

***Journal #5574 from 10.20.23***

*The Heart and Soul nebulae*

*Reframing Our Stories*

*What a stalagmite from a Grand Canyon cave might tell us about climate change and groundwater*

*Lac du Flambeau tribe demolishes church building after graves found*

*Children from a very young age should be taught that the Sun rises in the East and sets in the West*

*Join the National Diabetes Prevention Program*

*Noowuh Knowledge Center gifted book from Steven Crum's collection*

*Keeping Osage culture alive through our traditional ribbon work*

*Teaching with the Library Primary Sources & Ideas for Educators*

*Lorraine "Granny" Benn*

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**The Heart and Soul nebulae**

Located about 6,000 light-years from Earth, in the constellation Cassiopeia.

The beauty of this iconic astrophotography target is due to its mix of both bright pink hydrogen gas, and dark dust clouds. The two nebulae are both massive star-making factories, marked by giant bubbles that were blown into surrounding dust by radiation and winds from the stars.

Image Processed with Astro Pixel Processor and photoshop

Credits & Text: Shadi Nassri



**Reframing Our Stories at the Minnesota History Center • October 21**

Join us at the Minnesota History Center for the opening of our newest exhibit, [Reframing Our Stories](#). Through this powerful exhibit, visitors will witness the resilience and strength of Native communities within the Twin Cities and Minnesota through stories reframed by their own words, experience, and perspectives. This opening event will feature community speakers, music, and a live broadcast from Native Roots Radio. Included with regular site admission; free for MNHS members and Native community members.

**PLAN YOUR VISIT**

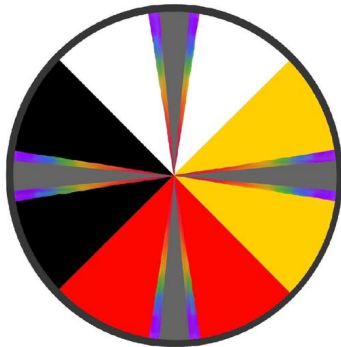


## **What a stalagmite from a Grand Canyon cave might tell us about climate change and groundwater**

<https://www.nevadacurrent.com/2023/10/10/what-a-stalagmite-from-a-grand-canyon-cave-might-tell-us-about-climate-change-and-groundwater/?emci=465c9c8e-4f68-ee11-9937-00224832eb73&emdi=78458a54-5168-ee11-9937-00224832eb73&ceid=88976>

## **Lac du Flambeau tribe demolishes church building after graves found**

<https://www.jsonline.com/story/news/local/wisconsin/2023/10/18/lac-du-flambeau-tribe-demolishes-church-building-after-graves-found/71220967007/>



Children from a very young age should be taught that the Sun rises in the East and sets in the West,  
that if you point your right hand to the East,  
your face will face North and your back will face South.  
Tell them the direction of the water in a river is the direction towards the sea,  
that the Moon rises in the East and  
sets in the West.

Tell them if there is no moon there is a star that indicates the north and your latitude,  
that the more to the horizon you see the Polar Star.

Explain to them the closer we are from Ecuador, if you see a bird in the middle of the sea it is  
because there is land where it flies.

Respect and love for animals, trees, the earth and the elements that give us life.

Teach them all this before giving him a cell phone  
because the cell phone runs out  
and the signal is lost... wisdom is never lost.

Let's not let them lose connection.

Author - Unknown

“Connection is the correction” ~ Dr Jane Middleton-Moz Medicine wheel design originally via  
grandmother Conni Ma’iingan  Designed by Allie Ravenson

**Take Charge of Your Health!**

**Join the National Diabetes Prevention Program**

**1 in 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes.**

Starting on **November 8**, this FREE, year-long program was developed by the CDC and has been shown to reduce participants' risk of developing type 2 diabetes. Participants in this program will work alongside a trained lifestyle coach and fellow group members to make lifestyle changes including healthier eating habits and increasing physical activity.

