



CONNECTIONS

Mission:

The American Indian Diabetes Prevention Center will reduce the excess mortality and morbidity of diabetes so that quality of life and cultural vitality is made secure.

Visit us on the Web!

 aidpc.ouhsc.edu

 American Indian Diabetes Prevention Center

 @AIDPC_OUHSC

We appreciate your stories! Please send your ideas to Jennifer Reeder at: jennifer-reeder@ouhsc.edu.

Please make sure all photos are the highest resolution possible.

Thank you!

Director's Corner



I have been in Sweden for the last 10 days as an invited speaker to a conference on cross-cultural research in dementia and diabetes. I was struck by Sweden's positive health statistics. Here are a few anecdotal observations that help explain the American waistline compared to Swedes. There are a multitude of Old World building designs that foster more exertion and physical activity to simply "get around" than is common in the United States. For example, the hotel was built in the 1700's so that the retro-fitted elevator would hold only two people and two bags. Avoiding the claustrophobic and excruciatingly slow "lift" led to climbing four flights of stairs to arrive at my room level after which I would descend 10 steps, walk another 20, and then descend a spiral rock staircase to the next floor down to get to the actual room in itself. This route was traversed many times during my stay including twice carrying baggage. I would imagine that such arrangements in an American hotel would simply be unacceptable.

Another tip-of-the-hat to Swedish health and lifestyle occurred during my frustrated attempts to get iced tea in Europe. Near a convenience store was the proverbial McDonald's. I went inside to examine the menu boards hoping to

find iced tea. I did not. But, I noticed that the salad that was offered at the Swedish McDonald's was a complex salad with lots of various types of lettuce, nuts, some kind of wheat, and was very appetizing looking. Also, our conference lunches were a cardboard bowl of pre-made salad that was also a complex mixture of lettuce, wheat, corn, and other good stuff.

Last, it is my new belief that Sweden has almost as many bicycles in use as does China! Well, this is all old news to European travelers, but these daily micro-exertions, quality mass-market fast food, and common bicycle use has to "add-up" to more health, not more pounds. ♦

J. Neil Henderson, Ph.D.
(Oklahoma Choctaw)

Director
American Indian Diabetes Prevention Center

Inside this issue:

Director's Corner	1
What Have You Been Doing?	2
AIDPC News	3
A Poem by H.F. Stein	4
Traditional Recipes	4
American Indian Conferences	5
AIDPC Meeting Schedule	5

What Have You Been Doing?

Misti Leyva



I have been running to Austin with my new baby. Earlier in the year a friend of mine and I decided to set a goal to run to each other's house, and back, in a year's time. She lives in Austin and it is roughly 365 miles (+ return = 730). My running partner

and I are just under target at this point at 290 miles (minor pneumonia setback in January). By June 30th (6 month mark) we hope to be at 365. My partner/new baby is Lady Sybill (age 2), a curly-coated retriever, pictured on the left with her brother George W (age 14) a German shepherd. Sybill joined the family in February from Second Chance after George's 15 year old sister Elton died. Sybill has ridiculous amounts of energy and curiosity making her very entertaining. She loves to run in the morning and recognizes the sound of the Garmin when it's turned on. If she had her way she would double the running goal, thank goodness she's not in charge.



George W. and Lady Sybill

Kama King



For many in the Center and around campus it is the time of year to wind down and relax for the summer. However, for myself, things are just starting to gear up. There are only 2 weeks until the deadCENTER film festival officially kicks off! Myself and many others have been scrambling to wrangle up last minute volunteers to get everything in place for the ever growing event. The festival as a non-profit lives or dies by its volunteers, who have proved to be a wonderful and engaged group of culturally diverse individuals. This year I am proud to say that our films are as diverse as our patrons and supporters. We have several wonderful films showcasing many American Indian talents, the details of which are included here in the newsletter. I hope some you come down to check them out and say hello!

Besides spending the next two weeks prepping for the whirlwind of the festival, I have just finished my thesis and am preparing for my first real teaching gig in the fall. I have also been fortunate to be asked to help develop a new wildlife forensic track for undergraduates at the University of Central Oklahoma. All in all, things are hectic, but exciting!

Terms that have different meanings for scientists and the public

Scientific Term	Public Meaning	Better Choice
Enhance	Improve	Intensify, increase
Aerosol	Spray can	Tiny atmospheric particle
Positive trend	Good trend	Upward trend
Positive feedback	Good response, Praise	Vicious cycle, Self-reinforcing cycle
Theory	Hunch, Speculation	Scientific understanding
Uncertainty	Ignorance	Range
Error	Mistake, Wrong, Correct	Difference from exact true number
Bias	Distortion, Political, Motive	Offset from an observation
Sign	Indication, Astrological sign	Plus or minus sign
Values	Ethics, Monetary value	Numbers, Quantity
Manipulation	Illicit tampering	Scientific data processing
Scheme	Devious plot	Systematic plan
Anomaly	Abnormal occurrence	Change from long-term average

From: <http://blogs.agu.org/mountainbeltway/files/2011/10/table.jpg>

AIDPC News

Choctaw Nation Bicycle Team

The Choctaw Nation Bicycle Team is a group of individuals invested in honoring their ancestors'



Training for the "Trail of Tears, 2013"

hardships on the Trail of Tears and many other struggles throughout history. The team was formed in the summer of 2011 and currently has 26 members. Most of the team are employees of the Choctaw Nation and its Healthcare center. The majority of the members are from Talihina, Wilburton, Durant, Atoka, and San Antonio. Included are Support and Gear (SAG) team members which have vehicles and provide water, fluids with

electrolytes, nutrition, rest stops and check riders for fatigue during the rides. The team has been supported since 2012 by fund raisers and donations.

