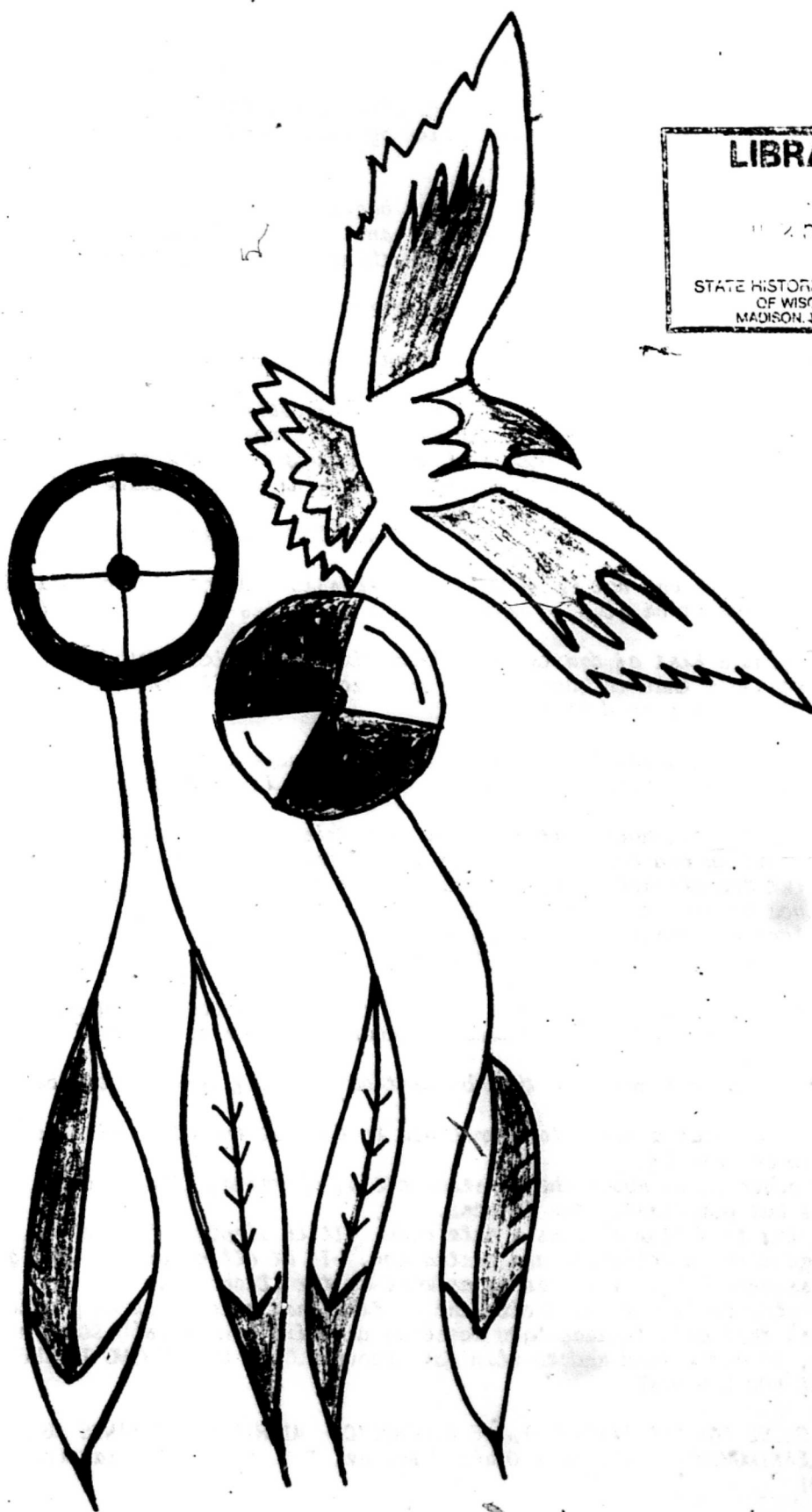




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VOL. IV NO. 8

I have devoted several newsletter articles strictly to the Alcoholic. Hopefully, at least one (1) person in the community will gain by these words of wisdom that were handed down to you.

