72nd Annual NCAI Conference at Town & Country
Indigenous People Joining Forces in San Diego

Indigenous San Diego coming together

Kumeyaay Country provided a picture perfect setting for the 72nd Annual NCAI on October 25, 2015 at the Town and Country Resort. The five day political marathon included seven general assemblies and over sixty sessions, committee meetings, caucuses and receptions. Vital national issues included climate change, sacred sites, child welfare, water rights, food/health sovereignty, education and the ever-present mascot naming issue were scrutinized. Sklallam Tribal Chair Ron Allen was elected Treasurer of the Board. Allen said that he decided to run for Treasurer because he was “disappointed in the direction of the last NCAI Executive leadership which focused on personal and internal matters with NCAI and not national issues as well as generating revenue and sponsorships for the organization.” NCAI General Counsel John Dossett and NARF Executive Director John Echohawk provided an update from the Tribal Supreme Court Project explaining the importance of cases such as Dollar General v Mississippi Choctaw which deals with tribal sovereignty and jurisdiction over consensual relationships with non-Indian businesses on reservation land. Jeff Grubbe, Chairman of the Agua Caliente Band of Cahuilla Indians stressed the importance of tribal water rights and the need for support in the appeal of the Bands 9th Circuit case to reclaim their ground water. And, Navajo Nation President Russell Begaye addressed the Gold King Mine Disaster and the lack of competent response by the Environmental Protection Agency. The spill impacted Navajo farmers and their citizens drinking water.

ACE (Adverse Childhood Experiences), an issue that is consistently and passionately addressed by San Diego’s popular leader Anthony Pico, was the topic of Dr. Vincent Felitti’s talk as he shared insights on his groundbreaking study on inter-generational trauma on the mind, body and spirit caused by childhood maltreatment through abuse, neglect, substance abuse, etc … Dr. Felitti underscored the importance of addressing the devastating experience of trauma in one’s health and he emphasized the need for healthy role

San Diego Health Council Honors the Military, Veterans and Their Families

The Kumeyaay and other tribes have a long tradition of serving their country. Their contribution and sacrifices do not go unrecognized. An annual breakfast honoring their bravery and loyalty is celebrated at the Barona Community Center. This volunteer effort is fueled by the dedication and hard work of people like Eleanor Miller and her loyal faithful supporters and the generous contributions of the tribe. The gathering coincides with the American Indian Veterans Associations monthly meeting. It is an example of the Indigenous community joining forces throughout the land.
Bad Indians: Notes of a Native California Daughter

by Mark R. Day

If history is written by the winners, then the story of the 21 California Franciscan Missions is a good case in point. The colonizers' narrative prevails, while the natives' viewpoint is still considered suspect and unworthy of attention.

Deborah Miranda's book Bad Indians provides readers with a strong antidote to combat the myths, legends and outright lies about the mission period (1769-1836) still propagated by the colonial historians and their allies in the Catholic Church.

All this came to a head recently when Pope Francis canonized Fray Junipero Serra, the first presidente of the missions, wrote: "It is evident that a mission project that glorifies the period and glosses over the Spanish and Mexican conquest of the Indians, and later, their enslavement and extermination during the Gold Rush and U.S. occupation.

Students, says Miranda, are exposed to imperialism, racism and Manifest Destiny. But they are not taught to think critically or to challenge the effects of these policies on Indians. "It's as if fourth graders were invited to study the Holocaust by designing the details of the concentration camps with their Nazi guards and crematoria."

The curriculum

Miranda's writing style is lyrical and poetic. She makes her points best by artful turns of words and phrase, not just with the recitation of facts and documents.

Early in her book, Miranda stops by Mission Dolores in San Francisco and meets a little girl and her mother. The girl is doing her fourth grade project on the missions, authorized by the state board of education.

The curriculum calls for the creation of a "mission project" that glorifies the period and glosses over the Spanish and Mexican conquest of the Indians, and later, their enslavement and extermination during the Gold Rush and U.S. occupation.

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INDIAN VOICES Looks Forward to Locking Arms and Moving Forward With the Blue Mountain Tribe

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Roy Cook Memorial Essay Contest

In honor of Roy Cook, educator, journalist and cultural historian Indian Voices in conjunction with community supporters is organizing an Essay Contest open to 6 grade through High School students in the San Diego.

More information will be forthcoming in the next issue of Indian Voices.

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IT IS TIME TO BREAK THE CYCLE!
It’s easy to understand why Louise Jones Gopher is considered a living legend.

Gopher, a former director of education for the Seminole Tribe of Florida, was the first female Seminole to earn a bachelor’s degree when she graduated from Florida Atlantic University in 1970.

The Palm Beach Post named her one of the 100 people who changed the way Floridians live during the 20th century.

Gopher was inducted into the Florida Women’s Hall of Fame. When she gave the keynote address at Florida State University’s fall semester commencement, she became only the third member of the Seminole Tribe to receive an honorary doctorate from Florida State University.

“I thought I retired, but I’m always so busy,” Gopher, 69, said during a telephone interview. “Like all senior citizens, I seem to have lots of doctor’s appointments.”

That comes with being diagnosed with colon cancer, which Gopher was two years ago. She endured chemotherapy treatments last year. And in her own ways she says, “They want to study my body for five years.”

Gopher is a survivor. She was born in 1945 in a chickee — an open-sided thatch-covered structure with a wooden platform for a floor — in a Seminole camp near Fort Pierce. Her grandfather was DeSoto Tiger, a Seminole leader and the first murder victim of notorious John “Swamp Bandit” Ashley, a Prohibition-era gangster based in the Everglades.

Most of her life has been spent on the Brighton Reservation, near Okeechobee. It has a population of about 500 and is one of six Seminole reservations in Florida.

She was forced to raise her two daughters on her own after her husband, Charlie Gopher, a Vietnam War veteran suffering from Post-Traumatic Stress Syndrome, committed suicide in the early 1970s. Today she also has three grandchildren, who vie for her time and attention.

Gopher has been dedicated to preserving the Seminoles’ native languages, Creek and Miccosukee. It has been a challenge, she said, but most students in the tribe’s schools can read and write their native language, even if they are far from fluent speaking it.

