

**Journal #3396**

**from sdc**

**6.16.15**

*Rez and Braces*

*"The Pain of Exclusion"*

*In California, nearly ironclad decades-old water rights halted amid lingering drought*

*Senior water users cut off*

*California curtails some longstanding water rights over drought*

*California Cuts Water to Agriculture*

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*Oak Flat and Rio Tinto: The Law, the Lies, and the Queen Valley Confrontation*

*GrantStation*

*24 arrested trying to block Arctic oil rig's departure*

*Fort Lowell Museum*

*Native Talk Arizona*

**More graduates:**

Tyler Johnny

Janelle Katenay

Tara Garcia

Sage Eagle



Myron Dewey:

What were you doing at 13yrs old? Was you practicing your culture with all your relatives...I am witnessing 18 youth canoes...gives me hope to see our youth participating in their cultural ways...

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**Anne Susan**

Justin has been making videos for the last 3 months, I liked the last video he did of our trip to Whiteriver, he taped his grandma, the pow-wow at Hondah and the Gan (crowndancers) etc...nice. Sharing...

**Rez and Braces**

Well...I got braces and perhaps the most interesting part about this video is I get to show you a little of my Native American reservation. So i put some cultu...

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## Native traditional methods revived to combat California drought, wildfires

As state grapples with dry conditions, first peoples called on for their traditional knowledge  
alj.am

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Today's encore selection from delanceyplace.com -- from "**The Pain of Exclusion**" by Kipling D. Williams. Our need to matter and our need to belong are as fundamental as our need to eat and breathe. Therefore ostracism -- rejection, silence, exclusion -- is one of the most powerful punishments that one person can inflict on another. Brain scans have shown that this rejection is actually experienced as physical pain, and that this pain is experienced whether those that reject us are close friends or family or total strangers, and whether the act is overt exclusion or merely looking away. Most typically, ostracism causes us to act to be included again -- to belong again -- although not necessarily with the same group:

"Studies reveal that even subtle, artificial or ostensibly unimportant exclusion can lead to strong emotional reactions. A strong reaction makes sense when your spouse's family or close circle of friends rejects or shuns you, because these people are important to you. It is more surprising that important instances of being barred are not necessary for intense feelings of rejection to emerge. We can feel awful even after people we have never met simply look the other way.

"This reaction serves a function: it warns us that something is wrong, that there exists a serious threat to our social and psychological well-being. Psychologists Roy Baumeister of Florida State University and Mark Leary of Duke University had argued in a 1995 article that belonging to a group was a need -- not a desire or preference -- and, when thwarted, leads to psychological and physical illness. Meanwhile other researchers have hypothesized that belonging, self-esteem, a sense of control over your life and a belief that existence is meaningful constitute four fundamental psychological needs that we must meet to function as social individuals. ...

"Ostracism uniquely threatens all these needs. Even in a verbal or physical altercation, individuals are still connected. Total exclusion, however, severs all bonds. Social rejection also deals a uniquely harsh blow to self-esteem, because it implies wrongdoing. Worse, the imposed silence forces us to ruminate, generating self-deprecating thoughts in our search for an explanation. The forced isolation also makes us feel helpless: you can fight back, but no one will respond. Finally, ostracism makes our very existence feel less meaningful because this type of rejection makes us feel invisible and unimportant. The magnitude of the emotional impact of ostracism even makes evolutionary sense. After all, social exclusion interferes not only with reproductive success but also with survival. People who do not belong are not included in collaborations necessary to obtain and share food and also lack protection against enemies.

"In fact, the emotional fallout is so poignant that the brain registers it as physical pain. ... As soon as [we begin] to feel ostracized, [brain] scanners register a flurry of activity in [our] dorsal anterior cingulate cortex -- a brain region associated with the emotional aspects of physical pain. ...

"For most people, ostracism usually engenders a concerted effort to be included again, though not necessarily by the group that shunned us. We do this by agreeing with, mimicking, obeying

or cooperating with others. In our 2000 study, for example, Cheung and Choi asked participants to perform a perceptual task in which they had to memorize a simple shape such as a triangle and correctly identify the shape within a more complex figure. Before they made their decision, we flashed the supposed answers of other participants on the screen. Those who had been previously ostracized ... were more likely than included players to give the same answers as the majority of participants, even though the majority was always wrong. Those who had been excluded wanted to fit in, even if that meant ignoring their own better judgment.

