

Journal #5597 from sdc 11.21.23

Da owa ga

Native American Health Center

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Bison Odyssey

Geoff Ellis: We're still here and I don't ever see us leaving.



In the Lake Tahoe region, the Washoe people, or Wašišiw, have lived here for thousands of years. “Lake Tahoe” comes from their word “Da ow aga,” meaning “edge of lake.” To the Washoe, Cave Rock is sacred, as it’s home to the Lady of the Lake, a revered guardian spirit. Honor & Celebrate The Indigenous People Of The Sierra <https://californiahighsierra.com/.../native-american.../> [North Lake Tahoe Visit Lake Tahoe Visit Truckee, California](#)



“NAHC is a one of a kind health center constantly pivoting to meet the needs of the most vulnerable in our community. They play a central role in elevating the health status of American Indians in the bay area, CCUIH is honored to have NAHC as a member.”

Virginia Hedrick, Executive Director, California Consortium of Urban Indian Health

Native American Health Center (NAHC) is a nonprofit, Federally Qualified Health Center proudly serving California’s Bay Area Native Population and other underserved communities. Caring for the Bay Area since 1972, NAHC has worked at local, state, and federal levels to deliver resources and services for the urban Native community. As an Urban Indian Health Project through our relationship with the Indian Health Service (IHS), we are dedicated to providing high quality medical, dental, behavioral health, community wellness, and social service programs.

Our Mission



NAHC is on a mission to provide comprehensive services to improve the health and wellbeing of American Indians, Alaska Natives, and residents of the surrounding communities with respect to cultural and linguistic differences.

Our philosophy is that culture is key to prevention. NAHC recognizes and respects the culture, identity, and traditions of all people. We utilize a holistic model of care, which treats each member as a whole person, acknowledging and responding to their physical, emotional, spiritual, and social service needs.

Our History



Over 50 years ago, the Bay Area American Indian community organized to open a health center dedicated to serving Urban Indians to meet the healthcare needs of one of the largest populations of American Indians in the country. American Indians had little access to mainstream healthcare systems motivating Indian community leaders to seek funding from the Federal Indian Health Service. The drive to establish the new health center arose as an act of cultural resilience in response to the Federal Indian Relocation policy and as a reflection of the values represented by the subsequent American Indian Movement (AIM).

Per The Indian Relocation Act of 1956, San Francisco, Oakland, and San Jose were among the first cities identified as relocation centers. Because of this, the Bay Area became home to one of the largest intertribal American Indian urban populations in the United States.



The Native American Health Center (NAHC), initially known as the Urban Indian Health Board, began in San Francisco's Mission District in 1972. In the 1980s, the center of the Bay Area Indian population expanded from San Francisco to Oakland, which was a substantial turning point leading to the purchase of a building in the Fruitvale neighborhood. In 2006, NAHC purchased land to build a new facility two blocks away, at 2950 International Boulevard. This site opened its doors in 2008 and is now the Seven Directions Healthcare Facility, a five-story, multi-use community medical and dental care clinic with 36 units of affordable family housing on the top three floors

Today, NAHC stands strong as one of the oldest and the largest Urban Indian Health programs in the United States and is in the midst of a new development project at [3050 International Blvd.](#)

Who We Serve

All people are welcome at NAHC! NAHC provides care for 15,000 members annually. There are no tribal or ethnic requirements to receive services.

Our Culture

At NAHC, our collective commitment to service is the thread that holds us together. We believe that healthcare is a human right. We take our service position seriously and with honor, as we are aware of the power each of us has in changing lives.

Our staff reflect the community we serve

NAHC employs almost 300 staff across seventeen (17) sites in three (3) counties: Alameda, San Francisco, Contra Costa. Our employees reflect the communities we serve so that when you visit us, you feel reflected with a sense of familiarity.

'A very educational year': Red Wing closes dog park as Dakota reclaim burial mounds

<https://www.startribune.com/a-very-educational-year-red-wing-closes-dog-park-as-dakota-reclaim-burial-mounds/600320972/>

Regenerative History: How Colonization Sought to Destroy Regenerative Indigenous Farming Methods

During the 2023 People's Food Summit, Regeneration International's International Director Dr. André Leu had a conversation with the internationally renown Dr. Vandana Shiva. In their conversation, Dr. Vandana Shiva was discussing how the colonizers who came to Australia reacted to Australia's 65,000 year old tradition of aboriginal agriculture and food systems.

