from sdc

4.24.13

**Journal** #2837

Western Nevada BIA Update We Still Live Here Updates **IMLS** Updates In New Home, Exploratorium Widens Its Interactive Appeal **VIDEO:** A Recorded Legacy of Sports Lighting a Spark on the High Plains Rewinding History, Bush Museum Lets You Decide Green Roof of the Week First Healing Through Art **GOLD BUTTE PRESERVATION REMAINS TOUGH SELL** Bringing Back the Colorado River Delta Cap-and-trade programs in California and Quebec to merge Japan nuke cleanup may take more than 40 yrs **COLORADO RIVER:** Water supplies at risk, group says **Green America's Better Paper Project** NAGPRA News Virtual Collections, Intellectual Property and Tribal Museums Meeting invitation to Archeology Discussion - Advisory Council on Historic Preservation Intuit granting 15 small business wishes worth \$5000 each Nuestro Río: Our River, Our Story, Our Time Daily Serving of Soda Increases Aggressive Prostate Cancer Risk by 40% The Holland Project For the many that have suffered great losses over the last few months

**Tribal leaders in Western Nevada are facing a challenging time ahead in light of the Bureau of Indian Affairs (BIA) budget and sequestration**. The sequestration and the BIA's streamlining initiative affects the various agencies throughout Western Region in different ways, depending on a number of factors such as the number of the tribes the Agency serves, the Agency's budget, the number of BIA employees at each Agency, the location, i.e., accessibility to the regional office located in Phoenix, Arizona, etc. The Western Nevada Agency serves the largest number of reservations in the Western Region—the Agency serves 11 tribes/reservations in northern and western Nevada including Ft. McDermitt Paiute-Shoshone Reservation, Fallon Paiute-Shoshone Reservation, Lovelock Paiute Tribe, Pyramid Lake Paiute Reservation, Reno/Sparks Indian Colony, Summit Lake Paiute Reservation, Walker River Paiute Tribe, Washoe Tribal Council, Winnemucca Indian Colony, Yerington Paiute Tribe and Yomba Shoshone Tribe. The Western NV Agency is one of two located in Nevada (other is Eastern NV Agency in Elko) and one of 13 agencies in the Western Region.

Some of the impacts are the same across the board, such as the **5.2 percent cut to all BIAfunded programs** including tribal "638" contracts and a **notice to all BIA employees nationwide of a pending furlough** beginning in May. The furlough is anticipated to be a minimum of 8 days, but no more than 22 days. However, the Western Nevada Agency (WNA/ Agency) is facing a serious effect of sequestration by way of the hiring freeze, employee retirements and "early outs", and furloughs. In 2012, tribes were offered the opportunity to comment during the tribal consultation sessions on the proposed BIA's streamlining initiative. One of the BIA's streamlining initiatives was to offer the Voluntary Early Retirement Act (VERA) and Voluntary Incentive Separation Pay Act (VISPA) to employees nationwide. The BIA's benchmark for VERA/VISPA was set at 900 employees nationwide. Western Region had 75 that applied regionally; 35 employees were approved for the early retirement and voluntary separation and of those, 28 accepted. All of the applicants accepted for retirement in Western Region were from the agencies; the regional office will remain fully-staffed. Western Nevada Agency had a total of 8 applicants and 5 were approved. All of the employees that were approved will be gone by May 4, 2013.

The **Agency is losing five positions** including the Administrative/ Budget Officer, Probate Officer, Tribal Operations Enrollment Specialist, Fire Management Officer and Civil Engineer Technician. A **hiring freeze** has now been placed on all federal positions nationwide also as a result of sequestration, so those positions where retirements have happened cannot be filled unless they are determined to be mission critical (i.e., law enforcement, fire management, and select positions in irrigation). Other restrictions that have been placed throughout the BIA are travel, training and information technology; of those restrictions, the **one that has the biggest impact on the Agency is travel because the Agency cannot utilize the detailing of staff where vacancies exist.** 

In FY 2012, the Agency lost three positions to retirement including the Tribal Operations Branch Manager, Natural Resources Director and Water Rights Specialist (regionallyfunded position). None of the aforementioned positions were filled.