**To join this class, participants must:**

- Be 18 years or older
- Have a diagnosis of prediabetes or be at high risk of developing diabetes
- Have a body mass index (BMI) of 25 or higher
- Not be previously diagnosed with type 1 or type 2 diabetes
- Not be pregnant
- Be willing to make a YEAR-long commitment

**This program will help you to:**

- Learn skills to lose weight and be more active
- Manage stress
- Gain support from other members
- Stay accountable with regular check-ins

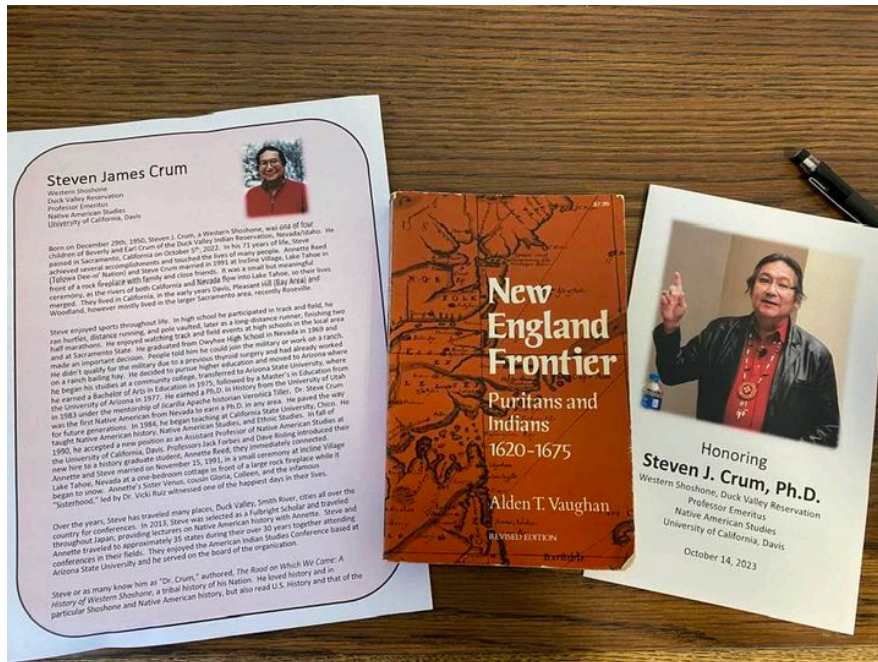
This class will meet weekly for the first 4 months before moving to bi-weekly meeting sessions. Classes will be from 1 to 2 p.m. online via Zoom.

Extra goodies will be provided during the year to support your lifestyle change!

**Contact Us for More Information at (775) 235-8862**

[wellness.sca@unr.edu](mailto:wellness.sca@unr.edu)

University of Nevada, Reno  
School of Medicine  
Sanford Center for Aging



**Noowuh Knowledge Center**

Was gifted this book today from Steven Crum’s collection! He was a great historian of Newe history and culture. Thankful he wrote the history of the Western Shoshone, *The Road on Which We Came: A History of Western Shoshone*.

**Osage Nation**

**RIBBONWORK | Keeping Osage culture alive through our traditional ribbon work is special and unique, and many Osages view ribbon work as art.**

In this edition of Osage Cultural Connection, you'll meet Osage Nation citizens Dana Daylight and Janet Emde, who say ribbon work is an art form and so much more. They say Osages are prayerful people, and through their ribbon work, they send prayers. Those prayers come together through the colors of the ribbons, carrying our people. And the beauty and blessings from a finished piece of ribbon work live on for generations to come. [#wahzhazhealways](#)

**INDIAN NATIONAL  
FINALS RODEO  
ROOKIE BRONCS  
& BAREBACKS**

**\$1,000 ADDED**  
**Saturday October 28, 11:00 am**  
**South Point Arena, Las Vegas, NV**  
**In conjunction with the JR/SR Finals**

**CONTESTANT LIST**

Rookie Bareback	Rookie Saddle Bronc
1 Devyn John	1 Kady Blackman
2 Justin Fox	2 Trey Kee
3 Byron Many Wounds	3 Avery Three Irons
4 Hyan Ramos	4 Randon Boyce
5 Isaiah Tom	5 Ethan Yazzie
6 Dayyan DeRoche	6 Wyatt Victor
7 Richard James	7 Raymond Wagner
8 Trent Salway	8 Teagan Gourneau
9 Joseph Jackson	9 Austin Morroy
10 Johnston Bagay	10 Jace Harry

