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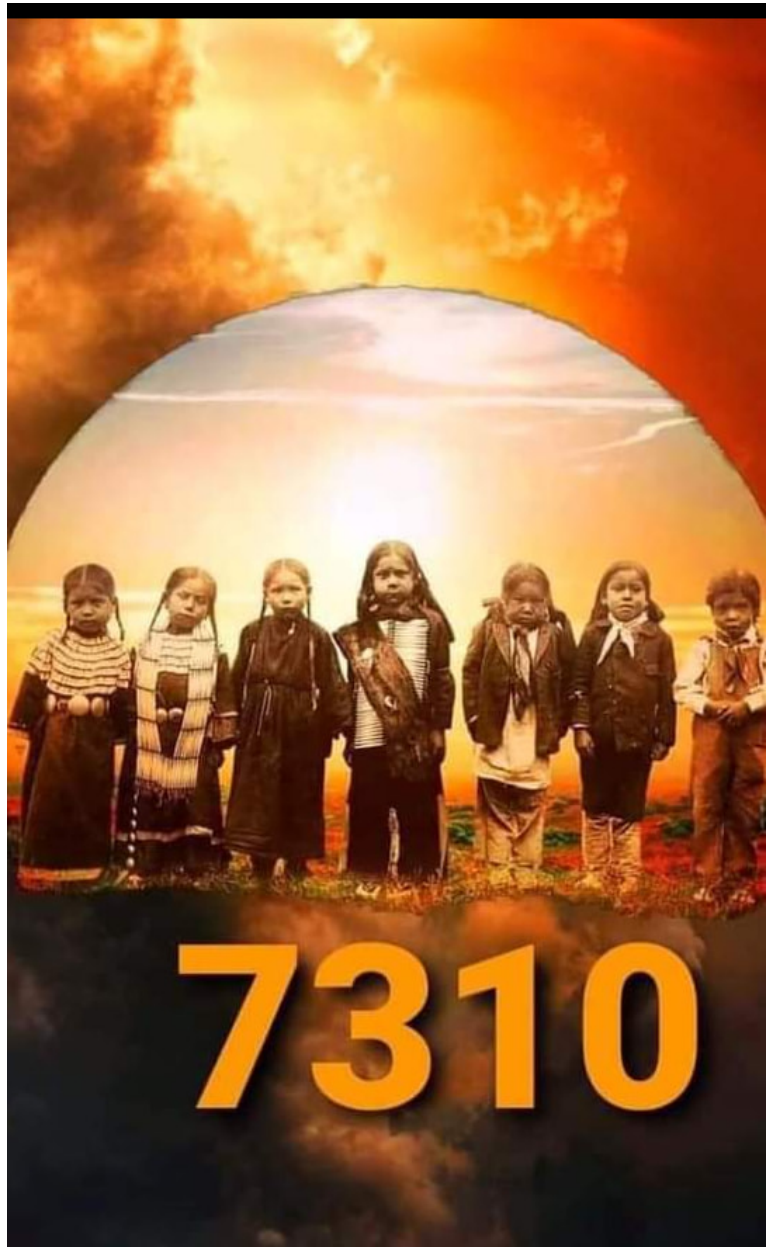
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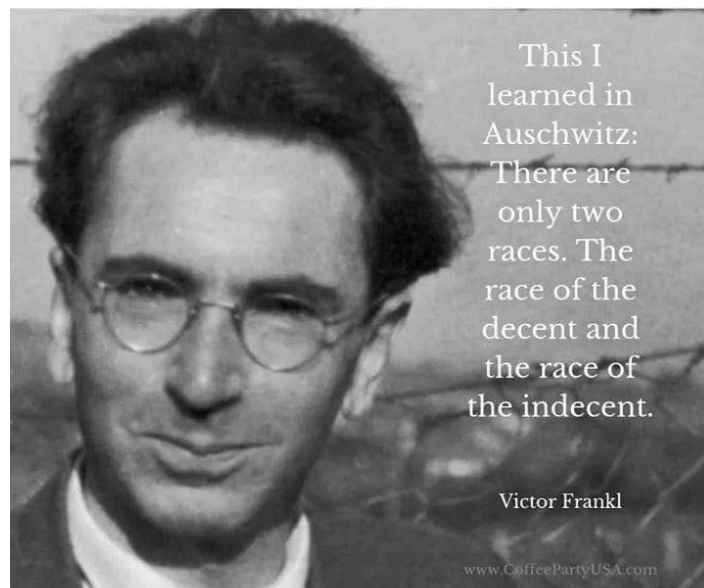


