



### **Celebrating our Kin: Two-Spirit Showcase**

“Sometimes I have to tell native people here that there are so many variations that Creator made and that Creator made them and they’re all related in some way. We have to realize that we all have something to contribute to each other, for each other, and for this world”

- Raven E. Heavy Runner - Reclaiming Two-Spirits

### **Meet Raven E. Heavy Runner!**



Raven E. Heavy Runner, MSW, is from the **Blackfeet Nation** of Montana and is one of the many Two-Spirit voices in the western United States, reclaiming a tradition that European colonization had nearly extinguished among Native Americans. Raven’s personal journey as a board school attendee, rural reservation child, Seattle street kid, U.S. Army Veteran, LGBTQ activist, and college graduate led him to believe he was **something else**

besides just a gay Indian, and he began truly studying the cultures that he lived in. While getting involved in theatre, he also began learning about being Two-Spirit. Raven's role has been as a **scholar**, an **ambassador** across cultures, and an **important voice** in Native communities as he helps to restore Indigenous values that emphatically **do not include homophobia**. Raven is currently a social worker with the Muckleshoot Tribe in Washington State, and he continues to be active in the revival of Two-Spirit awareness nationwide.

### Medicine of the Month:



**Manoomin** (Anishinabemowin),  
**Wild Rice** (English)

High in **protein**, yet **low in fat** and calories, wild rice has a very **high nutritional value**. It can be stored for a very long time which is an added advantage when other sources of food are scarce. Manoomin is also an **important food source for waterfowl**, and it provides food as well as habitat for other species.

## **Wild rice basic cooking instructions:**

*(cooked rice will triple in volume)*

1. Wash wild rice in 3 changes of hot tap water.
2. In a saucepan, heat 1 cup wild rice, 3 cups water and ½ to 1 teaspoon salt (optional).
3. Bring to a boil.
4. Reduce heat and cover.
5. Simmer until wild rice has absorbed the water, about 15-20 minutes.

Wild rice should be tender but not “rolled back”.

## **Additional Reading**

[Traditional Wood Parching of Wild Rice](#)

[Top 10 Amazing Health Benefits of Wild Rice](#)