

Celebrating Food, Art & Culture

Preserving the Future

Celebrating
Native American Heritage

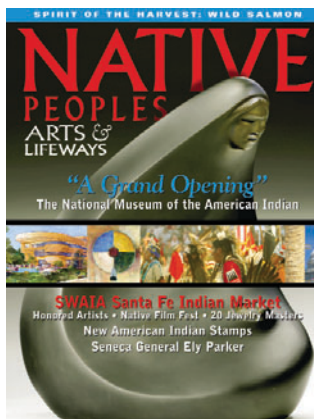


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A Monumental Celebration

2004 was literally a monumental year for Native Americans as the Smithsonian Institute celebrated its grand opening of the Natural Museum of the American Indian in Washington, D.C. The event included a colorful six-day festival which showcased all that *Unity* is about - the food, art, and culture of Native peoples. While the museum will forever be a resource for learning the history of the first Americans, Native culture is vibrant and, like all cultures, transforming itself to meet the times. Leading the way in presenting contemporary and



forward-thinking Native perspectives is *Native Peoples* magazine. Editor Gary Avey recently spoke with us about the major forces at work within Native cultures.

Gaming. The sovereignty of Native Nations

allows for individual Nation decisions on whether or not to have a gaming enterprise. Nations who have gaming operations have found a way to create the commodity most needed by Native American people - CAPITAL. This revenue source on Indian lands is positively transforming their economies.

Native Business. Art and tourism are major sectors in Indian economics, and business is good. The majority of Indian people don't live on reservation lands, so that their business interests rise or fall with everyone else's.

Connecting with Native Peoples. With more than 530 Native Nations in the U.S. alone, Native America itself is a most diverse population. Businesses seeking diversity should connect with Native Americans by profession, geography, or area of interest. For example, publishers would contact the Native American Journalist Association (NAJA). Engineering firms would contact the American Indian Science & Engineering Society (AISES). For political or national interests, contact the National Congress of American Indians (NCAI).

Look for *Native Peoples* at your local bookstore or link to its site from the Thompson Hospitality website. Thanks, Gary!

Bridging Science and Technology with Traditional Indian Values

In three years, leaders in the science and technology fields will descend upon Albuquerque, New Mexico, as the city was chosen to host the Intel International Science and Engineering Fair (ISEF) in 2007. Held annually in May, the prestigious event is the world's largest pre-college celebration of science. ISEF brings together over 1,200 students from 40 nations who compete for scholarships, tuition grants, internships, scientific field trips, and the grand prize: a \$50,000 college scholarship and a high-performance computer.

Assisting the ISEF 2007 Albuquerque planning committee in the effort was the American Indian Science & Engineering Society, known as AISES. AISES is the leading organization providing Native Americans opportunities to pursue science, engineering, and business degrees, and connecting young students with the businesses and communities that need to hire them. AISES has its own science fair, the National American Indian Science & Engineering Fair (NAISEF). Grand prize winners like Rachele Bill, pictured right, automatically advance to the international competition. Other 2004 first-place winners include Jimmie Scott III and Hannah Worix, both pictured on *Unity*'s cover.



NAISEF grand prize winner Rachele Bill with her exhibit "Nature's Pharmacy." Rachele is Navajo and attends Wingate High School in New Mexico. Photo by Lucille Kelly.

AISES also publishes *Winds of Change*, the premier American Indian-published magazine that focuses on career and educational advancement for Native people. The publication emphasizes job opportunities, career improvement, environmental issues, mentoring, company perspectives, and tribal economic development.

America's First Cowboys Saddle Up

The wild horse stampede is definitely a crowd favorite. Several riders are set loose on bucking horses all at once, with the one that stays on longest winning the prize. For high-flying action and mortal danger all in one package, there's bull riding. Eight seconds on the bull is all riders need, but they're judged on how *stylish* they make it look. There's barrel racing, calf roping, precision riding, and plenty of clowns to provide laughs. We're talking rodeo action here, but these rodeos are all-Indian, and there are hundreds held yearly across the Midwest.



It's not surprising that some of the finest riders in the world are American Indians, and they compete not only in all-Indian events but on the national circuit as well. Two world-class riders are Tom Reeves (Cheyenne River Sioux) and Katrina Williams (Mount Currie Band of the Stl'at'mx Nation). Tom won the Professional Rodeo Cowboys Association World Saddle Bronc Championship in 2001, and Katrina won the All-Around World Champion Cowgirl title in 2000. We tip our hat!

Did You Know ...

