

## ***Journal #3585      from sdc      3.7.16***

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***photos by Bucky Harjo who knows how to  
love the land and the sky***



***<https://www.facebook.com/nwejinan/videos/vb.1530897857159228/1672990999616579/?type=2&theater>***



Carlos Arturo  
Castellanos *to* Restoring the  
Heart

[February 14 at 11:21pm](#) ·

This native lady, Tarahumara/  
Raramuri , won a 10 K run  
without any running gear, water  
bottle or Nike shoes.  
Respect.

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### **Heritage Sonoran Wheat - History, Growing, Harvesting**

*(Header image courtesy  
janeandd, Flickr)*

*Article by Melissa Kruse-  
Peeples, NS/S Education  
Coordinator, published  
November 14, 2015.*

In the lyrics of *America the  
Beautiful*, the line “amber  
waves of grain” does not  
necessarily conjure up the  
image of farmland in the desert  
Southwest. However, if you

were looking out onto the farming landscapes of our region 100 years ago that is exactly what you would have seen. Arizona, southern California, and the Mexican state of Sonora were one of the breadbaskets of America. Not only did wheat contribute to quintessential Sonoran cuisine – such as the large, oversized flour tortilla – wheat was a major cash crop and Southwestern grown wheat was exported throughout much of the country, particularly during the Civil War.

Wheat was first introduced to our region via early Spanish expeditions in the 16th century. Historical documents indicate Captain Fernando Alarcón distributed seeds, including wheat, to Yuman-speaking groups along the Colorado and Gila Rivers as he explored water routes for Coronado’s expeditions in the 1540s. Wheat’s large-scale introduction into the Southwest is attributed to Father Eusebio Francisco Kino as he established Catholic missions throughout the Pimera Alta—what is now Sonora and southern Arizona—in the late 1600s. Padre Kino likely introduced wheat to make communion wafers but wheat became so much more in the region.

Wheat was a perfect complement to traditional summer monsoon Tohono O’odham and Pima crops of corn, beans, and squash. In the Sonoran Desert, wheat is grown in the winter and spring when many fields are empty. The introduction of wheat allowed indigenous farmers to produce two crops per year. The wheat was also pre-adapted to Southwestern growing conditions and able to withstand alkaline soils and the alluvial contexts along the Santa Cruz and Gila Rivers where it was grown.



Wheat matures and is harvested when many cultivated and wild food resources are in short supply, the late spring and early summer. Therefore, wheat quickly became part of O’odham cuisine. Cooks incorporated wheat berries into traditional *poshol*, a stew with tepary beans, as well as *pinole*, a parched and ground preparation usually of corn; and wheat was easily rolled into well-established agricultural traditions, especially for the Pima. Traditional baskets made of yucca and bear grass began to incorporate dried wheat straw, particularly for the manufacture of large storage baskets.

The introduction of wheat was not without consequences. The ability to produce more food and pressures from European missionaries, military, and settlers pushed traditional subsistence-based farmers into cash crop farmers. By the 1800’s much of the wheat produced by the O’odham and Pima was being sold at market.

Heritage wheat, such as the White Sonoran variety, is experiencing a resurgence in popularity. This is in part due to its exquisite flavor and delicate texture as well as the rise in local food movements. Additionally, varieties of heritage wheats are being looked at once again for their ability to thrive in low-input organic systems as they can produce without the expensive and environmentally damaging inputs of irrigation water, herbicides, and fertilizers. These varieties are often taller than modern, conventional varieties and can naturally shade out weeds, can produce in dryland fields where irrigation water is not used, and are better adapted to the growing climate of the Southwest. While the overall productivity per acre is less than conventional varieties, the benefits are there to make growing heritage grain a viable commercial enterprise. Native Seeds/SEARCH is proud to provide foundational seed to local growers such as BKW Farms in Marana, San Xavier Food Coop in Tucson, and Avalon Gardens in Tubac. We also support these enterprises by providing a market for their [food products](#). For example, we offer several heritage wheat products from Ramona Farms in Sacaton, Ariz., on the Gila River Indian Community reservation. Ramona and her family are growing wheat, along with Pima varieties of tepary beans and corn, in the same soils where her community has for hundreds of years.