Dr. Vandana Shiva says:

"And because they farmed so beautifully, they left no destructive trait. They left a creative trait of mobile diversity. And that was used by the colonizers as proof that they're not civilized, because being civilized in colonial times, as being civilized today, is destroying. The power of destruction is defined as civilization rather than the power of sustaining and regeneration. 60,000 years is not a short time."

"But as Albert Howard wrote so beautifully in his book *Agriculture Testament*, that in the farms of Asia, of India, you see farming as it should be, as perennial as the forests and the prairie and the ocean. And those laws of how nature works is what he articulated in terms of how Indian farmers and peasants have worked. The law of diversity. Nature does not practice monocultures and uniformity and fascism. And the law of return: Nature does not build systems through extraction and taking and taking, but always circular economies giving back. *And the work we are doing in regeneration is really going deep into those sciences of regeneration which are forgotten because the Earth was defined as empty, Terra nullius*, the entire legal jurisprudence that came out of colonizing Australia was: it's an empty land because these Aboriginal people

aren't people. They're like the fauna and flora, which I'm very happy to be like a fauna in flora, because we are a family."

"And this estrangement from the rest of creation is a big part of it. Then they went on to say, the soil is empty... And the best scientists were objecting. Albert Howard was objecting. Liebig, who is the father of modern organic chemistry, wrote a little book whose English translation I've written a forward to. And this is on the law of recycling, he says: *'I thought it would be enough to just announce and spread the truth, as is customary in science, that nature works in cycles and recycling is what you should see. I finally came to understand this wasn't right and the altars of lies must be destroyed if we wish to give truth a fair chance.'*"

[Listen to the the whole podcast here on Spotify](#) (or search for Regeneration International on your favorite podcast app) [Read the Transcript of This Episode Here](#)

The mysterious people of the Caribbean

A rare archaeological discovery on the Dominican Republic's secluded Samaná Peninsula could unlock the mystery behind the Caribbean's little-known pre-Arawak past.

You wouldn't think of the overtrodden Dominican Republic as a cutting-edge archaeology destination. Yet hidden beneath the beach cabanas are likely clues to a pre-Columbian mystery that's been perplexing anthropologists for centuries: who actually discovered the Caribbean?

When Columbus arrived on Hispaniola in the 15th Century, he encountered the Taíno, an Arawakan-speaking people who came from the Orinoco Delta of present-day Venezuela, emigrating as early as 400 BCE. While it is often assumed that the Taíno were the "original" inhabitants of the Caribbean, particularly the [Greater Antilles](#), other peoples had already been living there for several thousand years.

These little-known first inhabitants of Hispaniola are known as the "Archaic" peoples, characterised by their usage of stone tools (and the "Ceramic Age" Taíno by their creation of ceramics). The term generalises a diverse group of prehistoric peoples whose languages and names for themselves are unknown.

However, [a recent discovery](#) by a team of Italian and Dominican archaeologists on the Dominican Republic's secluded Samaná Peninsula, could change our understanding of who they were and where they came from.

For more: <https://www.bbc.com/travel/article/20220322-the-mysterious-people-of-the-caribbean>

[California gaming tribes give thumbs down to proposed new sports betting initiative](#)

"Our opposition could not be more clear and is irrevocable," CNIGA Chairman James Siva said in a statement

[Read more](#)

November 23 Deadline - **Office of Navajo Nation Scholarship and Financial Assistance**.
Deadline is November 27, for 2024 Spring/Winter Terms. For more info, click [here](#)

December 11 Deadline - **University of Arizona's College of Medicine's Pathway Scholars Program**. For members of Federally Recognized Indian Tribes, first generation college attendees, rural Arizonans, committed to serving underserved and diverse populations, and socioeconomically disadvantaged. For more information click [here](#)

Native American Programs and Enrollment Information at ASU, UA, and NAU - For more information click [here](#)

FREE tuition for undergraduate students from Arizona's 22 Federally recognized tribes who are studying on the main campus of University of Arizona in Tucson. For more information click [here](#)

Welcome and thank you for your interest in the College Horizons summer program! University of Pennsylvania (June 22-28, 2024) and University of Notre Dame (July 13-19, 2024) will host #CH2024!

