



*At RNDC, we offer an inclusive and strong family culture that respects the diversity of our associates and business partners. This month, Native American and Alaska Native Heritage Month, is a time to celebrate rich and diverse cultures and traditions and to acknowledge the important contributions of America's Native people.*

**Name:** Arlene Tall Bull  
**Title:** Purchasing Clerk  
**Location:** Littleton, Colorado



**How do you celebrate Native American and Alaska Native Heritage Month?**

I celebrate by attending powwows. Powwows are social and spiritual gatherings that feature traditional Native American dancing and singing. Many different tribes gather at the powwows and they are often open to the public. My dad hosts a powwow on our land here in Colorado at Tall Bull Memorial Park every Labor Day weekend. The biggest powwow, which marks the ending of the powwow season, is a gathering of nations in Albuquerque, New Mexico.

**Why is your heritage important to you?**

I am a part to both the Cheyenne Tribe and Menominee Tribe. My heritage is important to me because I want to educate and pass along my traditions, food and stories to my children and others.

**Do you hold any traditions that have been repeated over generations?**

A very common tradition among all Native Americans is sage-ing. We burn sage to calm our spirits and pray to our ancestors. Food is also very important to my culture. Wild rice is the traditional food to the Menominee people. My mom makes it every Thanksgiving to give thanks to our ancestors. A new tradition that started at Tall Bull Memorial Park is an educational event that teaches the community the significance of the buffalo. My dad and fellow Native Americans educate our youth and others on how important the buffalo is to the Cheyenne people. This starts with the hunt and ends with making buffalo stew.

**What do you wish people knew about Native American and Alaska Native Heritage?**

During the 1830s, Native Americans were relocated to reservations. This land was considered the worst parts of the United States during this time. On the reservations we were forced to stop our traditions and to become 'more civilized.' What I would like everyone to know is that these reservations still exist and we are still fighting to get rights back. Due to the neglect of Native American people, the reservations are poorly taken care of and not all of us get funds from the government. Our ancestors fought for years

to get to where we are now. It is still a fight, but that is what makes us hold our traditions close.