Choctaw Nation Bike Team

One Choctaw Way

Talihina, OK 74571

Phone: (918) 567-7000 ext. 6550

Email: tdeagleroad@cnhsa.com

Phone: (918) 567-7000 ext. 6593

Email: matullier@cnhsa.com

Submitted by Mary Ayn Tullier

deadCenter Film Festival

The film *Ladonna Harris: Indian 101* will premiere at the deadCENTER film festival on Saturday, June 14 at 5:30pm at the Oklahoma City Museum of Art, Tickets are \$10. It replays Sunday, June 15 at 5:30. Directly following is a discussion of Native American Cinema with the director of the film, Wes Studi, and Sundance winning director Sterlin Harjo. (63 mins)

Also showing is *This May be the Last Time*, Saturday June 14, 8pm, directed by Oklahoma's Sundance winning filmmaker Sterlin Harjo. *This May Be The Last Time* is the story of Muscogee Creek and Seminole hymns, a unique style of singing that blended European music with plantation gospels and indigenous music to

create America's first original music. Told through a first-person voice-over by Harjo, the film travels through rural southeastern Oklahoma to uncover the stories of these songs and meet the people that keep it alive. It's a personal film about songs that is all woven together by a mystery; the death of the filmmaker's grandfather. It's a very exclusive world that the viewer is let in on, and by the end they will realize that these songs have shaped the modern world as we know it. (95 mins)

For more information, visit

<http://www.deadcenterfilm.org/>

Submitted by Kama King

Family Men, Family Stories

by Howard F. Stein

Men – even long-lived men –
Are a collection of marriages,
Pregnancies, children, rages,
Drunks – lots of rages and drunks –
And funerals – lavish funerals.
Family sets its fence posts
By the cause of death
And the place of burying.

Family reunions are
Temporary swarms
Back to the hive
Of those who remain.
All the in-gathered look around
And talk about those not there.

Women are the stuff
Of family lines;
They tend family
After men have
Disposed of themselves
Fussing, drinking, fighting,
Hanging, shooting, falling,
Despairing – mostly despairing.

Men learn at their funerals
Just how grateful their women
Were for them; women need
Their men, but they know
Men will amount to no good
No matter how long they last.
At church, the women,
Now dressed in solemn black,
Pass the plate,
Collect their men,
And go on.

Family men
Have family stories:
Women, they
Are the family.
Men are but
Strutting lumber.

In the Shadow of Asclepius: Poems from American Medicine. Indianapolis, IN: Dog Ear Publishing, 2011. Pp. 55-56.

Traditional Recipes

Makah Broiled Salmon

- 1 Salmon (6-lb)
- 2 Lemons
- Butter
- Salt and pepper to taste

Directions: Filet a six-pound salmon, rinse well, cut in half and place on a baking pan. Slice two lemons and squirt over salmon. Allow to stand for one hour. Salt and pepper if you like. After one hour, place under broiler for two minutes, then add a slice of butter for each piece of salmon and continue cooking for six minutes, or until done.



From: <http://www.tahtonka.com/food.html>

Conferences & Events

Inter-Tribal Emergency Management Coalition Summit

June 3 –5, 2014

Grand Casino Hotel Resort, Shawnee, OK

For more information: <http://itemc.org/2014summit.html>

The Sovereignty Symposium XXVII

June 4 –5, 2014

Skirvin Hotel, Oklahoma City, OK

For more information:

www.thesovereigntysymposium.com

deadCENTER Film Festival

June 12-15, 2014

Oklahoma City Museum of Art

For more information: <http://www.deadcenterfilm.org/>

American Diabetes Association's 74th Scientific Sessions

June 13 - 17, 2014

Moscone Center, San Francisco, CA

For more information:

http://professional.diabetes.org/Congress_Display.aspx?TYP=9&CID=93229

Diabetes in Native American Elders

June 20, 2014

College of Health Building

801 NE 13th Street

Oklahoma City, OK 73104

For more information: thomas-teasdale@ouhsc.edu or
(405) 271-8001 ext. 30471

43rd Annual AAIP Meeting and National Health Conference

July 22 - 27, 2014

Hyatt Tech Center, Denver, CO

For more information:

<http://www.aaip.org/events/m.calendar/73/view/27>

AIDPC Meeting Schedule

July 1, 2014

Noon-2:00 pm

CHB 144

August 5, 2014

Noon-2:00 pm

CHB 448

September 2, 2014

Noon-2:00 pm

CHB 144

October 7, 2014

Noon-2:00 pm

CHB 144

November 4, 2014

Noon-2:00 pm

CHB 144

December 2, 2014

Noon-2:00 pm

CHB 144

Notice will be sent prior to each meeting.