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Trail of the Ancients

Native Americans and Australian Aboriginals both made arrowheads and spearheads out of Insulators

Perhaps oldest surviving architecture could be up to 25,000 years old

Humans May Have Arrived in the Americas Earlier Than Previously Thought

Ecologists on a mission to bring back beavers

Laser Scans Reveal 60,000 Hidden Maya Structures in Guatemala

Tohono O'odam Community College - Free Tuition for all Native Americans

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City of Reno offering creative outlet for local artists with signal box project

WA State Ferries offering scholarships to those interested in being licensed deck officer

Story for lovers of libraries

US nuclear weapons of mass destruction (WMDs) testing in Shoshone country

Red Feather



[New Mexico Magazine](#)

[Let the Trail of the Ancients set you on a path to experiencing Indigenous culture old and new.](#)



[Donna Cossette](#)
[Native Health Matters](#)

Native Americans and Australian Aboriginals both made arrowheads and spearheads out of Insulators. The telegraph companies got fed up with the knappers stealing their glass insulators that they would leave free ones piled up by the poles so they wouldn't have to repair the section taken down by the knappers.

Bird points made from them likewise exist but are fewer in number.

This style insulator, nicknamed "signal", is one of the most diversely colored styles produced by Hemingray from the 1880s to the 1940s . Colors exist in practically the entire spectrum! The example shown here is blue/green and you can see the point made by Ishi, at the museum is the same color Ishi, the last of the Yahi would Knapp anything he would find, often scavenging glass bottles from the University he worked at.

So invaluable was his lessons that his knapping style bore his name to the tool that's used by Flint nappers today, the Ishi stick .

You can see here is one of the few photos of Ishi knapping and this one might be when he led a university expedition back to his native Yahi homeland in Northern California.

He would create points and give them away to children and anyone who visited him from 1911 until his death in 1916. The last authentic Ishi point sold at auction for a cool \$27,000.00. The First Nations Oneida born actor Graham Greene played him in the TV movie "the last of his tribe "

[Sir David Attenborough Fandom](#)

Perhaps the oldest surviving architecture, Perfectly Preserved Mammoth Bone Huts, Could Be Up To 25,000 Years Old

Read more: <https://bit.ly/3OiQVlr>



Humans May Have Arrived in the Americas Earlier Than Previously Thought

Researchers say that humans coexisted with giant sloths in Brazil some 25,000 years ago [https://www.smithsonianmag.com/smart-news/humans-south-america-sloth-bones-180982531/?](https://www.smithsonianmag.com/smart-news/humans-south-america-sloth-bones-180982531/?spMailingID=48517197&spUserID=OTYyNTc5MzkyMTQyS0&spJobID=2502558297&spReportId=MjUwMjU1ODI5NwS2)

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Ecologists on a mission to bring back beavers

California agencies are taking a new approach to beaver management to prioritize conservation of the ecologically important species that once ruled the state.

[**Read about California's rocky history with beavers.**](#)

Laser Scans Reveal 60,000 Hidden Maya Structures in Guatemala

Houses, fortifications, pyramids and causeways were among the discoveries

<https://www.smithsonianmag.com/smart-news/laser-scans-reveal-60000-hidden-maya-structures-guatemala-180968030/>



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2023 Summer Admissions Deadline

May 26, 2023 at 5 pm (AZ TIME)

2023 Fall Admissions Deadline

Aug. 18, 2023 at 5 pm (AZ TIME)

[The Historic Daniel Boone Home](#)

PEMMICAN – THE ORIGINAL SURVIVAL FOOD

When Europeans set out across North America, a reliable supply of portable provisions were one of the major problems. Lacking the skills of the native hunters, it was doubtful that they could live off the country. They knew something about preserving food, a necessity for sailing ships, but it was limited to salting and pickling. The resultant salt pork and hardtack were unappetizing fare but they kept life in a man.

Native Indians had a better solution to the problem, and one on which the fur traders and explorers came to depend upon. The answer was pemmican.

The native Cree Indian word Pimikan meant roughly, fat, grease, but there was a lot more than that to it.

It could be any locally available meat such as elk, deer or bison, cut with the grain in thin slices or strips and dried in the sun or over a slow fire. A smoking fire added flavor and was useful for keeping the flies off though if meat racks were high they tended to be clear of flies. The dry-meat was then spread on a hide and pounded by stones or mallets to become "beat meat" which was tossed into a rectangular rawhide container (hair on the outside) about the size of a flour sack. To the dehydrated, crumbled meat was added one-third or more of melted fat and the bag was sewn up. The fat might be mixed with the meat before or after it was bagged. While the pemmican was cooling the bag was turned from time to time to prevent the fat all settling on one side.