PBS

“It was a good time 120 years ago to tell this story,” says the director of a new documentary about Indian boarding schools. “It’s not in the history books.” [#HomeFromSchoolPBS](#) (From [WTTW - Chicago PBS](#))



Canada’s ‘crying shame’: The fields full of children’s bones | Indigenous Rights | Al Jazeera
https://www.aljazeera.com/features/2021/11/21/canadas-crying-shame-the-fields-full-of-childrens-bones?utm_source=pocket&utm_medium=email&utm_campaign=pockethits



Oak Flat update

"Immediate, permanent, and large in scale."

That is how a final environmental impact statement issued by the federal government described the level of damage that would be done to the sacred Indigenous site of Oak Flat in Arizona if a major mining project is allowed to take place on the land.

[I'm reaching out to you about this urgent issue today, on Indigenous Peoples' Day, because there's a critical action you can take to put a stop to it.](#)

Oak Flat – the loose English translation of *Chi'chil Bildagoteel* – is land that is held sacred by the San Carlos Apache Tribe, the Western Apache Tribes, and many other Southwest Tribes. These ancestral homelands are now at risk of being totally destroyed by a foreign copper mining project if Congress does not pass a critical piece of legislation: The Save Oak Flat Act. This bill is currently the only one seeking to permanently protect the sacred site – and if passed it would prevent the mining project from moving forward.

[That's why it's imperative our lawmakers hear from as many of us as possible right now: Urge your member of Congress to defend religious freedom and Indigenous rights at this moment – and support the passage of the Save Oak Flat Act](#)

Resolution Copper, a joint venture of two foreign mining companies, is set to acquire Oak Flat for its own mining purposes due to a 2015 federal land swap provision.

President Trump officially set this swap into motion right before he left office. And while President Biden did halt the measure – it's only a temporary protection.

That means if Congress does not act, the San Carlos Apache Tribe, the Western Apache Tribes, and many other Tribes in the Southwest could suffer the permanent closure and total destruction of their sacred site. We can't allow that to happen.


[The Save Oak Flat Act will permanently repeal the federal land exchange and protect this sacred Indigenous site from devastation: Please tell Congress to support this bill now.](#)

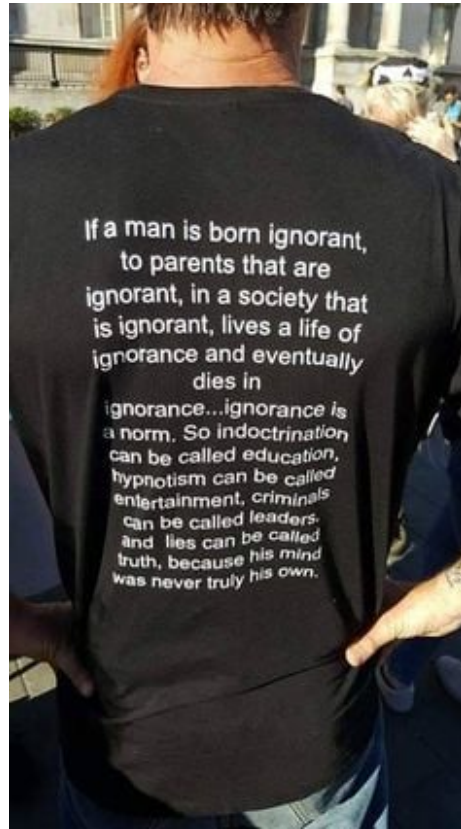
Thank you for your action,

Ian Thompson

Pronouns: He, him, his

Senior Legislative Advocate, ACLU

Sponsor:	Rep. Grijalva, Raúl M. [D-AZ-3] (Introduced 03/12/2021)
Committees:	House - Natural Resources 
Committee Meetings:	04/28/21 11:00AM 04/13/21 1:00PM
Latest Action:	House - 04/28/2021 Ordered to be Reported by the Yeas and Nays: 24 - 19. (All Actions)



newyorker.com [Early Civilizations Had It All Figured Out](#)

