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Sunrise Park Resort

President Biden Signs Historic Executive Order to Usher in the Next Era of Tribal Self-Determination

Noram Successfully Drills Deepest Hole to Date & Intersects 756.5 ft (230.6 m) of Favourable Clay

Readout of Justice Department Participation in the 2023 White House Tribal Nations Summit

Miyawaki Forest program

What really affects hunting in the West

Considering a graduate program in public health?

New Reno-Based Streaming Service 'Sunn Stream' Launches to Uplift Independent Creators

Inside the Illegal Cactus Trade

Arizona Smokers Help Line

The stories Indian and Mortar rocks can tell us

Reminder from John Trudell

List of things for Indigenous youth to do when times get tough

Annette Cavanaugh: "We all have work to do. We do not have time to rest."



[Sunrise Park Resort AZ](#) is at [Sunrise Park Resort AZ](#). · [Greer, AZ](#) ·

That's a wrap on the first day of the season!

Thank you to everyone who visited and to our great team who made this happen. The snowmaking team has worked day and night to provide tree-to-tree coverage on open trails and we couldn't have asked for better snow conditions today as we kicked off the 2023/24 season! We were also blessed to welcome our very own Laney Lupe, [Miss Indian Arizona](#), as well as a local group of Crown Dancers performing a ceremony at the base.

President Biden Signs Historic Executive Order to Usher in the Next Era of Tribal Self-Determination

<https://www.whitehouse.gov/briefing-room/statements-releases/2023/12/06/fact-sheet-president-biden-signs-historic-executive-order-to-usher-in-the-next-era-of-tribal-self-determination/>

Noram Successfully Drills Deepest Hole to Date & Intersects 756.5 ft (230.6 m) of Favourable Tuffaceous Claystones:

Noram Ventures Inc. announces the completion of a significant drill hole, CVZ-83, as part of their Zeus Project in Clayton Valley, Nevada. Samples from this promising lithium deposit will be sent to ALS Laboratories in Reno for assaying, with results pending. (miamiherald.com)

Readout of Justice Department Participation in the 2023 White House Tribal Nations Summit

12/07/2023 07:00 AM EST

Attorney General Merrick B. Garland and other senior Justice Department officials today participated in the 2023 White House Tribal Nations Summit. The summit reiterated the importance of Nation-to-Nation relationships and provided an opportunity for members of the administration to discuss key issues that the Tribal Nations face.

Opinion: Berkeley should fund the Miyawaki Forest program

Berkeley science teacher Neelam Patil spearheaded the effort to engage students in climate solutions by planting these forests in public schools.
by [Sophie Hahn](#) and [Neelam Patil](#)

What if we could supercharge the power of nature to sequester carbon, clean the air, provide shade and cooling and restore natural habitats?

Miyawaki Forests — also known as Pocket Forests — are small, densely planted, fast-growing urban forests of native trees, shrubs and bushes that serve as hotspots for biodiversity. They're easy to plant, require almost no maintenance and provide both accelerated and concentrated ecological benefits unmatched by other methods of greening the urban fabric.

The Miyawaki Forest method was developed in the 1970s by Japanese botanist and plant ecologist Professor Akira Miyawaki. Forests have been planted in cities and countries across the globe, including Paris, Karachi, Beirut, and New Delhi. [A New York Times article](#) recently highlighted success stories from around the world, focusing on projects in Cambridge, Massachusetts, and Los Angeles' Griffith Park.

As a Berkeley school science teacher, [Neelam Patil spearheaded](#) the successful effort to bring Miyawaki Forests to our public schools and was named a [TIME Innovative Teacher of 2022](#) for her work. Four tiny forests are thriving at [Berkeley Technology Academy](#), [Cragmont Elementary](#),

King Middle School and Malcolm X Elementary campuses, with trees planted as 6-inch saplings reaching eight to 15 feet within one year.

The involvement of students and families is another key element of success for Berkeley Unified School District's Miyawaki Forests. Planting and tending urban forests builds community and gives our youth tangible opportunities to experience the regenerative power of the natural world. In this way, Miyawaki Forests offer much more than environmental benefits: they offer inspiration, refuge and hope.

