Journal #4412 from sdc 5.6.19

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<u>Wedding Cakes Rachel's</u>
<u>Cakes*</u> added <u>a new photo</u> to the album:

U.N. Report Says Indigenous Sovereignty Could Save the Planet

MIKE LUDWIG, TRUTHOUT

A new U.N. report finds up to 1 million species are at risk of extinction and ecosystems are declining at a faster rate than at any time in human history but notes that these trends have been less severe or avoided altogether in areas held by Indigenous peoples. Now, these traditional lands also face deforestation, mining and development that threatens ecosystems, the people who depend on them and their knowledge of the Earth. Read the Article



The **NATIVE HEALTH Wellness Warriors Program** is currently looking for Native American children (ages 7-12) and their families who are interested in learning and promoting healthy living.

Come join NATIVE HEALTH's Wellness Warriors at American Indian College Gymnasium (10020 North 15th Avenue in Phoenix) for Basketball Fundamentals on Saturday, May 11, 2019, from 9:00 - 10:00 a.m. This is a great opportunity for all new and existing Wellness Warriors to participate. We will start our event with some dynamic stretching to make sure our bodies are ready to roll. Then we will get into some basic fundamentals before we put all our skills to the test.

Water and snacks will be available. There are free basketballs for the first 30 Wellness Warriors to take home at the end of the event. If you would like more information or to RSVP to this event, please contact Amber at (602) 279-5262 x 3314 or email here.

Last month, our youth completed their first series of the Walking Warriors and played two traditional Indigenous games originated from the Blackfoot Tribe. We started off by stretching and made sure our bodies were ready to tackle one last mile around the park. After we finished, we jumped right into two traditional games, Make the

Stick Jump and Line Tag. Each participant got to test their throwing skills by trying to hit the sticks and making the stick jump. Then we got our bodies flowing with a game of Line Tag. This gave each participant the opportunity to work together to help one person catch another. Ending the event, each participant received one last traditional produce bag and a variety of goodies to take home.

Did you know May is National Physical Fitness and Sports Month? The purpose of this month is to celebrate being physically active every day, whether that be joining a team sport in your community or taking a walk. It does not matter how you stay or start being active, as long you are moving. Here are some tips for staying active:

Limit Electronic Use

- Limit TV time, video games, computer (except for school work) to at least 1-2 hours a day
- Use free time to play tag with friends, a game of jump rope or kickball
- Use commercials from the TV as a break to get your body moving. Try running in place or jumping jacks

Choosing Activities

- As a family, try dancing, walking after dinner, tag, etc.
- Get at least 60 minutes of physical activity to your body moving
- Get your friends together on the weekend and play a game of basketball, soccer, football

Have fun

- Enjoy activities that are fun and you enjoy
- Try something new you haven't done before that you always wanted to try

• Be creative and make your activities a game that everyone can do For more information or to participate in future Wellness Warriors events please contact Amber at (602) 279-5262 x 3314 or email here.

Plan Ahead Calendar:

June 2-7 - Camp Not-A-Wheeze for children with asthma. Scholarships available for Native American youth. For more information call (602) 336-6575. Held in Heber, Arizona.

June 4-5 - Adolescent Health Conference. Desert Willow Conference Center. Maricopa County Department of Public Health and Arizona Department of Health Services. For youth serving organizations (10-19). For more information <a href="mailto:emailto

June 6-7 - Wisdom Warriors Conference.Muckleshoot Elders Complex in Auburn, Washington. For information call Becky at (360) 922-7862.



June 7-9 - NABI Foundation's Road to NABI Boys and Girls Basketball tournaments. For information check the <u>website</u>.

June 8 - Meet American Airlines Captain Duckworth presented by NABI Foundation, Ak-Chin Indian Community Parks and Recreation and Ak-Chin Regional Airport. FREE for all Native American High School youth. 8:45 a.m.-11:00 a.m. Lunch. Limited space. Email NABI and include name, age, grade, contact email, phone and Tribal affiliation.

June 17-28 - 6th Annual Future Health Leaders Institute. TOCC S'UCK DU'AG MASCAMACUD. College credit available. For more information call Daniel at (520) 383-0108.

June 18-20 - 1st Annual Conference: Culturally Responsive Early Childhood Education. Held at NAU, Flagstaff. Registration deadline is June 7., For information contact Denyse at (928) 523-3959 or email her..