[A contrarian account of our prehistory argues that cities once flourished without rulers and rules —and still could.](#)



INDIANCOUNTRYTODAY.COM

Bobby Wilson on 'demanding' Native representation

Poet, visual artist and actor Bobby Wilson shares his journey going from a troubled teen i



Dee Numa

In the Paiute language, **We call Our Traditional Tule House " Kahnee "**
Fallon Historical Museum



INDIANCOUNTRYTODAY.COM

Shawnee reclaim the great Serpent Mound

Ancestors of Native Americans, not prehistoric giants or space aliens, built the mound in Ohio

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### **John Kuroski**

"We were a war-faring people. Naturally, I thought about the famous warriors when I went to Germany. I had a legacy to live up to."

Joe Medicine Crow was born in 1913 on the Crow Reservation in Montana. His maternal grandfather had been a scout for General Custer prior to the Battle of Little Bighorn and raised the boy in the ancient warrior tradition of his people. He spent his youth training in the frigid Montana winter to withstand the extreme cold while also becoming an expert tracker, marksman, and horse rider by the time he was just a teenager. So when Joe Medicine Crow joined the U.S. Army in 1943 to fight the Nazis in Europe, he was more than ready.

Soon, he earned his title as the last Crow war chief by accomplishing the four necessary feats of valor in battle: touch a living enemy, take an enemy's weapon, lead a successful war party, and steal an enemy's horse. To complete the final test, he stole a whopping 50 horses right out from under the Nazis' noses all at once — while singing a traditional Crow praise song as he rode off.

Learn the epic full story of Joe Medicine Crow: <https://bit.ly/30IASNb>



**During World War II, American soldier Joe Medicine Crow earned his title as the last Plains Indian war chief after completing the four necessary tests of valor in battle — including stealing 50 SS horses right out from under the Nazis' noses .**



GREENLIVINGTRIBE.COM

### **The Most Alien-Looking Place on Earth is Rife With Out-of-This-World Plant Life - Green Living Tribe**

The island of Socotra in the Indian Ocean is like walking on another planet with its unique plant life.

### **Joe Martin**



Smithsonian Voices

[A Kumeyaay Folktale Illuminates Why the Sun and Moon Shine at Different Times](#)

### **[Colorado River: An update on efforts of the Lower Basin states to address worsening conditions](#)**

By Maven's Notebook, 11/24/21

While the negotiations have not yet started for the new guidelines for the management of the Colorado River, the lower basin states (California, Nevada, and Arizona) still have been meeting regularly to discuss the response to the worsening drought conditions, which have outpaced what was anticipated when the Drought Contingency Plan was adopted.

**"They are the future of #NativeAmerican heritage!!!"**

<https://ntvho.pe/3zcPsms> presidential addresses regarding native americans 27,127

## Learn about Lakota food traditions with a Facebook Live cooking demonstration



Lisa Mni-Iron Cloud works with people across the country who want to learn more about traditional foods including identifying, harvesting, and processing.

Join Lisa and Arlo — back by popular demand — for a **cooking demo on November 30** at 6 pm MST as they walk you through how to make Lakota-style buffalo soup.

You can also [watch their video on making buffalo hoof soup](#).

[Join the Live Cooking Demonstration](#)

## Hear from Native buffalo producers

Did you miss our panel discussion of Native producers who are supported by Tanka Fund? **You can watch the recording here** on why these buffalo caretakers support the return.

## **#SupportTheReturn of the Buffalo to Native lands, lives, and economies**

Did you know that the placement of Native reservations were based on areas with low natural resources with economic isolation in mind?