I will now give you a few ways in which you can begin to help the alcoholic. The first place to start is with yourself. Learn all you can. Put it into practice, not just into words. This will be far more effective than anything you attempt to do for the alcoholic.

Here are a few rules of thumb which may be observed:

1. Learn all the facts and put them to work in your own life. Don't start with the alcoholic.
2. Attend A.A. meetings, Al-Anon meetings and if possible go to Mental Health Clinic, Alcoholism Information Center or to a competent counselor or minister who has had experience in this field. Go yourself, don't send the alcoholic.
3. Remember you are emotionally involved. Changing your attitude and approach to the problem can speed up recovery.
4. Encourage all beneficial activities of the alcoholic and cooperate in making them possible.
5. Learn that LOVE can not exist without compassion, discipline and justice, and to accept it or give it without these qualities is to destroy it eventually.

It is easier to find a list of don'ts in dealing with alcoholics, for it is easier to understand why you fail than to know why you succeed. The following list is not conclusive, but it makes a good beginning.

1. Don't allow the alcoholic to lie to you and accept it for the truth, for in so doing you encourage this process. The truth is often painful, but get at it.
2. Don't let the alcoholic outsmart you, for this teaches him or her to avoid responsibility and lose respect for you at the same time.
3. Don't let the alcoholic exploit you to take advantage of you, for in so doing you become an accomplice in the evasion of responsibility.
4. Don't lecture, moralize, scold, praise, blame, threaten, argue when drunk or sober, or pour out liquor. You may feel better but the situation will be worse.
5. Don't accept promises, for this is just a method of postponing pain. In the same way don't keep switching agreements. If an agreement is made, stick to it.
6. Don't lose your temper and thereby destroy yourself and any possibility of help.
7. Don't allow your anxiety to compel you to do what the alcoholic must do for him or herself.
8. Don't cover up or about the consequences of drinking. This reduces the crisis but perpetuates the illness.
9. Don't try to follow this as a rule book. It is simply a "guide" to be used with intelligence and evaluation. If at all possible, seek good professional help. You need it as well as the alcoholic.
10. Above all, don't put off facing the reality that alcoholism is progressive illness that gets increasingly worse as drinking continues. Start now to learn, to understand and to plan for recovery. TO DO NOTHING IS THE WORST CHOICE YOU CAN MAKE.

INFORMATION: GUIDE FOR THE FAMILY OF THE ALCOHOLIC - MICHIGAN SUBSTANCE ABUSE
INFORMATION CLEARINGHOUSE, 1120 East Oakland Avenue, P.O. Box 10212, Lansing,
Michigan 48901

BIRTHDAYS FOR AUGUST

John Pedwaydon	2nd
Alan Lewis	4th
Fawn Tava Diabo	7th
Muriel Youngblood	9th
Christine Scantland	10th
Roy Norton	10th
Alvina Ruth	12th
TOM MARZEJON	12th
Janet Abney	14th
LOUISE MORALES	15th
Michael McDonnell	15th
Marie Morrison	16th
Barbara Hicks	17th
Brian Buchanan	18th
Mary Salling	20th
Joseph Glasson	21st
Chrissy Smith	21st
Danny Diabo	22nd
Ralph Fairbanks	24th
Oscar Graverson	25th
Jerry Fairbanks Jr	25th
John Roterman	25th
Bernard Caldwell	25th
Joseph Monick	26th
Eugene Marx	29th
Hazel Stacey	29th

SPECIAL WISHES TO:

To a great sis, Joyce Green,
happy birthday.

Love, Sandy

BELETED BIRTHDAYS FOR JULY

Michael Diabo	4th
Billy Diabo	22nd

JUICE JULIUS - FROM FOCUS: HOPE

1 Glass Juice (orange, pineapple)
2 Tbs. non-fat dry milk
1 tbs. honey
3 ice cubes

Mix in blender or stir with wire whip.