"Although personality seems to have no influence on our immediate reactions to ostracism, character traits do affect how quickly we recover from it and how we cope with the experience. ... People who are socially anxious tend to ruminate or are prone to depression take longer to recover from ostracism than other people do."

Title: "The Pain of Exclusion" Author: Kipling D. Williams

Publisher: Scientific American Mind Date: January/February 2011 Pages:30-37

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### **In California, nearly ironclad decades-old water rights halted amid lingering drought** **Associated Press**

Despite California's drought, Richard and Danna Jones' cattle grazing pasture has stayed green thanks to water flowing free from a gulch claimed by his grandfather in 1911.

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### **Senior water users cut off** Stockton Record

Some of California's more senior water users are for the first time feeling the pain of the drought, after state officials on Friday issued orders cutting off their access to dwindling rivers and streams. Friday's cuts, the...

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### **California curtails some longstanding water rights over drought**

Alex Dobuzinskis, Reuters

California's water board, facing a devastating four-year ... water rights for agriculture and other uses in Northern and Central California

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### **California Cuts Water to Agriculture**

**Daniel Nussbaum, Breitbart News**

On Friday, California's top water regulators issued new cutbacks on farmers holding senior water rights dating back more than 100 years.

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### **The drought-resistant Father**

By Dan Krieger

The current drought in San Luis Obispo County would not have bothered Mission San Miguel's Father Juan Cabot. He was among the first Europeans to recognize the potential of the region.

The Franciscan padres, for all of their otherworldliness, knew how to cope with the unpredictable environment. Father Cabot was a prime example of such a "doer." He knew how to build with

readily available materials such as local stone and adobe. He was acquainted with the methods for both collecting and dispersing water.

Like Junípero Serra, Cabot (1781-1856) was born on the Mediterranean island of Majorca, which has a climate very similar to that of coastal California. Most of the year, it is a land of little rain. But when rains come, you need to be prepared to deal with them.

The villages of Majorca resemble what the mission pueblos must have looked like: churches, homes, shops and warehouses constructed from a combination of mud brick, fired brick and stone with fired tiles for the roofs.

Water was brought to the villages in ditches and aqueducts, then stored in cisterns. But the buildings were also designed so that water doesn't set at the base of the soluble adobe walls. Instead, it is allowed to pass around or underneath structures.

Cabot was part of a third generation of Spanish Franciscans in California. Father Presidents Junípero Serra and Fermín Lasuén had laid out the beginnings of the mission system.

Cabot was a hands-on builder.

He served at San Miguel from 1824 to the time of secularization in 1834.

He often traveled into the San Joaquin Valley as far as the present town of Visalia. He urged Father President Vicente Francisco de Sarría to authorize the establishment of a second chain of missions near the San Joaquin and Kings rivers.

No mission was ever founded in the Central Valley, but Cabot baptized dozens of Tulareños on these trips, and a significant number of the valley natives at Mission San Miguel.

Father Cabot was a man of impressive talents. The Massachusetts trader Alfred Robinson wrote that Cabot was "a tall, robust man of more than 50 years (in 1829), with the rough frankness of a hardy sailor ... celebrated for his good humor and his hospitality."

Robinson also noted that Cabot suffered from rheumatism. The cold, foggy climate of the upper Salinas Valley exacerbated his problems.

Father Cabot coped with his physical infirmities through therapeutic bathing. He constructed a shelter house and a place for bathing over the sulphur springs at Paso Robles.

Many of the other mission friars prohibited full body bathing because of its association with the Indians' temescal ceremony. They disapproved of the combination sweathouse/ bathing ritual because it involved mystical instruction by a shaman. Father Cabot realized that bathing was necessary to alleviate the suffering from arthritis and rheumatism.

The therapeutic mud baths would later be instrumental in the development of the town of Paso Robles.