## [Teaching with the Library Primary Sources & Ideas for Educators](#)

### **Apply for a Spring 2024 Teaching with Primary Sources (TPS) Internship with the Library of Congress!**

*This post is by **Stacie Moats** of the Library of Congress.*

“Being a TPS intern at the Library of Congress felt like a dream come true and I never wanted to leave. I learned so much about myself, the workings of a library, and from the amazing people that work there! I cannot recommend this internship enough!” Elizabeth Dobrzynski, Spring 2023 TPS intern

Do you know any current undergraduate or graduate students—or recent college graduates—in education, library science, history, or museum studies? Would they like to gain work experience by exploring educational resources, applying learning strategies, and connecting through partnerships? If so, please encourage them to apply for a Spring 2024 Teaching with Primary Sources (TPS) Internship with the Library of Congress! Applications will be accepted through November 3. Visit the [Library’s website for details](#).

TPS internships are stipended opportunities for qualified individuals interested in working with the Library’s digitized primary sources to develop educational materials for learners ages 9+, their families, and K-12 teachers. Successful candidates will have academic, volunteer, or professional experience in related fields and demonstrate a collaborative approach.

Whether remote or onsite, TPS interns will engage with Library staff, [TPS Consortium](#) members and more than 14,000 educators belonging to the [TPS Teachers Network](#). A key component of the TPS Internship Program is researching and sharing content about new discoveries and reflections, culminating in a special project. Additionally, the onsite TPS intern will support the Library’s in-person programming for young visitors ages 9+ and their families by developing an onsite component based on their research.

During the Spring 2023 semester, TPS interns Mara Gregory and Elizabeth Dobrzynski pursued different research interests while supporting each other’s learning centered on the value of primary sources in education.

As the remote TPS intern, Mara focused her research on the [Ethnic Heritage and Language Schools in America Project](#), developing a teaching resource that explores connections among language, identity, and cultural heritage. After working closely with Library staff and partnering with a TPS Consortium member, she notes, “I’ve discovered new ways to apply my prior knowledge and skills in the library and cultural heritage field.” Mara explains, “I stayed connected to Library staff and the TPS community through virtual meetings and conversations, but I also had plenty of time to pursue in-depth research in the Library’s digital collections.”

Elizabeth brought an elementary education background to her onsite TPS internship and wanted to learn more primary source-based teaching strategies for a classroom teaching career. She created and piloted a Primary Source Puzzle Box that invites young Library visitors and their families to take a trip through research. Her related teacher resource similarly challenges students

do their own research about traveling and features maps, photos, and more from the Library's [digital collections](#). Like Mara, Elizabeth credits valuable feedback from Library and TPS Consortium mentors with informing her research project and professional growth. Both Mara and Elizabeth strongly encourage others to apply to the TPS Internship Program.

Celia Roskin, whose past blog posts outlining [ELA](#), [math](#), and [science](#) activities resulted from her TPS internship research on the 1918 – 1919 Spanish Influenza Pandemic in relation to COVID-19, says, “This internship not only showed me the importance of effectively using primary sources in the classroom, but it helped solidify my future professional goals...I can't recommend this internship enough!”

**Utah's attempts to dismiss Ute Tribe's lawsuit a continuation of ongoing discrimination, tribe says**

<https://www.ksl.com/article/50756280/utahs-attempts-to-dismiss-ute-tribes-lawsuit-a-continuation-of-ongoing-discrimination-tribe-says>

**Former Navajo Nation president announces his candidacy for Arizona's 2nd Congressional District**

<https://www.dailykos.com/stories/2023/10/16/2199785/-Former-Navajo-Nation-president-announces-his-candidacy-for-Arizona-s-2nd-Congressional-District>

**Native lands lack clean water protections, but more tribes are taking charge**

<https://minnesotareformer.com/2023/10/19/native-lands-lack-clean-water-protections-but-more-tribes-are-taking-charge/>

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**Teresa Dixon**

Susanville had a visit from a famous Actor from Reservation Dogs which appears on Hulu. Our annual Elders Fun Day. Our tribal elders and elders from other areas came to Susanville and enjoyed the company of their relatives and friends. I had the honor to know and request Theda NewBreast to come be our guest speaker this year. Our Tribe and tribal programs and health clinic help support this annual event for our Elders. Theda works with the Native Wellness Network who provide native communities with healthy news and information and resources available in Indian Country. We were blessed to have her come to Susanville. Thank you.