Edited: https://www.berkeleyside.org/2023/12/06/opinion-berkeley-should-fund-miyawaki-forest-program-schools?goal=0_aad4b5ee64-ecdc44f839-333380833&mc_cid=ecdc44f839&mc_eid=9a443e4f7b

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## What really affects hunting in the West

Landowners and states need the income non-locals provide, and big game animals definitely need the winter habitat they find only on private land.

By [Writers on The Range](#) • [Essays](#) • December 4, 2023

<https://sierranevadaally.org/2023/12/04/what-really-affects-hunting-in-the-west/>

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New Reno-Based Streaming Service 'Sunn Stream' Launches to Uplift Independent Creators:

Sunn Stream, a new streaming service from Reno, launched today, aiming to support independent creators and reject AI-generated content. It features original and licensed content, including 'The Cream Acoustic Sessions' documentary. (nevadabusiness.com)

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Are you considering a graduate program in public health? Join the University of Arizona Mel and Enid Zuckerman College of Public Health for an information session to learn more about our campus, online, and hybrid programs!

Information sessions are held virtually every other week, and we invite you to join us to learn about our graduate degree programs. We hope to see you there! Dates and links to register:

<https://publichealth.arizona.edu/graduate-students/admissions/event>

## Inside the Illegal Cactus Trade

As the craze for succulents continues, sometimes the smuggler and the conservationist are the same person.

[https://www.newyorker.com/science/elements/inside-the-illegal-cactus-trade?utm\\_source=pocket-newtab-en-us](https://www.newyorker.com/science/elements/inside-the-illegal-cactus-trade?utm_source=pocket-newtab-en-us)

The Arizona Smokers' HelpLine (ASHLine) offers free help to quit commercial tobacco through the American Indian Commercial Tobacco Program. They connect commercial tobacco users with coaches and resources for – and from – Native American communities. Call 1-855-5AI-QUIT or sign up at

[AIQUITLine.or](http://AIQUITLine.or)



### **The stories Indian and Mortar rocks can tell us**

The famous boulders, places of contemplation, ceremony, gossip and industry for the Ohlone, are a symbol of a destroyed cultural landscape but also of what remains worth protecting. by [Ally Markovich](#)

[https://www.berkeleyside.org/2023/12/06/indian-rock-mortar-rock-berkeley-ohlone-indigenous-history?goal=0\\_aad4b5ee64-cd1c0695bc-333380833&mc\\_cid=cd1c0695bc&mc\\_eid=9a443e4f7b](https://www.berkeleyside.org/2023/12/06/indian-rock-mortar-rock-berkeley-ohlone-indigenous-history?goal=0_aad4b5ee64-cd1c0695bc-333380833&mc_cid=cd1c0695bc&mc_eid=9a443e4f7b)

*This article is the first in a two-part series about Indian and Mortar rocks. Part two will explore their place in the history of California rock climbing.*

*These rock relatives are calling people to be here.” — Corinna Gould*



## Calendar

**December 8 - Salt River Cultural Resources' O'odham PIPAASH Christmas Art Sale**, 10:00 a.m.-2:00 p.m. at 10227 E. Osborn Road in Scottsdale.

**December 8 - Gila River Indian Community's Water Rights Day** at the Sheraton Grand Pass Wild Horse Pass. Noon-4:00 p.m. For more info, call (520) 562-9713.

**December 9 - First Annual FMYN Youth Council's Round Dance** at the Fort McDowell Parks and Rec Center. Free. Open to the public. 8:00 p.m. For more info call (480) 828-0326.

**December 9-10 - 46th Annual S'edav Va'aki Museum Indian Market and Young Artist Market.** formerly Pueblo Grande Museum, Phoenix. For more info, call (480) 667-8886 or please click [here](#).

**December 10 - Ak Chin Youth Council's Masik Tas Community Celebration**, 1:00-9:00 p.m. at the Old Vaila Site. For more info, call (520) 569-1044.

**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](#).

**December 12-15 - Heard Museum's Youth Art Workshop, Navajo Moccasin Making.** For youth ages 12-25. For more info, contact [Marcus](#). Class to be held at Eisendrath House, 1400 N. College Avenue, in Tempe.

**December 13 - ASU's American Indian Convocation**, 7:00 p.m. at Grady Gammage Auditorium. Guest tickets are not required.

**December 14 Deadline: ASU Josiah N. Moore Scholarships.** ASU students can apply via MYASU Scholarship Portal [here](#).