#### **Heritage Southwestern Wheat Varieties**

Seeds for [White Sonora](#) and [Pima Club](#) wheat varieties are available in bulk quantities for farmers and in regular packets for those interested in growing smaller plots. Differences between varieties are largely related to geographic origin (White Sonora is from Magdalena, Sonora, and Pima Club is from the Gila River Indian Community in Central Arizona) as well as the seed head characteristics. Both are beardless (lacking a long hair or awn) soft white wheats. Pima Club is so-called because of its flattened club-shape seed head. Compared to hard red winter wheats, these have lower protein content and a soft starch structure that makes them easier to grind. It is because of these traits that they are well-suited to “short” baked goods such as pie crusts, cakes, crackers, and cakes, while they don’t work as well for bread-making unless mixed with a higher protein flour.

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## **SBA Resources for Women Entrepreneurs**

### **[Webinar | Tips for Women Starting or Growing a Business](#)**

Women today make up nearly 29 percent of all U.S. business owners, and according to data from U.S. Census Bureau, women’s entrepreneurship is on the rise. In this webinar you will hear from the SBA and Jane Wurwand, Founder and Chief Visionary of Dermalogica on:

- Trends in women’s entrepreneurship and why women entrepreneurs are important to the economy
- SBA programs available to women entrepreneurs
- Stories from the trenches: Jane’s story on how she started and grew her business from a small business to a globally recognized brand
- Questions for Jane

**Tuesday, March 8 - 2pm ET**

[>> Register Now <<](#)

### **[Women Make History Again as Women Business Owners Achieve Federal Contracting Benchmark](#)**

Last fiscal year the federal government set a new record for the highest percentage of contracting dollars awarded to women-owned small businesses in the history of the United States. To put things in perspective, this is the first time contracting for women-owned small businesses has ever been above five percent, a goal set by Congress more than two decades ago.     > [Read more](#)

### **[Twitter Chat | The Growth of Women’s Entrepreneurship - March 10 at 3pm ET](#)**

Join @SBAgov & Microsoft’s @Cindy\_Bates using the hashtag **#SBAchat**

During the chat, female entrepreneurs will provide advice, tips, and tricks for women business owners.     > [Learn more](#)

### **[Encore Entrepreneurship for Women](#)**

This introduction to business planning is directed to women over the age of 50 who are interested in pursuing a second career and launching their own business.

### **[Blog | The Power of Cause Marketing](#)**

Are you looking for a way to attract new customers? Social responsibility is a strong selling point when customers are considering purchases.



### **[Blog | 7 Tips for Starting a Food Business](#)**

Starting a food business has to be one of the most challenging businesses to get into. The harsh reality is that most fail within the first year.

### **[Blog | Considerations for Buying a Small Business](#)**

Ever walked into a neighborhood business that was recently purchased? The new ownership might have changed the paint color, décor, and equipment in a flash -- maybe even overnight.

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### **[Inspections of Keystone XL's Southern Route Fuel Doubt Over "Safest Pipeline Ever Built" Claims](#)**

**Julie Dermansky, DeSmogBlog:** Daily inspection reports on the construction of the pipeline obtained by the Tar Sands Blockade, an activist group, renew questions about the pipeline's integrity. The reports provide evidence that the pipeline was not built to mandated minimum requirements established by the American Petroleum Institute. [Read the Article](#)



The FBI actively sabotaged and dismantled the American Indian Movement, the Chicano Movement, and the Black Power movement but the KKK is still alive and well today.



### **[How an East Coast Think Tank Is Fueling the Land Transfer Movement](#)**

**Lyndsey Gilpin, High Country News:** An Idaho bill aligned with the effort to transfer federal land to state control is also an example of a larger trend of legislation in western

states being derived from model bills created by the American Legislative Exchange Council. [Read the Article](#)

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### **Navajo metal band to tour Europe, record with Metallica's producer - Navajo Times**

In May, one of the bands in the Navajo metal scene could get their big break. [navajotimes.com](http://navajotimes.com)



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### **4 MORE BUNDY BUNKERVILLE SUSPECTS INDICTED**

Fourteen more people have been indicted by a federal grand jury in Las Vegas in connection with the April 2014 armed standoff with law enforcement near the Bunkerville ranch of Cliven Bundy.

<http://erj.reviewjournal.com/ct/uz3688753Biz28199911>

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### **Future of the Colorado River Basin**

Arizona State University

Arizona's conservation policies have left the state with water security, Buschatzke said. When he is asked by *California* water managers why Arizona doesn't.

### **[Karuk Tribe Says Logging Will Hurt Salmon](#)**

Courthouse News Service

They were the only *California* tribe to grow tobacco. They challenge ... They are anadromous, spawning in fresh *water* but living their lives in the Pacific Ocean.