**Martin Van Buren's Third State of the State Address** 2 December 1839.  
[https://en.wikisource.org/wiki/Martin\\_Van\\_Buren's\\_Third\\_State\\_of\\_the\\_Union\\_address](https://en.wikisource.org/wiki/Martin_Van_Buren's_Third_State_of_the_Union_address)

This is a fascinating read. There is no direct mention of "Indian affairs" except for

"At the time I entered upon my present duties our ordinary disbursements, without including those on account of the public debt, the Post-Office, and the trust funds in charge of the Government, had been largely increased by appropriations for the removal of the Indians, for repelling Indian hostilities, and for other less urgent expenses which grew out of an overflowing Treasury. Independent of the redemption of the public debt and trusts, the gross expenditures of seventeen and eighteen millions in 1834 and 1835 had by these causes swelled to twenty-nine millions in 1836, and the appropriations for 1837, made previously to the 4th of March, caused the expenditure to rise to the very large amount of thirty-three millions. We were enabled during the year 1838, notwithstanding the continuance of our Indian embarrassments, somewhat to reduce this amount, and that for the present year (1839) will not in all probability exceed twenty-six millions, or six millions less than it was last year. With a determination, so far as depends on me, to continue this reduction, I have directed the estimates for 1840 to be subjected to the severest scrutiny and to be limited to the absolute requirements of the public service. They will be found less than the expenditures of 1839 by over \$5,000,000.

The precautionary measures which will be recommended by the Secretary of the Treasury to protect faithfully the public credit under the fluctuations and contingencies to which our receipts and expenditures are exposed, and especially in a commercial crisis like the present, are commended to your early attention.

On a former occasion your attention was invited to various considerations in support of a preemption law in behalf of the settlers on the public lands, and also of a law graduating the prices for such lands as had long been in the market unsold in consequence of their inferior quality. The execution of the act which was passed on the first subject has been attended with the happiest consequences in quieting titles and securing improvements to the industrious, and it has also to a very gratifying extent been exempt from the frauds which were practiced under previous preemption laws. It has at the same time, as was anticipated, contributed liberally during the present year to the receipts of the Treasury.

The passage of a graduation law, with the guards before recommended, would also, I am persuaded, add considerably to the revenue for several years, and prove in other respects just and beneficial. Your early consideration of the subject is therefore once more earnestly requested. "

What is covered is international affairs with the usual run-down of familiar European nations but now including the first treaty with Sardinia and addressing Central and South America.

There is some hostility with Canada and "

"The new Government of Texas has shown its desire to cultivate friendly relations with us by a prompt reparation for injuries complained of in the cases of two vessels of the United States. "



Substantial discourse is given to the port roads and post office as well as some concerns about steamboats.

The rest is a long discourse on public monies, the dire fiscal circumstances of some of the states, the need for a National bank and several other subjects regarding the recovery from the former administration.

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**Fourth State of the State by Martin Van Buren 5 December 1840**  
[https://en.wikisource.org/wiki/Martin\\_Van\\_Buren%27s\\_Fourth\\_State\\_of\\_the\\_Union\\_address](https://en.wikisource.org/wiki/Martin_Van_Buren%27s_Fourth_State_of_the_Union_address)

Again, a run down on international affairs but mostly devoted to fiscal matters (public debt)

“This suspension and the excesses in banking and commerce out of which it arose, and which were greatly aggravated by its occurrence, made to a great extent unavailable the principal part of the public money then on hand, suspended the collection of many millions accruing on merchants' bonds, and greatly reduced the revenue arising from customs and the public lands. These effects have continued to operate in various degrees to the present period, and in addition to the decrease in the revenue thus produced two and a half millions of duties have been relinquished by two biennial reductions under the act of 1833, and probably as much more upon the importation of iron for railroads by special legislation.

Whilst such has been our condition for the last four years in relation to revenue, we have during the same period been subjected to an unavoidable continuance of large extraordinary expenses necessarily growing out of past transactions, and which could not be immediately arrested without great prejudice to the public interest. Of these, the charge upon the Treasurer in consequence of the Cherokee treaty alone, without adverting to others arising out of Indian treaties, has already exceeded \$5,000,000; that for the prosecution of measures for the removal of the Seminole Indians, which were found in progress, has been nearly fourteen millions, and the public buildings have required the unusual sum of nearly three millions.”