Andrew Frank, an FSU history professor who teaches a course “History of the Seminoles and the Southeastern Tribes,” says Gopher is among the most influential living members of the Seminole Tribe.

“When she speaks, everybody gets quiet and listens. She has seen everything and done everything,” he said. “I can’t think of...

Florida State University Seminole Louis Gopher

SEE Louise Gopher, page 12
10-10-15: Demanding Justice, Building Unity, Pushing Back on Shared Oppression

On October 10, 2015, I had the unforgettable experience of traveling to Washington, DC for the Justice or Else gathering, 20th anniversary of the Million Man March. In the months prior to that, I was asked to be part of the Natives and Latinos for justice planning committee and I had the honor of working with and meeting great Native/indigenous, Black and Latino leaders of our time. We spent hours on conference calls, working out logistics and strategy to build solidarity and cohesion, to bring forth our specific demands, solutions, and goals for justice for our respective communities, and to make sure our voices were heard. I answered the call to service because I understood the time is now—we must demand the elimination of Native mascots and the widespread negative misappropriation (in sports, education, mass media) of indigenous peoples and imagery. One of the main goals of the gathering was to show how people of color worldwide are fighting a common enemy of colonial domination and white supremacy. Native Americans share many common issues with other communities of color, including but not limited to racism, profiling, stereotypes, and police brutality. These issues and experiences are detrimental to us and result in discriminatory social and economic inequality. Stereotypes contribute to maintaining colonial oppression over our peoples, and an entitlement to our land, bodies, and resources. In addition to indigenous holocaust, relocation, and removal, Native Americans have been subject to the same systems of colonial domination that other peoples of color have and still face.

Watching and witnessing the ceremony at the Justice or Else gathering was emotional and cathartic. Seeing people get up and speak the straight truth on such a huge platform was truly an honor. The Native and Latino presence in the program was powerful. A grand entry and prayer kicked off the gathering, and speakers included Chief Ernie Longwalker, Hector Perez-Pacheco, Chief Arvil Lookinghorse, Gyasi Ross, and Yonasda Lonewolf, who also opened with a powerful statement about unity, stating that for Black, Brown, and Red, “our common enemy is the same.” One of the most inspiring moments for me was when Minister Farrakhan spoke on the detrimental misappropriation of native identity, declaring that Native Americans are not ‘redskins’, but human beings. To me, that was a culminating moment of years of hard work and vision of so many elders, activists, youth and leaders to elevate the erased American Indian voice, onto the national platform. Afterwards, we had a unity prayer and circle dance and the elders spoke to us about the importance of the day and the work that is ahead of us.

I showed up in Washington, DC Justice or Else on 10-10-15 to show solidarity and walk the talk of unity. Setting aside the petty divisions that have kept people of color from consolidating power and voice, I joined with my brothers and sisters from all different tribes, races and backgrounds. We went to listen and learn, meet each other and talk about the work that is left to be done. I stood with countless other fearless citizens, poets, religious leaders, men, women, community organizers, and warriors from around the world standing up speaking truth to power. One thing I learned that I will definitely pass on to my children is to not be afraid. Stand up for yourself, for your people and speak out when you see repeated patterns of oppression going on unchecked. Not just by oppressors but also by each other. We also repeat and internalize systems and patterns of oppression on one another without even knowing it, and also sometimes intentionally. It’s time to heal. We need each other. We are all leaders, and we all have the power to see our commonalities instead of our differences. We must choose to set aside division and understand our interconnectedness. If we don’t demand justice for ourselves and each other, who will?

Maggie Hurdley (Mvskoke)
Founding board member, NotYourMascots.org
Host of CommUNITY Talks on Success Native Style Radio Network

NCAI Conference
Continued from page 1

President Gil Vigil addressed the issue of teen suicide head-on, “Please take more responsibility on the seriousness of this issue.”

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The Vision and Value of Kwanzaa: Insights, Principals and a Practice of Coming Back to Black

by Min. Tukufu Kalonji

As we approach the 49th annual celebration of Kwanzaa, it is of necessity to engage in discussion on this beautiful African and Pan African holiday. Kwanzaa was created in 1966 by Dr. Maulana Karenga, an activist-scholar who emphasizes the crucial need to protect, constantly regenerate and advance African American culture. Moreover, Kwanzaa speaks to our profound commitment to self-determination; to cultural reaffirmation and the celebration of ourselves; to our right and responsibility to speak our own special cultural truth in a multicultural world; and to the practice and promotion of Kwanzaa's essential principles, the Nguzo Saba, the Seven Principles of Black Community Development which are the nucleus and fulcrum on which the holiday is founded, evolves and remains steadfast as a significant part of Black culture and life in the best of its manifestations.

The following is a selection from Dr. Karenga's seminal work on the holiday Kwanzaa: A Celebration of Family, Community, Culture. University of San Kore Press, Los Angeles CA.

First, Kwanzaa was created to reaffirm and restore our rootedness in African culture. Therefore for current celebrants and new celebrants; it is important to learn, reinforce, internalize, and put in practice the vision and values of Kwanzaa in the interest of reaffirming family, community, and culture in its best light. Secondly, Kwanzaa was created to serve as a regular communal celebration to reaffirm and reinforce the bonds between us as a people. It was designed to be an ingathering to strengthen community and reaffirm common identity, purpose and direction as a people and a world community. Thirdly, Kwanzaa was created to introduce and reinforce the Nguzo Saba (the Seven Principles). These seven communal African values are: Umoja (Unity), Kuwaa (Self-determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity), and Imani (Faith). (Karenga, 2008).

This stress on the Nguzo Saba was at the same time an emphasis on the importance of African communalitarian values in general, which stress family, community and culture and speak to the best of what it means to be African and human in the fullest sense. And Kwanzaa was conceived as a fundamental and important way to introduce and reinforce these values and cultivate appreciation for them.

In closing, let us engage this beautiful African celebration and not only celebrate it for the seven days of the holiday but to strive for embracing and practicing its core values the Nguzo Saba, for every day of the forth coming year!