June 18-August 6 - Creative Aging Workshops: Navajo Weaving with Velma Kee Craig. Free for adults aged 55 and older. Heard Museum. For information call Marcus at (602) 251-0243 or email <a href="https://doi.org/10.2007/jihi.gov/misson/misso

June 20-21 - 2019 Arizona Women Leading Government Conference. Phoenix Convention Center, South Building. Fee. For more information click <a href="https://example.com/here.

June 21 - Supporting Tribal Caregivers. Native Americans and Alzheimer's Disease Toolkit Training Session. Held at Phoenix Indian School Visitor Center. 8:30-11:30 a.m. For more information call (602) 839-6918.

June 23 - NABI College and Career Fair. UltraStar Elements Room at Ak-Chin Circle in Maricopa. 10:00 a.m.-4:00 p.m. For more information click <u>here.</u>

- July 19-21 Piestewa Games. Maricopa County.
- **July 21 2019 Tribal Community Wellness and Awareness Conference**. Held at Harrah's Ak-Chin Casino & Resort. Free but limited seating. For more information <u>email them.</u>
- August 4-6 American College of Obstetricians and Gynecologists Best Practices in Women's Health: Focus on American Indian/Alaska Native Women's Health Conference. Oklahoma City, OK. For more information click hereince/health/
- **August 5-6 Association of American Indian Physician's 48th Annual Meeting -** University of Minnesota Pre-Admission Workshop held in Chicago. For more information click <u>here.</u>
- August 6-8 Southwest Indigenous Women's Coalition, 6th Gathering for Healthy Relations Conference. Held at Wild Horse Pass Hotel in Chandler. For more information check the website.
- **August 6-9 I.H.S. Diabetes in Indian Country Conference.** Oklahoma City. Free, but registration required.
- August 8-11 Association of American Indian Physicians 48th Annual Meeting and Health Conference. Chicago. For more information click here.
- August 14-15 Roots of a Sovereign Nation 2. Billings, Montana.
- **August 20 ASU American Indian Student Support Services**, SPIRIT Transfer Day for newly enrolled transfer students. 9:00 a.m.-5:00 p.m. FREE. For information click here.
- **August 20-22 Community Health Representatives Summit V**. Held at Casino Del Sol Pascua Yaqui Reservation, Tucson. For more information contact Lydia at (602) 542-5771.
- **September 3 Louis Tewanima Footrace**. Held in Shungopavi, Hopi. For more information click <u>here.</u>
- **September 15-18 4th Annual Conference on Native American Nutrition**. Mystic Lake Center, Prior Lake, Minnesota. For more information click here.
- **September 23-26 National Food Sovereignty Summit**. First Nations Development Institute and Oneida Nation. Held in Green Bay, Wisconsin.
- October 16-17 Banner Alzheimer's 2020 Annual Native American Conference and Preconference on Alzheimer's Disease in Native Americans. Held at Cliff Castle Casino in Camp Verde. For more information call (602) 839-6918.
- **November 8 Native American Women's Conference**. Wild Horse Pass Hotel and Casino, Chandler. For more information click <u>here.</u>

February 18-21, 2020 - 6th International Meeting on Indigenous Women's Health. Albuquerque Marriott. For information email them.

Open thread for night owls: 1000s of Native women go missing, and no gov't agency tallies how many

https://www.dailykos.com/story/2019/5/1/1854660/-Open-thread-for-night-owls-1000s-of-Native-women-go-missing-and-no-gov-t-agency-tallies-how-many

EPA Seeking Candidates for the Human Studies Review Board Nominations Due May 16, 2019

The U.S. Environmental Protection Agency (EPA) is seeking a diverse range of qualified candidates to be considered for the Administrator's appointment to EPA's https://www.govinfo.gov/content/pkg/FR-2019-04-01/pdf/2019-06285.pdf by May 16, 2019.

The EPA Office of the Science Advisor published the <u>Federal Register Notice</u> on April 1, 2019, requesting public nominations of candidate experts with expertise in toxicology, statistics, and bioethics to serve on the HSRB. You are invited to nominate yourself or other candidates for the HSRB and are encouraged to share this request with others. If you have questions about the nomination process for the HSRB, please contact Tom O'Farrell (Designated Federal Officer for the HSRB) at <u>Ofarrell.thomas@epa.gov</u>.

