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A Lesson from the Buffalo

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Indigenous Women Rising



ONE Spirit A Lesson from the Buffalo

Most animals, when sensing an approaching storm, turn their backs to it and try to outrun it...many humans do the same. The problem with this strategy is that we end up running with the storm as it overtakes us which prolongs the suffering.

Buffalo do something pretty unique though. Instead of running from the stormy weather, they turn and face it head on. By turning directly in to the storm, it passes them much more quickly, shortening the duration of the suffering.

What a great metaphor for us as we choose how we will face our storms!

Stop Deforestation



NEPA overhaul won't be 'overnight game changer'

By E&E News, 1/10/2020

The Trump administration heralded its latest environmental rollback as an end to drawn-out legal brawls challenging high-profile energy and infrastructure projects. But experts say the legal implications of planned changes to rules surrounding the National Environmental Policy Act would be much less dramatic. Judges have used the statute to strike down a State Department permit for the Keystone XL pipeline to cross the U.S.-Canadian border and Interior Department approvals to develop oil, gas and coal on public lands in the West.

Trump to Veto Bill Intended to Keep Forever Chemicals out of Groundwater

The White House announced Tuesday that it plans to veto the PFAS Action Act of 2019, which aims to keep harmful forever chemicals out of groundwater.

EPA Makes Rollback Of Clean Water Rules Official, Repealing 2015 Protections

The change ends an "egregious power grab," Environmental Protection Agency Administrator Andrew Wheeler says. [npr.org](https://www.npr.org)



Opportunities

January 15, 2020 Deadline - Yale Young Global Scholars Program - Globally diverse two week academic summer enrichment program for high school students. Held at Yale. For more information or to apply click [here](#).

January 19 Deadline - U.S. Forest Service Native American Research Assistantship. For bachelor's or master's students in wildlife biology, ecology, forestry, or other closely related discipline. For more information click [here](#).

January 31 Deadline - Mayo Clinic Arizona's is offering a second Mayo Clinic CARES (Career Advancement Research and Education Summer) in June-July 2020. For freshman, sophomore and junior underserved students. Three days per week for five weeks. For more information contact Chara at [Mayo's Office for Diversity](#).

February 1 Deadline - Native Youth Disability Empowerment Leadership Award at the American Indian Disability Summit. For youth up to age 22. For more information contact Rosalie at (602) 254-6407.

February 15 Deadline - STEP UP research experience for 11th and 12th grader Native American students. 8-10 week research experience. For more information click [here](#).

February 19 Deadline - 2020 Native American Research Internship, University of Utah, School of Medicine for undergraduate junior and senior students. Ten week paid summer internship funded by National Institutes of Health. For more information contact [Janet via email](#).

February 19 Deadline - Summer Integrative Neuroscience Experience (SINE) at the John D. MacArthur Campus in Jupiter, Florida. Paid, ten week program for students that prepares them for graduate studies or careers in STEM disciplines. For more information click [here](#).

February 26 Deadline - Indian Health Service Summer 2020 Externship Program. Externships will be May 2020-August 2020. For more information click [here](#).

February 28 Deadline - Institute for Tribal Environmental Professionals 2020 Student Summer Internship. For more information click [here](#).

March 1 Deadline - Paid Museum Studies Internships at Indian Arts Research Center in Santa Fe. For more information check their [website](#).

March 1 Deadline - 2020 Vision Maker Media Short Film Production Fellowship. For more information click [here](#).

March 2 Deadline - PREP@UAZ is for all members of AI/AN Tribes in the US. A research program that honors indigenous perspectives to increase the diversity of Ph.D. level scientists. Application fee waivers and more. For information email [Tiffani](#).

March 5 Deadline - Udall Undergraduate Scholarship. For college sophomores and juniors for leadership, public service, and commitment to issues related to Native American nations or to the environment. Expected to award 55 scholarships of \$7,000 each. For more information contact Jason at (520) 901-8564 or email [him](#). For additional information or to apply click [here](#).

March 20 Deadline - Summer Research Enhancement Program of Dine' College. 10 week program designed to prepare Native American freshman and sophomore college students for careers in public health and health research. For more information click [here](#).

2020 Recharge Conference Registration - Annual ASU's RECHARGE encourages American Indian students in grades 7-12 to invest in their education, future, and community. The event features emerging activities and inspiring presentations on college preparedness, financial aid/scholarships, college majors, culture/identity and specialized ASU campus resources. Held at January 30 at ASU Tempe. For more information click [here](#).