Min. Tukufu Kalonji is Founder of Kawaida African Ministries, For info contact @ tkalonji@hotmail.com

Bad Indians continued from page 2

For the Indians, however, it was the end of the world. Their healthy lifestyles were shattered, their beliefs denigrated, their diets altered, their family system torn apart, and their bodies ravaged by filthy living conditions, European diseases and forced labor. Most of all, their spirits were crushed and they became chronically depressed.

And they died. More Indians were buried than were baptized at the missions, and by the Indian population decreased from 300,000 1769 to 200,000 1845. By 1900, there were only 20,000 Indians left in California.

The “Bad Indians”

Some missionaries were impressed by the Indians’ docility and passivity. Miranda quotes a friar: “They operate as if they were a corpse. . . . When the missionary desires to punish them, all that is necessary is for them to prepare themselves and they receive the strokes.” On the other hand, hundreds of “bad Indians” resisted conversion through rebellion, murder, escape, and dramatically low birth rates. They burnt down Mission San Diego in 1775, attacked Mission San Gabriel in 1785, and destroyed Missions Santa Barbara and Santa Ynes in 1824. The reasons cited for the rebellions were physical abuse by the friars and the rape of Indian women by the Spanish soldiers.

In her research, Miranda relies on the usual sources, but she also draws on old wax cylinder recordings by ethnologists such as J.P. Harrington, who interviewed mission Indian survivors nearly 80 years ago. She enters into surreal dialogues with female ancestors and helps them speak to us today:

Once Miranda establishes the legacy of the missionary conquest of California in her book, she traces her family’s genealogy back to Mission San Carlos near Monterey, Calif. She recounts their stories and struggles as well as her own traumatic childhood as the daughter of a divorce and a violent, alcoholic father.

There is too much here to tell about. If you are tired of the colonizers’ version of the missions, you must read this book to get, at long last, a view from below, from the vanquished, the conquered. It will be a satisfying experience.

Mark R. Day is a former Franciscan friar and the author of Forty Acres: Cesar Chavez and the Farmworkers. mday708@yahoo.com

The Pimping of Peoples Radio

Berkeley, CA – Long-time alternative health host Gary Null announced on WBAI’s air yesterday that there was a strong possibility he would soon be filing significant litigation against Pacifica Radio. The troubled board elections continue until January 4th in the New York, Los Angeles and Houston signal areas, with results expected from Berkeley later this week. The election has been, to put it bluntly, a mess and complaints continue to roll in from subscribers who either can’t get ballots at all or have ended up with two or three of them. The election process is loaded up with conflicts of interests as the election supervisor’s direct boss Lydia Brazon is a candidate, as is elections committee chair Bob Lederer and 5 other election committee members.

Unlike previous Pacifica elections when candidates and interested parties could observe vote counts held at local community centers or at the stations themselves, this year the ballots are being counted at an unknown location, possibly in Canada at Simply Voting’s Montreal headquarters or possibly at the Eugene, Oregon site to which ballots have been returned. Neither the election supervisor nor the voting company to date have revealed where the ballot count will be held or been willing to admit observers, should any be found at or were willing to travel to, the remote location.

Infrastructural breakdowns at KPFK continue at a staggering pace after the station reduced its entire workforce to 50% time and laid off its webmaster. The station’s December fund drive was scheduled to begin on Monday, but could not because the station’s phones and internal with broke down. First day receipts on Tuesday came in at $17K, less than the previous fund drive’s $19K daily average. KPFK averaged $30,000 a day only two years ago. The station’s archives uploader has failed at least twice in the last month, with several programs permanently unavailable and others painstakingly uploaded manually (only 1 of the last 24 hours of programming is available at press time). On the website at kpfk.org, the Sojourner Truth newsfeed is broken, the site features the pledge thermometer from the *last* fund drive which concluded more than a month ago, and few premiums are available for online pledges. GM Radford announced she was leaving town for the fund drive’s beginning days in order to come to Berkeley and “work at the national office” for several days this week.

One frustrated former donor in San Diego wrote in to say that the technical mess is leading to subscriber losses.

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Progress in the World with Walter Davis

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Roll Number: KO4908

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Roll Number: KO4908
Dr. Jack D. Forbes: Sovereignty, and Black Indians

by William Loren Katz

Dr. Jack D. Forbes of Powhatan-Renape, Lenape and Cherokee ancestry started the first Native American Studies Department in the country in 1969 at UC Davis. He went on to win awards for his probing studies of Native American History, taught in England and Holland and lectured widely from Canada to Japan, and Europe to the United States; and he wrote brilliantly on the relations between Native Americans and African Americans.

A few years before his death in 2011 at age 77 we met on the airwaves during a lengthy Native American Radio broadcast discussing Black Indians in Native American history.

The program host brought up the legal efforts of leaders of the Seminole Nation and the Cherokee Nation to expel their African American members under the right of sovereignty. Dr. Forbes spoke forcefully and to the point. African Americans “are our brothers and sisters,” he insisted. As members they also helped build and defend Indigenous Nations, and were staunch allies in war.

Dr. Forbes address the sovereignty issue by first affirming its critical importance in dealing with the United States. He then added: “Sovereignty does not trump justice, history or simple fairness.” “It does not allow New Jersey, New Mexico or any other state to legally discriminate against its citizens because of their race, color, religion or anything else.” That said it all.

I included his clear summary of the issue in last chapter (P 236) of the 2012 revised edition of my Black Indians: A Hidden Heritage.

Phil Fixico ... Black Seminole Maroons and San Diego World Beat Center Come Together at the Compton Library

Each year a celebration of Native American Heritage Month takes place at the Compton Library, 240 W. Compton Blvd., Los Angeles. The library organizes a presentation under the direction and supervision of Librarian Rose Mitchell. On November 28 a celebration of Black Seminole Maroon in the Western Hemisphere was presented by Phil “Pompey Brunner” Fixico, Seminole Maroon Descendant. He shared the details of his official trip to Surinam. This free and public event brought together a lively cross section of community members and opened up a cultural dialogue that will surely be continued. Makeda Dread, Director of the World Beat Center in San Diego introduced the WBC and participated in the open dialogue.

Makeda Dread and Phil Fixico bringing Indigenous forces together.