**December 15 - Ak Chin Community's Midland Concert**, 7:00-10:00 p.m. at the Ak-Chin Circle Amphitheater. Gates open at 5:00 p.m. 16000 N. Maricopa Road, Maricopa, Arizona.

**December 16 - Phoenix Indian Medical Center's Winter Art Fest and Health Fair**, 10:00 a.m.-2:00 p.m. at Phoenix Indian Medical Center, 4212 N. 16th Street, Phoenix.

**December 16 - Phoenix Indian Center's Winter Round Dance held at South Mountain Community College**, 5:00-10:00 p.m. For more info, click [here](#).

**December 20 - Guadalupe Community Christmas Party**, 4:00-8:00 p.m. Open to PYT Tribal Members and Guadalupe residents. For more info, call (480) 768-2000.

**December 23 - Last Chance Christmas Arts and Crafts Sale** at the Double Tree Ballroom at 1011 W. Holmes in Mesa. For more info contact Loren via [email](#).

**December 27-January 5 - Phoenix Indian Center's Living in 2 Worlds Cultural Camp** at Montecito Community School. Free. For more info, click [here](#).

**January 3 Deadline - Indian Health Service 2024 Summer Externship Program.** For more info, click [here](#).

**January 6 - BIA's Young Tribal Leaders Art Contest** for citizens of Federally Recognized Tribes, ages 14-30. For more info, click [here](#).

**January 12 Deadline - Tohono O'odham Community College Spring 2024 registration. Free tuition for Native Americans with Tribal ID.** For more info, click [here](#).

**January 13 - Southwest Gourd Society's Winter Pow Wow at San Xavier Recreation Center, Tucson.**

**January 15 - Tribal College Blanket Design Competition.** For more info, click [here](#).

**December 15 Deadline - Maricopa Community Colleges Hoop of Learning Program.** Deadline - Chandler-Gilbert Community College. For more info, or to apply, click [here](#).

**January 24, 2024 Deadline - Udall Foundation's Native American Congressional Internship.** For more information click [here](#).

**January 28-February 11 - American Indian Arts Exposition,** 2830 S. Thrasher Avenue in Tucson. Part of Tucson Rock and Gem Show. [www.usaindianinfo.com](http://www.usaindianinfo.com).

**January 31 Deadline - University of Utah's Native American Research Internship,** May 28-August 2. For more info, click [here](#).

**January 31 Deadline - Ohiyesa Premedical Program.** Year long educational program designed to engage and support Native American community college students interested in a healthcare career, with a program focus on the physician pathway. 3-week on-site summer program in Boston at Brigham and Women's Hospital. Harvard. For more information. [FLIP - OPP \(the-flip.org\)](http://FLIP-OPP.the-flip.org)

**January 31 Deadline: Dorrance Scholarship** for current graduating high school seniors planning on attending ASU- Tempe, NAU- Flagstaff, or UA- Tucson. For more information click [here](#).

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Machine invented in the 15th century by Christian priests to break the hands and fingers of scientists, artists, painters, sculptors deemed to be heretics.

[Robin Alden Howard](#) · · [HOLIDAY EATING TIPS](#)

1. Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Holiday spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.

2. Drink as much eggnog as you can. And quickly, it's rare. You cannot find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-alcoholic or something. It's a treat. Enjoy it. Have one for me. Have two. It's later than you think. It's Christmas!

3. If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.

4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.

5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Holiday party is to eat other people's food for free. Lots of it. Hello?

6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.

7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.

8. Same for pies. Apple, Pumpkin, Mincemeat. Have a slice of each. Or if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert, Labor Day?

9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories but avoid it at all cost. I mean, have some standards.

10. One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Re-read tips; start over, but hurry, January is just around the corner. Remember this motto to live by:

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate and wine in one hand, body thoroughly used up, totally worn out and screaming " WOO HOO what a ride!"

Hunter S Thompson is said to be original author.



All human beings are descendants of tribal people who were spiritually alive, intimately in love with the natural world, children of Mother Earth. When we were tribal people, we knew who we were, we knew where we were, and we knew our purpose. This sacred perception of reality remains alive and well in our genetic memory. We carry it inside of us, usually in a dusty box in the mind's attic, but it is accessible.