Summer 2020 Internship Opportunity - JP Morgan Chase For more information click [here](#).
Redesigned AMBER Alert website now features Indian Country Resources - Office of Juvenile Justice and Delinquency Prevention. For more information click [here](#).

Resources

Free Training - HHS Office on Trafficking in Persons SOAR for Native Communities Online Modules. Series of training modules for professionals. For more information click [here](#).

A Roadmap for Increasing Access to Justice & Opportunity for Tribal Members with Criminal Records Through Collaboration and Partnership - From Root & Rebound and the Yurok Tribal Court. For more information or to view the document click [here](#).

Home in Five Advantage -The Home in Five Advantage program helps low and moderate income homebuyers by offering a competitive loan interest rate with a non-repayable grant for down payment and closing costs. Additional assistance is also available to qualified U.S. Military personnel, veterans, teachers, first responders, and individuals with an annual income up to \$31,450. For more information, click [here](#).

Clothing from Heaven - Free clothing for Tribal members. Clothing is distributed by plane by a nonprofit organization. For information check the [website](#).

AZ Tribal Health Listserv - UA, Mel and Enid Zuckerman College of Public Health. To sign up for the listserv click [here](#).

Sesame Street Workshop, Little Children, Big Challenges: Incarceration. For information click [here](#).

Hunger Hotline - WhyHunger collects and distributes information about programs that address the immediate and long-term needs of struggling families and individuals. The national WhyHunger Hotline (1.800.5HUNGRY or 1.800.548.6479), refers people in need of emergency food assistance to food pantries, government programs, and model grassroots organizations that work to improve access to healthy, nutritious food, and build self-reliance. To view their website and locate food resources click [here](#).

Food Insecurity Assessment Tool and Resource List - Easy to use tool from I.H.S. to find out if patients/ clients have access to enough nutritious food. To view the document click [here](#).

My Native Plate - Two page nutrition education tool, designed as a placemat. Easy to understand and shows balanced meals with reasonable portion sizes. For information click [here](#).

Healthy Native Youth - Raising Healthy Native Youth Through Culturally Relevant Health Education. For information check the [website](#).

Tips for Staying Active at Any Size - The National Institute of Diabetes and Digestive and Kidney Diseases has tips for increasing activity at any size. For information [click here](#).

Use of Technology with Young Children - Departments of Health and Human Services and Education released a joint policy brief on the use of technology with young children to help families and early educators use technology to promote active, engaged, meaningful, and socially interactive learning. The American Academy of Pediatrics suggest for children younger than 18 months to avoid use of screen media other than video-chatting. Parents of children 18-24 months of age who want to introduce digital media should choose high quality programming, and watch it with their children to help them understand what they're seeing. For children ages 2-5 years, one hour of technology use is appropriate per day, inclusive of time spent at home and in early learning settings and across devices. Another great resource for families is [Common Sense Media](#).

Native American Children's Literature Recommended Reading List - For information click [here](#). For additional information on the [American Indians in Children's Literature website](#) [click here](#).

City of Phoenix Open Doors Homeownership Program - Assists first time home buyers with the purchase of an affordable home in the City of Phoenix. Based on need, the program provides up to \$15,000 to assist with down payment and closing costs. Must complete 8 hours of home buying education from US HUD certified housing counseling agency. For information click [here](#).

Double Up Food Bucks - Double Up Food Bucks Arizona is a nutrition-based, federally funded program that helps people bring home more healthy fruits and vegetables, while also supporting Arizona farmers. The program doubles the value of SNAP (formerly food stamps) benefits used at farmers markets. Use your SNAP Quest Card at participating farmers markets and every dollar you spend is matched with an extra dollar to spend on more Arizona-grown fruits and vegetables, up to an additional \$20 in free fruits and vegetables per market visit. Visit www.doubleupfoodbucksarizona.org to find participating farmers markets including hours and locations or ask about Double Up Food Bucks at the information booth the next time you shop with your SNAP Quest Card at your favorite farmers market. Program of Pinnacle Prevention.

Social Determinants of Health Screening Tool - CMS developed a 10-item screening tool to identify patient needs in 5 different domains. Clinicians and staff can use short tool across spectrum of ages, backgrounds, etc. and is streamlined enough to be incorporated into busy clinical workflows. For more information click [here.](#)

Housing Resources for individuals with past issues (evictions, credit checks, Section 8) - For information click [here.](#)

United Food Bank's Help Yourself Food Box Program - Through the help yourself program, clients can purchase a box of food for \$20 which includes a variety of fresh meats, produce & dry goods (a value of about \$40) For an extra \$13, you can get extra meat selections. Clients can also select from additional bonus items like bread, pastries, dairy products and deli products depending on availability. Cash or Food Stamps accepted No restrictions or qualifications 358 E. Javelina Drive, Mesa, AZ 85210, (480) 926-4897. Fridays from 8:00 am-noon, excluding holidays. Open to the public.