Compressed in a skin bag that was greased along the seams to eliminate air and moisture, it would keep for years.

In the best pemmican, which was limited in quantity, the meat was very finely pulverized and only marrowfat, from boiled broken bones, was used. For variety and flavor dried fruits such as chokecherries, blue berries, or black berries might be added. The pemmican bags were flattened for easier handling. At times, rendered fat was stored in rawhide bags, left in a round shape to distinguish them from the pemmican bags. Marrow, while better tasting, was comparatively scarce and did not keep as well as ordinary tallow and would be preserved in bladders. The bags of pemmican weighed 80 to 90 pounds and it was estimated that each bag accounted for two buffalo (bison). So high was the food value that three-quarters of a pound was a reasonable day's ration but hard-working voyageurs were more likely to consume between one and two pounds each in a day.

In some regions fish pemmican was made by pounding dried fish, mixed often with sturgeon oil, but it was more usual, as it is now among the Crees, for the pounded fish and the fish oil to be kept separately, the oil in animal bladders.

David Thompson in 1810, described pemmican in detail: "...dried provisions made of the meat and fat of the bison under the name of pemmican, a wholesome, well tasted nutritious food, upon which all persons engaged in the fur trade mostly depend for their subsistence during the open

season; it is made of the lean and fleshy parts of the bison dried, smoked and pounded fine: in this state it is called beat meat: the fat of the bison is of two qualities, called hard and soft; the latter...when carefully melted resembles butter in softness and sweetness. Pemmican is made up in bags of ninety pounds weight, made of the parchment hide of the bison with the hair on; the proportion of the Pemmican when best made for keeping is twenty pounds of soft and the same of hard fat, slowly melted together, and at a low warmth poured on fifty pounds of beat meat, well mixed together, and closely packed in a bag of about thirty inches in length, by near twenty inches in breadth, and about four in thickness which makes them flat, the best shape for stowage and carriage...I have dwelt on the above, as it (is) the staple food of all persons, and affords the most nourishment in the least space and weight, even the gluttonous French Canadian (the voyageurs) that devours eight pounds of fresh meat every day is contented with one and a half pounds per day: it would be admirable provision for the Army and Navy."

Pemmican Recipes

Recipe # 1

Ingredients:

4 cups lean meat (deer, beef, caribou or moose)

3 cups dried fruit

2 cups rendered fat

Unsalted nuts and about 1 shot of honey

Instructions:

Meat should be as lean as possible and double ground from your butcher if you do not have your own meat grinder. Spread it out very thin on a cookie sheet and dry at 180 degrees F for at least 8 hours or until sinewy and crispy. Pound the meat into a nearly powder consistency using a blender or other tool. Grind the dried fruit, but leave a little bit lumpy for fun texture. Heat rendered fat on stove at medium until liquid. Add liquid fat to dried meat and dried fruit, and mix in nuts and honey. Mix everything by hand. Let cool and store. Can keep and be consumed for several years.

Recipe # 2

Ingredients:

2 lbs. dried beef (see recipe 1 for drying instructions)

1.5 cup raisins

Beef suet

Instructions:

Grind meat to fine pulp in a blender. Now add in the raisins. Chop this mix enough to break up the raisins and mix in well. Melt the suet to a liquid and pour into the mixture, using just enough to hold the meat and raisins together. Now allow this to cool slightly. Put this into a pan and let it cool completely. Next, cut the pemmican into strips, then divide it into bars of about 4" long by 1" wide. Bag these separately and you can store them for several months.

Recipe # 3

Ingredients:

Dried lean beef, buffalo, or venison (see recipe 1 for drying instructions)

Beef suet

Seedless dried fruit

Instructions:

Melt the suet until it becomes golden brown and liquid. Strain out any solids. If you cool it, re-melt it and strain it again it will improve the shelf life of the pemmican. Grind the meat into a powder. Chop or grind dried fruit and add it to meat. Pour liquid suet onto meat/fruit mixture. Mixes best if suet is warm, and allows you to use less of it. Now, press the pemmican into a tin using a spoon. Let cool in the fridge, then turn it out and cut into bars the size of candy bars. Wrap each bar in wax paper or paper lunch bag, label and store.

Tips for making good pemmican:

Here are some tips for you to improve your ability to use pemmican recipes properly, and make good pemmican:

Talk to your local butcher to acquire the suet. A local co-op butcher might have the healthiest choices in terms of organic meats. You may be able to acquire the suet for free in certain places.