John Trudell

HUMAN REFORM POLITICS: *a force for positive change*

FOR INDIGENOUS YOUTH

Coping Skills

Below is a list of tools that Indigenous youth can use when life gets tough.

- Smudge yourself
- Pray
- Attend or participate in a ceremonial dance
- Attend Inipi (sweat), church, or other spiritual gathering
- Visit with a spiritual adviser
- Make tobacco ties
- Learn how to pick sage, cedar, etc.
- Pick sage, cedar, etc.
- Visit with an elder
- Learn about your family tree
- Learn about your family name
- Read and learn about your tribe and its history
- Learn about your tribe's oral stories
- Learn about ceremonies from a respected community leader or elder
- Bead. Earrings, headbands, moccasins
- Learn how to do quillwork
- Sew. Star quilts. Sweat dress/skirt.
- Learn to make moccasins
- Learn how to and make regalia
- Learn to dance (jingle, traditional, grass, ie)
- Learn the history of our dances
- Create art. Draw. Paint. Doodle.
- Craft
- Cook
- Bake
- Journal
- Read a book
- Write a book. Write a poem. Write a song.
- Learn about fishing or hunting with a male relative or community leader
- Volunteer to help clean your local church, nursing home, etc.
- Pull weeds and/or help clean a local cemetery
- Do chores. Help your tunwin (aunt), unci (grandma), and ina (mama).
- Garden. Plants flowers, vegetables, or both. Start small.
- Write a letter to a loved one
- Call a loved one
- Read stories to younger children
- Volunteer time for a Native organization
- Join a youth group or leadership group
- Learn about and how to make traditional foods.
- Eat a healthy snack
- Offer some of that healthy food to the spirits.
- Move. Yoga, stretch, run, walk, hike, swim, golf, play ball, lacrosse, volleyball, badminton, skip
- Drink water
- Drink herbal tea. Try a traditional tea.
- Go horseback riding/learn to ride a horse
- Laugh.
- Play. Build a snowman. Make a fort.
- Learn how to play hand games
- Watch ASMR videos
- Attend a fun event
- Listen to your favorite music. Sing loud and proud.
- Karaoke
- Go take photos
- Watch cat or dog videos on YouTube or TikTok
- Try a Tik Tok dance
- Learn to play guitar
- Go stargazing
- Watch documentaries about Native peoples and histories
- Say the alphabet backwards
- Count backwards by 3s or 7s from 100
- Establish and maintain a daily routine
- Start a gratitude list
- Meditate. Try Calm or Headspace.
- Practice deep breathing
- Try positive self-talk
- Establish a support system
- Cry. It's okay to cry.
- Sleep. Get some rest.

Indigenous youth:

YOU MATTER.

You are cared about.

You are loved. You are not alone.

