

**Journal #2025 from sdc 10.7.24**

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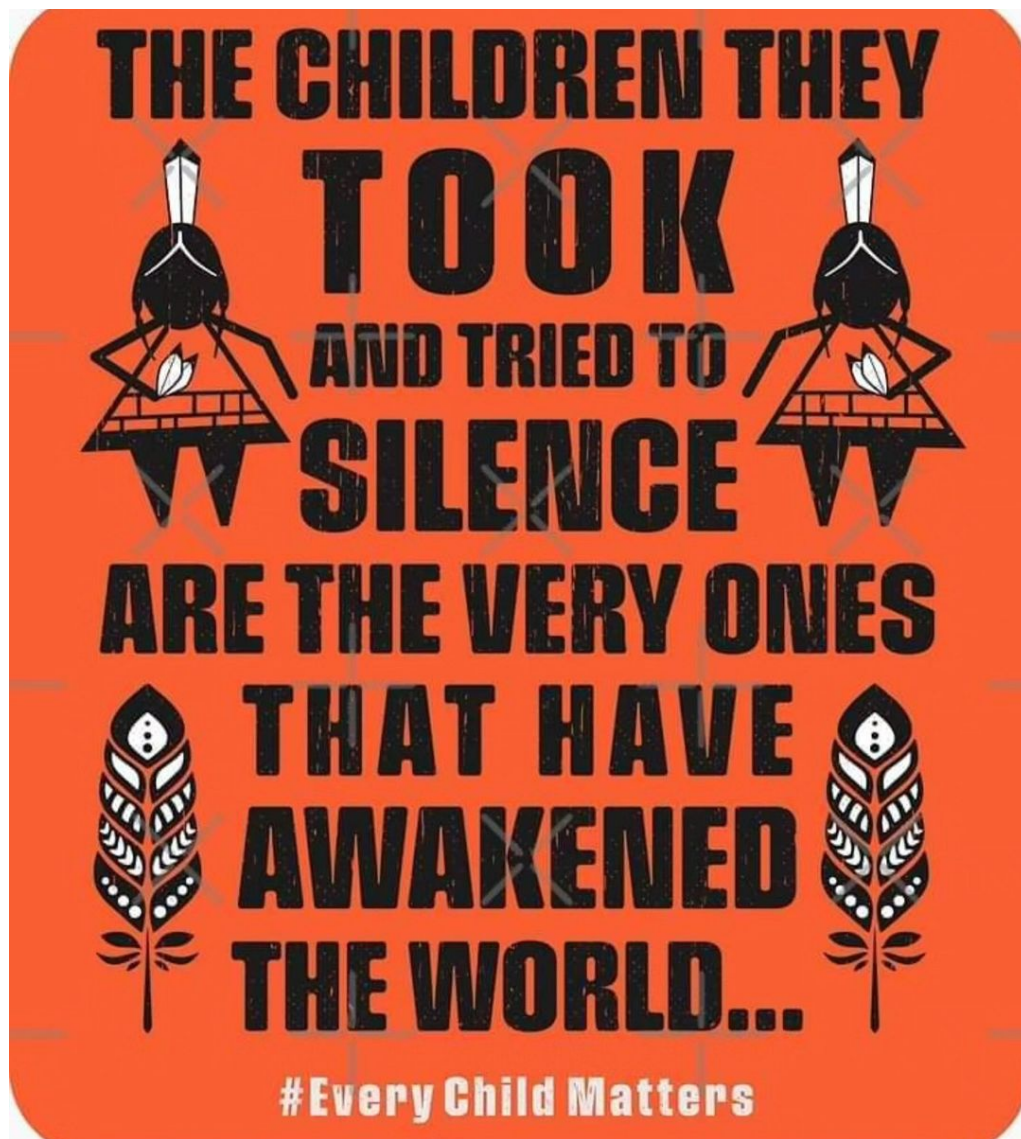
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*More Research Resources*

