



Native American Indian Center



March

NEWSLETTER

2021

NAIC Student Enrollment

A 506 Student Enrollment Form
in 3 easy steps:

- ❖ Child's Basic Information
- ❖ Tribal Name & Roll Number/CIB
- ❖ Parent or Guardian Signature

A crucial component to our program is ensuring every pupil completes a 506 Student Enrollment Form. Every student needs to complete a form in order to be enrolled in the program. The program currently is missing more than 80 percent of these forms. This creates a problem, as the number of forms determines the amount of funding we receive. More completed forms means we can offer additional services and bring back traditional tutoring, field trips and much more. The forms are available on our website.

[CLICK HERE TO FILL OUT THE FORM](#)

April Calendar

Colors of Feathers w/Maggie Steele - April 7

PSAC and Public Hearing -April 14

Soaring Eagle Virtual Field Trip – April 21

Spring Gathering Drive Thru- April 23

(Visit our Website/Facebook for flyers/info.)

SUSD Native American Indian Center NAIC

Edison High School

100 W. Dr. Martin Luther King Jr. Blvd

Portable 105, Stockton, CA 95206

(209) 933-7425, Ext. 8069

Hours: 8:00 a.m.-2:30 p.m.

Website: [Native American Indian Center](#)

Facebook: [@StocktonNativeCenter](#)

Program Specialist:

[Gina Lopez](#)

Cultural Assists: [Sabrina Flores &](#)

[Destiny Rivas](#) (Newsletter Editor)

STUDENT SPOTLIGHT



Brandon Vanderpool
Franklin High
Forklift License & OSHA Cert.



Mary Rose Calzado
Merlo Institute
Honor Roll



Karma McBrian
Merlo Institute
Principal's List



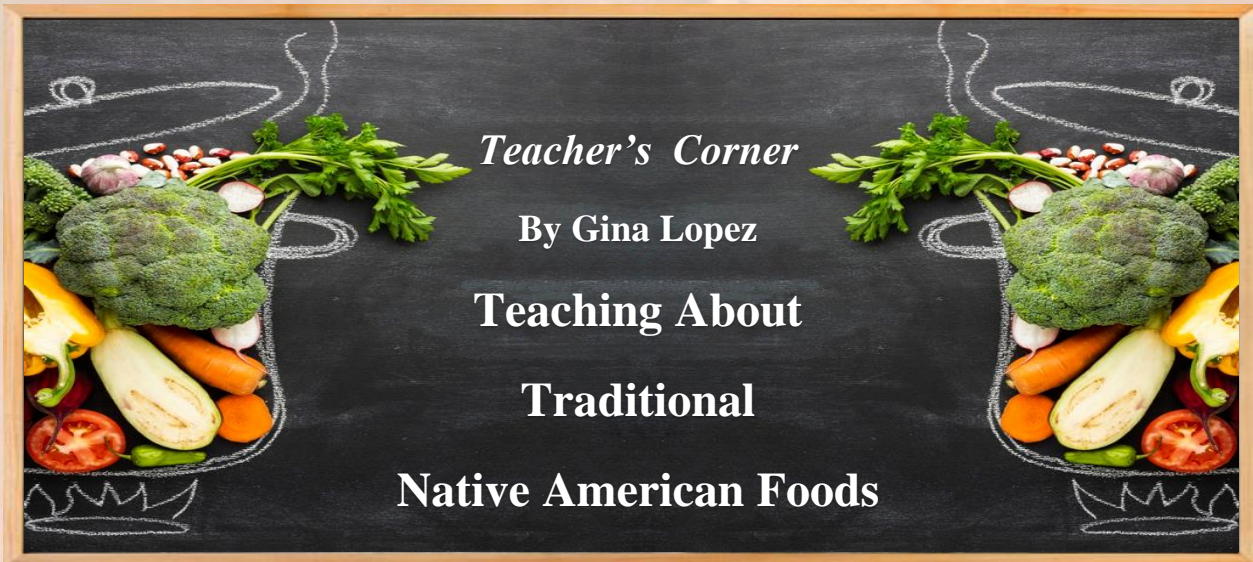
David Ramirez
Hoover Elementary
I-Ready Challenge Winner



Luka Ramirez
Hoover Elementary
I-Ready Book Challenge Winner



Annavaya Sanchez
Hoover Elementary
Perfect Attendance



The importance of Traditional foods in Native American Culture

The land is our identity and it holds all the answers we need to be a healthy, vibrant and thriving community. In our oral traditions, our creation story, we are taught that the land that provides the foods and medicines we need is a part of who we are. Without the elk, salmon, huckleberries, shellfish and cedar trees, we are nobody. This is our medicine; remembering who we are and the lands that we come from." — Valerie Segrest, Muckleshoot Traditional Foods and Medicines Program

Emphasis on Education

Developing lesson plans and curricula regarding traditional foods and Native food ways; providing education to raise awareness of traditional foods and health; professional development opportunities for Native youth interested in food and agriculture; seminars and workshops on cooking, hunting, gathering, fishing, and preserving; and educating tribal members and interested parties (e.g., state and local government officials) on Native food sovereignty and local traditional foods.