Tanka Fund is working to lessen the effects of this injustice through the establishment of their buffalo producers' regranting program and participation in Tanka Resilient Agriculture Company (TRAC). Through these strategies, Indigenous buffalo producers are able to gain increased access to capital and technical assistance to help navigate systemic barriers in the agriculture world.

Model after Tanka Fund and show your support for Indigenous economies in the following ways:

1. Send us a short phone-recorded video letting us know why you **#SupportTheReturn**. Send video to [info@tankafund.org](mailto:info@tankafund.org).
2. Share our **#SupportTheReturn** posts on **Facebook** and **Instagram** in November.
3. Donate at [www.tankafund.org/return](http://www.tankafund.org/return).
4. Sign up to be a part of the network at [www.tankafund.org/return](http://www.tankafund.org/return).
5. Invite your friends to take action as well.

Help us strengthen our support of Indigenous economies through restoring the buffalo.

## KARE in the Air: Mankato art silos

The grain storage units provided an unusual mural canvas for Australian artist Guido van Helten.

<https://www.kare11.com/article/entertainment/places/kare-in-the-air/kare-in-the-air-mankato-art-silos/89-d2367d79-ff17-46be-a9f7-2e35d5e3c0ae>

## Request for Proposals and Webinar: Five Star and Urban Waters Restoration Grant Program 2022

The National Fish and Wildlife Foundation (NFWF) and the Wildlife Habitat Council (WHC), in cooperation with the U.S. Environmental Protection Agency (EPA), USDA Forest Service (USFS), U.S. Fish and Wildlife Service (USFWS), FedEx and Southern Company are pleased to solicit applications for the 2022 Five Star and Urban Waters Restoration program. This program will award approximately \$2.6 million in grants nationwide. Applications are due **January 25, 2022**.

### Informational Webinar

When: December 1, 2021 from 2:00 PM - 3:30 PM EST

Register Here: <https://register.gotowebinar.com/register/357193263167077647>

Funding priorities for this program include:

- |                                              |                                             |                                                                                           |
|----------------------------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------|
| • On-the-ground coastal habitat              |                                             | wetland, riparian, in-stream and/or restoration                                           |
| • Meaningful through or integration with     | Build a circle of friends who talk about    | education and training activities, either                                                 |
| • Measurable benefits                        | Tribal Sovereignty, ceremonies, and healing | community outreach, participation and/ K-12 environmental curriculum                      |
| • Partnerships: Five group of ecological and | instead of gossiping about other people.    | ecological, educational and community                                                     |
|                                              |                                             | Star projects should engage a diverse community partners to achieve educational outcomes. |

Five Star and Urban Waters Full Proposal Tip Sheet: <https://www.nfwf.org/sites/default/files/2021-10/5-Star-and-Urban-Waters-Restoration-2022-Tip-Sheet.pdf>

Eligible applicants include non-profit 501(c) organizations, state government agencies, local governments, municipal governments, Tribal Governments and Organizations and educational institutions.

For more information, please visit: <https://www.nfwf.org/programs/five-star-and-urban-waters-restoration-grant-program/five-star-and-urban-waters-restoration-grant-program-2022-request-proposals>

### Background

The Five Star and Urban Waters Restoration grant program seeks to develop community capacity to sustain local natural resources for future generations by providing modest financial assistance to diverse local partnerships focused on improving water quality, watersheds and the species and habitats they support.



“In the film [*Elysium*], Earth’s rich live on a ritzed-out, ultra-technological satellite in orbit, and leave the poor to fight it out for resources back on the planet.”

Jacob Hersh; Countdown to the 3rd: A Hair-Raising Scandal; *The Daily Evergreen* (Pullman, Washington): Sep 10, 2020.

## The WRRC Gives Thanks

This week there will be no Weekly Wave due to the Thanksgiving holiday. Instead, we would like to share a few of the many things we are thankful for.