All of these factors will seriously impact the ability of the Western Nevada Agency to provide the required level of services needed by the tribes; however, to the extent possible, the Agency will continue to ensure that they are responsive to priorities.

## April Adventures <u>We Still Live Here</u> Number One at #SheDocs!

First of all, thanks to everyone who helped spread the word about <u>PBS's #SheDocs Festival</u>. With your help, <u>We Still Live Here</u> became the most-watched film of all, with more than 3,000 viewers. Given the high quality of the other films, this was a huge honor and surprise.

## **New Projects**

**Next adventure — a trip to Yurok country** in Northern California to spend a week with Judge Abby Abinanti (pictured here) for our new film on the California Tribal Justice system. Abby, the Chief Judge of the Yurok Tribe, will be meeting with juvenile justice and state court officials, then presiding over cases in her own tribal court. It will be great to watch her in action, and to see first hand how she is bringing restorative justice back to her community.

**Artist Wangechi Mutu.** I am just back from New York where I visited Kenyan artist Wangechi Mutu to learn more about her story for a new documentary. I also saw one of her mesmerizing collages in *Seismic Shifts: 10 Visionaries in Contemporary Art and Architecture* at The National Academy. Wangechi is the youngest of ten artists in the exhibit, which includes Bill Viola, Vik Muniz, Nick Cave, and other visionaries. Modest, brilliant, passionate and multi-talented, Wangechi is a wonderful subject for a film.

#### Celebrating Language Revitalization with <u>We Still Live Here</u>

**Food & Film at the Plimoth Plantation.** Last month, Plimoth Plantation showed <u>We Still Live</u> <u>Here</u> on their opening night to honor their Wampanoag Indigenous Program's 40th Anniversary. I attended virtually, but by all accounts it was a great night. "The entire event was wonderful, pairing such a great story with such a knowledgeable discussion panel"; "I don't recall when I last learned that much in such a short amount of time."

**A Journey to Vermont.** I did show up at the University of Vermont to give a talk about the return of the Wampanoag language, part of their Burack Distinguished Lecture series. Usually I screen my films and answer questions, but this time I had to organize and deliver a lecture! I showed lots of clips from <u>We Still Live Here</u>, and I think it went well. The students were bright and lively, and the long drive north through the Vermont countryside was truly lovely.

## A Passage to India

<u>We Still Live Here</u> screens in India. A doctoral student in Jharkhand, India, named Tolheishel Khaling brought students and professors of linguistics, anthropology, and Indigenous Studies together to watch <u>We Still Live Here</u> and to discuss tribal heritage and the fate of language. Tolheishel wrote, "It would be a blatant lie if I said I did not shed tears watching the film. I am thousands of miles away from the Wampanoag people and their land but it emotionally struck a chord within me and connected me with them not because I am a tribal, but because I feel we are in the same boat. I used the film as a tool for invoking the importance of language and its preservation among the tribal students and to awaken them to introspect on their own."

## Karuk Tribe Added to the Our Mother Tongues Website

We are excited to announce the addition of a new Karuk page to the <u>Our Mother Tongues</u> <u>website</u>. Click on the salmon logo to see photos, video and text about the Karuk's inspiring work, then explore the site to discover many other Native American language programs across the country as well as an interactive map, videos, history, a blog and even the opportunity to send audio postcards.

Please visit OurMotherTongues.org

## Latest News from IMLS

## Built to Learn: A Model Community Engagement Project

The Children's Museum of Manhattan is bringing the museum experience into public housing developments with a model program that includes early childhood literacy elements, health exhibits, and educational programming. <u>Read more</u>.

