



NAWVO NEWS



NAWVO BERRY PROJECT



We have lost an Indigenous Warrior Woman. Our Berry Project partner, Benesikwe Shirley Nordrum walked on Thursday May 24, 2023.

Shirley's sister Sharon and nephew Andreas carry on with our partnership on the Berry Project demonstrating phenomenal strength and love for the People of Red Lake, White Earth and Leech Lake whose lives are changed by what Shirley called the "Happiness Project."



Birdie Lyons wrote. (Cass Lake)

The plants to me , are added lil spirits to my family of sons, who are learning to garden, harvest, and prepare foods for their nourishment. After Covid, they learned they need to be more food self-sufficient and sovereign to survive, should another problem arise where food is in short supply. It has been a fun learning experience about growing our own food and sharing some with the wild life who inhabit this home with us. Ty for the plant spirits.

Veronica Bratvold wrote. (Red Lake)

This is a wonderful program. Not only will my family love the fruits from the apples and grape plants, but my students that share this space will also. I am very thankful to be a part of this project.



Nita Cloud wrote. (Ball Club)

We have been wanting raspberries and blueberries at our pow-wow grounds for years. Miigwech for this grant that allowed us to finally start the garden we have wanted for so long. All community members will benefit from these plants. How wonderful is that?

Linda Johnston wrote. (Bemidji)

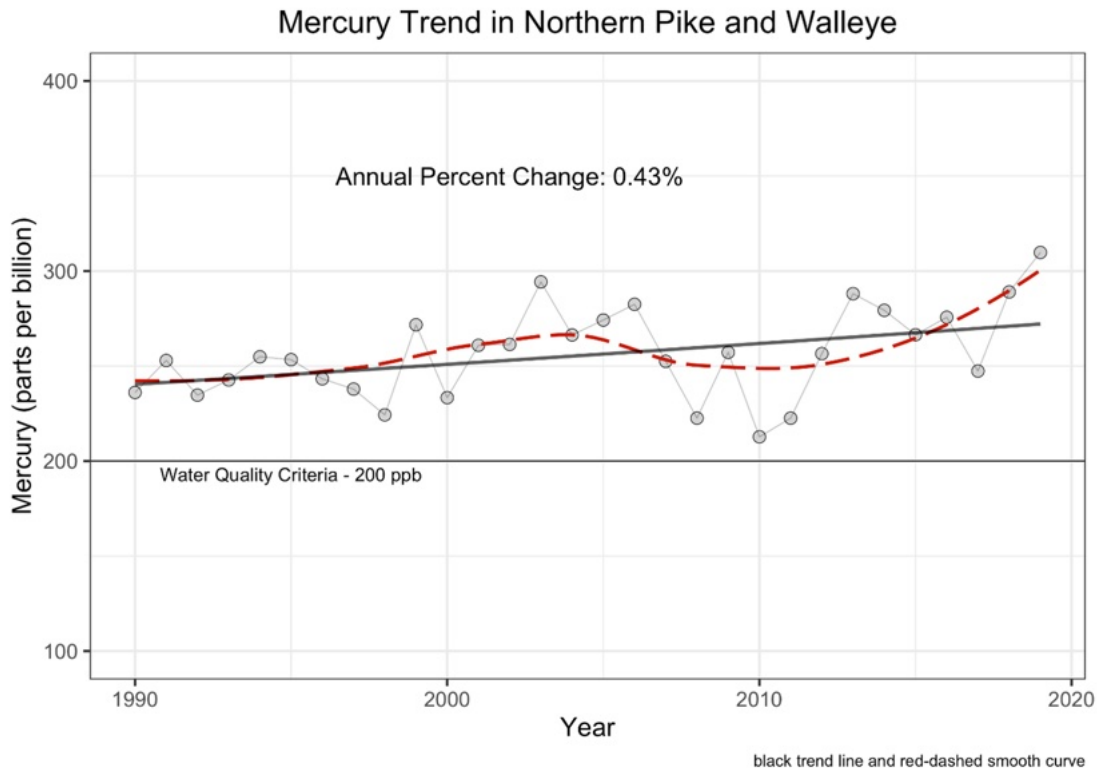
Miigwech Miigwech for the blueberry raspberry & grape plants Sharon. My niece helped me plant the blueberries in the Pollinator garden, formerly known as the front yard, before dry seasons. We used the No-dig process, so we didn't disturb the existing roots too much. I'm loving my front yard pollinator garden. And I was wondering what to plant there in the full sun with the natural violets popping up all over. Along with my squash from Leech Lake SNAP. Yes the blueberries & raspberries are especially delicious!!

Linsey McMurrin wrote. (Walker)

My boys and I have appreciated the opportunity to learn about how to plant and take care of the fruiting shrubs. It is something we would not have been able to do on our own. My oldest son has taken ownership of caring for them and it is fun to watch him take on that responsibility. We are already getting a few blueberries and my littlest was amazed by the fact we can walk right outside and enjoy a homegrown sweet and healthy treat!

Honey B Watah wrote. (Cass Lake)

Gardening in general can be expensive and sometimes when you can afford trees and shrubs there aren't many left to pick over or the ones you want are gone. Some places don't carry what you want. This grant made it possible to add onto my garden and hopefully get me further in my dreams to not rely on store bought foods so much. Fresh fruit in stores are expensive.



Trend line courtesy of Minnesota Pollution Control Agency Haasan Bouchareb

Do you eat fish ? Only once in a while on a fishing trip?? What if you eat fish to survive? What if you eat fish as a cultural, spiritual norm? The sought after walleye and Northern are dangerous for you if you are a woman of childbearing age, nursing mother or child under the age of eighteen. The above trend line isn't good news. It demonstrates that the levels of mercury in fish are back on the rise after years of effort to clean up the energy, industrial and households sources.

The Mining Industry is also guilty: taconite, copper nickel, soon to be lithium if they can find it, all want to extract their metals and not clean up their poison because "It's too expensive." The technology to clean the effluent of toxic heavy metals exists, the Industry just does not want to reduce their profit margins to protect our water and food supply.

We the public are again responsible . We all want our electronic gadgets-phones, computers, electric cars, and renewable energy requires metals, clean cars require metals. It is possible to have the technologies we want, but we must demand the manufacturers and mining companies use the technology that already exists to minimize the footprint on the earth .

Landscapes of Conflict

Lea Foushee, Environmental Justice Director, North American Water Office, Lake Elmo, MN

Craig Hassel, Associate Professor & Extension Specialist, University of Minnesota, St. Paul, MN



Landscapes of Conflict is a photographic montage gallery of 36 or more 2' x 3' Posters beginning with the depiction of human life in pre-contact Western Hemisphere and continuing through the period of conquest and colonization, to the present, and projecting into the future. First shown at the Inaugural Shakopee Mdewakanton Dakota Native Nutrition Conference in 2016, viewers described the exhibit as “stunning”, “gorgeous”, “revealing”, “powerful” and “gut-wrenching”. It has since been used in various conferences and college level classes. Updated for 2023, its purpose is to evoke visceral awareness and connection. Both brutal and beautiful, it challenges us to awaken our full humanity and to rise up and learn what this difficult history might teach us as we move toward the possibilities of a more promising future. It invites us to reflect upon the legacy of colonizing patterns still echoing through our political, educational, food and health institutions and to bring the best of ourselves to the work of transforming unjust realities.

North American Water Office

PO Box 174

Lake Elmo, MN 55042

www.nawo.org