REGISTER for our UPCOMING WEBINAR on Nov. 30th. Learn tips on applying!

High School sophomores and juniors: **The 2024 CH Application is NOW AVAILABLE.**

College Horizons is a program of excellence designed for American Indian, Alaska Native and Native Hawaiian high school sophomores and juniors. Our organization is deeply committed to helping Native students become experts on the college admissions and financial aid process. College Horizons is a 6-day pre-college program preparing students for the college application process. Participants learn about a variety of colleges and universities by connecting with our [70+ partner institutions](#) and will establish personal relationships with college admission representatives as well as college counselors along the way.

We look forward to reading your applications this year! [Apply](#)

PRIORITY DEADLINE: JANUARY 24, 2024 (11:59 PM MST)
<https://collegehorizons.org/apply/>

Program also at Notre Dame July 13 – 19, 2024



[Click here to download the latest student flyer.](#)

SEASONS GREETINGS
2023
NEVADA'S CHRISTMAS SALE &
INDIAN ART MARKET

Reno/Sparks Indian Colony, Tribal Gym
34 Reservation Road Reno, NV 89502
(2 Blocks West of the Grand Sierra Resort Casino - info - (775) 379-5103)

FRIDAY & SATURDAY \$100 vendor fee

DECEMBER 8th & 9th

10:00 AM to 8:00 PM Friday & Saturday

FREE ADMISSION

FREE DOOR PRIZE DRAWINGS

AUTHENTIC HAND-CRAFTED ITEMS & GIFTS

Buy direct from over 50 Local & Visiting All Indian Artists and Exhibitors



Resisting the Colonial Imagination

By Adrienne Lalli Hills & Margaret Middleton

For Indigenous museum visitors, long-prevalent display methods like “wonder cabinets” or “white cubes” can be an alienating way to encounter their cultural heritage. Here’s how some exhibition designers are working to overturn these colonially rooted formats in favor of strategies that prioritize the preferences and expressions of source communities.

[Read more »](#)

A Journey of Healing

By Caitlin Dichter & Nicole Armstrong-Best

After a decade of consulting with its local tribal communities, the city-managed S'edav Va'aki Museum in Phoenix has overhauled its mission and changed its name to reflect a new focus on Indigenous perspectives and culture. Here's how staff have leveraged this trusting relationship to make changes to interpretation and exhibitions—and how it's started to spill out into other areas of the city government.



[Read more »](#)

Owamni **Minneapolis, Minnesota**

The dishes at this restaurant by The Sioux Chef celebrate indigenous heritage.

https://www.atlasobscura.com/places/owamni?mc_cid=d7f0d0ab91&mc_eid=564e5140e6

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**Soak up the knowledge of your Elders before they become your Ancestors.**  
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Technological Science Updates

Scientists 3D print robotic hand for the first time with human-like bones, ligaments, and tendons made with elastic properties using new laser scanning technique ([More](#))

MIT researchers design wearable ultrasound monitor that can image organs within the body; study shows monitor accurately images the bladder and determines how full it is, potentially aiding patients with bladder or kidney issues ([More](#))
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### **Explore State Constitutions**

State constitutions are distinctive documents—in the rights they confer, the governmental structures they establish, and the ways they change over time. They are not miniature federal constitutions, and they should be studied on their own terms. 50 Constitutions aims to make state constitutions more accessible.

Click on any state of the map below to access the full current text of any state constitution. Or use the search tool to perform full-text searches across all 50 state constitutions. For Wisconsin, the pilot state for 50 Constitution's Tracking Constitutional Change project, explore additional features that highlight how the state's constitution has evolved over time.