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Makeda Dread and Phil Fixico bringing Indigenous forces together.
from the Northeast

by Marc Snelling

November's federal election in Canada saw record breaking participation from First Nations, Inuit and Métis communities. In all 54 indigenous candidates ran for office, 10 of whom were elected. Aboriginal turnout skyrocketed with some reserves seeing as much as a 270% increase in voters. Elections Canada tried a new pilot program in the 2015 election setting up polling locations at Native Friendship Centers and University campuses.

Several leaders encouraged the unprecedented turnout. Assembly of First Nations (AFN) chief Perry Bellegarde at first said he would not be voting in the election. Later he changed his position after meeting with First Nations elders, leaders, citizens and young people, saying "I will vote in this federal election in support of a government committed to closing the gap between First Nations people and Canadians."

Others were more specific in their voting recommendations. Ashley Callignbuhl, recent Miss Universe winner of Enoch Cree First Nation, vowed to use her platform for change. The first public event she attended as Miss Universe was a fundraiser for Missing and Murdered Indigenous Women (MMIW). On her second day as Miss Universe she took to the press in a call to Canadians to vote, and vote for anyone but the former government led by Stephen Harper. Facing immediate criticism she did not back down, saying "Did you really think I was going to just sit here and look pretty?"

All the indigenous candidates in the election ran on ridings identified by AFN as potential swing ridings. Several ridings saw major upsets of Harper's governing Conservative Party. Former Aboriginal Affairs Ministers Bernard Valcourt was ousted in his riding of Madawaska-Restigouche, which includes the Listuguj Mi'gmaq community. In Northern Manitoba 11,000 new voters came to the polls. "I believe that Mr. Harper, when he was prime minister, awoke a sleeping giant in our people, and that giant is awake." said Grand Chief Sheila North Wilson of Manitoba Keewatinok Okimakanak.

The actions of the sitting government during its last five year term drew concern from First Nations communities and several protests organized by Idle No More and other groups. Bill C-51 in particular, an anti-terrorism law passed in 2015, seemed targeted at environmental and First Nations activists. Dubbed the ‘Secret Police Bill’ included provisions to disrupt groups and make pre-emptive arrests. Many felt it was aimed directly at the Wet'suwet'en people of British Columbia (BC) who have refused to allow the Energy North Pipeline to pass through their land.

Bill C-51 and Harper government support for pipeline projects to the Pacific coast resulted in a surge of voter turnout, and collapse of Conservative support in British Columbia. Despite the fact that 4 million more Canadians voted in this election, 100,000 fewer people cast their ballots for Harper's government in BC. Every riding that includes Pacific coastline elected NDF or Green Party candidates.

The NDP called for the repeal of Bill C-51, $57 million in funding for language revitalization and the establishment of a commission to investigate the cases of missing and murdered indigenous women within 100 days of taking office. Other key election issues included adopting the Principles of Reconciliation identified by the Truth and Reconciliation Committee, and closing the gap in funding for education and healthcare for First Nations and other Canadians.

Among the ten elected indigenous candidates, eight belong to the Liberal Party of Canada and two to the New Democratic Party (NDP)

- Michael McLeod (Métis) - Northwest Territories
- Vance Badawey (Métis) - Niagara Centre, Ontario
- Robert-Falcon Ouellette (Cree) - Winnipeg Centre, Manitoba
- Don Rusnak (Anishinaabe) - Thunder Bay-Rainy River, Ontario
- Hunter Tootoo (Inuit) - Nunavut
- Dan Vandal (Métis) - Saint Boniface-Saint Vital, Manitoba
- Jody Wilson-Raybould (Kwakwaka’wakw) - Vancouver Granville, B.C.
- Georganna Jolibois (Dene) - Desnethé-Missinippi-Churchill River, Saskatchewan
- Romeo Saganash (Cree) - Abitibi-Baie-James-Nunavik–Eeyou, Quebec

35th Annual WorldBeat Kwanzaa: Liberation Through Purification

by Madeka Ori Cheatom

This year the theme for Kwanzaa, Martin Luther King Day and Black History Month is dedicated to health challenges for people of color. We have invited Queen Afua, an internationally renowned wellness advocate for Kwanzaa on December 29th and 30th from 6pm-10pm. Her certifications include Holistic Health Practitioner, Colonc Therapist, Yoga Instructor and Fasting Specialist. Queen Afua is a best selling author with over 35 years of experience. This sister has lectured globally and check this out, she served as a consultant to NASA, and provided lifestyle coaching to celebrities including my girl Erykah Badu and my man, Stevie Wonder and brother Ben Vereen. Queen Afua is based in Brooklyn, NY and has developed wellness programs that have been clinically approved by prestigious doctors.

Queen has educated and empowered thousands to heal themselves holistically. Queen Afua is on a humanitarian mission to promote a global nation of wellness that will reach and empower the people to achieve wellness through holistic health and well being as a lifestyle. Queen Afua has written several holistic books which are a must for your bookshelf including The City of Wellness: Restore Your Health Through the Seven Kitchens of Consciousness, Heal Thyself for Health and Longevity, Sacred Woman: A Guide to Healing the Feminine Body, Mind, & Spirit, Overcoming An Angry Virgin: Journey to Womb Wellness, Man Heal Thyself and her latest book, Circles of Wellness: A Guide to Planting, Cultivating, and Harvesting Wellness. Try to get at least one of these books and get ready for Queen Afua’s 21 Day Detox Program for a New Year, New You.

Our health is our wealth. Your holistic health is important for you, your family, your community and your planet. Queen Afua says “this wellness guide is a formula for gaining a vibrant, healthy, living for all humanity and our global circles.” So bring yourself, your family, your neighbor, your friends and the community.

We all know the late poets saying “the revolution will not be televised”, well he was right, it won’t. “The revolution is healing. In order to change the world, that change must first take place within us we will experience self liberation allowing us to collectively combat external opposition... Heal Thyself. Hotep!” says Supa Nova Slom, Queen Afua’s son, Holistic Hip Hop Medicine Man.