#### Call for Public Comment: Register by April 30

The National Academy of Sciences is holding a series of public meetings to gain input about how to increase access to publications that use federally funded scientific research and to

improve the management of research data. The meetings will be webcast for the public. On May 14-15, the focus of the meeting will be publications, and on May 16-17, the focus will be data. <u>Read More</u>.

#### Learn How Your Museum or Garden Can Join the First Lady's Initiative

IMLS will host a free webinar to provide ideas and advice for museums and gardens that wish to participate in the First Lady Michelle Obama's *Lets Move!* initiative. <u>Read more</u>.

#### WebWise Reprise 2013: Free Online Webinars

IMLS, in cooperation with Heritage Preservation, will present two free webinars in June that explore how two cultural institutions are using digital images to increase and improve access to their collections. <u>Read More</u>

#### Grant Awards Announcement: FY 13 Laura Bush 21st Century Librarian Program

The professional Development and education grants will help underserved communities, increase diversity among librarian recruits, and train in emerging fields of cloud computing and cybersecurity. <u>Read More</u>

# President's Budget Request Includes \$225,812,538 for the Institute of Museum and Library Services

The budget highlights library and museum roles in 21st century skills with a special emphasis on STEM and on early childhood learning. <u>Read More</u>

#### **UpNext Blog Posts**

#### National Medals Video: Change is What This Library Does Best

In this video, Shaler North Hills Library director Sharon McRae and community member Janet Miller talk about how the library adapts their programming to meet the changing needs of the community. <u>Read More</u>

Additional National Medals Video blog posts are available here.

#### Laws of Thermodynamics by Claire Lee

To mark National Poetry Month, IMLS salutes the country's first National Student Poets. Today's featured poet is Claire Lee, from New York, N.Y. <u>Read More</u>

#### Get Involved: Powered By Your Library

The California State Library launched a statewide initiative to expand the visibility and contributions of skilled volunteers in public libraries. <u>Read More</u>

# Museums and Libraries Making a Difference: Hundreds of Stories Shared on IMLS Facebook Page

Director Hildreth recaps IMLS's first year celebrating finalists for the National Medal for Museum and Library Services and the Share Your Story initiative. <u>Read More</u>

#### In New Home, Exploratorium Widens Its Interactive Appeal

By JOHN MARKOFF

Exhibits at the museum's new campus on the San Francisco Bay meld its traditional hands-on philosophy with technology that lets visitors manipulate and visualize "big data."

#### An Emphasis on Newton's Laws (and a Little Lawlessness)

By EDWARD ROTHSTEIN	MUSEUM REVIEW	NYT 4.17.13	Slide Show
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The Exploratorium, a science center, opens in a new \$220 million building in San Francisco.

## VIDEO: A Recorded Legacy of Sports

During a 74-year career as a sportscaster, Bob Wolff collected his interviews with some of the best-known athletes in the United States. Now he is donating the collection to the Library of Congress. Related Article Selections From Wolff's Archives

# <u>Lighting a Spark on the High Plains</u>

By MARY PIPHER OP-ED CONTRIBUTOR NYT

Nebraska, our remote, conservative, flyover state, seems like an odd place to make a stand for clean water and fertile land, but we will be at the heart of those battles.

## Rewinding History, Bush Museum Lets You Decide By PETER BAKER NYT

**Green Roof of the Week:** The Hugh Garner Housing Co-operative, built in 1983, is located in the historic Cabbagetown/St. James Town area of downtown Toronto, and occupies the equivalent of a city block. The roof membrane was scheduled for replacement in 2003 and the Green Roof Committee, with the backing of the Board of Directors and Membership, took it upon themselves to further the goals of the Co-op by instigating the green roof project.

Extensive green roofs are planned for the North and Pavilion roofs, with an intensive roof garden on the South Roof. The South Roof provides amenity space with a design that mimics a rural, park-like setting. Barrier free paths lead to intimate seating areas and a raised gazebo provides shade. The garden was designed by Monica Kuhn Architect, MOSS SUND, and <u>Gardens in the Sky</u> with the security of the users in mind. A wide variety of planting including native trees, shrubs and perennials add visual interest, while the 'stream' feature ties the space together. Roofing was provided by <u>Tremco</u> with <u>Flynn Canada</u> as the General Contractor.