Tantoo Cardinal shines in the new film 'Falls Around Her'

Darlene Naponse and Tantoo Cardinal team up to create a fascinating study of a First Nations musician who leaves her career behind.

Jason Asenap May 7, 2019

Mary Birchbark is tired of performing. When we first see her in Darlene Naponse's newest film, *Falls Around Her*, she is prepping for a rock concert backstage. She emerges to sing to a packed concert venue, but something is amiss. She heads backstage, ditches the venue and quickly escapes without telling a soul. Anyone who's ever tried to run from messy entanglements knows it's never that easy. The past has a way of making sure it will be dealt with.

Mary is played by accomplished Métis actress Tantoo Cardinal, who, at this stage in her career, is at the top of her game. Indigenous women in film are frequently written as stereotypes: strong and matriarchal, women of virtue, either the backbone of the family or a hopeless wreck. Cardinal herself has played many of these roles, from the faithful Black Shawl in 1990's *Dances with Wolves* to Arlene Joseph, a woman trying to get her life together in 1998's *Smoke Signals*. But Naponse, who is Anishinaabe, gives us a different take, this time showing an older Indigenous female artist in the midst of a nervous breakdown, who still maintains agency and a

complex inner life. She's not taking care of others or dispensing lessons. She has her own stuff to work out, and it's fascinating.



Tantoo Cardinal plays Mary Birchbark, a disillusioned musician who returns to where she grew up. Film still from "Falls Around Her" After abandoning the show and her life on the road, Mary returns to the Atikameksheng Anishnawbek First Nation Reserve in northern Ontario to recharge in isolation. Her family, however, has other plans. They want to restore Mary to their idea of wellbeing, but they don't completely understand where she's coming from.

Mary isn't like them. She's determined to regroup and refocus her life in private, and no one will leave her alone. Mary explains to her sister, "I've got this process." Her sister replies, "Is it working?" To which Mary quickly replies, "Not really."

Sex is seldom touched upon in Indigenous cinema, and it's refreshing to see how Naponse and Cardinal handle it in the film. There is a masturbation scene, a rarity for female characters in cinema, much less for an Indigenous character, and it's a bold choice that can and should be developed further by other Indigenous filmmakers. Native people have sex, too, sometimes by themselves. Additionally, Mary has at least two (white) lovers, and a possible Indigenous third (Albert, played by Johnny Issaluk), who keeps knocking, attracted by her talent and complexity. The fact that her lovers are white is not commented on, because, well, it doesn't need to be. Rare is the chance to see an Indigenous woman own her own sexuality in film.

It's inspiring to watch Cardinal shine front and center throughout the film. When you watch her on screen, there's a sense of wonderment in Cardinal's eyes: They hint at unspeakable pain and yet convey perseverance, with a hint of anticipation. She is impossible to look away from.

Cardinal's performance in *Falls Around Her* is in direct conflict with the simplistic way the general public generally wants to see Indians, or believes it knows them. People like Mary Birchbark are not here to provide guidance or offer sage wisdom. She is trying to find her way, just like everyone else. Her very existence reveals that the inner life of Indians can be just as messy as anyone's — maybe even messier.

I would be remiss if I did not note an unfortunate instance of cliché sound design: the requisite sound of a rattle during a tense scene. As an Indigenous viewer of Indigenous films, I am averse to several things, three of them being eagle cries, flutes and rattles. They always take me out of the story. These tropes have been used by non-Native filmmakers for decades and, unfortunately, adopted by many Native filmmakers. You could argue that these sounds are real things in Indigenous communities and that maybe we should reclaim them. You wouldn't get an argument from me, if it were done correctly, but it is difficult terrain to navigate. Until we figure out how to use these sounds wisely, we should declare a moratorium.

In the end, Darlene Naponse has created a rite-of-passage film with an elegant protagonist who remains in my memory. Mary Birchbark is a thoroughly developed Indigenous female character, and Cardinal's understated and efficient performance is the kind that only a professional at her level could do. When an Anishnaabe man asks Mary outside of a market, "Why did you stop singing?" Mary simply replies, "I was tired." Sometimes you just get tired, and you don't owe anyone any answers.

Jason Asenap is a Comanche and Muscogee Creek writer and director (and an occasional actor) based in Albuquerque, New Mexico. Email High Country News at editor@hcn.org or submit a letter to the editor.