Labor's Community Service Agency - SHIFT Program. Offers vehicles at a very low price to working poor families that have identified transportation as a major barrier to their long-term financial independence. Financial coaching and workforce development services through LCSA. For more information click [here.](#)

Direct Home Loans for Native Americans Veterans Benefits Administration (VBA) - The NADL program makes home loans available to eligible Native American Veterans who wish to purchase, construct, or improve a home on Federal Trust land or to reduce the interest rate. For information click [here.](#)

Fee waived for homeless vets - Arizona veterans struggling with homelessness will no longer have to pay the \$25.00 fee for a new driver's license or state ID, under a new law. To qualify for the waiver, the Motor Vehicle Department will verify homelessness and veteran status. For information check the [website.](#)

Native American Business & Economic Development Center - Helps American Indians, Alaska Natives and Native Hawaiians start a business or grow an existing business through innovation, entrepreneurship, and strategic planning. Located in Phoenix and Mesa. For more information call Kaaren at (480) 343-2799

[In a sensational achievement, a 26-year-old tribal girl hailing from the remote Rangamura village in Khowai district in Tripura has written a success story for herself by becoming the first-ever woman Air Traffic Controller \(ATC\)](#)



[Tribal girl from Tripura became state's first woman Air Traffic Controller](#)
theyouth.in

[The climate policy milestone that was buried in the 2020 budget](#)

This is the first time the government has funded research into schemes to engineer the climate.

<https://www.theguardian.com/culture/2020/jan/05/mayflower-400-events-could-help-recover-lost-native-american-treasure-wampanoag-wampum>



[Marijuana poised to overtake mining in state tax revenue | Nevada Current](#)

[The nation's largest gold mining industry fails to pull its weight when it comes to generating Nevada tax revenue.](#) nevadacurrent.com

[Nevada School Choice Feb 1 11 AM · Whitney Peak Hotel](#)

Looking for school options for your children?

We are hosting a school choice fair where you can learn about charter, magnet, private schools and homeschooling! And also how to access the Opportunity Scholarship that provides up to \$8,262 to attend private schools.

We will have entertainment for your children: ... See More

-7:29 [Yellow Bird](#) was live. [Follow](#)

The Runners have made it to the HOMELAND!

[#FortRobinsonRun2020](#) [#FtRobRun2020](#)

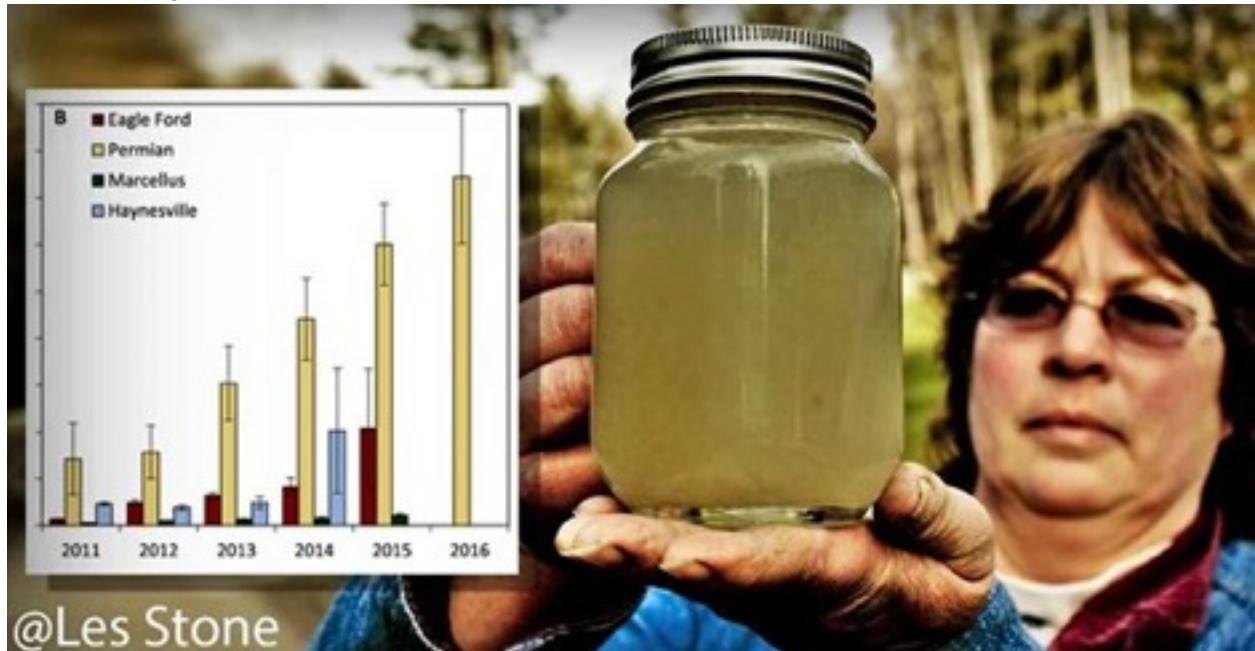
[#YellowBirdLifeWays](#) [#YellowBird](#)