Key questions to consider when teaching about Native American traditional foods and medicine

Describe the significance of the land on which your tribal members fish, gather and harvest traditional foods.

What are some traditional foods and healing plants specific to your region?

Activity: Students can research the original plants and herbs (medicine) of this land. They can plant gardens. They can cook recipes using the crops they planted.

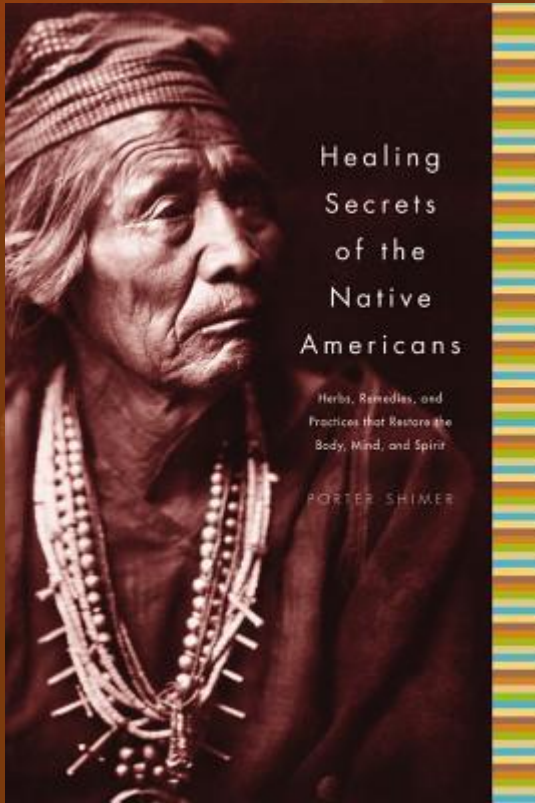
Resource: The information above was taken from the resource below.

https://www.cdc.gov/diabetes/ndwp/pdf/Part_IV_Traditional_Foods_in_Native_America.pdf

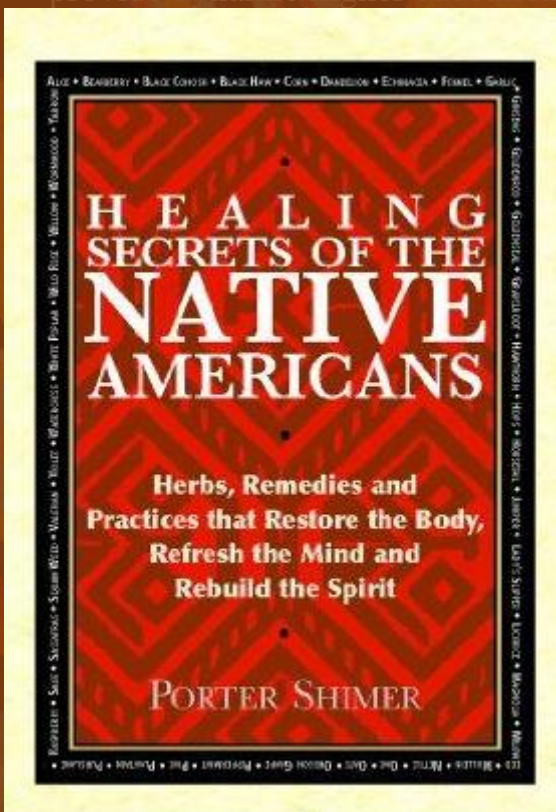
Sabrina's Monthly Book Pick

Healing Secrets of Native Americans

Author: Porter Shimer



There are many Native American healing secrets, herbs, remedies and practices that restore the body, refresh the mind and rebuild the spirit. Ages-old knowledge and traditions use plants and herbs, movement and sound visualizations, and spirituality to heal ailments and illnesses. This is an excellent resource for natural herbs that many indigenous people used in ancient practices and continue to use. Herbs not only heal the body, but purify the spirit and bring balance into our lives and surroundings. Oral traditions indicate that Native people discovered the healing powers of herbs and other plants by watching sick animals. There are no written records of herbal use by the indigenous people of America prior to their first contact with Europeans. However, this changed as Native Americans shared their knowledge of how to use nature's medicines with the new settlers. Native American medical practices also have been used for rearing and healing Native children. Some tribes used different methods — for example green onion, copper penny necklaces, and the rattlesnake teeth worn by newborn babies —to minimize teething pain. The rattlesnake is known to possess medicinal powers and Native Americans still use the rattle to make music when dancing and conducting ceremonies.