THANKS TO OUR TWO (2) IN-HOUSE
GOURMET COOKS, CHARMAINE CANTU,
AND GEORGIANNA TUCKER.

More to come.

FROM GRANDMA EVA ELM.

Back in the June issue, Ms. Elm wished
her grandson Bryan Day, 13, a speedy
recovery. Bryan received a donor liver.

Eva is happy to report that he is doing
well, growing and recovering nicely from
this operation.

Congratulations.

POW-WOW HONORING - LITTLE ELK, August 3, 4, 5,
1984.

Host Drum - Benny Bearskin Jr.
Saginaw Chippewa Campgrounds
7525 E. Tamah Road
Isabella Reservation
Mt. Pleasant, MI

More Information contact:
Margret Sowmick (517) 772-4817
Ken Sprague (517) 772-5700
Barbara Sprague (517) 773-4299

Grand Entries: Saturday, 2:00 p.m. & 7:00 p.m.
Sunday, 2:00 p.m.

NORTH AMERICAN INDIAN MISSION
2700 SECOND AVE. - corner of LEDYARD
REVEREND DOXTATOR'S - 533-3010

For the month of August, regular services
will take place at the usual time of 6:00 p.m.

PRAYER OF SERENTIV

God grant me the serenity to accept the
things I cannot change, the courage to
change the things I can and the wisdom
to know the difference.

Whose voice was first sounded on this land?
The voice of the Red people, who had but
bound arrows... What has been done in my
country, I did not want, did not ask for it,
White people going through my country---
When the white man comes in my country, he
leaves a trail of blood behind him.

Mahnina Luto (Red Cloud)
Oglala Sioux

AUGUST POW-WOW'S AND SCHEDULE OF EVENTS

AUGUST

3, 4, & 5

Dewitt, Michigan, Looking Glass River Pow-Wow, for more information contact - 517-669-5329.

3, 4 & 5

Mt. Pleasant, Michigan, Mt. Pleasant Pow-Wow on Campus Grounds. Contact: Ed Whitepidgeon - 517-772-5700.

3, 4, 5, & 6

Manitoulin Island, Ontario Canada, 24th Annual Witkewikong Indian Days Pow-Wow on the Pow-Wow grounds, Contact: 705-859-3122.

25, 26th

Cross Village, Michigan Traditional Pow-Wow at the Old Cross Village Ball Field - Contact: Ron Wemigwans - 616-526-7920 or Sam Keway - 616-526-5892.

~~~~~

### UP-COMING EVENTS AT THE DETROIT INDIAN CENTER

September 21, 1984 is the day the time is noon for our SECOND MICHIGAN INDIAN DAYS PARADE. Parade schedule will follow in the September Newsletter. Please call the center for further information. The first meeting of the Parade Participants will be WEDNESDAY, JULY 25, 1984 at 6:00 p.m. IF YOU PLAN ON PARTICIPATING PLEASE BE IN ATTENDANCE. THANK YOU.

EVERY WEDNESDAY AT THE DETROIT INDIAN CENTER IS ACTIVITIES NIGHT. IF YOU DO BEAD WORK, WANT TO LEARN, HEAR SOME DRUMMING AND SINGING, IF YOU WANT TO LEARN OJIBWAY LANGUAGE, MEET SOME NEW FRIENDS AND SEE SOME OLD FRIENDS, WHATEVER, come on down to the center on Wednesday from 5:00 p.m. until ?

REMINDER!! REMINDER!! REMINDER!! REMINDER!!

July 28th at 2:00 p.m. will be Fred Boyd's Recognition Party. This will be a pot-luck with 50/50 drawings held during the day. Mr. Boyd has done many things for the Indian Community and this is our time to thank him.