*We Remember Your Sacrifices*



# HEALTHY FOOD

## VITAMIN CHART

<b>VITAMIN A</b> (FAT SOLUBLE) <b>FOR</b> Normal Growth and Development, Normal Night Vision & Healthy Epithelium, Anti-infective. Deficiency leads to: Retarded Growth, Night Blindness, Distorted Epithelium, Dry Skin, Hair, Conjunctivitis, Dermatitis, Xerophthalmia.	 Egg Butter Papaya Carrot Milk Liver Cabbage
<b>VITAMIN B1</b> (VITAMIN B1) <b>FOR</b> Growth, Appetite, Internal Secretion, Fatigue, Nerve and Muscle Function. Deficiency leads to: Beriberi, Loss of Weight, Loss of Appetite, Emaciation, Defective Carbohydrate Metabolism.	 Peas Meat Potato Soya-beans Milk Wholegrain Cereals
<b>VITAMIN B2</b> (VITAMIN B2) <b>FOR</b> Growth, Healthy Skin, Mouth & Eyes. Deficiency leads to: Retarded Growth, Skin Lesions, Photosensitive Keratitis, Blurred Vision, Periorbital Swelling.	 Green Vegetables Custard-Apple Meat Cheese Soya-beans Milk
<b>VITAMIN B</b> (B-FACTOR) <b>FOR</b> Proper Carbohydrate Metabolism, Nervous System. Deficiency leads to: Pellagra, Dermatitis, Dermatitis, Paresthesia, Diarrhoea.	 Tomato Potato Peanut Banana Vegetables
<b>VITAMIN B6</b> (VITAMIN B6) <b>FOR</b> Proper Metabolism of Amino Acids, Disease Resistance, Anti-Emetic. Deficiency leads to: Anemia, Anisocytosis, Dermatitis, Poor Resistance against Diseases.	 Dry Fruits & Nuts Peas Pulses Fish Meat Milk
<b>VITAMIN B12</b> (VITAMIN B12) <b>FOR</b> Red Blood Cells, Nerve Metabolism, Healthy Nervous Tissue. Deficiency leads to: Pernicious Anemia.	 Egg Meat Liver Cheese Milk
<b>VITAMIN C</b> (VITAMIN C) <b>FOR</b> Healthy Growth, Good Gum & Teeth, Sound Blood Vessels, Heightened Health, Resistance against Flu & Colds. Deficiency leads to: Scurvy, Swollen Gums, Bleeding of Blood Capillaries.	 Guava Tomato Orange Lemon Grapes Emblic
<b>VITAMIN D</b> (VITAMIN D) <b>FOR</b> Proper Utilization of Calcium & Phosphorus, Formation of Bones and Teeth. Deficiency leads to: Rickets, Poor Growth, Weak Teeth & Bones, Soft Urinary.	 Egg Cod-liver Oil Milk Fish Sunlight
<b>VITAMIN E</b> (VITAMIN E) <b>FOR</b> Normal Reproduction. Deficiency leads to: Sterility, Muscular Paralysis.	 Banana Green Vegetables Soya-beans Egg Almond Wheat Germ Oil
<b>VITAMIN K</b> (VITAMIN K) <b>FOR</b> Normal Blood Coagulation and Liver Functioning. Deficiency leads to: Hemorrhage.	 Tomato Soya-beans Spinach Meat Turnip Lettuce

## [Mary Gibson](#)

Such a great day in Ruby Valley. To see the Western Shoshone Nation flag raised near by the site where the 1863 Ruby Valley Treaty was signed was truly emotional and grounding. We "Called Our People Home" and they came. ❤ Newe Sogobia.

## [Beulah Knight](#)

Sorry but I don't condone this day you had out there. They butcher raped and took our land. Who may I ask spoke English so we'll understand as to what they were signing. My feelings

## [Mary Gibson](#)

[Beulah Knight](#), thank you for sharing your thoughts. I don't condone this day (October 1) either. It was a sad time for all Newe folks. My intent is to tell that side of the story. The brutality, the dispossession, the disrespect, the lies, the theft of our land and spirit, the murders of our

ancestors, the injustices perpetrated on our people for protecting life and land, our historical trauma attached to the treatment of our people and land. These stories need to be told in by us, for us. But more importantly [Beulah Knight](#), it is meant to pay homage to our Ancestors who suffered through all this horrific treatment, and if anything, because of THEM, we are still here, and there are some of us who are are still fighting for justice, putting the land back into the hands of the Newe people. Our trip to Ruby Valley, meant a lot to some. Being out on the land, being where our Ancestors walked, lived, prayed, and existed as who they were as Newe people. All this history is meant to be passed on to those who don't know, the present and future generations, so that we can carry on with our beliefs, our values, our love for the land. O'ose.