Thank you to <u>Tremco Incorporated</u> for their Rare Earth Sponsorship of the just finished <u>Greenroofs &</u> <u>Walls of the World™ Virtual Summit 2013</u> ▲ we appreciate your vision and continued support!

Year: 2010	<b>Owner:</b> Hugh Garner Housing Co-op	
Location: Toronto, Canada	Building Type: Multi-Family Residential	
Type: Extensive & Intensive	System: Custom	<b>Size:</b> 22,000 sq. ft.
Slope: 1%	Access: Accessible, By Appointment	

Designers/Manufacturers of Record: Green Roof Consultant: Terry McGlade, <u>Gardens in the Sky</u> (now part of Flynn Canada) Structural: Ken Davis, KhDavis Consulting Project Manager: Carolyn Moss, MOSS SUND inc Architect: Monica Kuhn, Monica Kuhn Architect Roofing: <u>Tremco</u> General Contractor: <u>Flynn Canada</u> Electric Field Vector Mapping (EFVM®): ILD®

## **First Healing Through Art**

Well here we go I am taking a huge step back out into this beautiful world of ours on my terms and its all up to me! how I want to do it! I have been blessed to finally be connected to an healing organization that will work with me and hear me to develop a method to implement art work into healing through there "Moving Beyond the Traumas of our past" residential school healing program. I want to document the process, looking for all types of artists to join me on this journey of the truth as we have experienced it and we will share it with each other and create forms of artwork from the heart. Open to all I feel comfortable working with if you have the guts to share your story heal and create! email it to me at revevo@gmail.com writers, artists, musicians, song writers, photographers, dance etc. First Healing Through Art (Bear ring my soul) Yes be afraid but know it will change your life through telling the truth in art. \*Certified councilors and art therapists involved\*

With the overwhelming response to this post, the project is evolving in so many ways. Additional comments to add, you don't have to be an artist to be a participant. All walks of life and nationalities are welcome. Particularly important to have people in the career fields of Chief, Councilor, Lawyer, Church Leader, Youth Coordinators, Head of an Education System, Alcohol and Drug Councilor, Indian of Northern Affairs Canada, Women and Child Protection, Politicians, Child and Family Services, Science and Technology, Business Experts, Spiritual Leaders, Environmental Protection and Sustainability, Gas and oil Leaders, Poverty, Fighting Racism, Housing, Doctor, Aboriginal Defense Lawyer, Non Aboriginal Lawyer, Human Rights Activists, Economic Development, Aboriginal and Non Aboriginal Veterans, RCMP, Mental and Physical Health Authorities. Just a few careers I feel would benefit and contribute more than you know, by this experience and more updates to come, I would like to thank all the supporters at this time and value all ideas! Keep it coming you are important! There is a possibility for this project to be nationwide on satellite. Thanks Nadine Spence Nadine Spence (Rev/Evo Designs)

### GOLD BUTTE PRESERVATION REMAINS TOUGH SELL

Legislation to create 48,000 acres of government-protected wilderness in Lyon County and another bill to designate 26,000 acres of wilderness in Humboldt County are moving in Congress, but efforts to set aside sensitive public land in Southern Nevada have become more complicated. http://erj.reviewjournal.com/ct/ uz3688753Biz16728273

#### **Federal Water Tap:**

#### **Cutting Waste**

Steam-generating electric power plants, the biggest source of industrial water pollution in the United States, will have several options to reduce the amount of toxic substances in their wastewater, under <u>a proposed Environmental Protection Agency rule</u> released on Friday.

EPA estimates that the rules would lead to a 15 percent reduction in pollutants discharged to lakes and rivers – manly arsenic, mercury, and selenium – and a 33 percent reduction in water withdrawals. Power plants are the largest source of water withdrawals in the U.S.