~~~~~  
September 2nd will be the first scheduled meeting of the NAIA Club after our summer break. If you are interested in what happenin' come on down at 5:00 p.m., bring a dish to pass. Election of new officers will be held in the up-coming months, come and meet the present officers and get to know them. If you have any ideas or suggestions to make - that's the time to make them.

~~~~~

### ABOUT OUR FRONT PAGE COVER:

Special thanks go out to Larry Kenneth Jones for the excellent art work. Larry is our in-house artist of the month.

Thanks!

HILLMAN PUBLICATIONS  
7152 S. CLEVE-MASS RD  
CLINTON, OHIO 44216

PLEASE SEND ME/US YOUR BOOK, "A HISTORY OF THE MICHIGAN COMMISSION ON INDIAN AFFAIRS" IN THE FIRST RUN PUBLICATION.

ENCLOSED IS A \_\_\_\_\_ MONEY ORDER \_\_\_\_\_ CHECK \_\_\_\_\_ PURCHASE ORDER  
(IF PURCHASE ORDER, INDICATE NUMBER HERE \_\_\_\_\_.)

PLEASE SEND ME \_\_\_\_\_ COPY(COPIES) OF THE BOOK, EACH AT \$14.50 PLUS MICHIGAN SALES TAX (\$.72), \$15.22 EACH. (POSTAGE AND HANDLING IS INCLUDED IN PURCHASE PRICE.)

SEND TO:

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE (ZIP) \_\_\_\_\_

\*\*\*\*\*  
FROM THE DESK OF: TOM MARZEJON, ECONOMIC DEVELOPMENT

The NAIA Economic Development Department provides information and referrals to persons interested in starting their own business. The center has a Resource and Information Center which contains free small business administration materials, and books on business and economics that are available for checking out.

The City of Detroit has began a certification procedure for minority businesses who wish to be awarded city contracts. For information on becoming certified and registered with the city and with the Southeastern Michigan Business Development Center contact Tom Marzejon, Economic Development Coordinator at: 963-1931.

FROM THE DESK OF: NANCY HALL, SENIORS COORDINATOR

The seniors would like to express their gratitude and thanks to the DAIC staff and community for all the help they have received.

REMINDERS: Lunch is served Monday through Friday from 12:00 p.m. - 12:45 p.m. to seniors 60+ and transportation is provided to and from center. Please call Nancy or Joe Mendoza for a ride at: 963-1711. Funded by DETROIT AREA AGENCY ON AGING.

#### SENIOR ACTIVITIES:

A picnic at Belle Isle is planned for August 15, 1984. Mendon Pow-Wow in Mendon, MI on August 11, 1984. Speaker on Health care at 12:30 p.m., August 8, 1984. Book-mobile is available August 1 and August 22nd, 1984.

## THE ANCIENT PIPE CERMONY

The meaning of the ancient ceremony of smoking the Ceremonial or Peace Pipe is sometimes forgotten and very often misinterpreted by those who watch it or see it graphically displayed.

The ceremony begins with the purification of the pipe. A braid of sweetgrass provides the incense for this purpose. Sweetgrass has always been considered special; even the buffalo held it in reverence and did not eat it.

The ceremony itself entails the offering of the pipe to the four (4) directions. These represent the four (4) elements, north, south, east and west that the North American Indian had to contend with all his life. Many things in the ceremony are done in fours and this number has, therefore, always had special significance in Indian life.

The pipe, after the initial prayers is first offered to the east - the direction of the rising sun. For the new-born it represents the first day of their lives, and for others, the beginning of another.

Next, the pipe is offered to the north - the land of the Great White Fox from whence comes the bitter north wind. This is the source of the vicious element faced by the people of the plains.

Now the pipe is offered to the south - from where the warm winds come. These are the winds that bring the start of new life each spring of our lives. We pray now that this day will bring new warmth to all people's hearts.

Lastly the pipe is directed to the west - the direction of the setting sun. Perhaps for some it will be the last day of their lives. For most it is the end of a perfect day. This is the time for us to reflect on all good things that have happened in this day and we give thanks.