- Five years of heavy wildfires in the West have created an unprecedented and sustained economic boom to the Native American community. Blaine Harden of the *Washington Post* writes, "The federal government and western states have ... become extraordinarily dependent on Indians as shock troops to contain forest fires." While Native Americans are 1 percent of the general population, they comprise nearly half of wildfire firefighters.
- The Native American Music Awards (NAMMYS) have been acclaimed for professionalism and production qualities in such national media as *USA Today*, the Associated Press, CNN, and the *New York Times*. Honorees have included Crystal Gayle, Litefoot, Rita Coolidge, the Navajo Codetalkers (Living Legend), and the late Jimi Hendrix and Hank Williams. The Seventh Annual NAMMYS will be held this November in Albuquerque.

Mountain Apple Delights

At the climactic moment in *50 First Dates*, Drew Barrymore and Adam Sandler are at that crucial romantic juncture – will they make it as a couple? When you hear the soulful voice of Israel Kamakawiwo'ole singing, "Somewhere, over the rainbow" you know the answer. Israel's music is featured in dozens of movies and television shows, certainly because of his immense talent, but also because of the tireless work of Jon de Mello, founder and CEO of Mountain Apple Company (MAC). MAC produces and markets the best of Hawaiian music and is successfully taking the island's music mainstream. You can listen to contemporary Hawaiian artists by linking to the MAC website from www.thompsonhospitality.com. Try these recommendations from MAC Vice President Suzi Mechler:



Some Call It Aloha ... Don't Tell

The Brothers Cazimero

The Brothers Cazimero are often credited as founders of modern-day Hawaiian music. Similar to the influence Elvis and the Beatles had on rock 'n' roll, the musical style of the Brothers Cazimero is indelibly etched into Hawaiian culture. Almost 30 years ago they led a revival of the native island sounds and rhythms that were suppressed during annexation. In their latest recording, "Some Call It Aloha... Don't Tell," The Brothers Cazimero continue their musical journey and explore new styles, chants, and dance forms while remaining true to their heritage.

Honey Boy

Kekuhi's

Like the yellow hibiscus that is Hawaii's state flower, Kekuhi's roots reach deeply into island history and culture. Her training in hula and oral arts began at the age of 7, as it did for her mother, her grandmother, and her great-grandmother. Kekuhi's singing career came about by accident, but her success comes from sheer talent. Her most recent release, "Honey Boy," received numerous Na Hoku Hanohano Award nominations (which is the Hawaiian equivalent of the Grammys) for Best Female Vocalist, Hawaiian Album, and Hawaiian Language Performance.



Find Harmony

Na Leo

Representing the best of contemporary Hawaiian music is Na Leo, whose name means "voices blending in warmth." Nalani Choy, Lehua Heine, and Angela Morales had their first hit while seniors in high school. Their original composition, "Local Boys," ruled the singles charts and became the best-selling single in Hawaii's history, a record that still stands. The women have been together ever since, garnering 21 Na Hoku Hanohano Awards and creating enough music to fill 16 CDs. "Find Harmony" is their most recent release.



Macbeth, played by Jake Waid, expedites the witches' prophecy by killing King Duncan. Here, he finally wears the crown.
Photo by Bob Hallinen of the Anchorage Daily News.

Macbeth Gets a Makeover

Anita Maynard-Losh had meant to stay in the Tlingit village of Hoonah, Alaska for four weeks teaching theater as part of the state's Artists in Schools program. She fell in love with the people and the culture and lived there 11 years.

Even more interesting is the unique discovery Anita made in Hoonah: The culture of these American Indians living on the southeastern coast of Alaska has much in common with the culture revealed in Shakespeare's *Macbeth*. The connections between Scotland at the time of the play's setting and important aspects of Tlingit culture are many: both environments being tribal, with a social structure based on clan systems; both possessing a potent connection with the supernatural; both were feared for their fierce warfare; and both valuing the needs of the group over individual ambition.

As the similarities grew, so did Anita's idea to stage a production of *MacBeth* viewed totally through the eyes of Tlingit culture. She realized her dream when she became associate artistic director at Juneau's Perseverance Theatre, and she directed a *Macbeth* quite different from the traditional Shakespearean drama. The entire cast is made up of Native Alaskans, and the story is set within the cultural, artistic, and spiritual landscape of Tlingit people. Using Shakespeare's words, and adding drumming, dance, masks, and images inspired by Tlingit tradition, the project fuses the two great cultures in an exciting interpretation of *Macbeth*.

The play has been an incredible success and is going on a statewide tour, including a performance at the Alaska Federation of Natives Annual Conference in Anchorage.

Did You Know ...