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A report from the Secretary of War, presenting a detailed view of the affairs of that Department, accompanies this communication.

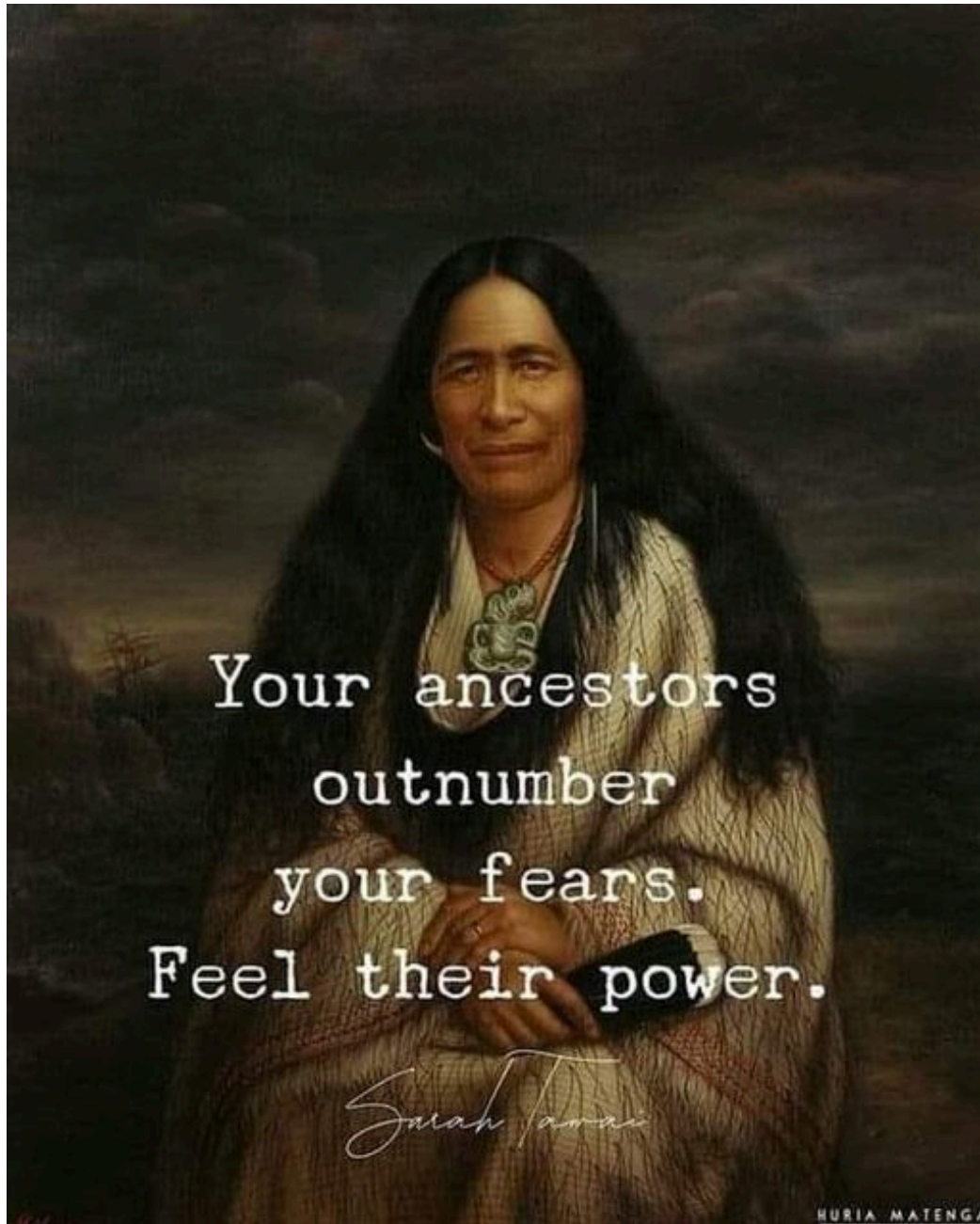
The desultory duties connected with the removal of the Indians, in which the Army has been constantly engaged on the northern and western frontiers and in Florida, have rendered it impracticable to carry into full effect the plan recommended by the Secretary for improving its discipline. In every instance where the regiments have been concentrated they have made great progress, and the best results may be anticipated from a continuance of this system. During the last season a part of the troops have been employed in removing Indians from the interior to the territory assigned them in the West—a duty which they have performed efficiently and with praiseworthy humanity—and that portion of them which has been stationed in Florida continued active operations there throughout the heats of summer.