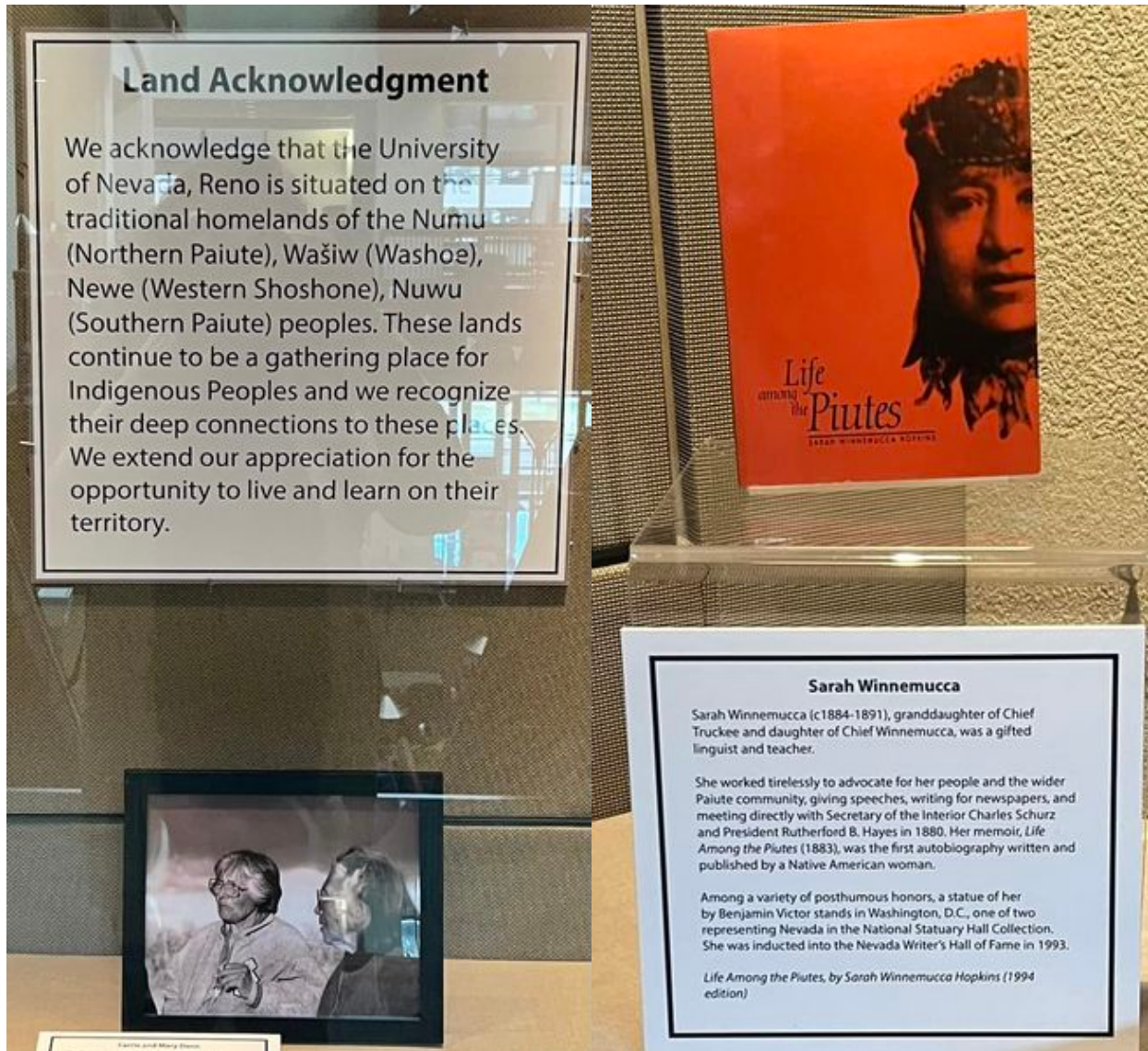
Ask for help. Silence isn't strength.

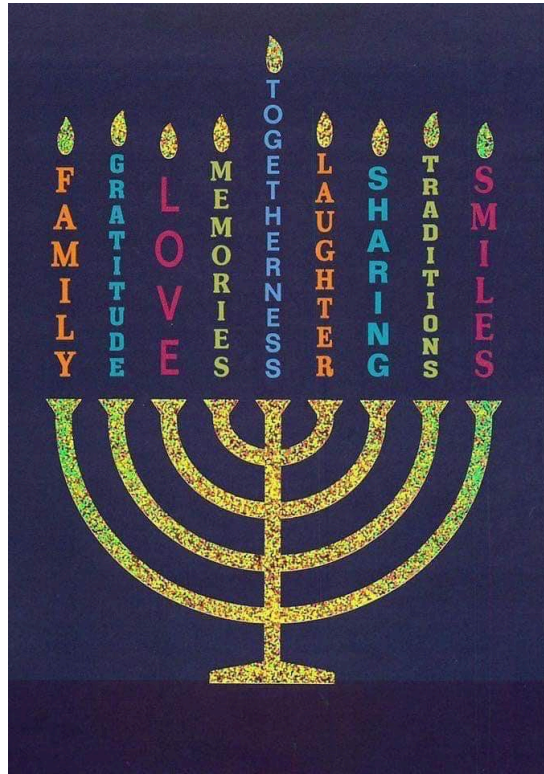
Lifeline is available 24/7 at

1-800-273-8255

Antoinette Cavanaugh

I'm completing my final paper at the library, then will embark upon a six hour statistics study session with my study group in preparation for our final next week. This is the first of two sessions. I was feeling a bit tired and lacked energy—until I saw this! These women were resilient! They were strong! They were intelligent leaders of our people and they are featured here at the UNR library. Today, they inspire me! They are a reminder to me—we all have work to do. We do not have time to rest.





Happy Hannukah