- We are thankful for the speakers, panelists, attendees, and sponsors that helped make our 2021 Annual Conference, [\*\*Tribal Water Resilience in a Changing Environment\*\*](#), a captivating, informative, and moving experience.
- We are thankful for the presenters who shared their knowledge at our [\*\*Brown Bag Webinars\*\*](#), and the many participants who asked thoughtful questions and made the webinars some of the most well-attended to date.
- We are thankful for the students (and former students) that provided their insights on the [\*\*“Imagine a Day Without Water”\*\*](#) Emerging Leaders Panel.
- We are thankful for the urban and rural communities that worked with the WRRC to engage in meaningful dialogue and participate in informative workshops.
- We are thankful for our partners and collaborators who expanded and enriched our joint efforts to engage, inform, and educate.
- We are thankful for all who participated in our programs and the many individuals who worked with us.
- We are thankful for all who pulled together quickly to adapt to the changes and difficulties brought by the last year and a half.
- We are thankful for those who counseled us throughout the year, which includes our External Advisory Committee and our Indigenous Water Dialogues Advisors.
- We are thankful to be part of an incredible community of water professionals in Arizona and beyond.
- We are thankful for all the wonderful submissions to our 2020 Photo Contest. And we encourage you to submit photos to [\*\*this year's contest\*\*](#) if you haven't yet.
- We are thankful for our health and for the health of those around us, and we wish everyone a safe and happy Thanksgiving holiday!

This is just a small sampling of the many things the Water Resources Research Center is thankful for. We will continue to expand our programs, events, and outreach in the years to come.

The preferred method for submitting comments is: <https://www.regulations.gov/document/FS-2021-0007-0006>. The error is corrected below.

The U.S. Department of Agriculture (USDA) today announced it is taking steps to repeal the 2020 Alaska Roadless Rule and restore protections to more than nine million acres of inventoried roadless areas on the Tongass National Forest. The Alaska Roadless Rule, approved on Oct. 29, 2020, exempted the Tongass from the 2001 Roadless Rule, which prohibited road construction, reconstruction and timber harvest in inventoried roadless areas – with limited exceptions.

A proposed rule repealing the 2020 rule has been published for public comment.

USDA determined that the underlying goals and purposes of the 2001 Roadless Rule continue to be a critical part of conserving the resources of the Tongass, especially when it comes to the values that roadless areas represent for local communities, Alaska Natives and the economy of Southeast Alaska. The decision to repeal the 2020 Alaska Roadless Rule is based on the multiple ecologic, social, cultural and economic values supported by roadless areas on the Tongass. More than 95% of commenters opposed exempting the Tongass from the 2001 Roadless Rule during the public comment periods leading up to the 2020 Alaska Roadless Rule.

“Restoring the Tongass’ roadless protections supports the advancement of economic, ecologic and cultural sustainability in Southeast Alaska in a manner that is guided by local voices,” said Agriculture Secretary Tom Vilsack. “The proposed rule is considerate of Alaska’s Tribal Nations, community input, and builds on the region’s economic drivers of tourism and fishing.”

A 60-day comment period begins Nov. 23, 2021 with the publication of a proposal to repeal the 2020 Alaska Roadless Rule. Comments can be submitted in the following ways:

- **Preferred:** Submit electronically using the Federal eRulemaking Portal: <https://www.regulations.gov/docket/FS-2021-0007-0006>
- Mail to: Alaska Roadless Rule, USDA Forest Service, P.O. Box 21628, Juneau, Alaska 99802–1628
- Hand Delivery / Courier to: Alaska Roadless Rule, USDA Forest Service, 709 W. 9th Street, Juneau, Alaska 99802
- Email: [fs.akrdlessrule@usda.gov](mailto:fs.akrdlessrule@usda.gov)

Comments are encouraged on the proposed rule. Comments, including names and addresses, are placed in the official record and are available for public inspection and copying. The public may inspect comments received at [www.regulations.gov](http://www.regulations.gov).