**TEEN FEED**

**JOIN OUR TEAM!**

**Kitchen Coordinator**

Full-time, 40 hours/week, non-exempt.  
Annual Salary \$48,000 (includes healthcare stipend)

Seeking a personable, kitchen-trained individual who is passionate about providing on-the-ground support while educating and empowering dedicated volunteers around trauma-informed nutrition at a youth-centered nonprofit.

You're a great fit if you . . .

- Have kitchen experience (both BOH + FOH preferred)
- Are both a self-starter and team leader
- Have previously facilitated volunteers
- Can be incredibly reliable and drama-free
- Communicate clearly and respectfully
- Are excited about food sourcing, facilities management, and nutrition education

Full description + staff application: [www.teenfeed.org/careers/](http://www.teenfeed.org/careers/)  
**TO APPLY:** submit completed staff application with resume + cover letter attached

[Roy Elk](#) ·

### **The Origin of America's Favorite Nursery Rhyme:**

Davy Crockett's older sister, Effie Crockett was invited to help some mothers in the Muskogee Tribe. Once she arrived in camp, Effie laughed at what she saw. The Muskogee Tribe had a custom of cradling their papposes among the swaying branches of birch trees. This protected their babies from ground insects, the sun, and wild animals.

After first finding it funny, she soon learned all the great reasons for this practice and marveled at the beauty of it.

Effie watched the swaying and soothing motion of the topmost branches of the trees. She loved how each baby enjoyed nature, how they listened to the songbirds, observed every ladybug, and smiled at the colors of a butterfly, every little breeze was felt and enjoyed by these young ones; each babe seemed perfectly content.

One of the Tribal mothers began to sing a song to the children in her native tongue. As the

Muskogee mother sang, Miss Effie observed a small tear running down the mother's cheek.  
Lulu se pepe i le pito i luga o le laau,  
A agi le matagi e luluina le moega pepe,  
A gau le lala e pa'u ai le moega pepe,  
Ma o le a sau i lalo pepe, moega pepe ma mea uma.

Effie translated the words and kept the tune. She shared it with everyone and it soon became a wildly popular nursery rhyme among the Colonies.

The English translation:

Rock-a-bye baby on the tree top,  
When the wind blows the cradle will rock,  
When the bough breaks the cradle will fall,  
And down will come baby, cradle and all.  
Why did the Muskogee mother cry?

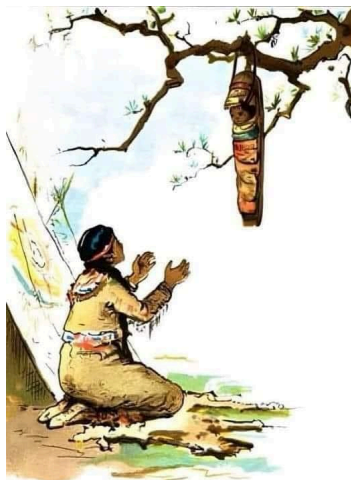
A “bough” is simply a tree branch, and its breaking was used by the Muskogee mothers as an analogy of their little baby growing up.

Their little baby would soon outgrow his cradle. With each gently rocking wind, time was passing. One day, little baby would no longer need the protection of his mother. One day, the “branch” would break because her little baby had become too heavy. The “cradle” would fall to the earth – the child, no longer a baby, would dust himself off and grow into a man.

The now famous lullaby was first printed in Mother Goose's Melody.

The rest is history.

[#dancers](#) [#powwow](#) [#nativeamerican](#) [#NativeAmericanHeritageMonth](#)  
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[#nativeamericanwoman](#) [#powwowlongbeach](#) [#nativeamericanart](#) [#nativeamericanculture](#)  
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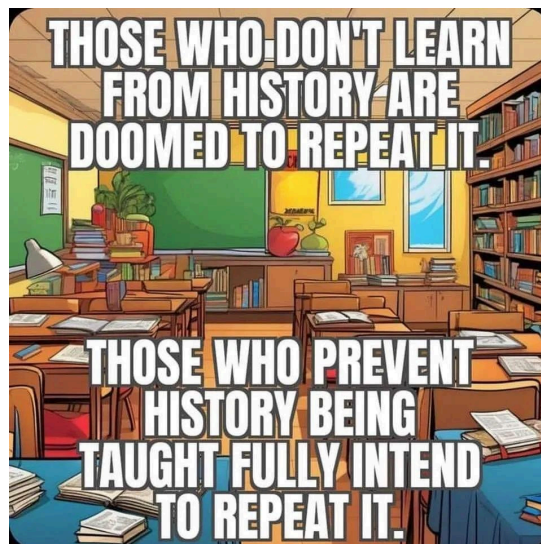