- How Native filmmakers are restoring cinematic narratives
 Read more
- Pawnee comic Howie Echo-Hawk wants to see you squirm
- Indigenous comics push back against hackneyed stereotypes
- The Two Bulls family leads an Indigenous art renaissance
- Kiowa writer N. Scott Momaday finally gets the film he deserves

On May 7, 2019, HUD published the **Notice of Funding Availability (NOFA) for the Indian Housing Block Grant (IHBG)-Competitive Grants Program.** This NOFA announces the availability of \$198 million for competitive grants to Indian tribes and tribally designated housing entities eligible to receive IHBG funding under the Native American Housing Assistance and Self-Determination Act of 1996, as amended (25 U.S.C. 4101 *et seq.*).

Applicants will have until 11:59:59 EST on August 8, 2019, to submit applications via https://www.grants.gov/. Applicants unable to electronically submit an application may request a waiver in accordance with Section IV.A. of the NOFA.

In the coming weeks, ONAP will post NOFA training materials on the Codetalk page, including details on in-person training sessions at each ONAP Area Office. Interested applicants may review these training materials and attend in-person training before submitting an application. Please continue to check Codetalk for more information regarding training resources.

This is an exciting opportunity to fund critical affordable housing projects in your communities. I strongly encourage you to apply. The NOFA can be found at: https://www.grants.gov/web/grants/view-opportunity.html?oppld=315659.

If you have any additional questions about the NOFA, please contact lHBGCompetitiveProgram@hud.gov or your ONAP Area Office. Thank you for your interest in the IHBG Competitive Grants Program.

Sincerely, Heidi J. Frechette, Deputy Assistant Secretary for Native American Programs

trying to open its own national park

Trump appointee pressures wildlife official to reverse decision, threatening river and species

The Blackfeet Nation is

https://www.dailykos.com/story/ 2019/5/6/1855398/-Trump-appointeepressures-wildlife-official-to-reversedecision-threatening-river-and-species



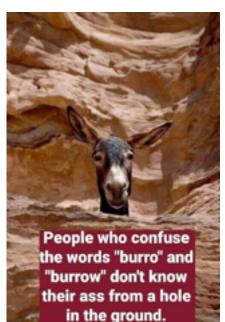
The potato chip exploded onto the American culinary scene in 1853 thanks to George Crum, a Saratoga Springs, N.Y., cook of African American and Native American heritage. The popular "Saratoga Chips" spread quickly down the East Coast to Pennsylvania Dutch country sometime before the turn of the 19th century.

www.npr.org/sections/thesalt/2019/04/29/706921280/how-

the-pennsylvania-dutch-turned-a-rural-town-into-a-snack-food-empire?cmpid=email-hist-inside-history-2019-0507-05072019&om_rid=9a01a9f6b5fe3e9c050c44f92ee87498dda5547dfdc058bd 2b80d77133b21df5&om_mid=623156269&kx_EmailCampaignID=29702&kx_EmailCampaign_Name=email-hist-inside-

history-2019-0507-05072019&kx EmailRecipientID=9a01a9f6b5fe3e9c050c44f92ee87498dda5 547dfdc058bd2b80d77133b21df5

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." —William Arthur Ward



And so here is the opportunity for Tribes to reclaim territory:

Most of America's rural areas are doomed to decline

David Swenson, Iowa State University

Since the Great Recession, most of the nation's rural counties have struggled to recover lost jobs and retain their people.

These Indigenous Women Are Reclaiming Stolen Land in the Bay Area

Deonna Anderson, YES! Magazine

Anderson writes: "On a cool morning in December, Johnella LaRose stands in a 2-acre field in east Oakland, overseeing a group of volunteers preparing a section of this land that the Sogorea Te Land Trust stewards for the arrival of a shipping container. LaRose is dressed to work, wearing jeans and boots that look broken in."

READ MORE

Appeal from Indian Country Today

A few years ago I had a chance to ask then <u>President Bush about tribal sovereignty</u> in the 21st century. His famous response include you're "a sov-v-veign, you're a sovereign."

Truth is we are sovereigns. And there is another kind of sovereignty: The sovereignty of a free, informed people.

That, my friend, is us. We look at the big issues of the day and write about them by adding context for decision-makers, especially tribal citizens. We raise the discourse by producing independent, thoughtful journalism.

