



# TRIBAL VOICES

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Editor: Val Kimball, Indian Education Liaison  
360-874-7017

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## INDIAN EDUCATION PROGRAM

The South Kitsap School District receives a Federal grant through the United States Dept. of Education, Office of Indian Education Grant, to operate an educational program for our children of Native American or Alaska Native heritage. To have your child enrolled in this program, we need to have a Title VI Student Eligibility Certification form on file at the School District Administration Office.

The amount of money we receive is based upon the number of students enrolled. You can help by completing the Title VI Student Eligibility Certification form for each child you have attending grades K-12 in our school district. Even if your child isn't in need of services, by completing the forms, you will help ensure we have enough money to offer quality educational opportunities for all of our Native American/Alaska Native students.

If you have questions about the Title VI eligibility form, need assistance completing it or have questions about Tribes, Bands or Organized Indian Groups, please contact me by email at [kimball@skschools.org](mailto:kimball@skschools.org) or by phone at 360-874-7017. Please do not leave the tribal affiliation space blank on the form and be sure to sign and date it. Think you may have filled out this form in the past? Please contact me if you are unsure. It is critical for our program funding that this form is current, complete and on file for each eligible student.

Title VI eligibility forms become part of your child's school record and do not need to be completed every year. These forms will be maintained in the Indian Education Program office and all information is confidential and never shared with others.

Contact me if you need a copy of the Title VI eligibility form or you can download a copy from the Indian Education webpage on the school district website.

Find my newsletters on the School District website: go to [www.skschools.org](http://www.skschools.org) In the upper right corner in the search, type "Indian Education Program" and it will bring you to the link for the Indian Education program webpage.

**S.K.I.P.A.C. Needs You!!!** The South Kitsap Indian Parent Advisory council is a group of volunteer parents who serve as an advisory council to the Indian Education Program. In addition to advising the program, SKIPAC is actively involved in the cultural education and enrichment of all Indian Education students as well as all South Kitsap School District students. Looking for a way to get involved? We welcome parent volunteers to help plan or assist in various activities. Parent volunteers have visited schools throughout the district, assisting in classroom presentations, retelling the legends, and teaching Native songs, dances and arts to students. SKPIAC has sponsored Powwows, educational fairs and our annual Honoring Ceremony for our Native American graduating seniors. We urge everyone to attend the meetings to better understand what the Indian Education Program can offer your children and have a voice in this important program.

**Our Mission** is to have all Native American students in the South Kitsap School District remain in school and meet the high standards established by the Washington State Office of Superintendent of Public Instruction. To also have all Native American students in the South Kitsap School District understand and appreciate their unique cultures.

# NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

## NATIVE AMERICAN CONTRIBUTIONS

### DID YOU KNOW ? ? ?

Did you know that the names of over half of the states in the USA came from Native American Languages? For example, "Utah" is the Ute tribe's name for themselves in their language, "Oklahoma" means "red people" or "home of the red people" in the Choctaw language, "Kentucky" means "planted field" in the Iroquois language, "Connecticut" means "long river place" or "the long river" in the Mohegan language, "Dakota" means "friends" or "allies" in the Dakota Sioux language and "Massachusetts" means "large hill place" or "at the hill" in Algonquian.

**Medicines - Over 25% of all medicines today come from plants and other natural sources. Over 200 modern drugs have their origins in Native American medicinal practice. The following are a few of the medicines used by American Indians and shared with the world:**

1. Native Americans used pine sap to help heal cuts, and they found that witch hazel tea was a good remedy for sprains and bruises.
2. Quinine, used to treat malaria, perhaps the most endemic killer of human life. Malaria was not native to the Americas, but brought over with early European settlers. Native healers quickly discovered the drug's curative powers over malaria and untold millions of lives have been saved due to its effectiveness.
3. Ipecac, used to purge the body of ingested poisons and to combat amoebic dysentery.
4. Digitalis, extracted from the foxglove plant to treat heart ailments. Today this drug is one of the most important in modern medicine for regulation of heart rhythm.
5. Aspirin, used to combat pain and fever. Native Americans derived this drug from the bark of willow and poplar trees.
6. Yerba santa, sometimes called mountain balm, tarweed, consumptive's weed or bearsweed was used to treat bronchitis, chronic laryngitis and colds. The first Spanish priests in California thought so much of its curative powers, they gave yerba santa its name, which means "holy herb".