At 16.7 million acres, the Tongass National Forest is the largest national forest in the country and represents the largest intact tract of coastal temperate rainforest on earth. The forest is within the traditional homelands of the Tlingit, Haida, and Tsimshian peoples, holds more biomass per acre than any other rainforest in the world and stores more carbon than any other national forest.

[Lobsters, Crabs and Octopuses Will Now Receive Welfare Protection as 'Sentient Beings' in the U.K](#)

## **What is gratitude and where does it come from?      John Templeton Foundation**

Most people have an instinctive understanding of what gratitude is, but it can be surprisingly difficult to define. Is it an emotion? A virtue? A behavior? Gratitude can mean different things to different people in different contexts. However, researchers have developed some frameworks for conceptualizing gratitude so that it can be studied empirically and rigorously.

Robert Emmons and Michael McCullough, for example, define gratitude as a two-step process: 1) “recognizing that one has obtained a positive outcome” and 2) “recognizing that there is an external source for this positive outcome.” While most of these positive benefits come from other people — hence gratitude’s reputation as an “other-oriented” emotion — people can also experience gratitude toward God, fate, nature, etc.

Research suggests that gratitude is not simply a cultural construct. It has deep roots that are embedded in our biology and our evolutionary history. Animals as diverse as fish, birds, and vampire bats engage in “reciprocal altruism” — behaviors in which they repay good deeds done to them by others. Many scientists see this activity and the desire from which it springs as an expression of gratitude, and some scientists have suggested that gratitude may have evolved as a mechanism to drive this reciprocal altruism.

Support for the idea that gratitude may have arisen as an evolutionary adaptation comes in part from research on primates. Studies have found that chimpanzees are more likely to share food with a chimpanzee that had groomed them earlier in the day and are more likely to help another chimpanzee with a task if that chimpanzee had helped them in the past.

Meanwhile, neuroscientists have identified brain areas that are likely involved in experiencing and expressing gratitude (one found that people who more readily experience gratitude have more gray matter in an area of the right inferior temporal cortex). A few studies have identified specific genes that may underlie our ability to experience gratitude, and sets of identical twins have shown higher correlation of self-reported gratitude than fraternal twins have — suggesting a genetic component to gratitude.

Recent studies have also begun exploring the developmental roots of gratitude. This work suggests that even fairly young children have some concept of gratitude that develops as they mature.

### **Individual benefits of gratitude**

Gratitude has been shown to be correlated with many other positive physical and psychological outcomes, though causation is often much more difficult to verify. Still, a handful of studies suggest that more grateful people may be healthier, and others suggest that scientifically designed practices to increase gratitude can also improve health and encourage the adoption of healthier habits.

Gratitude may also benefit people with various medical and psychological challenges. For example, one study found that more grateful cardiac patients reported better sleep, less fatigue, and lower levels of cellular inflammation, while another found that heart failure patients who kept a gratitude journal for eight weeks were more grateful and had reduced signs of inflammation afterwards. Several studies have found that more grateful people experience less depression and are more resilient following traumatic events.

Multiple studies have also found that people with higher levels of dispositional gratitude have signs of better psychological health, including higher levels of perceived social support and lower levels of stress, depression, and anxiety.

Since evidence links gratitude to a host of psychological benefits, it stands to reason that activities encouraging people to feel more grateful might produce similar benefits. Many studies have explored this possibility. In one study, people who wrote about their blessings weekly for 10 weeks reported feeling more optimistic about the following week; they also felt better about their overall lives than did participants who wrote about daily hassles or ordinary events in their lives. In another study, people who wrote down three things that went well, and identified the causes of those good things, reported increased happiness six months after the week-long intervention.

In recent years, studies have found that more grateful adolescents are more interested and satisfied with their school lives, are more kind and helpful, and are more socially integrated. A few studies have shown that gratitude journaling in the classroom can improve students' mood and that a curriculum designed to help students appreciate the benefits they have gained from others can successfully teach children to think more gratefully and to exhibit more grateful behavior (such as writing more thank you notes to their school's PTA).

**Still curious?**

Read the rest of the article on gratitude [here](#).

Download the full research summary on the science of gratitude [here](#).