Surveys say, that African American men are 30% more likely to die from heart disease and 1.4 times as likely to have new cases of lung and prostate cancer and 2.4 times as likely to die from prostate cancer. African American women are 10% less likely to have been diagnosed with breast cancer, however they are 36% more likely to die from breast cancer. Black Americans have more asthma than any racial or ethnic group in America. Surveys also show that 13.2% of all African Americans aged 20 years or older have diagnosed diabetes and are 2.1 times more likely to die from diabetes. Blacks are up to 2.5 times more likely to suffer a limb amputation and up to 5.6 times more likely to suffer kidney disease than other people with diabetes. Globally around 3.2 million deaths every year are attributable to complications in diabetes; that’s 6 deaths every minute. In addition, African American men and women make up 69.3% of the overweight or obese population in the United States. WHO reports that disease burden will increase to 60% by the year 2020, heart disease, stroke, depression, cancer will be the largest contributors. So family, friends and sisters again we have to save ourselves by planning our own personal liberation. Get out of your box and move forward. Queen Afua says it’s Liberation Through Purification! Do not despair because knowledge is power and it’s time to make better choices. Learn to identify that which brings toxicity to your body, mind and spirit. We have to detect, reject, detach from unhealthy relationships, emotions like rage, anger and revenge. It doesn’t happen in one day, it takes time. The WorldBeat Family and Positive Hope, our holistic non-profit will be building a wellness center for low income communities based on Queen Afua’s principles.

Again, don’t miss this chance to turn your life around to a Circle of Wellness on December 29th and 30th during Kwanzaa at WorldBeat Center. WorldBeat Center will host Kwanzaa on 26th with a snippet of “the Lion King” and a hip hop performance by the Junkyard Dance Crew, 27th with Jazz legend, Azar Lawrence, 28th feat The Johnsong Project, and Queen Afua on the 29th and 30th with music by harpist Marthe Antoine. Hacket and Jazz great, Azar Lawrence. Each night will begin at 6pm and will be opened by community ambassadors Tufuku Kalonji and Johnmierenee Nia Nelson. Also throughout the week, we will be giving away heirloom seeds and be talking the African miracle plant, gymnema procumbens that has been said to be effective on Type 2 Diabetes and has proven to lower blood glucose on type 1 diabetes as well. Gymnema is said to be an anti viral and anti-inflammatory herb it has the ability to help regulate not only the blood glucose, but also blood pressure and cholesterol levels.

619-772-2054

www.SouthBayAmbassadorProgram.org

Youth Ambassadors need to reside in the areas of Coronado, National City, Bonita, Chula Vista, Imperial Beach, Otay Mesa, or San Ysidro. Other areas outside of these will be considered on a case by case basis.

We are looking for adult volunteers who believe in the empowering of youths and have some time, ability, and/or resources to help.
Anthony Pico was one of many awardees. He made an impassioned speech to the attentive audience about the sustainability of our culture. Anthony Pico of the band of Kumeyaay Indians is currently Chairman of the California Native American Adult Treatment Committee which is working with the Southern California Tribal Chairmen’s Association to create a healing center for those suffering from substance abuse addictions. Chairman Pico has been researching childhood trauma which he considers the most important issue facing Native American today. Learn more online www.acesstudy.com
Indian Voices • December 2015

San Diego Health Council Honors the Military, Veterans and Their Families at Barona

The Community Is Invited To The Annual
Christmas Party And Toy Drive
“ALL GUESTS ARE REQUESTED TO BRING AN UNWRAPPED TOY”

Live Performance By: The Damion Willis Band

Sunday, 6:00 PM Sharp, December 20, 2015
Holiday Community Celebration
Co-Hosted By:

Myrtle Cole
San Diego City Council Member
4th District

Felix Berry
President / CEO
Felix Restaurant Group

Shearl and Clifford Lambert Jr.
Grandparents Connection

Felix BBQ With Soul Restaurant
342 Euclid Avenue
San Diego, CA 92102

Richard Barrera
Secretary / Treasurer
San Diego / Imperial County Labor Council

Rose Davis
Publisher, Indian Voices Newspaper

Rafael Castellanos
San Diego Port Commissioner

Doug Moore
Executive Director
United Domestic Workers of America

Frank Jordan
President / CEO
Worldwide Multi-Media

Billy Moore
President
Any Body Can Youth Foundation

Marie Antoinette
Jazz and Classical Harpist
International Recording Artist

Kevin Alvin
Business Agent
International Brotherhood of Electrical Workers Local 569

Willie Morrow
President / CEO
California Curl and San Diego Monitor Newspaper

Saluting the Powerful Impact that Labor has Played in the Progress of Civil and Human Rights.
All donated Toys will be distributed through The Grandparents Connection to deserving Families.

Holiday Celebration Coordinated By Worldwide Multi-Media
A part of The National Unity In The Community Roundtable Movement
Mini-Grants Offered to Groups that Encourage Residents to go by Bike

Applications accepted through January 22

National Bike Month may be six months away, but SANDAG is gearing now up – offering $3,000 grants to fund programs and projects that promote biking as a viable transportation choice in San Diego County.

Through its iCommute and GO by BIKE programs, SANDAG is encouraging a wide variety of groups to apply for the mini-grants, including local government agencies; community-based and nonprofit organizations; colleges and universities; business improvement districts; main street associations; and chambers of commerce.

The grants help support a key goal of SANDAG – to encourage people to ride more for everyday trips, including work, play, and practical purposes. There are more than 1,340 miles of bikeways throughout the region. SANDAG and local governments are actively adding new segments to the network – making it easier and easier to choose to ride.

These mini grants are available to groups that sponsor or host events that educate or encourage people to commute by bike. Eligible activities include:

- Community rides
- Bike scavenger hunts
- Guided bike tours
- Bike maintenance and safety classes
- Bike-to-business promotions in neighborhood business districts
- Bike-to-work or bike-to-campus events
- Campaigns or contests that promote bike riding
- Bike valets at bike-related community events

A total of $30,000 is available to fund GO by BIKE mini-grants. Applications will be accepted through Jan. 22, 2016 at 5 p.m. The funds will be awarded by February 19, 2016.

To be eligible, activities must take place between April 1 and June 15, 2016.

Complete details on eligibility, reporting requirements, evaluation and selection criteria, and timelines are available on the Bike Month web page.