In 1827, the new Mexican governor of Alta California, Jose Maria Echeandia, demanded that Father Cabot make a report on missionary possessions. He wrote of the adobe house and rancho with its 800 head of cattle, horses and breeding mares by the beach at San Simeon, the sheep ranch to the south at Santa Ysabel, the barley ranch at San Antonio, and the wheat ranches, with large adobe houses at Paso del Robles and Asuncion (modern Atascadero).



Photo by Edward H. Boos. Source - Denver Public Library.

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## Federal Water Tap:

### Henry's Fork Basin Study

As part of its basin study program to assess water supply and demand in the western United States, the Bureau of Reclamation analyzed 12 water supply projects in the [Henry's Fork Basin of southeastern Idaho](#).

The projects were divided into three categories: reservoir storage, aquifer recharge, and conservation. A few of the reservoir options held the greatest potential for an increase in water storage, but the conservation options — such as lining canals — produced just as much water as two of the dams, at one-tenth the cost and with little environmental damage.

Much of his report describes poor lands to the east, or rolling ridges to the west without permanent water. It was a feeble effort to convince the governor not to take the “poor” lands from missionary control.

What shows through in Cabot's report is that despite a fairly harsh environment, the mission at San Miguel had become what the world would regard as a virtual paradise.

Dan Krieger's column is special to The Tribune. He is a professor emeritus of history at Cal Poly.

Read more here: [http://www.sanluisobispo.com/2015/06/14/3679290\\_the-drought-resistant-father.html?rh=1#storylink=cpy](http://www.sanluisobispo.com/2015/06/14/3679290_the-drought-resistant-father.html?rh=1#storylink=cpy)

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## [MOSES ON THE MESA](#)

Atoem Elem Wh Skil Em Me (Chief Eagle). Salish or Kootenai. Western Montana. ca. 1904-1906.

## Columbia River Treaty

State Department negotiators indicated that [environmental issues](#), namely salmon health, will be a third component in discussions with Canada over a new Columbia River Treaty, according to the *Tri-City Herald*. The old treaty, signed in 1964 focused on hydropower and flood control.

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## This Little Weed is one of the Most Useful Medicines on the Planet

You've stepped on it, ignored it, and tried to eradicate it from your lawn. However, this innocuous little weed is one of the most useful medicines on the planet, just begging to be harvested.

Plantain has often been the go-to remedy for hikers plagued by mosquitos. Because it draws toxins from the body with its astringent nature, plantain may be crushed (or chewed) and placed as a poultice directly over the site of bee stings, bug bites, acne, slivers, glass splinters, or rashes. Bandage the area and allow the plantain to work its magic for 4-12 hours. Plantain may also be used to create a balm for emergency kits, or an infusion used as a skin or general wash. It is also a notable, soothing remedy for hemorrhoids. There are two major types of plantain in BC, Canada: Lance and Broadleaf. Generally, all 200-plus varieties of plantain yield the same results. It grows especially well in poor, rocky soil (such as driveways) and is often seen alongside dandelion. More often than not, you will see plantain growing in gravel pits and construction sites as nature seeks to regenerate the soil. **Introduced to North America in the 1600s, it was once called "White Man's Foot" by the Native Americans who witnessed that where the Europeans tread and disrupted the soil, plantain sprung up.**

Plantain is renowned for its healing effect on the digestive system. This is especially useful for anyone who has been damaged by antibiotics, anti-inflammatory or pain medications, food allergies, or Celiac disease. Both leaves and seeds specifically target the digestive system for healing. The leaves may be steeped as tea, added to soups, or dried with a sauce similar to kale chips. The seeds – a type of psyllium – can be ground or soaked for bulk mucilage or absorbable fibre, which, consumed before meals, may help with weight loss. Because plantain is a gentle expectorant and high in silica, an infusion can be helpful for lung problems, coughs, and colds.

Plantain is almost a panacea for the human body, treating everything from all menstrual difficulties, all digestive issues, to nearly all skin complaints, and even arthritis. Add to salads, chew to ease thirst, or enjoy in stir fries. This versatile wild vegetable will keep you in good health for years to come!