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### **Upcoming AASLH Onsite Workshop at Andrew Jackson's Hermitage**

**Early Bird Deadline Extended Till March 8**

**April 11-12**

### **[Connecting Your Collections to Teachers and Students](#)**

Location: Andrew Jackson's Hermitage, Nashville, TN

Cost: \$280 AASLH Members/ \$405 Nonmembers

**[\(\\$40 discount for members and nonmembers if registered by March 8\)](#)**

Learn how to craft programming that is meaningful to the education community. Through a combination of presentations, discussion, hands-on activities, and take-home materials, this workshop addresses the elements of museum education needed to create engaging, educational, and successful collections-based programming for the teachers and their students. Topics include

learning styles, presentation strategies, audience types, planning strategies, program assessment, research, and staff training.

[Learn more and Register](#)

[Go Directly to Registration](#)

P.S. Browse our [Events Calendar](#) to see all upcoming online courses, webinars, and onsite workshops.

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**The U.S. Fish and Wildlife Service has just released a proposal to remove Endangered Species protections from grizzly bears in the Greater Yellowstone region. [Keep the bears out of the crosshairs, take action today!](#)**

Grizzly bears are an essential piece of the American West, a wildlife icon that has been integral to the Yellowstone region for centuries. **Each year, visitors spend millions in the region, hoping to catch a glimpse of a grizzly, this beautiful and powerful symbol of our wild heritage.** And as an apex predator, their presence is crucial to the health of wildlife in the Greater Yellowstone region.

Thanks to Endangered Species protections, grizzly bears are making a remarkable recovery after being hunted to the brink of extinction -- but they're still vulnerable. **The proposal to de-list the grizzly fails to preserve this progress -- in fact, it will reverse it.** The bears' naturally slow reproductive rate, loss of key food sources to climate change, and state plans to reduce numbers through methods like trophy hunts, all spell disaster.

**[Tell U.S. Fish and Wildlife - it's too soon to remove ESA protections for Greater Yellowstone grizzlies! Take action today!](#)**

Despite making a comeback, the Greater Yellowstone grizzly population still faces significant challenges for true recovery. **The population has barely grown since the early 2000s, and fewer cubs are living to adulthood.** Grizzlies also naturally reproduce very slowly; a female only has one or two cubs every few years, so the hunting death of even one female is a significant loss.

They are also geographically isolated, a serious threat to the long-term health of the population. **Although bears will have some measure of protection within Yellowstone and Grand Teton national parks, once they range outside the park boundaries, they will be at the mercy of hostile state management policies.** This could effectively prevent bears from connecting with other grizzly populations, further limiting the bears' potential for true recovery.

**[It's critical that U.S. Fish and Wildlife gets this right, and this plan isn't right. Speak out and demand a healthy future for Greater Yellowstone grizzlies today!](#)**

Changes in the bears' feeding and foraging habits have increased the incidences of bears dying as a result of conflicts with hunters and ranchers. **But bears and people can and have peacefully co-existed for centuries. Education and better management are both more effective ways of solving these problems, not a blanket removal of protections, or a trophy hunt.**

**[Tell US Fish and Wildlife to retain ESA protections until grizzly bears are truly recovered, take action to protect our iconic wildlife today!](#)**

Thanks for all you do for western wildlife,

Dan Chu, Senior Campaign Director, Our Wild America

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## Great Basin College Geology Field Trips

For the adventurous person interested in the Great Basin, two geology field trips are being offered by the Great Basin College during the Spring Semester.

**The Death Valley field trip** on March 17th-20th will examine unique geologic features, formations and mineral resources of Death Valley. Discussions will focus on the geologic history and processes that formed the landscape. Classroom meeting Thursday in **Tonopah** at the Tonopah Station, D-2, from 6-9pm. Friday and Saturday nights will be spent in Beatty.

**The Ancient Lake Lahontan field trip** on May 5th-8th will examine the geologic lake features, hydrology and history of Lake Lahontan. Classroom meeting Thursday in **Winnemucca** at the Great Basin College, Room 122, from 6-9pm. Friday and Saturday nights will be spent in Fallon.

Participants must be registered and complete required Team Travel and Class Waiver forms one week prior to class. Each class is two credits and costs \$207.00. Travel is at student's expense. Make motel reservations early to insure a room.

