elder,  
Poarch Band of Creek Indians

## Objectives of the American Indian/Alaska Native Special Emphasis Program include:

- Support the unique role of American Indians and Alaskan Natives within the Federal Government system.
- Recruit potential American Indian/Alaskan Native employees.
- Build coalitions with appropriate advocacy groups that support the NRCS mission.
- Encourage the participation of American Indian and Alaska Natives in all NRCS sponsored programs and activities.

## Native Greetings of Alabama

Here are some native greetings in the tribal languages of Alabama:

**Alabama:** Chikmaa!  
(pronounced "chick-mah")

**Biloxi:** He he!  
(pronounced "hay hay")

**Cherokee:** Osiyo  
(pronounced "oh-see-yo")

**Chickasaw:** Chokma!  
(pronounced "choke-mah")

**Choctaw:** Halito!  
(pronounced "hah-lih-toh")

**Coushatta:** Ciká nó!  
(pronounced "chee-kah-no")

**Muskogee:** Hesci!  
(pronounced "heese-chee")

*"The American Indian is of the soil, whether it be the region of forests, plains, pueblos, or mesas. He fits into the landscape, for the hand that fashioned the continent also fashioned the man for his surroundings. He once grew as naturally as the wild sunflowers, he belongs just as the buffalo belonged."*

Luther Standing Bear



**"We must protect the forests for our children, grand children and children yet to be born. We must protect the forests for those who can't speak for themselves such as the birds, animals, fish and trees."**

**Qwatsinas  
(Hereditary Chief  
Edward Moody),  
Nuxalk Nation**

## **Celebrate American Indian Veterans**

*American Indians have served with distinction in United States military actions for over 200 years. During World War II, more than 44,000 American Indians, out of a total Native American population of less than 350,000, saw military service. A few years later, many of these seasoned troops and officers transferred their fighting skills to the Korean Peninsula, where new recruits joined them in the fight against communist aggression.*

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## Native Americans or American Indians?

The term, Native American, came into usage in the 1960s to denote the groups served by the Bureau of Indian Affairs: American Indians and Alaska Natives (Indians, Eskimos and Aleuts of Alaska). Later the term also included Native Hawaiians and Pacific Islanders in some federal programs. It, therefore, came into disfavor among some Indian groups. Generally, the preferred term is American Indian. The Eskimos and Aleuts in Alaska are two culturally distinct groups and are sensitive about being included under the Indian designation. They prefer Alaska Native.

## Did you know?

In 1887 and 1888, the United States moved 396 Chiricahua prisoners of war from Florida to Mount Vernon Barracks near Mobile, Alabama. The War Department incarcerated Apaches there for seven years. One of the most famous imprisoned there was the great leader Geronimo

# American Indian Foods

**Fry Bread**, is a food found throughout the world, but in this reference, it is about bread made in the Americas. Fry bread is a flat dough fried in oil. The dough is sometimes leavened by yeast.

Fry bread can be eaten alone or with various toppings such as honey. The way it is served will vary from region to region and different tribes will have different recipes. Non-natives know fry bread from association with American Indians. It is a simple complement to meals. It can be found in its many ways at state fairs and pow wows, but what is served to the paying public may be different than what is served in private homes and in the context of tribal family relations.

Fry bread has a significant role in Native American cultures. It is often served both at home and at gatherings

Many sources claim fry bread was popularized in the survival of American Indian removal where lard and wheat flour were given to the people on the removal. Regardless of it's origins, it has become associated with the American Indians of the United States. Most all tribes have a recipe for fry bread.

## Navajo Fry Bread Recipe - Indian Fry Bread Recipe

by Cynthia Detterick-Pineda

*Fry bread is wonderfully lumpy (puffed here and there). It can be served as a dessert or used as a main dish bread.*

1 cup unbleached flour  
1/4 teaspoon salt  
1 teaspoon powdered milk  
1 teaspoon baking powder  
1/2 cup water  
Vegetable oil for frying

Sift together the flour, salt, powdered milk, and baking powder into a large bowl. Pour the water over the flour mixture all at once and stir the dough with a fork until it starts to form one big clump.

Flour your hands. Using your hands, begin to mix the dough, trying to get all the flour into the mixture to form a ball. NOTE: You want to mix this well, but you do NOT want to knead it. Kneading it will make for a heavy Fry Bread when cooked. The inside of the dough ball should still be sticky after it is formed, while the outside will be well floured. Cut the dough into four (4) pieces. Using your floured hands, shape, stretch, pat, and form a disk of about 5 to 7 inches in diameter. NOTE: Don't worry about it being round. As Grandma Felipa would say "it doesn't roll into your mouth." Heat the vegetable oil to about 350 degrees F. NOTE: You can check by either dropping a small piece of dough in the hot oil and seeing if it begins to fry, or by dipping the end of a wooden spoon in and seeing if that bubbles. Your oil should be about 1-inch deep in a large cast iron skillet or other large fryer.

Take the formed dough and gently place it into the oil, being careful not to splatter the hot oil. Press down on the dough as it fries so the top is submerged into the hot oil. Fry until brown, and then flip to fry the other side. Each side will take about 3 to 4 minutes.