About The Author : Jess Smith

Jess Smith is a healer and raw wildcrafter living in the Fraser Valley, BC Canada. A lifelong student and advocate of herbal medicine, she grew up foraging the forests of BC. She runs a complementary healing practice, and, with her toddler, she enjoys teaching others about the wild abundance outside our doors. [www.RedHawkHealing.com](http://www.RedHawkHealing.com)  
<http://www.thefutureofhealthnow.com/little-weed-one-useful-medicine...>

Nine minute video at <http://www.offgridquest.com/green/theseedguy-com/plantain-weed>

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<http://www.offgridquest.com/energy/powered-by-a-green-roof-really-yes-plantte>



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## **Oak Flat and Rio Tinto: The Law, the Lies, and the Queen Valley Confrontation**

A sneak peek into "An American Battle Cry" featuring interviews with Robert A. Williams Jr., Forest...  
youtube.com

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### **MOSES ON THE MESA**

Hopi girl. Mishongnovi Pueblo, Arizona. ca 1900.  
Photo by Carl Werntz. Source - Palace of the Governors Archives.

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### **GrantStation**

#### **Rosalynn Carter Institute for Caregiving: Rosalynn Carter Leadership in Caregiving Award**

The Rosalynn Carter Leadership in Caregiving Award recognizes leadership in implementing innovative partnerships between community agencies and caregiving researchers that bridge the gap between science and practice. Click above to learn more about the funding guidelines and application process.

### **Society of Environmental Journalists: Fund for Environmental Journalism**

The mission of the Society of Environmental Journalists (SEJ) is to strengthen the quality, reach, and viability of journalism across all media to advance public understanding of environmental issues. SEJ's Fund for Environmental Journalism invests in top quality public service journalism on environment-related issues, and the journalists who produce it. Click above to learn more about the application guidelines.

### ***National Funding***

Support for Community Improvement Partnerships in the U.S. and Canada

#### **Funders' Network for Smart Growth and Livable Communities: Partners for Places**

Partners for Places, an initiative of the Funders' Network for Smart Growth and Livable Communities, is a matching grant program that creates opportunities for cities and counties in the United States and Canada to improve communities by building partnerships between local government sustainability offices and place-based foundations. Through the program, funders invest in local projects to promote a healthy environment, a strong economy, and well-being of all residents. For Round Seven, grants will range between \$25,000 and \$75,000 for one-year projects, or \$50,000 and \$150,000 for two-year projects, with a 1:1 match required by one or more local foundations. The proposal must be submitted by a team of at least two partners consisting of the sustainability director of a city or a county, and the local, place-based foundation(s). The application deadline is July 27, 2015. Visit the Funders' Network website to download the Request for Proposals for Round Seven.

## Major Land Conservation Projects Funded

### **National Fish and Wildlife Foundation: Acres for America**

Acres for America, a partnership between Walmart Stores, Inc. and the National Fish and Wildlife Foundation, supports efforts to conserve lands of national significance, protect critical fish and wildlife habitat, and benefit people and local economies. Preference will be given to projects that achieve more than one of the following program priorities: conserve critical habitats for birds, fish, plants, and wildlife; connect existing protected lands to unify wild places and protect critical migration routes; provide access for people to enjoy the outdoors; and ensure the future of local economies that depend on forestry, ranching, and recreation. All grant awards require a minimum 1:1 match of cash or contributed goods and services. Nonprofit organizations, state and local government agencies, Indian tribes, and educational institutions are eligible to apply. Applicants are strongly encouraged to contact the Regional Office Director in their area to discuss project ideas prior to applying. Pre-proposals are due July 23, 2015; invited full proposals must be submitted by September 17, 2015. Visit the National Fish and Wildlife Foundation website to review the Request for Pre-Proposals.