For more information or field trip details call Veronica Nelson, Ely Center Director at 775 289-3589 or course instructor John Breitrick at 775 238-0508. — Lorraine Clark

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From David Toll (the Nevada Traveler)

**I've always been glad to visit [Tonopah](#)** — who hasn't? — but when we visited just a couple of weeks ago I was almost as glad as I've been since 1980, when the boom was on. I had breakfast with a friend, lunch with another, visited with three more in their offices. Everyone is leaning forward, feeling good about what's coming for Tonopah.

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They point to the [Crescent Dunes solar project](#) which went online on February 26th, not only for the spike it made in the local economy — as many as a thousand men working to build it, and now 50 permanent jobs managing and maintaining it. There's already talk of building a second one nearby. (pic: 10,347 mirrors deliver shafts of sunshine to the towers, which ultimately leave the system as electricity.)

And they point to the [Mizpah Hotel](#), erected when Tonopah was at its height in 1907 and now restored to comfort and luxury beyond anything it ever was before. It had always been the symbol of a thriving city, and having it back in operation at such a high level means much more than dollars and cents.

But the dollars and cents look good too. New business has appeared on Main Street: [Tonopah Brewery](#) (beer and ribs!), [Hometown Pizza](#) (all you can eat pizza buffet!) and [Beans & Brews](#) (lattes at 5:30 am!) add welcome variety; a couple from Las Vegas have reopened the bar across Main street from the Mizpah; Jim Marsh is thinking about rebuilding the



railroad depot where his Banc Club is located now. Hold on to your hat, Tonopah is coming back! [Read all about it](#)

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*Interesting idea for adaption.....sdc*

## **Connected Cities: Baltimore**

Few places are as rich in history, culture and innovation as the world's cities, yet we tend to serve the city up as a series of isolated experiences with no connection or continuity as visitors and citizens move from airport or station, hotel or home, to museum, park, library, performance, shop and restaurant.

**How can we use the power of storytelling and mobile technologies to knit together a whole that is greater than the sum of its parts?** How can we create “network effects” that mean every urban experience is better because it is woven into the full diversity of voices that make up the fabric of the city? How might the very act of connecting its stories change the city itself?

[izi.TRAVEL](#), the international mobile storytelling company, is leading a “Connected Cities” initiative to encourage the creation of high quality digital content that connects the stories and people that live in and visit US cities. They are offering \$25,000 for collaborative teams in multiple US cities to create content that can be accessed through a range of platforms, including [izi.TRAVEL's mobile app](#). The Connected Cities initiative kicks off this month with the **Baltimore Stories Prize**.

Please join us at the [Baltimore Museum of Art](#) on March 22 for a free working lunch and charrette, followed by drinks at Gertrude's, to help launch the Baltimore Stories Prize and participate in an afternoon of workshops and brainstorming about how we can make Baltimore a more connected city through its stories. At the end of the day, we aim to have formed our plans and a steering committee to manage and award the Baltimore Stories Prize by the end of summer 2016.

**N.B. This event is free but in two parts; [reserve one or both tickets](#).**

- 1. 12-1pm:** Mobile storytelling workshop with lunch: create a mobile tour in 30 minutes and learn about the open technology that has inspired the Connected Cities initiative.
- 2. 1-6:30pm:** Baltimore Stories Prize Charrette: help design and launch the first of the Connected Cities funds.

**Agenda** (Lunch and all sessions are free for registered attendees except drinks at Gertrude's)

**12-1:00:** Working lunch: Workshop on using open platforms for mobile content with izi.TRAVEL experts

**1:00-3:00:** Presentations by leading Baltimore storytellers and creatives on how they connect stories in their work (Confirmed: [Stoop Stories](#), [Lab Bodies](#), [Raphael Alvarez](#))

**3-5:00:** The Connected Cities Charrette & Baltimore Stories Prize planning

**5:00:** Adjourn to Gertrude's for drinks and further conversation (cash bar)

**WHEN** Tuesday, March 22, 2016 from 12:00 PM to 6:30 PM (EDT)

**WHERE** [Baltimore Museum of Art – 10 Art Museum Drive, Baltimore, MD 21218](#)

**Follow the event and join the conversation #MWCC**

**THIS EVENT IS MADE POSSIBLE BY THE GENEROUS SUPPORT OF OUR SPONSOR, [izi.TRAVEL](#)**

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## **Preservation 101 - Preservation Basics for Paper and Media Collections**

### **The 10-Week Online Course**

**May 26–August 11, 2016 (10 classes, 2–4 PM ET)**

Registration Deadline: May 16, 2016

**The instructor-led Preservation 101: Preservation Basics for Paper and Media Collections** provides a foundation in core principles of preservation, using live webinars, online readings, and a class blog. Participants put theory into practice by assessing their own collections and creating recommendations for a long-range preservation plan. Structured guidance on developing an institutional disaster plan is also included.