Traditional Herbs By Sabrina Flores

Sage is the No. 1 herb used by Native Americans. It is used for spiritual aspects in indigenous rituals and healing processes. Sage is used to prepare people for ceremonies and teachings because it is more medicinal and stronger than sweetgrass. Sage is used for releasing what is troubling the mind and for removing negative energy. It is also used for cleansing homes and sacred items. It is used for digestive problems, including loss of appetite, gas, stomach pain, diarrhea, bloating and heartburn. There is male sage and female sage. The female sage is smaller shorter, and softer, while the male sage leaves are thinner and sharper. In Native culture, we are concerned that it is being over-harvested and misused. We hope that you are aware of how the sage is harvested because you want to ensure it is properly blessed. It should be gifted, traded, or grown by yourself.

Sweetgrass is used in prayer, smudging and purifying ceremonies. It is usually burned at the beginning of a prayer or ceremony to attract positive energies and spirits. Sweetgrass has proven to be a sacred powerful plant believed by many to elicit emotional strength and engage the mind and senses. Sweetgrass is one of the most important Native American ceremonial plants, used by many tribes as an incense and purifying herb. Sweetgrass symbolizes healing, peace and spirituality in many Native cultures and braids of sweetgrass are sometimes left as offerings at graves and sacred sites.



Ms. Destiny's Kitchen Cedar Tea

Food is medicine. During allergy season, I drink a cup of cedar tea once a week. I was taught that cedar is medicine and never to drink it more than once a week. You should only use the freshest green cedar, never dried cedar, and only use the leaves, never the branches or bark. Cedar is an anti-inflammatory with large amounts of Vitamin C and can help with respiratory organs.



Directions

In a small pot bring 4 cups of water to a boil.
Add 2 cups fresh cedar to boiling water.
Boil for 10 minutes or until water becomes golden in color.
Strain tea into a small tea pot or bowl.
After straining make sure to dispose of the cedar.
Sweeten with honey, maple syrup, blueberries or sugar

How to Harvest Cedar in a Traditional Way

Identify a densely populated area on cedar trees
Harvest early in the morning, when the ground is awakening.
Pick from various parts of the trees as to not leave a visible impact on the trees.
Give thanks to Creator and that specific tree for the harvest. Leave an offering.
Put back any part of the tree not used in the north as Cedar is the medicine of the north.



The SUSD Ethnic Studies program would like to invite you to join the Ethnic Studies Community Collaborative (ESCC). Its purpose is to support curriculum design and the overall Ethnic Studies program. Ethnic Studies offers students an excellent opportunity to discover the diverse histories and cultures of our communities in Stockton and beyond

More specifically, the Ethnic Studies team has been working on the following definition to deserve the program's purpose: "Ethnic Studies is the intersectional examination of historic and contemporary narratives, contributions, struggles and resistance by Black, Indigenous, and People of Color, as well as other marginalized communities."

The Ethnic Studies program is comprised of historical and sociological content that analyzes how colonialism, race, and racism have been and continue to be powerful social, cultural, and political forces. Ethnic Studies analyzes the intersectionality of identity, including race, ethnicity, gender identity, class, sexuality and belief systems, amongst others. As a community-focused program, it highlights local narratives and connects Stockton history with national and global events. Ethnic Studies empowers students to become ethical, effective and empathetic social justice artist-activist-scholars and leaders who speak truth to power.

*We recognize that as our community and cultures grow and change these terms and overall definition may change as well." This definition is a work in progress, subject to change, and still needs to be approved by the ESCC. If you are an SUSD student, parent, alumni or community member, and are interested in joining the ESCC and/or the ESCC Native American Indian Subcommittee, please complete the following interest form: tinyurl.com/susd-escc-app

Youth of Color Empowerment Day



Register by
April 26th
using the
link below!

YOCE

Drawing by
Joseph Montes

Friday • April 30, 2021 • 10 am–12 pm

This event is designed to acknowledge the unique barriers and particular genius youth of color experience. It also provides students with the tools, resources, and support to be successful after high school.

HIGHLIGHTS INCLUDE

Student Panel • Keynote Speaker • Workshops • T-Shirts • Care Packages

High School Students, Family Members and Educators, please register by April 26th at

connect.humboldt.edu/register/YOCE

Interested in more information? Contact Molly Pucillo at molly.pucillo@humboldt.edu or 707.267.7745