EPA claims that no coal plants would close because of the rule and that a majority of existing plants will not have to spend any money to comply with the rule because they already have the technology to meet the standards.

EPA is also considering how this wastewater rule will dovetail with a separate rule, not yet proposed, on how to handle coal ash, the waste that remains after coal is burned. Coal ash is often stored in manmade ponds that have broken and despoiled rivers, which happened in 2008 in Tennessee.

Comments will be accepted for 60 days and can be emailed to <u>OW-Docket@epa.gov</u>, with the subject line "Attention Docket ID No. EPA-HQ-OW-2009-0819".

#### **Mississippi River Floods**

Much of the upper Mississippi River and its tributaries are seeing <u>major flooding</u> following a series of spring storms last week. The National Weather Service says that the Mississippi River will <u>remain above flood stage for most of the week in Missouri and Illinois</u>.

#### **Drought Outlook**

In the lee of those Midwest storms, the National Weather Service's Climate Prediction Center foresees <u>some improvement in drought conditions in the Great Plains</u> through July.

#### **Clean Water Act Costs in Seattle**

The city of Seattle and King County, Washington will make an estimated <u>\$US 1.46 billion</u> <u>investment in the region's sewer and stormwater systems</u> to prevent polluted water from flowing into Puget Sound and local streams, according to an agreement signed with the Justice Department and the Environmental Protection Agency.

Both the city and the county violated Clean Water Act permits in recent years. The Justice Department estimates that the upgrades will reduce discharges of raw sewage by up to 99 percent. The two jurisdictions will be the first in the nation to test a new, more flexible EPA planning policy for managing sewage overflows.

#### The Value of Hydropower

Improvements to many existing hydroelectric plants are economically justified, but new pumped storage facilities, which help to balance electricity demand, would not generate revenues to cover their costs, at least under market economics forecasted through 2020, according to a Department of Energy report.

#### California Keeps Federal Money in the Bank

The EPA says that the state of California is violating the Safe Drinking Water Act by <u>not</u> <u>spending federal money allocated to the state for water projects</u>, the *Sacramento Bee* reports. Projects that are selected are often not ready to break ground, meaning still more delays in spending the money, the EPA says.

#### **EPA Contaminants Meeting**

The EPA will hold a public meeting on May 15 in Cincinnati, Ohio, to discuss the testing methods it uses when considering whether a drinking-water contaminant should be considered for regulation. The meeting will also be broadcast on the internet. To attend or to view the webcast, send an email to <u>UCMRWebinar@cadmusgroup.com</u> by May 1.

Bringing Back the Colorado River Delta - 2013 Eric Olsen, The New York Times video

A new agreement between Mexico and the United States called Minute 319 will ensure more water flows into the Colorado River delta in Mexico, helping to restore parts of the once fertile region.

#### Cap-and-trade programs in California and Quebec to merge

The California Air Resources Board has linked its cap-and-trade program for cutting greenhouse gas emissions and curbing climate change with one in Quebec.

#### Marc Lifsher, Los Angeles Times

California's air quality officials soon may be adding a new phrase to their bureaucratic vocabulary: "le rechauffement climatique." That's French for global warming.

#### Save This Lake: A Kayaking Trip on the Salton Sea Opened My Mind

Ivan Delgado, Coachella Valley Independent

When I told my family I was going kayaking on the Salton Sea, their reaction was just what I expected: "Are you sure that's safe?" my mother asked with uneasiness. That is precisely what had crossed my mind when I was invited to join Assemblymembers V. Manuel Pérez and Ben Hueso (now a state senator) on a kayaking excursion on the manmade sea bordering Riverside and Imperial counties.

## 

#### Japan nuke cleanup may take more than 40 yrs

MARI YAMAGUCHI, San Francisco Chronicle Associated Press

A U.N. nuclear watchdog team said Japan may need longer than the projected 40 years to decommission its tsunami-crippled nuclear plant and urged its operator to improve plant stability.