**Asphalt** - Evidence exists that cultures east of the Missouri River were using asphalt as a waterproofing agent as early as 8000 B.C. The Chumash of Southern California used and traded asphalt extensively. The Chumash obtained the asphalt from the area known as the La Brea tar pits located in what is now the Los Angeles area. Calking for canoes was one of the most important uses, as well as sealing long neck baskets that they used as water containers, plugging up holes in abalone shells so that they could be used as dishes. Asphalt was used as a glue to fasten spear points and arrow points to shafts and to glue shell inlay as a decoration on stone, bone and wood.

**Boxes** – containers used for storage and cooking

**Northwest Coast** – In addition to being sophisticated carpenters who constructed impressive cedar buildings, one of their specialties was wooden boxes used for storage. Some were made by hollowing out blocks of wood and fitting them with covers while others were made of bent wood. Food was cooked by placing it in the boxes along with water and red-hot stones to raise the temperature so that the water would boil.

**Eastern Woodlands** – Birch bark was used for food containers as well as for covering canoes. The containers were waterproof and rot resistant. The bark was cut to shape and sewn together with spruce roots. These boxes were so finely constructed that they were watertight.

**Plains** – Indigenous people of the Plains sewed together pieces of buffalo rawhide to make pafleche containers used to store food and small items.

**Foods** – The following are just a few of the foods that Native Americans introduced to the world

|            |             |              |               |              |
|------------|-------------|--------------|---------------|--------------|
| Persimmons | Tomatoes    | Hominy       | Dumplings     | File' Gumbo  |
| Cornmeal   | Cornbread   | Maple syrup  | Popcorn       | Pawpaws      |
| Peanuts    | Pemmican    | Indian Corn  | Wild Rice     | Pumpkins     |
| Legumes    | Blueberries | Strawberries | Black Walnuts | Carmel" corn |

**Disposable Diapers** - North American Indians of many tribes used a form of disposable diapers to keep their babies dry and protect their skin. Some used the downy fibers of cattails, others used dry rotted wood fibers or dried moss. Arapaho mothers used dried, powdered buffalo chips as an absorbent material. These were pounded and sifted several times to make a fine powder. Before babies were strapped into the cradleboard, they were rubbed with tallow and placed into a soft leather sack. This was filled to waist-level with whatever soft material was used by their people. The baby was changed whenever needed and the soiled filler was discarded. This practice kept babies comfortable and free from diaper rash and the disposable diapers were also biodegradable.

**Toboggan** - comes from the Algonquian word odabaggan. The toboggan is an invention of the Eastern First Peoples. Indian hunters first built toboggans made of bark to carry game over the snow. The Inuit (sometimes called Eskimos) used to make toboggans of whalebone, otherwise a toboggan is made of strips of hickory, ash, or maple, with the front ends curved back.

**The kayak** was invented by the Inuit Peoples

**The birch bark canoe** was invented by the Eastern First Peoples. The word 'canoe' originated from the word 'kenu' - meaning dugout.

**Snowshoes** were invented by the Eastern First Peoples.

**Lacrosse** was invented by the Iroquois and Huron Peoples.

You can find more information in the **“Encyclopedia of American Indian Contributions to the World”** 15,000 Years of Inventions and Innovations by Emory Dean Keoke and Kay Marie Porterfield



Treat the earth well: it was not given to you by your parents, it was loaned to you by your children.

We do not inherit the Earth from our Ancestors, we borrow it from our Children.