**Revised and Updated with new concepts in AV and digital formats and digital preservation!**

**Preservation 101 is a hybrid course.** A series of ten interactive webinars builds on assigned readings and shared resources. Feedback will be provided by the instructor. Each webinar is recorded so participants can access the class at a later date.

Who should attend?

- Staff and volunteers at cultural heritage institutions who are responsible for preservation and access projects

- Town clerks, county commissioners, and other municipal records holders

- Corporate archivists and records managers in need of preservation training
- Students or recent graduates of library and information science

**Successful participants receive a certificate of completion. Certified archivists earn 20 Archival Recertification Credits (ARCs)**

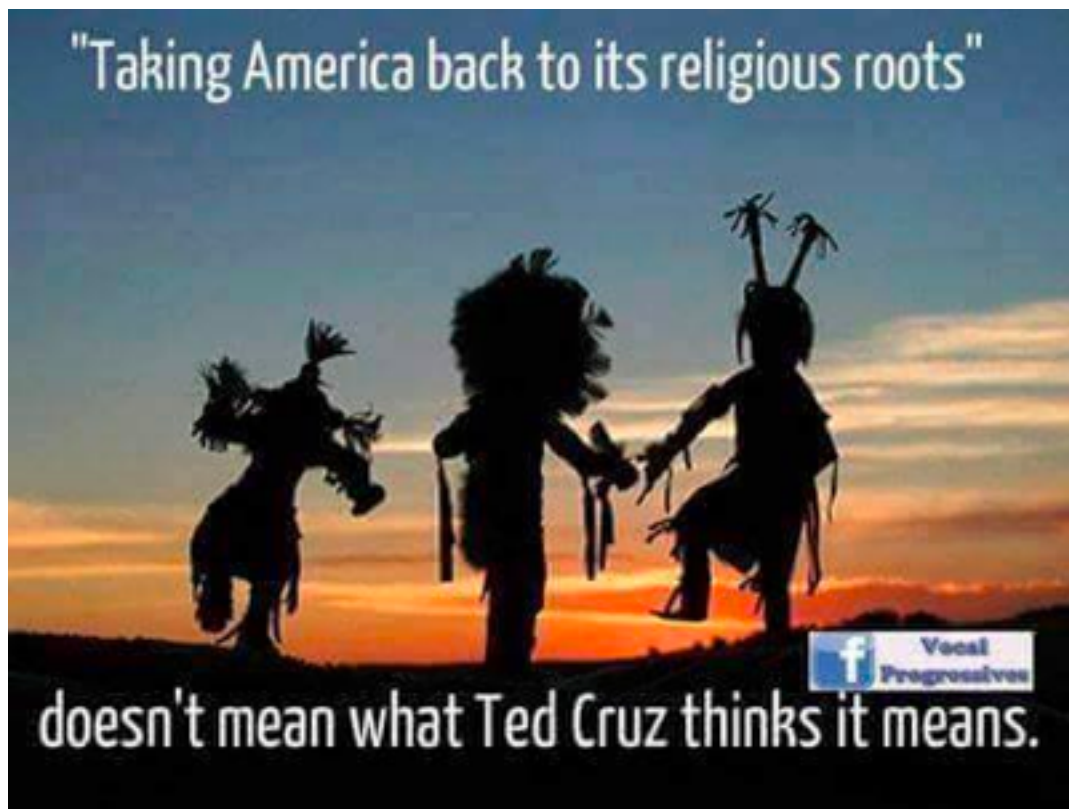
Cost:

\$650

\$500 - Students (Copy of student ID required. Please email a copy to Kim O'Leary.)

[COMPLETE COURSE INFORMATION AND REGISTRATION HERE](#)

QUESTIONS? Contact: [Eva Grizzard](#) NEDCC Preservation Specialist (978) 470-1010



Stephen Fox seeks support for **S.2242, the Save Oak Flat Act**, a bill introduced by Sen. Bernie Sanders (I-Vermont), the Democratic presidential candidate. The bill ensures that Oak Flat, a sacred Apache site, won't be harmed by a copper mine in Arizona.

[#WeAreBernie](#) [#AmericaTogether](#)

(via: [Indianz.com](#))