- The 47th Annual Grammy Awards will make history by including a Best Hawaiian Music Album category which will recognize the talents of Hawaiian artists. The new category will include recordings released between October 1, 2003, and September 30, 2004. The addition owes itself in part to the hard work of the Mountain Apple Company, Hawaii's premier record company. The 47th Annual Grammy Awards will be in February 2005.
- The Hawaiian people are credited with three significant contributions to string music history: slack-key guitar, steel guitar, and the ukulele. The legend behind the ukulele, (which in English means "jumping flea") is that Portuguese immigrant Joao Fernandes was so happy to land on the island he grabbed a friend's braguinha (small guitar) and started playing folk songs from his native land. He never stopped playing because the locals loved it!

Journeys of

A Collection of Fine Art H



Blanche

Mary Beagle, oil on canvas, 26" x 28"



Autumn II

Mary Beagle, oil on canvas, 23" x 28"



Arapaho Moon

David C. Behrens, oil on canvas, 24.5" x 19"



They Moved Them

David C. Behrens, oil on canvas, 19.5" x 14.5"



Emma

Sherrie Parenteau, oil on canvas, 24" x 36"

f the Spirit

onoring American Indians



Mohegan Warrior

Sherrie Parenteau, oil on canvas, 24" x 32"



Five Cent Peace

David C. Behrens, oil on canvas, 19.5" x 24"



Blanket Dancer

Mary Beagle, oil on canvas, 22" x 24"



Medicine Woman

Sherrie Parenteau, oil on canvas, 24" x 36"



Founding Fathers

David C. Behrens, oil on canvas, 19.5" x 24.5"

Journeys of the Spirit: Our Featured Artists

A Collection of Fine Art Honoring Native Americans



Sherrie Parenteau

“Living in Sterling, Connecticut most of my life, my father would take us through the woods to explore. Very often we would find arrowheads and grinding stones.” Finding items such as these, coupled with a curious nature, led Sherrie Parenteau to do research on this area. She discovered that the Mohegan tribe of Native Americans had once inhabited the land she now walked upon. Subsequent research on her family genealogy revealed that her third-generation grandmother was a member of the Winnipeg tribe.

Sherrie, who attended the Art Institute of Boston, works with oils on canvas in a classical realist style. Inspired by the native culture and rich history of the land, Sherrie produced a series of paintings depicting Mohegan tribal leaders who made tremendous contributions to the survival of

their tribe and the continuation of the oral tradition throughout Mohegan history. Within each portrait, she relays to the viewer something more than just a likeness of a person, inviting one to look inside the individual and come to know the person’s struggle and feel the emotion. She entices our curiosity to study each painting and find the hidden meaning.

Sherrie’s journey through native culture and folklore has been a welcomed experience that has taught her much. “I learned nature’s way, and the respect for Mother Nature and all her creatures. I learned about discrimination in a way I never understood. I learned of a people whose hearts led their path of life, and there is nothing more inspiring than that.”



Mary Beagle

Mary Beagle began her artistic endeavors early in life. Her parents encouraged development of her talent throughout her early school years, which led to further study in college. Mary attended the Hartford Art School of the University of Hartford in Bloomfield, Connecticut, where she majored in painting, receiving a five-year bachelor’s of fine arts degree with honors.

Mary, who is part Native American, has studied the culture for many years. Research for her paintings is done by attending Native American gatherings and traveling throughout the Southwest, visiting historical ruins, museums, and points of interest pertaining to native cultures. Working in oil on canvas, her paintings depict women and men going about tasks of daily life or participating in cultural celebrations. She

finds the faces of the elders to be the most interesting and expressive.

Mary exhibits her work in regional juried art shows around New England and in juried competitions throughout the United States. Her work can be found in collections across the United States, England, and Russia and have been featured in publications such as *Southwest Art* magazine, *Art of the West* magazine, and various local publications. She is a member of Oil Painters of America, the American Academy of Women Artists, and is a charter member of the National Museum of the American Indian, to name a few.

In reflecting on her work Mary remarks, “I think of my work as interpretive portraits of my subjects. Whether the subject is human or animal, I try to show a feeling of serenity and harmony with nature.”

David C. Behrens

Upon viewing a painting by David C. Behrens, one is immediately moved by the intense imagery and emotion found in his work. One doesn’t merely view one of his paintings, but journeys into it. “As humans we are all moved by stories. My greatest hope is that my paintings achieve what a good story does, only not with words, but with brushstrokes,” David says.



At first glance, it is difficult to distinguish the method and media that David enjoys working in. His dream-like montages are the result of an oil-glazing technique that dates back to the early Italian Renaissance period. He builds up many different layers of translucent oil washes, thus creating a very pleasing effect of images fading in and out of their surroundings. To create a sense of organic texture that has become his hallmark, he paints on a surface of gesso mixed with powdered marble.