- Ancient Indian Proverb -

## RESOURCES

### Where to go to find programs and resources

Ever wonder if there is an affordable medical clinic in your neighborhood or find yourself running out of food each month? There are services in your community to help you and your family. Do you know what health insurance and food assistance programs you may be eligible for? Go to **ResourceFinder** and enter your street address, zip code or city to find the closest resources in your area. You can find, get screened and apply for many programs including:

- **Food Resources & WIC** to find local WIC clinic, food bank, summer meal site or farmers market.
- **Low-Cost Clinics and Immunizations**
- **Birth & Breastfeeding Resources**
- **Medical Insurance & Health Care**
- **Parenting Classes & Resources**
- **Early Learning & Child Development Resources**
- **Resources for Children & Youth with Special Health Care Needs**
- **Dental Services**
- **Child Care Resources**
- **Housing & Utilities**
- **Crisis & Support Lines**
- **Legal, Financial & Employment Resources**

You can go online to [www.ParentHelp123.org](http://www.ParentHelp123.org) or if you have questions, call 1-800-322-2588.

**Free Medical Care** The West Sound free clinic provides free medical care to the un and under-insured in the Kitsap County/West Sound area. Care is provided by health care professionals every **Wednesday** from 3:15pm - 6:00pm at The Salvation Army, 832 6<sup>th</sup> St, Bremerton, and the **fourth Tuesday** of each month from 12:00 noon – 3:00pm at the Lighthouse Plaza, 3627 Wheaton Way in Bremerton. Everyone is welcome! Call 360-209-2376 or visit the website at <http://www.westsoundfreeclinic.com>

### Kitsap Community Resources (KCR)

#### **KCR- South Kitsap Family Service Center**

is a local one-stop shop, with numerous resources in one place. located at 3200 SE Rainshadow Court near the corner of Jackson and Lund, just north of the AM/PM Mini Mart. They are open Monday through Friday, 8am-4:30 pm. Call them for information at 360-473-2144 or visit their website at [www.kcr.org](http://www.kcr.org).

Services Include:

- **Energy Assistance** by appointment only – call 360-479-1507 (you can also schedule an appointment online)
- **Housing** – Rental & Mortgage Assistance
- **Employment Assistance** – employment and training programs
- **Veterans Assistance** – Under contract with Kitsap County Veterans program.
- **Temporary emergency assistance available for:** Rental Assistance, Energy & Utilities assistance, Assistance for food, transportation, medical & prescription costs, burial costs and many other needs.
- **WIC** (Women, Infants & Children)
- **Financial Education**
- **Business Education**
- **Pre-school/Early Learning**
- **Weatherization** – office may be closed for client safety, Call 360-473-2045 or email [weatherization@kcr.org](mailto:weatherization@kcr.org) Services can include: weather stripping & caulking; insulation measures; indoor air quality; heating system repairs & more
- **BE\$T (Business Education Support & Training) classes** providing training & network of supportive community services to gain self-sufficiency through small business ownership. Offers an 8 week **Business Basics Program**. For information and pre-registration: visit [www.kcr.org/business-education/](http://www.kcr.org/business-education/) email at [BE\\$T@KC.org](mailto:BE$T@KC.org) call 360-473-2156

### **Free Legal Help for Low-Income Native**

#### **Americans & Alaska Natives**

The Northwest Justice Project's Native American Unit (NAU) provides free civil (non-criminal) legal services for low-income people who cannot afford a lawyer. Visit <https://nwjustice.org> or call the toll-free at (888) 201-1014 from 9:15 am – 12:15 pm Monday – Friday. Press 5 to leave a message for the NAU. You can leave a message 24 hours a day, 7 days a week and they will return your call. They offer services ranging from limited assistance to full representation, depending on the legal issue and individual circumstances. Legal assistance is provided in the following areas: Family and Domestic Violence, Indian Child Welfare Act, Housing, Health Care, Public Benefits, Indian Estates & Probate, Wills, Education and Trust Land & Resources. **If you are an elder 60 or over, regardless of your income**, you can call CLEAR (Coordinated Legal Education, Advice and Referral) Senior at 1-888-387-7111. Services are targeted to issues that affect basic needs such as housing, income, medical care & family safety. The Northwest Justice Project and other legal service organizations also have written materials that provide information & tools so that people can represent themselves in court or solve legal issues on their own. Publications & materials can be accessed at [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org) Click on the Native American Issues link in the drop down menu under "Understand Your Legal Issue"

