On May 23rd, the Honorable Sharon Hunt assumed the Office of Tribal Chair of the Lumbee Tribe of North Carolina. Chairwoman Hunt has served on our Tribal Council since 2006, representing Tribal District 2.

The Lumbee Constitution under Article VIII, Section 3, and Subsection b outlines the assumption of duty and authority of the Office of Tribal Chair due to vacancy. Vice-Chair Hunt was given the Oath of Office by the Chief Justice of the Lumbee Supreme Court, the Honorable Gary Locklear.

A public reception was held on June 14th to celebrate the inauguration of the first Chairwoman since the Tribe adopted the Lumbee Constitution in November 2001.

“I will foster professionalism and unity in rebuilding the Lumbee Nation, community by community, member by member. I intend to give time and thought to every decision as I do my best for Lumbee people, including raising a healthier generation of Lumbee children.”

Tribal Chairwoman Sharon Hunt

American Indian Healthy Eating Project

The Tribe has been collaborating with the University of North Carolina-Chapel Hill since March 2009 on a Robert Wood Johnson Foundation funded Healthy Eating Research project. Tribal leaders and members provided insight into our local food environment and potential community changes.
At the 2011 Unity Conference, the Lumbee Tribe of NC shared our health initiatives during a collaboration building workshop. Eric “Raven” Locklear, one of our liaisons to the American Indian Healthy Eating Project shared our Tribe’s passion for building stronger, healthier Lumbee families.

Tony V. Locklear of The Healing Loge is a community advisor to the American Indian Healthy Eating Project. He suggested and helped coordinate the collaborative workshop.

During the Unity Conference, the Lumbee Tribe of NC partnered with six other North Carolina Tribes and four Urban Indian Organizations to submit a proposal to Kate B. Reynolds Foundation. The proposal is for a two-year capacity building workshop series for community change around healthy eating and active living. We have been approved and hope to start this fall!

“Tools for Healthy Tribes was created through a partnership between the American Indian Healthy Eating Project and the following Tribes: Coharie Tribe, Haliwa-Saponi Indian Tribe, Lumbee Tribe of NC, Occaneechi Band of the Saponi Nation, Meherrin Indian Tribe, Sappony, and Waccamaw Siouan Tribe. The toolkit features technical assistance and tools to facilitate tribally-lead ways to improve access to healthy, affordable foods. Explore the website for ways you can help advance American Indian health!”

Sheila Fleischhacker, PhD, JD
American Indian Healthy Eating Project
Co-Principal Investigator

“Over the years, we have integrated health messages into our Lumbee churches and been successful with facilitating health education outreach and hosting health events. My wife, Quae Cummings, has helped coordinate churches as a positive medium for increasing health awareness and action-oriented activities.”

Rev. Mike Cummings,
Burnt Swamp Association

“I think that my wife, Quae Cummings, has helped coordinate churches as a positive medium for increasing health awareness and action-oriented activities.”

Rev. Mike Cummings,
Burnt Swamp Association

Healthy, Native North Carolinians
For a Healthy Lumbee Nation, We Need a Healthy Lumbee Lifestyle!

Look out for calls for Lumbee cooks this fall! The Tribal Council of the Lumbee Tribe of NC invites Tribal members to help the Lumbee Nation eat healthy, traditional meals. During the American Indian Heritage Month, Lumbee cooks will be given the opportunity to compete in three categories of food preparation: (1) main dish, (2) vegetable, and (3) desert. The winner in each category will receive a grand prize of $200! Judges will be registered dietitians, Tribal members, community leaders, faith-based leaders, and Sodexo staff from the University of North Carolina at Pembroke. Contestants will be evaluated on their ability to:

- Feature traditional foods
- Use healthy cooking preparation techniques
- Integrate locally grown foods
- Engage youth participation in the activity and “make it taste like Grandma’s”
- Share their recipe with estimated cost and preparation time

Let’s Move! Lumbee Initiatives

We appreciate all the energy and time our Pow Wow dancers, singers, exhibitors, food vendors, and attendees invest in showcasing our Tribe, our culture, our state, our faith, and our service to country! We hope to integrate winning healthy recipes and other health activities in further Lumbee events and partner with faith-based organizations in our Let’s Move! Lumbee Nation initiatives!

Indian Health Care Clinic Update

Medical and health professionals, along with community volunteers are needed to offer their time and expertise to open and expand the days, hours, and services offered by the Indian Health Clinic. Please contact the Lumbee Tribe of NC if you are interested in helping!
Community Spotlight: Eric “Raven” Locklear, M.Ed.

"... everything on the Earth has a purpose, every disease a herb to cure it, and every person a mission. This is the Indian theory of existence."

Mourning Dove - Salish

My involvement with the American Indian Healthy Eating Project as a Tribal Liaison has been a feast in serving up this principle. I have had the opportunity to expand understanding and awareness about American Indian people and who we are and what we are about. My eyes have been opened to disparities and opportunities within our Tribal environments here in North Carolina. I have shared with high school students intending to study fields of nutrition or medicine the impetus of the initiative and have predicted that in their professional lives they will have opportunity to further the body of study that we are so fortunate to have begun. Generations will be strengthened by this work. Each one touching this initiative has brought blessing to it and taken blessing from it! Walk in strength and beauty.

Advance American Indian Health

- Turn off the TV, video games, and computers—go outside and experience our land!
- Be active as a family—brainstorm what you like and do it!
- Bring your children into the kitchen and have them help prepare healthy meals!
- Explore free family nutrition tips and resources at www.nourishinteractive.com!
- Join the Full Circle Movement as a family:

The First Lady Michelle Obama has been working on developing a special initiative within her Let’s Move! campaign called: Let’s Move! in Indian Country. She is pushing Indian Tribes and Urban Indian Organizations to focus on:
1) Creating a Healthy Start on Life
2) Developing Healthy Schools
3) Increasing Physical Activity
4) Fostering Healthy, Comprehensive Food System Policies

In collaboration, the Healing Lodge and the American Indian Center at UNC-Chapel Hill hope to assist grassroots efforts within American Indian communities to build community support for sustaining and creating health and wellness in their own Tribes and Urban Indian Organizations. Contact Randi Byrd, rrbyrd@email.unc.edu, 919-843-4189, or Tony V. Locklear, nativeelderassist@yahoo.com, 910-522-0900, or like the Healing Lodge on Facebook.