David’s first connection with Native Americans and their history came while attending East Carolina University, where he majored in illustration. Moved by old photographs of Native people he came across while doing research, David was compelled to give them life through his paintbrush and, in turn, give voice to a silent past.

David currently travels coast to coast and exhibits at many prestigious Indian art markets. His artwork can be viewed at galleries throughout the country as well. David presently resides in Charlotte, North Carolina with his wife Marybel and their sons, Tomas and Eli.

Promoting Cultural Awareness and Diversity Through the Arts

Diversity, as it is represented through fine art, provides a unique, personal, and visual expression of our valuable cultural differences. Our art collection attempts to mirror the diverse cultures of employees, students, clients, shareholders, and local communities. *Unity* and the artwork it showcases can be used to supplement your existing diversity communication program or be used as a stand-alone diversity publication. It is the perfect way to demonstrate a commitment to diversity and discover the vibrancy of new cultures and lifestyles.

For more information on our cultural art collection, please visit



www.picture-that.com

In the Kitchen with Chef David Wolfman

Faccacio Bannock

Faccacio, also known as foccacio, is an Italian dimpled flat bread similar to pizza dough. David's Native-style version serves 6.

1/2 cup yeast
2 1/2 cups water – warmed
4 1/2 cups flour – hard
2/3 oz. salt
3 tbs. olive oil
1/2 oz. corn – white
1/2 oz. garlic – roasted
2/3 oz. sun-dried tomatoes
1 tsp. coarse salt

Step 1. Blend ingredients well, approximately 10 minutes, let rest 30 minutes

Step 2. Punch down, divide into 4, rest 8 more minutes.

Step 3. Form into round oil, add topping, and bake at 400 degrees. Brush with oil when done and let rest.

Step 4. Serve in wedges.



Mackerel Fritters

Fresh fish is a staple of the Native diet. In this recipe, pickarel is a good substitute. Serves 4.

1 medium mackerel, filleted
2 medium eggs
1/2 cup 2 percent milk
1/3 cup baking powder
Dash of salt
1/4 bunch chives, chopped
2 medium green tomatoes, peeled and seeded
1/2 medium green pepper, finely chopped
2 medium shallots, chopped
2 garlic cloves, chopped
2/3 cup tomato juice
2 sprigs fresh parsley, chopped
2 small hot peppers, chopped
1 cup all-purpose flour

Step 1. Fillet mackerel and dice into 3/4 inch pieces.

Step 2. Prepare batter using the eggs and milk, fold in baking powder and flour, blend add chives and let rest for 5 minutes.

Step 3. Season fish and dip into flour, then the batter.

Step 4. Pan fry until golden brown and serve with salsa – see step 5.

Step 5. Prepare a salsa using the tomatoes, peppers, shallots, garlic, and the tomato juice. Reduce, taste, and adjust.

Cooking with the Wolfman

Born in Toronto, David Wolfman is a descendant of the Lillooet band in British Columbia. Now a world-renowned chef, he began his career apprenticing in prestigious kitchens at The National Club, The Ashbridges Bay Yacht Club, The Island Yacht Club, and the now-defunct Garbos' Restaurant (French cuisine). David's knowledge of aboriginal "natural" foods was instrumental in his appointment as team captain of the first Aboriginal Culinary Team to compete in the 1992 IKA Culinary Arts Olympics in Frankfurt, Germany. The team won an unprecedented seven gold, two silver, and two bronze medals.



The Wolfman Toss

After eight years as head chef at a national food service company, he opened Lillooet Catering, specializing in preparing natural and traditional aboriginal cuisine. He operated his business for five years at the Native Canadian Center of Toronto and the Toronto Sailing Canoe Club.

Through his cuisine, David is always involved in special projects that educate people about aboriginal cultures and traditions. He has won numerous awards and is a full-time professor at George Brown College School of Hospitality. In his spare time, he and his wife Heather develop training programs for Native-owned restaurants and community health centers which involve healthy cooking methods and creating economical dishes.

Since 1999, David has served as the executive producer and host of "Cooking with the Wolfman," a nationally broadcast cooking program in Canada that features his unique style of aboriginal fusion, where he prepares traditional foods with a modern twist. This successful series is now into its fifth season.

Did You Know ...

