



# San Diego Cherokee Community Newsletter

Issue 4

[www.sandiegocherokeecommunity.com](http://www.sandiegocherokeecommunity.com)

October 2007

## Southern Indian Health Council

The Southern Indian Health Council (SIHC) serves the seven member tribes of Barona, Campo, Ewiiapaayp, Jamul, La Posta, Manzanita and Viejas. They have also opened to other recognized tribes including the Cherokees. Non-natives are permitted to visit the Center as well, however, the American Indian members are given first priority for care.

SIHC is federally qualified and must meet rigorous standards in order to maintain qualifications. They do not receive money from the casinos. Instead, they are funded through governmental resources. There are several centers located throughout San Diego County.

The Alpine Center offers mental health services, as well as providing a medical clinic, dental clinic and a pharmacy on site. There is a small lab on site but it not does provide full lab services. For specialty services, patients should contact the other health centers to determine which ones provide what service.

To be seen at any of the Health Center as an American Indian, you must complete a registration form and present the following documents: your official tribal card (CN blue card), your CDIB card (no minimum requirement on the amount of Indian blood), and your medical insurance card. It is recommended that you show up one hour before your appointment in order to complete the required forms. They accept most insurance plans, but it is recommended that you call the clinic first to check to see if your insurance provider is a participant.



Alpine Center

Some preventative services for Medicare participants are provided free of charge, such as immunizations and vision, hearing and cholesterol screenings. Cancer screenings are provided at cost. Specialists can be seen but the patient is responsible for 100% of the bill.

If you are an American Indian with a tribal card but do not have medical insurance, the Center will still accept you as a patient. There are no co-payments for general services. Medications are free if they are on their approved list, otherwise, the patients pays cost out-of-pocket. Medications are usually at a reduced rate. X-rays for the uninsured American Indian cost \$24 per body part.

The Alpine Clinic is located at 4058 Willows Road in Alpine. Questions or to schedule an appointment, please call 619-445-1188. There is also a small clinic located in Campo. They can be reached at 619-478-2225.



## Next meeting

Please join us for at our next SDCC meeting. It is scheduled for October 28 at 1 p.m. in the Clairemont Community Center located at 4731 Clairemont Drive. A special presentation will be made by several members that attended the Cherokee Nation Holiday. Check out our website at: [www.sandiegocherokeecommunity.com](http://www.sandiegocherokeecommunity.com)

Due to the Thanksgiving holiday, we will not have a November meeting.

## The First Fire

*As told by Cherokee interpreter Robert Lewis*

At one time there was no fire. The animals were cold so the bear had called a council and gathered all the animals, birds, and insects to discuss how they could keep from freezing in the winter. Many ideas were passed back and forth some suggested maybe we should get the sun to come out of the sky. Nothing was resolved, and so taking a break the animals walked out of the council house.

A storm had come up, and across the water they could see a small island. The lightning flashed and they could see it striking in the forest on the distant island. Something began to glow there, and the bear asked the falcon, "What is that?"

The falcon said, "It glows like the sun," so the animals called it fire.

The wolf suggested, "Maybe it will keep us warm, like the sun."

So the bear immediately called all the animals back into the council, and asked who would like to go and get the fire. Many of the animals, birds, and insects all raised their hands, wanting to go and get the fire. The bear considered the fact it was over water, so he chose the raven to go first. He reasoned that the raven's feathers were so white and bright that they could see him coming back with the fire.

So the raven flew off, and as he got to the island he noticed that the fire was in the sycamore tree, and that it seemed to be deep inside the tree. Seeing where

the smoke was coming from, the raven landed and began to peer inside, trying to find out where the fire was. Sparks from the embers caught and exploded and temporarily blinded the raven, so that he fell into the tree.

With much scrambling and clawing, the raven finally managed to crawl away from the fire. Coughing and sputtering, he got lost in the smoke and decided to abandon trying to get the fire. And so he returned to the council house.

The falcon saw the bird approaching, but didn't know what it was. He called to the bear and the wolf and said, "Something is flying toward us." When the bird crashed into the ground, all the animals were startled. The bird lay coughing and choked out the words, "I cannot get the fire."

All the animals gasped because they realized it was the raven whose bright white feathers were now black, black as soot. And so they helped him into the council and the bear asked, "Who next wants to go and get the fire?" This time the animals were more reluctant, but two snakes decided to try.

The little racer and the tree climber, again, bright white snakes which swam across the lake towards the island. As they approached they saw the sycamore tree and discussed what had happened to the raven. The little racer said, "The raven tried to crawl down from the top; let's try from the bottom."

So both snakes entered through a hole at the base of the roots. The fire was so intense that they soon became lost. The tree climber went up, feeling all the smoke and soot crawl up his scales,

making him climb faster and faster. The little racer became so confused at the bottom that he darted to and fro, going back and forth in the ashes and embers before finally finding his way out through the roots.

The little racer made his way out and found the tree climber had fallen off the top of the tree, landing atop the roots. Both swam back to the council, and again all the animals were surprised at how dark they had become. They coughed and said they would not go after the fire.