About SANDAG

The San Diego Association of Governments (SANDAG) is the San Diego region’s primary public planning, transportation, and research agency, providing the public forum for regional policy decisions about growth, transportation planning and construction, environmental management, housing, open space, energy, public safety, and binational topics. SANDAG is governed by a Board of Directors composed of mayors, council members, and supervisors from each of the region’s 18 cities and the county government.

In Memory Of John Trudell

2/15/1946 - 12/8/2015

When a man devotes his entire life to better the lives of others and stand for their rights ... this is a different kind of “Warrior”.

He uses the intellectual to help connect to the emotional side of life.

He stands as a conscience to all. His whole fiber is woven from a blanket of Humanity & Morality that embraces all who were touched by his words. It is this gift that made him a part of all our families, and all of our tomorrows ... making sure that history cannot LIE anymore.

For this reason we honor John Trudell and say

“Thank You”

Building Healthy Habits for a Healthy Life

Native American Alcatraz swimmers return home to help others eat healthy and exercise

Native Americans from South Dakota, Washington and California, and South End Rowing Club (San Francisco) support swimmers, celebrate the completion of their Oct. 19, 2015 swim from Alcatraz Island to the SERC. The swim was the last event of the eight-day PATHSTAR Alcatraz Swim Week (Oct. 11-19) in San Francisco.

Photo Credit: Colin Gif

Exactly Who’s In Charge of City Schools

Should there be a clear delineation between management and the union? What happens when there is no more us and them? The question becomes, “Whose house is it?” There was a time when the CEO of school systems set the tone for how things would run in the schoolhouse principal? Why does it appear that teachers want to do less work that teachers did when you and I were in school? Should principals have to compromise what they know is right simply because they fear that they will not be backed by the system’s central office, Human Resources, and the CEO? Who is holding anyone accountable? Do results matter? Why is the school system’s academic performance data so bad? Is anyone looking? Does anyone care? How long can we go along just to get along? And where is the School Board on this? Are they afraid of holding the CEO accountable? Is the CEO afraid of the union? Exactly who is in charge?

– from “A Concerned Educator”

Welcome to Kumeyaay.com

This web site is dedicated to the promotion and preservation of the Kumeyaay culture. Kumeyaay.com tells the story from the Kumeyaay perspective, and is the premiere source for Kumeyaay Indian information.

Visit us at: kumeyaay.com
Email: larry@kumeyaay.com

Authentic California Native American Artifacts and Custom Jewelry

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Adam A. Rodriguez
Juaneno Band of Mission Indians
abelrodriguez93@yahoo.com

Lest We Forget!
Chicano - Native American History
Jan. 9, 1987
NO TO FATHER SERRA’S SAINTHOOD!
FROM: HERMAN BACA UCSD ARCHIVES

Herman Baca President of San Diego’s Committee on Chicano Rights (CCR) labeled in correspondence to the American Indian Historical Society, Viejas Band of Mission Indians Chairman Anthony Pico that the Monterey report (a second step) for Father Serra’s sainthood is a “historical whitewash” and the participants “apologists.” How could there be any better proof except what is before our eyes? “The living conditions and small number of California Indians today proves that Father Serra was part of a system of genocide.”

Missionaries like Father Serra were part of the Spanish system that took land, enslaved people and destroyed cultures throughout the Americas. If the church canonizes Father Serra it will be a “historical insult” to Indians and mestizos (people of Indian and Spanish heritage) concluded Baca.

(Southern Cross Newspaper 1-20-87)
You Are Your Best Healer

by Esmeralda La Chupaflor

Ever since the beginning of time our ancestors have been using roots and herbs as natural remedies and probably our pain threshold was a lot stronger then. We must enjoy the multitudes of our Creator's gifts. Let us assist our Earth with a helping hand and let us pray that it continues to provide abundant resources for our many ailments. Do what you love, live life to the fullest, have a positive mental attitude, love one another and have a humble holistic approach. Our temples are the most sacred! Start by discarding all of those pharmaceutical and synthetic prescribed drugs! Take a deep breath, smile and stretch! Then do an internet search for your local farmers' market. Local farms, especially Southern California, can provide a vast array of organically delicious and beneficial veggies, fruits, and herbs. And government assistance programs provide good deals for shopping at local farmers markets.

To help you get started with this better lifestyle change you may also incorporate some Yoga and/or Tai Chi into your daily routine and I promise, you will be amazed by your renewed energy and contentment! In addition to Yoga, massage can really help relieve body aches and even emotional pains. Or if this change in weather is challenging your immune system, give it a boost with some proper rest and some mint or lemon grass tea. How about putting a stop to the suffering of insomnia with a combination of exercise, a healthy diet, and some infused cannabis oil and chamomile tea. Another great remedy I'd like to share is a poultice of comfrey or corn silk, which can relieve burns, bites, swelling and sores. And my favorite panacea of all is a good homemade bowl of soup, the more veggies and herbs the better. For breakfast, lunch or dinner; I am always up for a delicious bowl of “sopaíta”, especially when flavored with some spicy and healing chili peppers. Remember to love and have faith in yourself, and let the food and herbs that nourish you! Seize the Day! Aho!

Are You Interested in Solar Panels?

Pierro, Solar, Roofing, and Construction can execute your next home improvement and help you design it. We would love to help you save money at the best price available in all of southern California. Please Call (760) 630-7663 and ask for Esmeralda and mention the Indian Voices sent you!
My Hero a True Hmong Woman and Her Legacy Mary Ying Mary M. Yang

by Yvonne-Cher Skye

It is with deepest sympathy that we announce the passing of an amazing woman who surpassed the expectations of a woman in her own society and the world at large in the opinion of this reporter. Once you have read her story, it is in with the hope that you are willing to take some of her story and integrate into your own life to make a positive impact in your world. It is in collaboration with her children that the personal information is set forth in this article. A brief explanation from a social scientist perspective of the Hmong culture and their past to build an understanding of the life and choices of which she made to ensure the well-being and financial future of her children.