**Facing Eviction? Call 1-855-657-8387**

**Facing Foreclosure? Call 1-800-606-4819**

### **Free/low cost dental care at Bremerton Youth**

**Wellness Campus** Do you need dental care for your children? The Lindquist Dental Clinic for Children is a private not-for-profit dental clinic that provides comprehensive dental services by licensed professional dentists to children ages 0-20 in the South Sound regardless of ability to pay. LDCC is located at 3102 Wheaton Way, adjacent to the Boys and Girls Club Teen Center. They accept patients covered by Medicaid (DSHS/Provider One, Apple, Basic Health Plus and more), TRI-Care-Dental and most private insurances, and under or uninsured children are seen on a sliding scale fee basis. **No child in need of dental care is turned away due to inability to pay.** For more information visit <http://lindquistdental.org>. For an appointment call 360-377-0559.

**Work Colleges** Work Colleges have been educating and helping hard-working students pay for tuition; some for over 100 years. Work Colleges offer students enhanced learning opportunities by integrating Work, Learning and Service throughout their college experience. Graduates go on to be effective and responsible leaders in business, community and government. They're thoughtful and smart—**graduating with considerably less college debt than most of their peers. All Member Colleges help students graduate with limited debt; three are tuition-free for qualified students.** Member Colleges' work programs have a rich history and proven track record of providing promising students with a means to earn a college degree. In addition, colleges are able to amplify campus support services without increasing labor costs. It's a win-win proposition that Work Colleges have implemented—with great results—for over a hundred years. Designed to enhance the collegiate experience and reduce student debt, Work Programs also excel at cultivating career-ready qualities like responsibility and work ethic. For more information and to find member work colleges, visit <http://www.workcolleges.org>

### **NATIVE FRIENDLY COLLEGES AND UNIVERSITIES**

This is a brief listing of colleges and universities which provide financial incentive to Native American students. Additional information is available from the Admissions or Financial Aid Office of each school. Most require application to FAFSA. On the school website search "Native American Scholarships".

### **ARIZONA STATE UNIVERSITY**

480-965-6301

Offers the Western Undergraduate Exchange Program (WUE), available to residents of Arizona and states sharing a border with Arizona. Program provides tuition at 150% of the resident tuition rate. See web site [www.ASU.edu/WUE](http://www.ASU.edu/WUE)



**BISMARCK STATE COLLEGE** 701-224-5400

Offers the Cultural Diversity Tuition Waiver which provides 50% tuition waiver for on-campus classes. Applicant must be full time student, enrolled in a federally recognized tribe, complete application form, apply for FAFSA grant and Bismarck State College Admission form. Waiver is renewable annually [www.bismarckstate.edu/](http://www.bismarckstate.edu/)

**UNIVERSITY OF COLORADO** (Boulder)

303-492-4533

Provides several scholarship programs plus plans available at the following web site: [www.colorado.edu/WAMS-Firstnations](http://www.colorado.edu/WAMS-Firstnations), which are available to out of state or in state residents.

**COLORADO STATE UNIVERSITY**

970-491-1332

The Native American Cultural Center offers the Native American Legacy Award to members of 93 tribes which were original occupants of Colorado. See web site for details: [www.NACC.colostate.edu](http://www.NACC.colostate.edu). This award allows for in state tuition rate plus \$500 per year to members of federally recognized tribes. Other scholarships are also Available to Native Americans.

**FORT LEWIS COLLEGE** 877-352-2656

Free tuition for Native American students who are a member of a federally recognized tribe and who satisfactorily complete an application. Students must pay for books, housing and fees. [www.ftlewis.edu](http://www.ftlewis.edu)

**CENTRAL WYOMING COLLEGE**

801-865-0193

Several minority scholarships are available to Native American Students, amount of each scholarship varies. 50% tuition waiver available based on completion of application. [www.cwc.edu/scholarsips/](http://www.cwc.edu/scholarsips/)

**HARVARD UNIVERSITY** 617-495-1581

All honor students from families earning less than \$60,000 per year may attend tuition free and no student loans. See web site at :<http://www.fao.ifas.harvard.edu/> [www.harvard.edu](http://www.harvard.edu)