The policy of the United States in regard to the Indians, of which a succinct account is given in my message of 1838, and of the wisdom and expediency of which I am fully satisfied, has been continued in active operation throughout the whole period of my Administration. Since the spring of 1837 more than 40,000 Indians have been removed to their new homes west of the Mississippi, and I am happy to add that all accounts concur in representing the result of this measure as eminently beneficial to that people.

The emigration of the Seminoles alone has been attended with serious difficulty and occasioned bloodshed, hostilities having been commenced by the Indians in Florida under the apprehension that they would be compelled by force to comply with their treaty stipulations. The execution of the treaty of Paynes Landing, signed in 1832, but not ratified until 1834, was postponed at the solicitation of the Indians until 1836, when they again renewed their agreement to remove peaceably to their new homes in the West. In the face of this solemn and renewed compact they broke their faith and commenced hostilities by the massacre of Major Dade's command, the murder of their agent, General Thompson, and other acts of cruel treachery. When this alarming and unexpected intelligence reached the seat of Government, every effort appears to have been made to reinforce General Clinch, who commanded the troops then in Florida. General Eustis was dispatched with reinforcements from Charleston, troops were called out from Alabama, Tennessee, and Georgia, and General Scott was sent to take the command, with ample powers and ample means. At the first alarm General Gaines organized a force at New Orleans, and without waiting for orders landed in Florida, where he delivered over the troops he had brought with him to General Scott.

Governor Call was subsequently appointed to conduct a summer campaign, and at the close of it was replaced by General Jesup. These events and changes took place under the Administration of my predecessor. Notwithstanding the exertions of the experienced officers who had command there for eighteen months, on entering upon the administration of the Government I found the Territory of Florida a prey to Indian atrocities. A strenuous effort was immediately made to bring those hostilities to a close, and the army under General Jesup was reinforced until it amounted to 10,000 men, and furnished with abundant supplies of every description. In this campaign a great number of the enemy were captured and destroyed, but the character of the contest only was changed. The Indians, having been defeated in every engagement, dispersed in small bands throughout the country and became an enterprising, formidable, and ruthless banditti. General Taylor, who succeeded General Jesup, used his best exertions to subdue them, and was seconded in his efforts by the officers under his command; but he too failed to protect the Territory from their depredations. By an act of signal and cruel treachery they broke the truce made with them by General MacGrab, who was sent from Washington for the purpose of carrying into effect the expressed wishes of Congress, and have continued their devastations ever since. General Armistead, who was in Florida when General Taylor left the army by permission, assumed the command, and after active summer operations was met by propositions for peace, and from the fortunate coincidence of the arrival in Florida at the same period of a delegation from the Seminoles who are happily settled west of the Mississippi and are now anxious to persuade their countrymen to join them there hopes were for some time entertained that the Indians might be induced to leave the Territory without further difficulty. These hopes have proved fallacious and hostilities have been renewed throughout the whole of the Territory. That this contest has endured so long is to be attributed to causes beyond the control of the Government. Experienced

generals have had the command of the troops, officers and soldiers have alike distinguished themselves for their activity, patience, and enduring courage, the army has been constantly furnished with supplies of every description, and we must look for the causes which have so long procrastinated the issue of the contest in the vast extent of the theater of hostilities, the almost insurmountable obstacles presented by the nature of the country, the climate, and the wily character of the savages.



*In Loving Memory of*  
*Lorraine "Granny" Benn*



September 25, 1955 - October 19, 2023

***Sunday, October 22, 2023***

***Moapa Tribal Building 1 Lincoln st Moapa, NV 89025***

***Viewing 2:00pm***

***Services 3:00pm***

***Dinner 5:00pm***

***Traditional Sing Sunset - Sunrise***

***Burial: following traditional sing***