There are an estimated six to seven million Hmong living in the world today. Hailing from the mountains of South China, Thailand, North Vietnam and Laos, many were forced to vacate after helping the United States in the Viet Nam Conflict. (The refugees that have lived through it – call it War of which will be referred to from this point forward). The woman of whom we are honoring in this article came from Laos, and her life was especially affected by the War. As a youthful bride of 17, her husband as a military man was called to battle. Soon thereafter, he was declared missing, in actuality he was forced to fight for the opposite side. For five long years she was forced to live an solitary life, following various taboos to ensure his safety and expedient return to her. Everyday she prayed for his safe return. He did return, and their family bloomed and were at peace until yet again his career called him away from his family. Forced to flee from Laos after the United States pulled out of Viet Nam, she had to bring her children and their cousins with her to a Thaiand refugee camp wherein people died from starvation and illness. Of which her immediate family were thankfully immune. Once they were able to reach America, her focus was on the role of a military wife, and hostess to the community, and doing social work as a means to maintain a strong community of Hmong away from their homeland. It is for these reason as well as many more that are not listed in this article, she is being honored by her children, her community and Americans who have had their lives touched upon by this amazing, miracle of a woman, a mother, a sister, a daughter, a daughter-in-law, and friend to all who knew her.

A memorial service to be held January 8, 9, 10, and 11, 2016 at Merced Fairgrounds Pavilion Building 900 Martin Luther King Jr. Way Merced, CA 95340 Hmong Traditional 24 Hour Service Ceremony rain or shine

Contact: Paula Yang daughter 917-689-8879

Environmental Health Coalition Welcomes Two Members to Board of Directors

President of San Diego City College, journalist join quest for environmental justice

SAN DIEGO, CA – Environmental Health Coalition (EHC) announces the addition of Dr. Anthony Beebe and Brent Beltrán to its board of directors. The two bring substantial experience in education, culture and activism to the organization dedicated to achieving environmental and social justice in the San Diego/Tijuana region.

Dr. Anthony E. Beebe, the president of San Diego City College, has a deep commitment to students and their achievements, leading him to San Diego Community College District’s flagship institution in 2014. Beebe recognizes the critical role of social justice in education and dedicates himself to reaffirming City College’s duty as a place that welcomes and respects all citizens regardless their race, religion or sexual orientation. Brent E. Beltrán spearheads the column Desde la Logan for the San Diego Free Press with his passion for equality in San Diego’s most urban communities. Beltrán’s special interest in arts and culture led to curating and organizing dozens of art exhibits and cultural events in Barrio Logan. Beltrán plays a vocal role his neighborhood, serving as vice chair on the newly formed Barrio Logan Community Planning Group.

Comprised of community members, environmental and public health experts and representatives from allied organizations, EHCs board of directors governs the 35-year old, National City-based organization.

For more information on Environmental Health Coalition and its staff, board members and work in San Diego/Tijuana, please visit www.environmentalhealth.org.

The Mayors Challenge

December 9th 2013 the City of Las Vegas Mayor Carolyn Goodman honored community partners and veterans at a beautiful gala at the Smith Center for Performing Arts located in Downtown Las Vegas. The venue was magnificent. The Mayors Challenge was a national call to action announced in 2014 by First Lady Michelle Obama. The cities of Las Vegas, Henderson, North Las Vegas, Boulder City and Mesquite, as well as Clark County, have been recognized for meeting that goal. Along with our agenda was a letter from the First lady thanking Las Vegas for all its hard work and leadership concerning veteran homelessness. “Our cities have truly come together on this issue”, stated Councilwoman Anita Wood of North Las Vegas. It was a moving event. As Mayor Andy A. Hafen of Henderson spoke you could see the emotion in his face. A standing ovation was given as 3 veterans, which are now doing well and off the streets, spoke to the crowd about the help they received. It was an honor to work with the Nevada Homeless Alliance and City of Las Vegas communities. It’s always been a positive relationship,” Gopher said. “One of my neighbors, she has a chain link fence and right now it’s covered with Christmas lights. On the main gate is a Seminole spear that says `FSU. I thought that was pretty neat.’

Louise Gopher
Continued from page 3

anyone who has been more dedicated to the betterment of her own community.”

Gopher also has been an ardent supporter of the ongoing relationship between her tribe and the FSU Seminoles. She recalls attending a tribal council session in Tampa in the early 2000s, when FSU was being criticized for its school nickname and the NCAA, the governing body for intercollegiate athletics, was pressuring the university to abandon the Seminole mascot.

“I saw a lot of protesting on TV of the Florida State mascot, but they weren’t from my tribe; they were from other tribes,” Gopher said. “That kind of pushed my button.”

She was among those who lobbied to make the relationship a formal written partnership between the Seminole Tribe and FSU, which then- FSU President T.K. Wetherell helped facilitate. Gopher was not able to attend the formal signing at Big Cypress Reservation.

“She has always been a positive relationship,” Gopher said. “One of my neighbors, she has a chain link fence and right now it’s covered with Christmas lights. On the main gate is a Seminole spear that says `FSU. I thought that was pretty neat.’

Continuum of Care committee to help this goal become a reality.
Brothers of the Sun Motorcycle Club

The Brothers of the Sun Motorcycle Club work with other charitable organizations to help make a positive difference in our community. We are a non-profit organization comprised of motorcyclist enthusiasts and business leaders dedicated to provide assistance to fallen and injured motorcyclists, disadvantaged youth and families, and help coordinate relief to the sick, homeless and elderly. We are a nationally chartered, family-oriented, community minded group of individuals that enjoy any aspect of motorcycle fellowship.

The Brothers of the Sun MC have been in existence for over forty-three years, founded in 1973 in the city of Compton Ca. We have collaborated annually with the City of Compton in their annual “Winter Wonderland Christmas Toy Give Away” and “Veterans Stand Down” event. We also collaborate with the Los Angeles Department of Public and Social Services each year for “Adopt a Family” and Shields for Families Inc. Transitional Shelter, providing food, clothing and toys during the holiday season. We have a city block of families that live directly behind our Club House, that are provided with Turkeys and Hams during the holiday seasons.

Thanksgiving dinner is prepared by our members and provided to any passerby that may be in need of food and fellowship. Monthly, our members go out and “Feed the Homeless” with sack lunches. During the winter season, we provide clothing and blankets to individuals that are struggling to keep warm. Our club house is open to friends, family and private individuals to use for meetings, memorials, and festive events.