**HASKELL INDIAN NATIONS**

**UNIVERSITY** [www.haskell.edu/financial-aid/](http://www.haskell.edu/financial-aid/)

[Our-value-equation/](http://www.haskell.edu/financial-aid/Our-value-equation/)

785-749-8404

Full cost to Native American/Alaska Native students of Federally recognized tribes

**MICHIGAN** 734-764-1817 [www.umich.edu](http://www.umich.edu)

All public Colleges and Universities, including community colleges. State residents of ¼ or more Indian blood who are members of any federally recognized tribe may attend college at any level, including graduate or Law school, tuition free. Must be resident of Michigan 12 months.

**UNIVERSITY OF MINNESOTA-MORRIS**

**CAMPUS** 800-992-8863 [www.morris.umn.edu](http://www.morris.umn.edu)

The University of Minnesota-Morris offers a tuition waiver to any Native American who can provide documented proof of membership in a federally recognized tribe.

**MONTANA** 406-243-5379 [www.umt.edu](http://www.umt.edu)

All state colleges and universities, including University of Montana, Montana State and Montana Tech. Tuition waiver is in effect for resident Native American students with ¼ Indian blood and who have applied for and received the FAFSA needs based grant.

**UNIVERSITY OF NORTH CAROLINA**

919-966-3621 [www.unc.edu](http://www.unc.edu)

Under a program named "Carolina Covenant", any student from a family with income under 200% of the poverty level, about \$40,000, may attend UNC completely free. Covers tuition, fees, room & board, books & a laptop.

## **NORTH DAKOTA** [www.und.edu](http://www.und.edu)

751-777-4291

All public colleges and universities in North Dakota offer limited tuition waivers to American Indians for all levels (undergraduate, graduate, law and medicine). All Native Americans, both resident and non-resident, are eligible; proof of Indian heritage is required. Other scholarships are also Available. Preference is given to graduates of Tribal Colleges.

### **Looking for a Scholarship in Washington State?**

Believe it or not, there are a lot of scholarships that go unclaimed due to a lack of applicants. A new website has been set up to link up qualified students in need of financial aid with organizations trying to help. Go to: <http://www.thewashboard.org> Once there, complete your student profile & explore scholarships that match your profile. Apply and submit your application by the due date.

### **Think you can't afford college? Think again!**

If you're in 7<sup>th</sup> or 8<sup>th</sup> grade and are ready to work hard in school, keep your grades up and stay out of trouble until you graduate, you may be eligible for a four-year College Bound Scholarship. For more information, including income guidelines, application and pledge form, go to the website at: [www.wsac.wa.gov/college-bound](http://www.wsac.wa.gov/college-bound). If you prefer to complete a paper application, call 1-888-535-0747 or talk to your school counselor. Application deadlines are June 30<sup>th</sup> of the students 8<sup>th</sup> grade year. If you are not eligible for the College Bound Scholarship, there is information on other financial aid programs.



## **COLLEGE, SCHOLARSHIP INFORMATION ON-LINE CHECK OUT THESE WEBSITES:**

- <http://www.knowhow2go.com>  
4 steps to college
- <http://www.indian-affairs.org/>  
Association on American Indian Affairs
- <http://www.finaid.org/scholarships>  
Free Scholarship Search
- <http://www.fastweb.com/>  
FastWEB Scholarship Search and Scholarship Tips
- <http://advocacy-net.com/scholarmks.htm>  
Scholarships On The Net (1,500)
- <http://www.free-4u.com>  
National Database of Scholarships
- <http://www.scholarship.com/>  
College Scholarship Search Information
- <http://www.back2college.com>  
Aid & Resources for Re-Entry Students
- <http://collegenavigator.ed.gov>  
Learn about colleges and universities

**A comprehensive financial aid guide for minority students:** This guide specifically addresses their needs and highlights nearly 40 scholarship opportunities, thoroughly explaining eligibility, award specifics and most importantly, how to apply. Go to <http://www.onlineschools.org/financial-aid/minority/>

***“Let us put our minds together  
and see what kind of life we  
can make for our children.”  
~ Sitting Bull***