**COLORADO RIVER: Water supplies at risk, group says** Riverside Press Enterprise

Here's an interesting tidbit from Matt Williams of ACWA, the Association of California Water

Agencies

<u>Green America's Better Paper Project</u> would like to take a moment over Earth Day weekend to recognize some of the clear leaders in environmentally preferrable publishing.

At present, only two percent of US magazines use recycled paper in their pages, though our work together is changing that. As we continue to <u>guide *National Geographic*</u> toward better paper, we celebrate 25 long-time partners of our Better Paper Project that have all been printing on recycled paper for years.

Please consider supporting the magazines pictured below, via the links in this message, or at your local bookstore. During the month of April, we are <u>partnering with Barnes & Noble and</u> <u>leading independent bookstores</u> to prominently feature recycled-paper magazines in their stores.

Forests are one of our most treasured resources, but they are disappearing at the rate of <u>20</u> <u>football fields per second</u> because of pulp and paper production.

When we lose forests, we lose their ability to filter our water, provide habitat for thousands of

species, trap carbon and provide us with fresh air. Your support sends a clear message of approval to the magazines that are breaking this cycle with their environmental leadership in publishing practices.

## **NAGPRA** News:

Solicitation of NPS NAGPRA Review Committee Nominations Due July 15, 2013 The notice soliciting nominations for one member of the NAGPRA Review Committee was published in the Federal Register on April 15, 2013. The Secretary of the Interior will appoint the member from nominations submitted by Indian tribes, Native Hawaiian organizations, and traditional Native American religious leaders. The deadline for receipt of nominations is July 15, 2013.

Click here for link to Federal Register notice: http://www.gpo.gov/fdsys/pkg/FR-2013-04-15/html/2013-08784.htm

## **Upcoming NPS NAGPRA Review Committee Meeting:**

The NAGPRA Review Committee meeting currently scheduled for May 22 and 23 in Denver, Colorado, will now occur only on May 22, 2013, from 10am to 4pm EDT. This meeting will be telephonic and open to the public. A new meeting notice will [be] publish[ed]. All existing deadlines for agenda items will remain as noticed in the Federal Register, August 31, 2012. Click here for more information:

http://www.cr.nps.gov/nagpra/

## National Native Museum Training Program: Workshop-Seminar Dates May 28-31, 2013 Virtual Collections, Intellectual Property and Tribal Museums

Workshop and Seminar Descriptions (consecutive events):

Native experts in the field of intellectual property, virtual collections, and tribal museums are working with NATHPO to offer a weeklong workshop and subsequent seminar to offer contemporary information on these important topics and affected tribal collections and museums. This workshop and related leadership seminar will be offered to tribal museum and cultural program staff as part of NATHPO's National Native Museum Training Program. Collections workshop topics include access to digital collections, issues of sharing community provided information, research policy concerns, technology needed to share virtual collections, culturally sensitive collections, and who owns the rights to photographs, family stories and cultural knowledge. Leadership seminar topics include a discussion on tribal museums, public domain, traditional cultural expressions, and intellectual property law.

Click here for all information, including agendas and transportation information: <u>http://nathpo.org/NNMTP/VirtualCollection.html</u>

## **Meeting invitation to Archeology Discussion**

Please join me in an Adobe Connect Meeting. Meeting Name: ONAA archaeology webinar

Summary: The format is a teleconference but we will be taking notes during the discussion. You can view the notes as we type by connecting online. The call-in and login instructions are below.