courthousenews.com [Judge Orders Feds to Reevaluate Tribal Recognition Rule](#)

[A federal judge declined on Friday to order the government to allow the Chinook Indian Nation to reapply for federal recognition, but he did toss out the Department of Interior's decision to ban such second tries and told the department to reevaluate the rule.](#)

[In a time of tragedy I came across this speech by Carl Sagan and wanted to share it with you. Click here to watch it on YouTube https://www.youtube.com/watch?v=EWPfmdAWRZ0](https://www.youtube.com/watch?v=EWPfmdAWRZ0) Many blessings to you all. Anne

[A Duke University study says the fracking industry is sucking up the nation's drinkable water and replacing it with toxic waste.](#)



[Shocking Study Shows Fracking Is Depleting US Drinking Water Sources at a Catastrophic Rate](http://thefreethoughtproject.com) thefreethoughtproject.com

Rules for raising kids.

1. Never lie to them. They are smart as hell and need truth more than protection.
2. Tell them you love them every day.
3. Hug and kiss them frequently. If they never receive physical affection they won't know how to give it or handle it.
4. Let them get hurt. Pain is an invaluable teacher. They will only touch a hot stove once.
5. Let them solve their own fights. When they run to you to solve the issue say "solve the problem" and stand back.
6. Teach them about money, cash flow, business and economics. School isn't, this knowledge is 100% up to you.
7. Get them a dog.
8. Teach them to survive. Teach them to hunt, fish, build a shelter, start a fire, grow food, and find clean water.
9. Teach them manners. Please and thank you, yes sir, yes ma'am should never be encouraged but expected. If you have no manners, neither will they.

10. Give them all of you. Let them see you cry. Let them see you rage. Never hide your feelings or emotions from them.
11. Build a relationship with them. They deserve more than your clients, golf buddies or girlfriends. Ask them questions. Find out what they love, ask them what they fear. Actively be investing in a relationship with them.
12. Be in their world. If they like video games, play video games with them. If they like sports, play sports with them. Do things THEY want to do even if it's not your cup of tea.
13. Date them at least monthly. Men take the boys out for guys night and your daughters out for daddy daughter dates. Be 100% present with them.
14. Discipline with intention. Discipline them but teach them the lesson after. Always hug and kiss them and tell them you love them after you discipline.
15. Let them be a kid. They are nerdy, stinky, emotional creatures. Don't try and make them a smaller version of you, let them be a kid.



2.

[Canada phases out BC net pens](https://oursound-oursalmon.org) oursound-oursalmon.org

In a victory for wild fish and First Nations, fish farms will be leaving British Columbia's waters. Canadian Prime Minister Justin Trudeau followed through on an election promise in a letter to the incoming Minister of Fisheries, Oceans, and the Canadian Coast Guard, informing Minister Jordan that o...

Indigenous Women Rising

Invitation to lead the Reno Women's March

- MEET AT THE BELIEVE SIGN AT 10 AM.
- MARCH BEGINS AT 11:00 AM.
- NATIVE WOMEN WILL MARCH BEHIND BANNER AND SACRED DANCERS.
- ALL INDIGENOUS PEOPLES SHOULD REPORT TO THE FRONT.
- WEAR YOUR RED RIBBON SKIRTS, TO HONOR MISSING AND MURDERED INDIGENOUS WOMEN.
- BRING HAND DRUMS AND SONGS.
- ALL TRIBES FROM NEVADA AND ACROSS INDIAN COUNTRY WELCOME.

FOR MORE INFO
BHARRY@PLANACTION.ORG



PROGRESSIVE LEADERSHIP ALLIANCE OF NEVADA ACTION FUND



**SATURDAY,
JANUARY 18TH
10AM @ THE BELIEVE SIGN**