When rendering (melting) the suet, be careful not to burn it or make it smoke.

The warmer the climate you are going to be using the pemmican in, the less fat you need in it.

This is also true for the time of year. Use less fat for the summer time, more for winter.

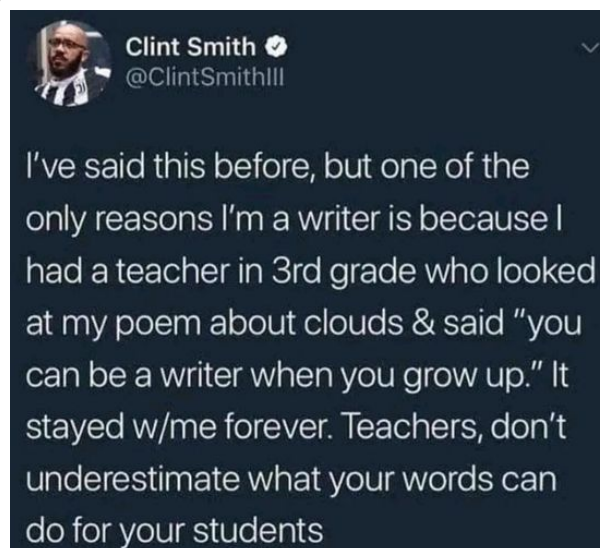
Label what you make, especially if you try different recipes.

Lastly, remember to experiment with your own recipes. The key points for making pemmican are to make sure that you render the fat (suet) properly and to make sure that the meat and fruit you put into the recipe are very dry, not cooked or partially dry.

Try making some pemmican of your own today!

Source information: Preparedness Advice

Image: Photo of pemmican bars – Public domain, fair use, no copyright infringement intended, for educational use only.





[KARNV News 4](#)

Have you noticed signal boxes clad in colorful paintings and unique designs? It's the [City of Reno Government](#)'s project that allows local artists show off their masterpieces to the community. Photojournalist Isaac Hoops has the story.



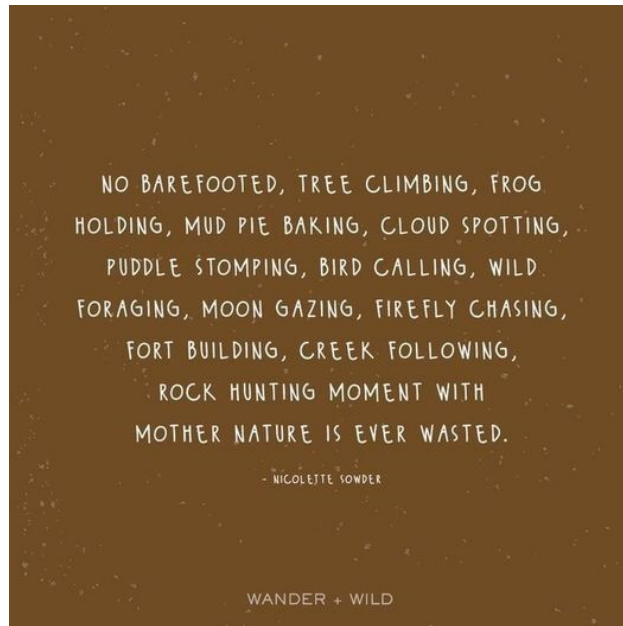
[mynews4.com](#)

[City of Reno offering creative outlet for local artists with signal box project](#)

[If you've been sitting at a stop light and noticed a signal box clad in colorful paintings and unique designs it's the city of Reno's project that allows local](#)

“Everyone must leave something behind when he dies, my grandfather said. A child or a book or a painting or a house or a wall built or a pair of shoes made. Or a garden planted. Something your hand touched some way so your soul has somewhere to go when you die, and when people look at that tree or that flower you planted, you're there. It doesn't matter what you do, he said, so long as you change something from the way it was before you touched it into something that's like you after you take your hands away. The difference between the man who just cuts lawns and a real gardener is in the touching, he said. The lawn-cutter might just as well not have been there at all; the gardener will be there a lifetime.”

Ray Bradbury - Fahrenheit 451, 1953.