## Grants Promote Projects Benefitting Women and Girls

### **Open Meadows Foundation**

The Open Meadows Foundation is dedicated to funding projects that are led by and benefit women and girls, particularly those from vulnerable communities in the U.S. and worldwide. The Foundation supports projects that are designed and implemented by women and girls, reflect the diversity of the community served by the project, promote building community power, and encourage racial, gender, and economic justice. Priority is given to organizations that have limited financial access or have encountered obstacles in their search for funding. The Foundation provides grants of up to \$2,000 to cover start-up expenses or to support ongoing projects. (The Foundation also administers a number of special funds that are targeted to specific groups or activities.) The next application deadline for all of the Foundation's grant opportunities is August 15, 2015. Funding guidelines and application instructions are available on the Foundation's website.

## Childhood Obesity Prevention Programs in Native American Communities Supported

### **The Notah Begay III Foundation: Promising Program Grants**

The Notah Begay III Foundation's Promising Program Grants support Native organizations working to improve nutrition and access to healthy foods for their children and communities. Preference will be given to organizations from Minnesota, North Dakota, South Dakota, and Wisconsin; however, applications will be accepted from organizations throughout the U.S. The goal is to strengthen existing programs focused on childhood obesity and type 2 diabetes prevention through healthy nutrition and access to healthy foods. An additional focus is to assist communities and organizations in building their capacity to evaluate their programming and implement policy change. Grants of up to \$40,000 will be awarded. U.S.-based Native American-controlled nonprofit organizations, tribal governments, and Native American community-based groups with a 501(c)(3) fiscal sponsor are eligible to apply. The application deadline is July 20, 2015. Visit the Foundation's website to download the Request for Proposals.

## ***Regional Funding***



## Funds for Innovative Initiatives in Targeted Communities

### **NBCUniversal Foundation: 21st Century Solutions**

21st Century Solutions, an initiative of the NBCUniversal Foundation, supports nonprofit organizations implementing progressive programs in targeted communities served by the NBC Owned Television Stations. 21st Century Solutions provides grants for existing innovative programs that are creating change by solving current problems or addressing emerging social issues in new ways. Program proposals must fall within one of the following primary categories: Civic Engagement, Education, Environment, Jobs and Economic Empowerment, Media Arts, or Technology. The first place grant recipient in most communities will receive a \$50,000 grant and two runners-up will each receive \$25,000. (In Los Angeles and New York, the first place grant recipient will receive a \$100,000 grant and two runners-up will each receive \$50,000.) Nonprofit organizations that have been in existence for more than two years and that have an annual operating budget of more than \$300,000 are eligible to apply. The application deadline is July 3, 2015. Visit the Foundation's website to review the [Eligibility Requirements](#) and submit an online application.

## Grants Address Hunger and Education Issues in the Eastern U.S.

### **BJ's Charitable Foundation**

BJ's Charitable Foundation is dedicated to enhancing local programs that benefit children and families in the communities served by BJ's Clubs throughout the eastern U.S. The Foundation's grant categories include the following: The Hunger Prevention category supports nonprofit organizations that work to alleviate hunger through the purchase of food, supplies, and additional resources necessary to feed those in need. The Education category promotes nonprofit organizations that provide academic and vocational opportunities for the disadvantaged. First-time applicants are eligible for grants of up to \$2,500. The remaining application deadlines for 2015 are July 10th and October 9th. Visit the company's website to answer a short questionnaire, register, and if approved, submit an online application.

## Support for Historic Preservation and Wildlife Rehabilitation Projects in Oregon

### **The Kinsman Foundation**

The Kinsman Foundation's mission is to encourage the enjoyment of life through traditional Oregonian and American values. The Foundation provides grants to nonprofit organizations in Oregon and southern Washington that address the following priority areas: The Historic Preservation and Restoration grant category supports the preservation, rehabilitation, restoration, and reconstruction of historic buildings, structures, and related sites. The Native Wildlife Rehabilitation and Appreciation grant category primarily supports wildlife rehabilitation programs offering urgent care to injured and orphaned wildlife native to Oregon and Washington. Small Grant requests of up to \$10,000 are accepted throughout the year. Conventional Grant requests of over \$10,000 must be submitted by August 1, 2015. (The Betty Kinsman Fund for Arts, Culture, and Humanities has a separate application process.) Visit the Foundation's website to learn more about the application guidelines.