We thank, too, the Good Mother Earth who sustains the life-giving qualities of the trees and plants. Without her no beautiful flowers could bloom and the creatures that move upon the land could not live. When you and I die as it is ordained, it is our Good Mother, the Earth, who will not forsake us lovingly in her arms.

FROM TORONTO NATIVE TIMES, WRITTEN IN NATIVE SUN, JUNE, 1982.

\*\*\*\*\*

### MORE FROM THE SENIORS-----

Exercise class for seniors every Monday and Thursday, blood pressures are monitored by the CHR's from Indian Health.

A special birthday greeting to Mary Salling and Louise Morales from all of us!

WELCOME TO THE SENIORS DEPARTMENT: Joe Mendoza, Seniors Aide and Joe Petoskey, Seniors Aide from Detroit Area Agency on Aging funding sources.

CAREER EVALUATION CLASS - TENTATIVE DATES FOR FY 84/85

|                |             |              |             |
|----------------|-------------|--------------|-------------|
| July - 84      | 23rd - 27th | January - 85 | 21st - 25th |
| September - 84 | 24th - 28th | March - 85   | 25th - 29th |
| November - 84  | 26th - 30th | May - 85     | 27th - 31st |

For more information contact the Manpower Department at: 963-0126

TRAINING OFFERED THROUGH  
THE CITY OF DETROIT, JTPA

\*Must live in Detroit, Low-Income or on Assistance:

LPN Classes  
Word Processing  
Medical Assistant  
Stenographer  
Group Health  
Medical Office Assistant  
Property Management  
Machinists Helper  
Industrial Equipment Mechanic  
Tree Trimmers and Landscape Training  
Interconnect Telephone Technician

Clerical  
Computer Skills  
Secretarial  
Food Technology  
Electronic Technician  
Cardio Vascular Technician  
Medical Office Worker -  
Building Maintenance Spec.  
Bookkeeping  
Dental Assistant  
Photo Copier Repair

SEE MANPOWER FOR MORE DETAILS OR CALL: 963-0126 or 963-5410

HOT LINES

1-800-638-2772 - Product recall information, complaints and fact sheets.  
1-800-638-6700 - Financial aid for college students. 1-800-523-2929 - Conservation and renewal energy inquiry service. 1-800-424-5488 - Banking complaints and information.  
1-800-638-8833 - Second opinion on non-emergency surgery. 1-800-638-0742 - Reporting a denial of treatment at a health care facility because you are a Medicare or Medicaid recipient. 1-800-424-8590 - Housing discrimination complaints.

NORTH AMERICAN INDIAN ASSOCIATION ENROLLMENT CARD

|                         |                          |
|-------------------------|--------------------------|
| Miss.: _____            | Date joined: _____       |
| Mrs.: _____             | Social Security #: _____ |
| Mr.: _____              | Home Phone: _____        |
| Address: _____          | City: _____ Zip: _____   |
| Occupation: _____       | Firm: _____              |
| Tribe: _____            | Degree of Blood: _____   |
| Birthplace: _____       | Date of Birth: _____     |
| Father's Name: _____    | Mother's Name: _____     |
| Nearest Relative: _____ | Phone Number: _____      |
| Address: _____          | City: _____ Zip: _____   |

METRO YOUTH PROGRAM, INC.

Metro Youth Program Inc., 15055 Dexter, is a non-profit agency since 1979. The HG-MSD is pleased to announce the expansion of their outpatient services in our center.

MYP is an organization that offers a realistic and practical program designed to meet the special complex needs of our youth. It is an organization that coordinates a set of services consisting of residential placement, skill development training, educational services and individual and group counseling.

MYP services youth between the ages of 11 and 17 who have been experiencing multiple problems, e.g. delinquency, poor school adjustment, emotional and/or psychological problems, adjustment to adolescence and family problems. Referrals are accepted from parents, teachers and other agencies.

MYP is in the center on Tuesdays and Thursdays from the hours of 3:00 p.m. to 5:00 p.m. Please call 923-5050 for further information.

\*\*\*\*\*

WOMEN'S JUSTICE CENTER