- It is the gardening genius of the Indians: pole beans, squash, and corn planted in one hole: otherwise known as the "Three Sisters." The sturdy corn stalks support the twining beans, and the shade of the spreading squash vines trap moisture for the growing crop. The Three Sisters also have spiritual meaning to Native Americans. They are considered the "sustainers of life," and many Indian legends have been woven around them.
- Poi is made from the popular taro plant: the 14th most cultivated crop on earth. And while taro is eaten around the world, only Hawaiians make poi. To make poi, taro is cooked in an underground oven called an imu, then pounded into a smooth, sticky paste called pa'i'ai. By adding just the right amount of water, you have poi, which is enjoyed with fresh fish, seaweed, breadfruit, and sweet potato – an incredibly tasty and nutritious meal.

Native America Hits the Hoops

Basketball stands tall in Indian Country, and soon Natives nationwide may have an opportunity to cheer on an all-Indian professional basketball team as plans are finalized for the entry of a team called Native America into the American Basketball Association. Five cities were studied to host the team, but as of this writing the home arena will most likely be “The Pit” at the University of New Mexico in Albuquerque.



Team logo for Native America, the all-Native team soon to be playing in the American Basketball Association

“We will be making history as the first all-Native team in any professional sport,” explains team founder and CEO Spider Ledesma (Mission/Mexican Native), who played in the 1987 preseason with the Los Angeles Clippers and in Europe for many years. “We are terribly excited to provide a tangible example of success to our Native people and in particular our youth in the field of professional sports, and see this as a forum to promote Native culture and pride in general to a national audience through television exposure and our game schedule.”

There is still much work ahead to put the team together by opening tipoff. As of *Unity’s* press time, 47 players were registered for tryouts.

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It’s the Second Fastest Growing Sport at High Schools ...

It’s probably the most exciting game that no one knows much about, although most people can tell you the game was originally played by American Indians. Lacrosse is indeed one of America’s first sports, a gift from the Iroquois and Oneida Nations, and so it’s no surprise that lacrosse is most popular in America’s Northeast. The game was originally known as “baggat-away,” meaning “little brother of war,” and sometimes used to settle tribal disputes.

Lacrosse – physical, demanding, and possibly the toughest sport there is – is also a hit among the ladies, particularly ladies attending the University of Maryland. The Lady Terrapins have won a record of ten NCAA National Championships, including seven consecutive wins from 1995 through 2001. On March 11, 2004, head coach Cindy Timchal notched her 300th career victory, becoming the first coach in the sport’s history to reach 300 career wins. Cindy has led the Terps to nine NCAA titles and five ACC crowns.

Get ready to hear more about lacrosse. At the professional level, Major League Lacrosse is dubbed “the coolest major league sport you’ve never heard of,” and at high schools, lacrosse is the second-fastest growing sport for boys and girls, bowling being number one. There are nearly 100,000 high school lacrosse players.



The 2004 Lady Terrapins Lacrosse team. The school has 9 NCAA Championship wins.

Native influence is still very strong and tribal leagues are constantly spawning collegiate, Olympic, and professional players. The Bucktooth brothers of the Iroquois Onondaga Nation were each given lacrosse sticks at birth, but ... we’ll save that story for another edition of *Unity*.

Send Us Your Stories

Diversity is a core value of Thompson Hospitality and Compass Group. In order to serve you better, visit us at www.thompsonhospitality.com to give us your comments and suggestions for future stories.

Visit www.thompsonhospitality.com for information on our many diversity initiatives.

Native American Feasts

Perhaps because of their rich tradition and respect for the land, Native celebrations are almost always filled with healthy, delicious, and earthy foods. With over 530 tribes in the United States, these celebrations are quite diverse and held for many different reasons. The foods served are often those that are available locally. Here are just a few of the feasts that are most widely recognized.



The Potlatch

Among Native peoples of the Pacific Northwest, the potlatch celebration is a centuries-old food and gift-giving extravaganza that serves to share the wealth among all the people. Foods served at traditional potlatches vary seasonally, but you can be sure fish will be on the menu.

The Luau

Far from being a tourist event, the Hawaiian luau is how Natives traditionally celebrate important dates and milestones in life. Aside from incredibly fresh pineapples and bananas, typical luaus serve up Kalua pig, lomi-lomi salmon, sweet potatoes, and poi.

The Powwow

For those living in the contiguous states, powwows are held all over the country and offer an incredible array of American Indian foods. While you may think of powwows as important meetings, they are in fact popular Native social gatherings full of dance, regalia, art, and, of course, lots of food. Many are open to non-Natives or anyone else who would like to attend. Frybreads, Indian tacos, venison, corn soup, and sassafras tea are just a few of the foods you might find at a powwow. But don’t eat too much – there will plenty of dancing and celebrating to do!

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