## California's Direct Potable Reuse Regulations flow into action

<https://mavensnotebook.com/2024/10/02/press-release-californias-direct-potable-reuse-regulations-flow-into-action/>

“Mother Nature has been recycling and reusing water for billions of years. The potable reuse treatment processes use the blueprint of the natural water cycle but expedite the purification of the water. These new DPR regulations are the culmination of a multi-industry effort where public health, safety, and strict compliance mandates affords California an additional option to support and ensure the critical water needs of residents and the economic foundation of the fifth largest economy in the world.

*WateReuse is the only trade association that focuses solely on advancing laws, policy and funding to increase water reuse. Our niche strategy sets us apart from other organizations in the water industry. Be sure to follow us on Facebook, <https://www.facebook.com/WateReuse/>, on X, <https://x.com/WateReuseAssoci>, and LinkedIn, [www.linkedin.com/company/watereuse-california/](http://www.linkedin.com/company/watereuse-california/).* More information on the DPR regulations: [Summary of Major Provisions](#)



### How One Kid Stopped the Contamination of a River

To halt the illegal flow of raw sewage into Nova Scotia's LaHave River, it took a determined 11-year-old with water samples and a Facebook page.

<https://getpocket.com/explore/item/how-one-kid-stopped-the-contamination-of-a-river>

### The Washoe Tribe undergoes first fire training:

The Washoe Tribe of Nevada and California is conducting its first intentional fire training near Reno, Nevada. This initiative aims to revive traditional land stewardship practices and enhance fire management skills among tribe members, fostering a deeper connection between the tribe and local forestry services. ([kolotv.com](http://kolotv.com))

## History Bits

- 1492 Oct 11** Members of the Taino tribe, which had five kingdoms in Hispanola, were unfortunately sighted by Columbus's ships on Guanahani (San Salvador). They were subsequently devastated by rape, torture, smallpox and forced assimilation.
- 1492 Oct 12** The landfall of Columbus and crew in the new world took place: within 150 years more than 80 percent of the population of the Americas estimated as up to 25 million in 1492, had been wiped out - a substantial number by Columbus himself.
- 1877 Oct 5** Chief Joseph, exhausted and disheartened, surrendered in the Bears Paw Mountains of Montana, forty miles south of Canada. [Continue reading.](#)
- 1950 Oct 10** *NSJ* claimed :” While Indians around Pyramid Lake continue to battle to retain their tribal lands against infringement by white settlers, BUIA is preparing to sell a large amount of Indian land in California and nobody is objecting.”
- 1964 Oct 8** *Carson Appeal*: In a fighting mood, Senatorial hopeful Paul Laxalt today lambasted “an abominable press situation in Las Vegas,” growing big government and unbridled power in Washington while defending the rights of states, Indians, property owners and employers.
- 1975 Oct 11** Indian Student Bill of Rights becomes effective.
- 1976 Oct 10** First federally designated Native American Awareness Week began, subsequently shifted around the calendar under different names.

### Stray Facts from the Carson Appeal

- 1874 Aug 11** Veneration for the law. It was fully understood among the Indians that the ordinance requiring them to be beyond the town limits after nightfall would be enforced; and half pleased and half afraid they had all disappeared yesterday, by evening twilight.
- 1874 Aug 15** Near Schultz's ranch not far from the road which leads to the North Carson Mine, are three or four wigwams which were erected there about three weeks ago. In one lies a leading Washoe in the last stages of disease. A medicine man was called and after dancing, pounded up bugs fed to the ill Indian with molasses and after dashing water every 10 minutes to stop his fever his recovery was doubtful. Graves have been dug, one for the patient and one for the physician, one to be buried face up, and the other face down. Both will probably be buried this week.
- 1874 Aug 15** Everything points to a revival in the mining industry in the Pine Nut gold fields this coming summer. For the past few days, a number of experts have been over the field and local people have taken options on the ground.
- 1904 July 15** The Indian School is to assume the properties of a village. Contracts have been let to erect four new houses on the premises and all to be of substantial nature. The

contractors who have the work in charge are clearing the ground for active operations.