In 1975, several Detroit women wondered what could be done about the fact that women in this city had little or no access to legal services. They began to put into motion their dream of setting up an organization dedicated to educating women about their legal rights and helping them get access to legal representation.

In 1976 the Women's Justice Center opened its doors in one room of the old fire station/University of Detroit Annex building at the corner of Larned and St. Antoine. The staff was volunteers and two VISTA workers, they began with a phone referral service and ideas.

The center now has a Speakers Bureau and will provide speakers on a variety of subjects of concern to women for conferences, workshops, schools and group meetings. Center also operates as a placement site for students in law, social work, women's studies and political science who wish to learn more about women's legal needs.

The Women's Justice Center is a non-profit membership organization. For further information call 961-7073 between 10:00 a.m. and 2:00 p.m., Monday thru Friday.

Membership Qualifications are as follows:

1. Candidate must be at least 1/4 Indian blood and be able to substantiate it and/or hold a tribal membership card.
2. Be sixteen or older to VOTE
3. Pay a membership dues.
4. Be accepted by the membership committee.

MEMBERSHIP FEES ARE AS FOLLOWS:

Regular member: \$5.00  
Senior Citizen: \$1.00  
Student (under 17) \$2.50

MAKE CHECKS PAYABLE TO: NORTH AMERICAN INDIAN ASSOCIATION OF DETROIT, INC.

MAIL TO: Mr. Elmer Sebastian  
8760 Troy  
Oak Park, MI 48237

AUGUST, 1984

| SUNDAY | MONDAY                      | TUESDAY                                 | WEDNESDAY                              | THURSDAY                             | FRIDAY | SATURDAY |
|--------|-----------------------------|-----------------------------------------|----------------------------------------|--------------------------------------|--------|----------|
|        |                             |                                         | 1<br>TRI-COUNTY<br>MEETING             | 2                                    | 3      | 4        |
| 5      | 6<br>" SENIORS<br>SPONSORED | 7<br>LUNCHES<br>BY: DETROIT AREA AGENCY | 8<br>SERVED                            | 9<br>MONDAY THRU FRIDAY"<br>ON AGING | 10     | 11       |
| 12     | 13                          | 14                                      | 15<br>BOARD OF<br>DIRECTORS<br>MEETING | 16                                   | 17     | 18       |
| 19     | 20                          | 21                                      | 22                                     | 23                                   | 24     | 25       |
| 26     | 27                          | 28                                      | 29                                     |                                      |        |          |

The following is a chart noting the names and symbols of the sun, moon, earth and seven (7) stars in Cherokee.

| <u>ENGLISH</u> | <u>GLYPH</u> | <u>CHEROKEE MEANING</u> | <u>CHEROKEE NAME</u> |
|----------------|--------------|-------------------------|----------------------|
| Earth          |              | The Mother              | Elohi                |
| Sun            |              | The Father              | Nvdi                 |
| Moon           |              | Daughter of the Earth   | Nida                 |
| Mercury        |              | The Son                 | Achuji               |
| Venus          |              | The Daughter            | Agehuyji             |
| Mars           |              | The Friend              | Unali                |
| Jupiter        |              | The Giver               | Lvlaski              |
| Saturn         |              | The Teacher             | Deyodiski            |
| Uranus         |              | The Changer             | Netliyviski          |
| Neptune        |              | The Preacher            | Lichatoski           |

NORTH AMERICAN INDIAN ASSOCIATION OF DETROIT, INC.  
DETROIT-AMERICAN INDIAN CENTER  
360 JOHN R  
DETROIT, MICHIGAN 48226

NATIVE SUN NEWSLETTER

State Historical Society  
of Wisconsin  
816 State Street  
Madison, WI 53706

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