## Oral Health Programs in Northern New England Funded

### **Northeast Delta Dental Foundation**

The mission of the Northeast Delta Dental Foundation is to improve the access to, and the quality of, oral healthcare and education for the public and the dental communities in Maine,

New Hampshire, and Vermont. Grants are provided for charitable programs to extend the benefits of dentistry to indigents and groups found to be dentally deprived, educational programs for the advancement of dentistry and oral health, programs designed to promote the oral health of the public, and dental research projects promising to improve the quality of dental care delivered. Grant requests of up to \$1,000 are considered throughout the year; the upcoming application deadline for grants of \$1,000 to \$5,000 is July 24, 2015. Visit the Delta Dental website to review the online application guidelines.

### ***Federal Funding***

Grants Assist Low-Income Fathers

#### **Department of Health and Human Services**

The New Pathways for Fathers and Families program is supporting projects to help low-income fathers strengthen positive marital and parental interaction by providing activities that develop and improve relationship, communication, and parenting skills, and contribute to the financial well-being of their children by providing job training and other employment services. The application deadline is July 7, 2015.

Economic Development Support for Coal Industry Communities

#### **Department of Commerce**

The Partnerships for Opportunity and Workforce and Economic Revitalization Initiative is offering funding to assist communities and workers negatively impacted by changes in the coal industry and power sector. This initiative supports projects that reach across economic and workforce development systems and focus on local solutions that implement existing economic development strategic plans. The application deadline is July 10, 2015.

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#### **MOSES ON THE MESA**

Apache woman. 1888. New Mexico/Arizona. Photo by Frank A. Randall. Source - National Anthropological Archives, Smithsonian.

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#### **Myron Dewey at Seattle Waterfront 6.15.15**

Everyday someone is trying to save our Mother Earth the best way possible....our generation is witnessing the destruction of a global cleaning that is soon to come. Our Mother Earth is going to clean herself to save the planet. Just like some of our Paiute Lakes do in Nevada, they turn over...so will the ocean and land. The plants and tress are changing direction to find and adapt to water. The animals are leaving their own traditional harvesting areas to adapt to the harsh environment.

Sending strong blessings to all our relatives in the 4-directions.



## **24 arrested trying to block Arctic oil rig's departure**

SEATTLE — Activists formed a blockade of kayaks Monday around a terminal in this city's port to attempt keep an oil rig destined for Arctic waters from moving. Coast Guardsmen removed some of the protesters, [www.usatoday.com](http://www.usatoday.com)

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## **Fort Lowell Museum**

Bette Richards, Curator, 2900 N. Craycroft. [Tucson](http://www.tucsonaz.gov), AZ 85719 Tel: 520-885-3832

Email: [AHSTucson@azhs.gov](mailto:AHSTucson@azhs.gov) [Map](#)

Website: <http://www.arizonahistoricalociety.org/museums/tucson.asp>

A historic building and site. Collections relate to the fort and regional military history, the Apache and the Apache Wars, and Tucson history.

Open to the public Fridays and Saturdays, 10AM - 4PM.

Contact 520-617-1179 to speak to a museum representative during "closed" hours.

Artifacts: 500 items

## **Subjects Collected**

[Apache Indians](#)

[Apache Indians -- Wars](#)

[Military History](#)

[Tucson \(Ariz.\) -- History](#)

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**Native Talk Arizona** presents interviews and discussions regarding current events, health, social, and cultural matters of interest to urban Native Americans. As well as performances of new and traditional Native American music.

Broadcasted Tuesday nights at 7:06 p.m. MST, with a encore presentation Friday mornings at 8 a.m. MST, you can listen to Native Talk Arizona on the internet at [radiophoenix.org](http://radiophoenix.org), on your smartphone by downloading the "LIVE365 Radio" or "TuneIn Radio" app, and type in the search engine "Radio Phoenix", or listen to past interviews at [soundcloud.com](http://soundcloud.com).

Hosted by Roy Johnston, NATIVE HEALTH's Mental Health and Substance Abuse Counselor, Native Talk Arizona is produced by Dennis Huff, NATIVE HEALTH's [Behavioral Health](#) Division Director.