[Washington State Ferries](#)

We're excited to announce that we are now **offering 10 scholarships a year to people interested in becoming a licensed deck officer** as we address our crewing needs. In conjunction with the Maritime Institute of Technology and Graduate Studies, the two-year apprenticeship program includes 100% of the tuition for academic training and onboard experience, along with a daily stipend. The program is designed to open doors to candidates interested in becoming U.S. Coast Guard licensed mates. No experience is required. We encourage our unlicensed crewmembers and anyone else interested in becoming a licensed deck officer with us to apply by Oct. 30. The program begins in February. More information available here: <https://www.mitags.org/maritime.../wsf-program-2024/>



[A Mighty Girl](#)

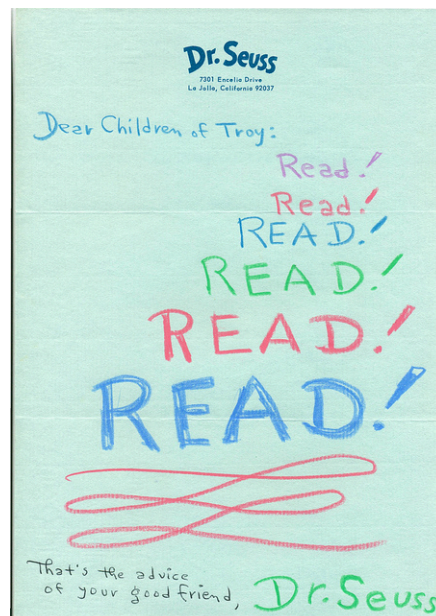
Here's an incredible **story for lovers of libraries** -- in 1971, the city of Troy, Michigan opened a new public library and hired Marguerite Hart as their first children's librarian. In an effort to inspire the children of Troy to read, she began a letter-writing campaign to dozens of major cultural figures asking them to share what a library meant to them.

She received 97 letters in return from the likes of Dr. Seuss, Isaac Asimov, Patsy Mink, Pearl Buck, E.B. White, Neil Armstrong, Helen Gurley Brown, Neil Simon and many other icons of the 1970s. The full collection of these amazing letters, including Dr. Seuss' letter written in crayon and pictured here, can be viewed on the Troy Public Library website at <https://bit.ly/3DtPp9y>

To encourage your kids to read, Read, READ! this summer, A Mighty Girl's 2023 Summer Reading List includes tons of girl-empowering reading recommendations for all ages, infants through adults, at <https://www.amightygirl.com/summer-reading>

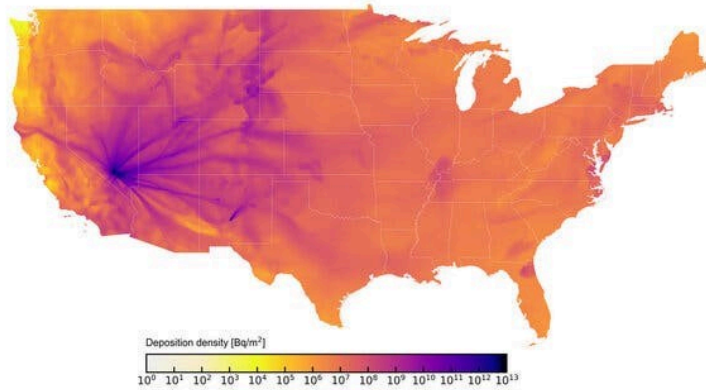
For Mighty Girl books that pay tribute to the important role that libraries and books play in our children's lives, check out our blog post "Celebrating a Love of Reading: 35 Mighty Girl Stories about Books, Libraries, and Literacy" at <https://www.amightygirl.com/blog?p=11656>

To discover our favorite toys and games that encourage reading and literacy in kids of all ages, visit <https://www.amightygirl.com/toys/toys-games/reading-literacy>





Ian Zabarte

US nuclear weapons of mass destruction (WMDs) testing in Shoshone country released radioactive fallout upon America. Cummulative for 92 test events between 1951-1962 based on weather patterns. From Fillippe, Alzner et al. (2023).

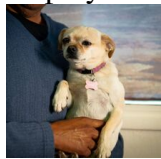


Red Feather

	
<p>Red Feather partners with Indigenous communities to develop and implement lasting and impactful housing solutions.</p> <p><small>We are currently serving the Hopi Tribe and Navajo Nation.</small></p>	
	<p>A world where healthy and safe housing is available to all and we are inspired to work collectively to create self-sustaining communities honoring indigenous values.</p>

<https://www.redfeather.org/who-we-are.html>

Do look at ther staff profiles, but in memoru of Samsom Hicks, often nominated as the FPST employee of the year, here is Red Reather’s fav:



Amber - Cuteness Coordinator

Rez mutt turned office dog, Amber has extensive experience with on-reservation communities and in the nonprofit sphere. She brings both a lifetime of lived experience and a unique viewpoint to Red Feather's work, and is able to deftly manage the office staff with her natural leadership skills.

In her free time, she likes to eat lunch leftovers, blink slowly at her colleagues, and sniff various things on the floor.