The bear turned in the council and said, "Who wishes to try next?" This time the screech owl said he would try, so he flew off to the island. Now the screech owl had been asleep during most of the council. He had heard what had happened to the snakes but was unaware of what happened to the snakes but was unaware of what had happened to the raven. So when the screech owl landed on the sycamore tree, he stuck his head in a knot of the tree, embers again sparking and popping, and blinding him. Getting his head stuck in the tree, he bounced back and forth, trying to get his head out. Finally doing so, he made his way back to the council.

With ash rings around the owl's now orange eyes, the bear turned again and asked the council, "Who wishes to go next?" This time no one wanted to go. Everyone was afraid of the fire. And then a small voice said, "I will try."

The bear looked down at his feet and saw the little water spider. The animals began to chuckle and laugh. The bear smiling said, "You're too small. How can you get the fire?" And the spider

said, "Let me try." All the animals agreed, "Let her try." So the little spider dove into the water and swam to the island. Now this is not the little spider that skirts across the top of the water, but the water spider that swims underneath. And so she came out near the roots of the sycamore tree where the snakes had entered. Knowing what happened to the snakes, she then took two small sticks and fished out a small ember. Having done so, she made a pot and put it on her back. She placed the ember inside the pot, then blew an air bubble around it to protect it from the water, and made her way back to the council.

The animals were surprised to see her and the bear asked, "Where is the fire?" She took out the ember from her pot and set it in the center of the council room. Quickly she gathered small bits of kindling and began to blow upon the ember. Smoke began to rise from the kindling she was burning, and all the animals became excited. The smoke became thicker and she asked the animals to gather smaller sticks. Soon the flames caught and as more and more sticks were added, the heat filled up the council house.

And so the little water spider brought back the fire. And the moral of the story is "Never take someone smaller than you for granted, because a small person can still save the world."

*Source: Cherokee Heritage Center*



## Looking for Volunteers

Now that you've joined the San Diego Cherokee Community, this is a great time to seek your interest. We are looking for someone who can speak the Cherokee language, people interested in genealogy research and cultural resources. So come to our next meeting on October 28 at the Clairemont Community Center and get involved, meet some new friends, and share your talents.

You do not have to be a Cherokee to take part in our meetings or activities. Simply bring your interest in all things Cherokee and join us for a great time.

## Newsletter Articles

[sdccnewsletter@yahoo.com](mailto:sdccnewsletter@yahoo.com) is the place to submit your newsletter articles, pictures and suggestions. We need your thoughts and ideas, so please email them to the above address.

## Interim Board Members

Phil Konstantin, Meeting Facilitator  
George Lynch, Records Keeper  
Virginia Hall, Membership Coordinator  
Mike Ledger, Treasurer  
Phil Powers, Alternate Facilitator &  
Records Keeper  
Dixie & Gene Wilburn & Pam  
Hightower, Program Coordinators

Wynona Bigknife – Newsletter Editor

## Sex Offender List

American Indian tribes have two years to start tracking sex offenders themselves or take part in their state's registration system after an attempt to delay a requirement of Adam Walsh Act failed.

Congress passed the act one year ago to protect children from predators by setting up a national Internet database designed to let law enforcement and communities know where convicted sex offenders live and work.

There are an estimated 500,000 sex offenders in the U.S. and as many as 100,000 are not registered. Indian tribes have to tell the Department of Justice by July 27, 2009, if they plan to establish their own tracking system or allow states to do it. Tribes that don't indicate their plans will default to state jurisdiction.

The Cherokee Nation's Tribal Council in June voted unanimously to participate in the national Sex Offender Registry System as a registration jurisdiction.

*Cherokee Phoenix, September, 2007*

## The New Echota Treaty

By Phil Konstantin

Eventually Elias Boudinot and John Ridge realized that the Cherokee would have to move. So, they decided to try to get the best deal they could before there were no options left. Boudinot and Ridge were the nucleus of what was called the Treaty Party. Contrary to the wishes of the elected Chief John Ross and the majority of the Cherokee people, a few hundred member of the Treaty

Party initiated a treaty with the United States at New Echota, Georgia in 1836.

The New Echota Treaty gave up all of the Cherokee land east of the Mississippi and required their removal to Indian Territory. When the treaty was announced, the Cherokee people were furious. Not a single member of the tribe's elected council had signed the treaty. Over 16,000 of the 18,000 members of the tribe signed a petition stating that the treaty was a sham and did not represent the true wishes of the nation. Despite the obvious illegalities involved, the U.S. Senate ratified the treaty by a one vote margin.

A deadline for moving to Indian Territory was established as a part of the New Echota Treaty. Most of the Treaty Party members moved immediately. Believing that the U.S. government would not enforce such an obvious fraud, and that some accommodation could be worked out, most Cherokees stayed where they were. Unfortunately for the Cherokees, the government wanted the land and did enforce the treaty. When the deadline arrived, the Cherokees were forcibly taken from their homes, many of which were superior to those of the white settlers.

## Bean Bread

8 C Cornmeal

1 t salt

1 t Baking Powder

2 Eggs

1 ½ C Milk

2 C Cooked Pinto Beans, Drained

Mix together the dry ingredients and add milk and eggs. Stir in beans and pour in a greased pan. Bake at 450 degrees for 20 minutes or until brown.