Invited By: ACHP Adobe 1 (vhauser@achp.gov)

#### When: Thursday 9 May, 02:00 PM - 04:00 PM Time Zone: Eastern Time

Conference Number(s):	Conference ID: 5974098031
Toll Dial in: 720-259-0759	Toll-Free Dial in: 888-387-8686
To join the meeting:	http://copper.adobeconnect.com/achponaa/

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If you have never attended an Adobe Connect meeting before:

Test your connection: <u>http://copper.adobeconnect.com/common/help/en/support/</u> meeting\_test.htm

Get a quick overview: http://www.adobe.com/products/adobeconnect.html

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Valerie Hauser, Director, Office of Native American Affairs Advisory Council on Historic Preservation (202) 606-8530 "Working Effectively with Tribal Governments" at <u>www.golearn.gov</u> \*Follow us on Twitter @USACHP and on Facebook at Preservation-The Next Generation

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http://www.nativenewsnetwork.com/cherokee-nation-mobile-registration-id-unit-returns-tocalifornia.html

#### <u>Intuit</u>

We're granting 15 small business wishes worth \$5000 each! Submit your wish, get votes & it could be granted. It's that simple. Wish now: <u>http://bit.ly/17FaQPS</u>

### Nuestro Río: Our River, Our Story, Our Time

A century of water management policies that have promoted wasteful water use have put the Colorado river at a critical crossroads. Help save the Colorado River by signing the petition at

## Daily Serving of Soda Increases Aggressive Prostate Cancer Risk by 40%

**Mike Barrett, News Analysis:** Soda is quite possibly the most vilified food/beverage on the market, and for good reason. With soda increasing your risk of heart disease, obesity, diabetes, and even cancer, it's more important than ever to reduce soda consumption on a national and global level. The average person is consuming 300% more sugar than recommended each day, while kids are taking in 7 trillion calories of sugar from soda each year. By dropping the cola, you can dramatically reduce your risk of countless ailments and improve overall health exponentially. <u>READ | DISCUSS | SHARE</u>

## **The Holland Project**

Holland is an all-ages art and music initiative made for and by the young people in Reno and beyond. Holland strives to empower young people through access to music, art, diverse workshop opportunities, and community service and activism.

The Holland Project is located at 140 Vesta Street, Reno, Nevada <u>http://www.hollandreno.org/</u>

## For the many that have suffered great losses over the last few months:

" He who is devoid of the power to forgive is devoid of the power to love" *Rev. Dr. Martin Luther King, Jr.* 

"I am sorry Please forgive me Thank you I love you" *Ho'oponopono, Ancient Hawaiian Healing Prayer* 

Louise Hay, in her book "Meditations to Heal Your Life", wraps up her Forgiveness Meditation with this: "I go about my own business of clearing the unforgiving parts of my mind, and I allow the love to come in. Then I am healed." Let's face it, being unforgiving is detrimental to our health; plus, the energy it takes detracts from the success of our current projects and joie de vivre! Even if someone appears to have been deliberately devious or hurtful, blaming them or replaying the bad soap opera reruns in our mind only punishes ourself, never the perpetrator."

The ancient Hawaiian Prayer above asks us to assume 100% responsibility for everything that crosses our path. The best thing we can take from any experience is the lesson (without resenting the teacher or ourselves). Anything that needs clearing can be done by repeating those four golden phrases. Try saying them over and over in your mind, either in solitude or while engaged in any "situation".

"Those of us left behind need to understand that the soul came to learn and to teach, and at their death their work is finished. We may know this with our brains, but that knowledge has a hard path to the heart." Alisha Rodrigues, Publicist and Widow, Tetonia Idaho

The color of the road is Red, ais the color of Blood.

Red is the color of sacredness. Red is the color of Divinity.



The Journey Of the Red Road is to love our mother earth. It is to know there is no dawn without a night, no victory without a fight. There is no rainbow without the rain, there is no happiness without pain.

To walk the Red Road is to be true to yourself. To walk the Red Road is to think before we speak, but not as much that you lose the time of speaking.

The Red Road is the journey without carrying a heavy load in our hearts, but carrying lots of loads of love and peace in our minds. The journey of the Red Road is the ultimate journey of truth. Where you rewind yourself from this temporary world and forward yourself to the Spirit world. The permanent world of peace. The world of love. The world of no hatred.