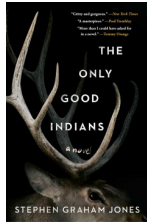
<https://50constitutions.org/>



## More Ideas for your Personal Reading or Holiday Giving List(s)

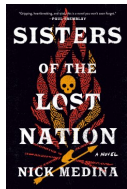
*Hell with the Fire Out: A History of the Modoc War* for an understanding of the contentious American war against the indigenous Modoc people located in northern California and southern Oregon, where sixty members of the Modoc Nation managed to hold off six hundred US soldiers among the lava beds near the city of Tulelake, California, July 6, 1872 – June 4, 1873. //

[goodreads.com](http://goodreads.com)



[The Only Good Indians](#) by [Jones, Stephen Graham](#)

Thought-provoking horror that haunts in more ways than one.



[Sisters of the Lost Nation](#) by [Medina, Nick](#)

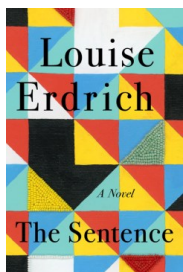


[Winter Counts](#) by [Weiden, David Heska Wanbli](#)

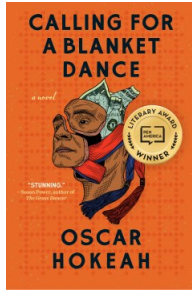
Outside Review: Unique and compelling, this is one of the best suspense novels I've read in the past few years.



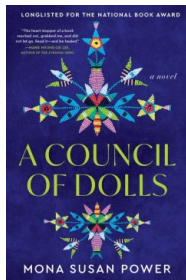
[Swim Home to the Vanished](#) by [Basham, Brendan Shay](#)



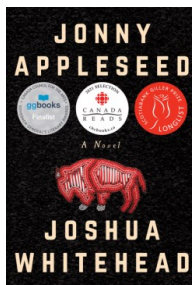
[The Sentence](#) by [Erdrich, Louise](#)



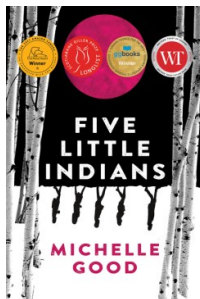
[Calling for A Blanket Dance](#) A Novel by [Hokeah, Oscar](#)



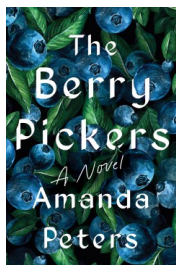
[A Council of Dolls](#) A Novel by [Power, Mona Susan](#)



[Jonny Appleseed](#) A Novel by [Whitehead, Joshua](#)



[Five Little Indians](#) by [Good, Michelle](#)



[The Berry Pickers](#) A Novel by [Peters, Amanda](#)



<https://www.texastribune.org> > 2023 > 11 > 13 > [texas-native-american-tribes-bison-return](#)  
**[Bison return to Texas Indigenous lands | The Texas Tribune](#)**

The "Great Slaughter" of **bison** between 1820 and 1880 was driven by the U.S. government promoting the mass hunting of **bison** in an effort to subdue Native American tribes, along with construction of ...

<https://patabook.com> > news > 2023 > 11 > 17 > [rare-return-of-bison-land-back-to-native-american-tribes-explored-in-our-america-rebirth-of-the-range-watch-the-full-episode](#)

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[Rare return of bison, land back to Native American tribes explored in ...](#)

A 2019 bipartisan bill restored their lands taken from them in the early 1900s. Now they work to preserve their history and heritage, and cement a foundation for future generations. With unprecedented access granted from Salish and Kootenai tribal leaders, filmmakers Kira Kay and Jason Maloney documented the rare, real-time return of the 19,000-acre National

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<https://www.sciencedaily.com> > releases > 2023 > 11 > 231120124103.htm

**[Researchers develop comprehensive genetic map for bison ... - ScienceDaily](#)**

Today**The** discovery is the first time anyone has successfully determined the gene mutation responsible for an observable trait in **bison**. "We knew albinism was an inherited recessive trait, but we didn't ...~~~~~

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<https://www.msn.com> > en-us > news > us > [herd-of-bison-hold-funeral-for-bison-cow-that-died-giving-birth-in-yellowstone-national-park](#) > ar-AA1k5MII

[Herd Of Bison Hold Funeral For Bison Cow That Died Giving Birth ... - MSN](#)

Bison are the type of animals that prefer to live in groups, and often use their "strength in numbers" mentality to fend off attackers. However, tragedy struck this herd in Yellowstone ...