That's where you can help. Today is the last day of our Spring Fundraising Drive. We really need your help to reach our goal. Would you send \$10 or \$20 today. (And if you send \$100 we will mail you a pair of our socks.)

Last year — thanks to reader support — we did far more than we thought possible. We hired some forty Native journalists to produce an election night report. We keep thinking: What if we could hire this much talent all the time? We can. With your help. We will expand our news gathering and reporting and help change the story about Indian Country.

This is a sovereign act. And so is your contribution. Thank you.	Mark Trahant

"This world is divided roughly into three kinds of nations: those that spend lots of money to keep their weight down; those whose people eat to live; and those whose people don't know where their next meal is coming from."

The Wealth and Poverty of Nations: Why Some Are So Rich and Some So Poor

Author: David S. Landes Publisher: W.W. Norton & Company, Inc.

Copyright 1999,1998 by David S. Landes Pages: xix

rgj.com

Nevada State Museums: The heritage lives here

From pre-history to statehood to the entertainment capital of the world,...

Out of State.

Out of State is an intimate look at the lives of two Native Hawaiians, David and Hale, sent thousands of miles away to a private prison in the Arizona desert. In this unlikely setting, these men find a community and discover their indigenous traditions from a fellow inmate serving a life sentence. Hoping for a fresh start and eager to prove the experience changed them forever, the two men finish their terms and return to Hawai'i. But once



on the outside, they wonder if it's possible to ever go home again.

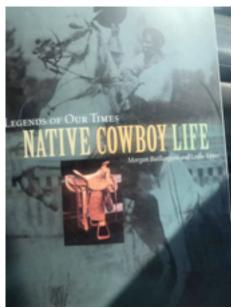
"The themes this powerful, poetic film explores are specifically grounded in a uniquely Hawaiian experience...Yet the story, the complex characters, and the struggles they face have universal relevance."-*Hawai'i International Film Festival*



Native Hawaiian Prisoners Learn Their Culture While Far From Home

Hawaiian writer **Christine Hitt** dives deeper into how Native Hawaiian men in prison can--and why they should--<u>discover what it means to be Hawaiian</u>, and how a Hawaiian Renaissance in the '70s helped revitalize that cultural connection.

<u>Native Hawaiian director Ciara Lacy</u> talks about how making this film helped heal herself as much as the men in the film.



Dee Numa

In 1962 Fitzwater excavated an area in El Portal so the Park Service could build a Sewer Plant. Fitzwater excavated 23 full remains of Paiutes and today the park service claims they have no knowledge of the 23 burial bundles. In 1962 Fitzwater sent the remains to the Fowler Museum of UCLA and later the Fowler Museum sent everything back to the Yosemite National Park. Under the Inventory of Indian Remains, the park service refused to allow the non-profit Southern Sierra Miwok inc to claim the Culturally Unidentified Bones and Remains with the following statement. The statement says although these remain stating they could not be Miwok since these remains were deposited prior to the Miwoks arrival to the area. Well it has been studied and the soil around the park is to acidic and there is no real way to determine the Ancestry of these El Portal Remains. However, the funeral remains such as Obsidian was traced to Paiute Mono Lake! The Owens Valley Brown Ware is traced to Owens Valley which has been occupied by the Paiutes for 10,000 years. The other factor is Red Orche which was found in these grave pits which is proof these remains are Uto Aztecan Paiutes. Yosemite National Park Service lies to the public with the signs throughout the park stating the Miwoks were the Ahwahneechee Band since Chief Tenaya said his father was from Ahwahnee. However, if you read the Creation Story of the Owens Valley Paiutes, You will see they document a great flood, and the People, the Numa, went to Mount Tom they called O Wah nee. Its all a big lie told to the public that the Miwoks were the original Indians of the park, but the Book called First Discovery of Yosemite documents Chief Tenaya was born around Mono lake which is Paiute. The book stated his Mother was a Mono Lake Paiute where Chief Tenaya was born and raised. When he reached adulthood, he took 300 Mono Lake Paiutes into Yosemite and created the Pah-Ute Colony of Ahwahnee. Today the park service has erased Chief Tenaya's story to erase the Paiutes from the valley in favor of the nonprofit Southern Sierra Miwok's bid for federal recognition. The park service also uses historical Paiute photos and labels them Miwok.