The Sisters of the Sun AUX MC are the extension of the Brothers of the Sun MC. The Sisters of the Sun AUX were founded in 1975 to support the purposes of the Brothers of the Sun MC. Initially, the women that helped support the Brothers of the Sun MC were the wives and girlfriends of these men. These women supported by organizing dinners and picnics for the club. The Brothers of the Sun MC later formed the Sisters of the Sun AUX MC and gave the women a voice and the right to vote in the club. Any women over the age of 18 years can join, as long as they meet the required eligibility requirements. Regular meetings are held to organize events, fund-raising and address the needs of the club. We operate by B.O.T.S. Constitution and Robert Rules of Order and hold positions, as like our Brothers. Though it is not mandatory for the women to have a motorcycle, we have many sisters throughout the Sisters of the Sun AUX MC existence that have ridden alongside our brothers, continuing to support and help when needed. The Sisters of the Sun AUX MC are represented in 3 states (California, Washington and Pennsylvania) and 6 cities (Los Angeles, San Diego, San Bernardino, Antelope Valley, Seattle and York) providing community service and support to our communities.

Project INPUT 3rd Annual Xmas Pow Wow

Project INPUT is excited to have their 3rd Annual Christmas Pow wow in Las Vegas December 19th & 20th. Project INPUT Pow wow is an extension of the Moapa Band of Paiutes Vocational Rehabilitation located in Las Vegas and the Moapa River Indian Reservation. Project INPUT stands for Inspiring Native People to Uplift Themselves. The VR staff and pow wow committee has worked very hard this year to make this pow wow do just what it stands for; uplift our Native people while teaching the community about the Native culture and the disabled population that reside in Clark County. On behalf of the staff and committee I look forward to seeing you there to share some beautiful culture and buy some handmade crafts for those special someone’s in our lives.

Project INPUT 3rd Annual Christmas Pow wow
953 E. Sahara (Commercial Center)
Las Vegas Roller Hockey Center
(702) 834-7376
December 19th & 20th 2015

Moapa Band of Paiutes Vocational Rehabilitation

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Kena Adams
Las Vegas VR Counselor
Honoring Our Native Culture

During National Native American Heritage Month, we honor the contributions of American Indian and Alaska Native and Native Hawaiian cultures, and their impact on the United States. Native American heritage is a cornerstone of American history. One Native American I believe deserves recognition is Sarah Winnemucca. She worked tirelessly to ensure her tribe’s well-being in Nevada and throughout their lands in the greater West. As she grew to learn more about the new American culture, she embraced nuanced traditions while maintaining the Paiute’s core values. Her given name, Thocmetony, which translates into shell flower, not only represents her beauty, but also her peaceful nature. Despite the terror her tribe experienced being pushed out of their homelands, Sarah worked to maintain a peaceful relationship between the Paiutes and white settlers. She often aided in the groups’ communication with one another and became an integral part in building their relationship.

Although Sarah Winnemucca experienced adversity growing up, as an adult, she became an interpreter for the Bureau of Indian Affairs at Fort McDermitt. She worked for the federal government in part to bring light to the grievances of her people. Later in her career, she fought for the opportunity to travel to the nation’s capital and advocated on behalf of her tribe. She went on to deliver more than 400 speeches supporting their efforts, fighting against abuses and harsh conditions her people were made to endure.

Sarah Winnemucca worked fearlessly for the people of her tribe her entire life. She went on to tell her story and become the first Native American woman to publish an autobiography “Life Among the Paiutes: Their Wrongs and Claims.” Committed to educating Paiute children, she also established the first school for Native Americans in Lovelock, Nevada. Sarah Winnemucca is a symbol of tenacity, honor, and dedication. As a trailblazer, she serves as a representation of the values we hold closest as Nevadans. Her story is one that continues to inspire, and her impeccable statue stands resolute in the United States Capitol Building as a reminder of her courage and commitment. Sarah never believed her work had been fully completed, so now it is our duty to continue her legacy and remember the impact of her contributions on our country.

TRANITIONS
The Greatest Journey
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CREEK FREEDMEN DESCENDANTS SOUGHT
Muscogee Creek Indian Freedmen Band is seeking the descendants of Creek citizens placed on the Creek Freedmen Roll from 1896 to 1915.

If your ancestors were on this roll, write P.O. Box 6366, Moore, OK 73153 for eligibility information.
TRIBAL TANF
TEMPORARY ASSISTANCE FOR NEEDY FAMILIES
Empowering American Indian families in San Diego County

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- Child Care Assistance
- Career Development
- Educational Development
- K-12 Clothing Allowance

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(866) 806-8263

*Tribal TANF is a program for Native American families residing in San Diego County and select areas of Santa Barbara County. One member of the household must be able to provide proof of ancestry with a Federally Recognized tribe or provide proof of descendancy from the California Judgment Rolls.

We’re here to help Native Americans overcome their barriers to employment so they can obtain and maintain their employment goals.

The Sycuan Inter-Tribal Vocational Rehabilitation (SITVR) Program provides counseling, rehabilitation assistance, employment training, education assistance, job placement, job search, career assessment, assistive technology and employment services for Native Americans with disabilities.

The eligibility criteria for vocational rehabilitation services are:

- You must be an enrolled member of a state of Federally recognized Indian tribe.
- You must live on or near one of the 12 Kumeyaay Indian Reservations in San Diego County.
- You must have a physical or mental impairment that creates difficulty with obtaining or maintaining employment.
- You must require vocational rehabilitation services to achieve and maintain gainful employment.

5475 Sycuan Rd. El Cajon, CA. 92019 Ph. (619)722-6235 Fax (619) 722-6580

Kwan’Zaa
FAMILY CELEBRATION
LIBERATION THROUGH PURIFICATION
QUEEN AFUA

City of Wellness - 21 Day Detox Workshop
Dec 29th & Dec 30th
AT STARTS AT 6:30PM
WorldBeat Center
WorldBeatCenter.org
For Info Call: 619.230.1190

Free! Family, Community, Culture