**"The Last Bell" ...Abandoned Nevada Desert School (on youtube) This cinematic video features an abandoned Native American school in Schurz,**



Nevada, a small desolate looking town on Highway 95 between Las Vegas and Reno. Filmed entirely on the Samsung Galaxy S10+ and edited in camera, with PowerDirector by CyberLink. "Highway," composed by Whitesand. Find his music on Spotify: <https://open.spotify.com/artist/3GXun...>

**WALKER RIVER  
PAIUTE TRIBE**



**Tribal Employment Opportunities**

As of September 26, 2024

- POLICE OFFICER (2)
- ROOKIE POLICE OFFICER (1)
- PUD MANAGER
- ASSISTANT STORE MANAGER
- PHYSICAL FITNESS ASSISTANT
- ACCOUNTING SPECIALIST
- TRIBAL COURT ADMINISTRATOR
- RESIDENT SERVICES
- FORCE ACCOUNT TRAINEE
- TRANSIT MANAGER
- COMMUNICAL LIBRARY SPECIALIST

**ON-CALL POSITIONS**

- RETAIL
- ADMINISTRATIVE
- DRIVERS
- SOLID WASTE
- CHILDCARE
- BOYS & GIRLS CLUB
- PUD OPERATOR
- MEDICAL RECORDS CLERK

**To Apply:**  
You may obtain an employment application:  
Tribal Administration Building  
1022 Hospital Rd.  
Schurz, NV 89427.  
or to request call Human Resources at  
775-773-2306 x2315 .  
or you can e-mail application with supporting documents to:  
[hr@wrpt.org](mailto:hr@wrpt.org) [lhawley@wrpt.org](mailto:lhawley@wrpt.org) [tero@wrpt.org](mailto:tero@wrpt.org)

Indian Preference and TERD: Preference in filling vacancies is given to qualified Indians in accordance with the Indian Preference Act, Title 25, U.S.

## Scholarships with November 15 Deadlines

<a href="#">1,000 Dreams Fund's Twitch BroadcastHER Grant</a>	\$1,500	November 15, 2024
<a href="#">A.W. Bodine-Sunkist Scholarship</a>	Varies	November 15, 2024
<a href="#">AAUW American Dissertation Fellowship</a>	\$50,000	November 15, 2024
<a href="#">ACES Bill Walsh Scholarship</a>	\$3,500	November 15, 2024
<a href="#">ACES Education Fund Scholarship</a>	\$3,500	November 15, 2024
<a href="#">AIM Center for Independent Living Scholarship</a>	\$1,000	November 15, 2024
<a href="#">Catawba College Socratic Scholarship</a>	\$133,600	November 15, 2024
<a href="#">CIAM Academic Excellence Scholarship</a>	\$12,000	November 15, 2024
<a href="#">Georgia State University Presidential Scholarship</a>	\$125,224	November 15, 2024
<a href="#">HaPI Measurement Scholarship</a>	\$500	November 15, 2024
<a href="#">Hawaiian Financial Federal Credit Union Scholarship Program</a>	\$2,000	November 15, 2024
<a href="#">Hospitality Education Scholarship</a>	\$2,000	November 15, 2024
<a href="#">Illinois Tech Camras Scholars Program</a>	\$202,544	November 15, 2024
<a href="#">Jack Kent Cooke Young Artist Award</a>	\$10,000	November 15, 2024
<a href="#">Levine Scholars Program</a>	\$172,000	November 15, 2024
<a href="#">Lincoln-Lane Scholarship</a>	\$5,000	November 15, 2024
<a href="#">Marine Band Concerto Competition for High School Musicians</a>	\$2,500	November 15, 2024
<a href="#">Mark Kilroy Foundation Scholarships</a>	\$4,000	November 15, 2024
<a href="#">Ohio State University Eminence Fellows Program and Scholarship</a>	\$219,040	November 15, 2024
<a href="#">Robertson Scholars Leadership Program</a>	Varies	November 15, 2024
<a href="#">Sahara Hope Scholarship For Women Empowered To Change The World</a>	\$1,750	November 15, 2024
<a href="#">Soroptimist's Live Your Dream Award</a>	\$16,000	November 15, 2024



<a href="#">The James Alan Cox Foundation for Student Photojournalists</a>	\$2,500	November 15, 2024
<a href="#">UCT Charities Scholarship Program</a>	\$2,500	November 15, 2024
<a href="#">University of South Carolina Alumni Scholars Award (Nonresidents)</a>	\$120,000	November 15, 2024
<a href="#">University of South Carolina Trustees' Award</a>	\$20,000	November 15, 2024
<a href="#">University of Washington Diversity Scholarship</a>	\$40,000	November 15, 2024
<a href="#">University of Washington Presidential Scholarship</a>	\$40,000	November 15, 2024
<a href="#">University of Washington Purple &amp; Gold Scholarship</a>	Varies	November 15, 2024
<a href="#">VFW "Sport Clips Help A Hero Scholarship"</a>	\$5,000	November 15, 2024
<a href="#">W.I.S.E (Washington Women in STEM Excel) Scholarship</a>	\$3,500	November 15, 2024
<a href="#">Wild Fish For All Scholarship</a>	\$1,000	November 15, 2024
<a href="#">Zonta International Amelia Earhart Fellowship</a>	\$10,000	November 15, 2024

The number one reason why America never learns from it's history is because America never teaches it's real history.

## More Research Resources

- Search the [George Washington Papers](#) on the term *Indian affairs* to access over seventy letters concerning interaction between the fledgling United States and various Native American tribes. Also, search on this same term in [A Century of Lawmaking for a New Nation: U.S. Congressional Documents and Debates, 1774-1875](#) and [Documents from the Continental Congress and the Constitutional Convention, 1774 to 1789](#) to find relevant documents from this same period.
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- [“California as I Saw It”: First Person Narratives of California’s Early Years, 1849 to 1900](#) contains an 1888 report by Charles C. Painter, agent of the Indian Rights Association on [The Condition of Affairs in Indian Territory and California](#).
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- The [Maps Collections](#) provide insight into the geographic shifts that Native Americans made as the United States expanded westward. Search the collection on the keyword *Indian* to retrieve maps showing the location of various tribes over the period 1771-1894. See, for example, a 1923 map of [Indian Reservations west of the Mississippi River](#). Explore the research guide, [Native Spaces: Cartographic Resources at the Library of Congress](#) to discover more sources of primary historical information for Native American studies.
- 
- View the special presentation [Indian Land Cessions in the United States](#) in [A Century of Lawmaking for a New Nation: U.S. Congressional Documents and Debates, 1774-1875](#) to read Treaties, Acts of Congress, and Executive Orders concerning Indian lands.
- The National Park Service has developed the [Nez Perce National Historical Park](#) over 4 states which consists of 38 places important to the history and culture of the Nimiipuu or Nez Perce people. In particular, view the features on [The Flight of 1877](#) and [Bear Paw Battlefield](#).
- 
- Search on *Montana* or the names of individual Indian tribes to find a wide array of materials. From the University of Washington Libraries see [American Indians of the Pacific Northwest](#)*External*. This collection, a recipient of an LC/Ameritech Grant, provides access to important written documentation found in Annual Reports of the Commissioner of Indian Affairs to the Secretary of the Interior. Other reports include information from the Montana agencies such as the Flathead Agency, Blackfeet Agency, and Crow Agency.
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- Examine bird’s-eye view maps of [Montana towns](#) through the collection [Panoramic Maps](#). Follow the instructions presented with each map and zoom in on an area of the map to see houses, churches, horse drawn carts, and much more in greater detail.
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- [Today in History](#) contains a number of features about the United States and Native Americans. For example, learn about the end of the Creek War in 1814 (August 9), the Battle of Little Big Horn in 1876 (June 25), and passage of the Indian Citizenship Act in 1924 (June 2).

Brewery Arts Center presents



This exhibition strives to honor the children who attended the Stewart Indian School, tell the truth about their experiences, and help the living alumni, their families, and tribal communities to heal.



**Oct. 3 - Dec. 1, 2024**

Reception Sat. Nov 2, 4-6 p.m.



**BAC EXHIBITION HALL  
449 W. KING ST., CARSON CITY  
WWW.BREWERYART.ORG**