

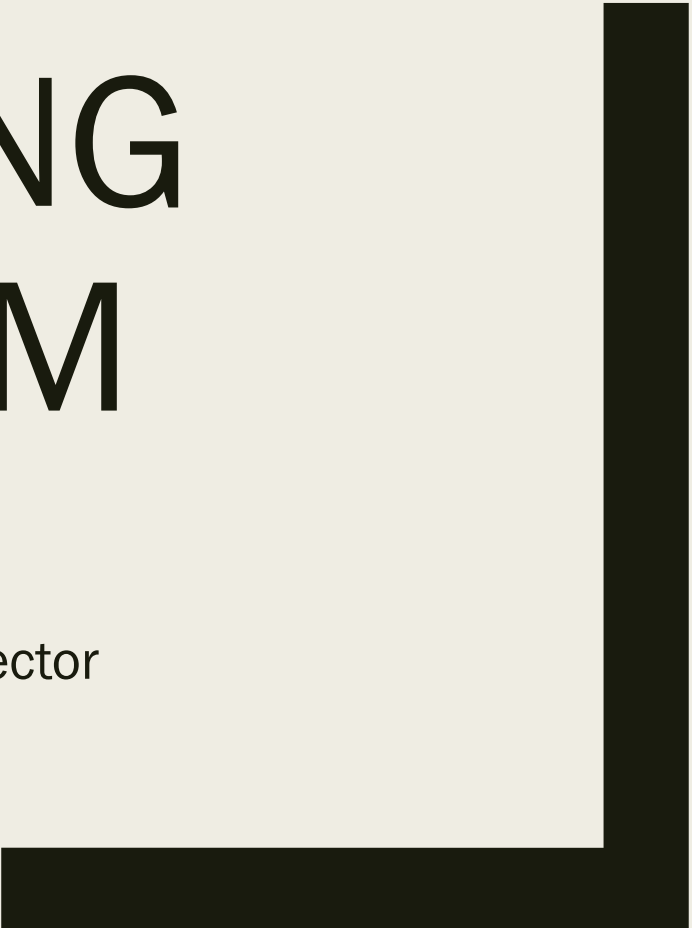


DECOLONIZING COLONIALISM

Chief Seattle Club

Derrick Belgarde-Deputy Director

Nawiishtunmi Conner-Case Manager Director



“From a biological standpoint cells lie dormant or awaken based on many factors in our environment. Epigenetics has been able to explain why certain people are genetically predisposed to disease; this is also how trauma is transmitted. This is where Anthropology and Epigenetics meet. The rape, forced removal and genocide of our people is trauma that we carry through generations and colonialism continues to perpetuate.”

(Leanne R. Brock, personal communication, May 16, 2018).

Choctaw/African American Scholar

THE AMERICAN INDIAN HOLOCAUST, KNOWN AS THE 500 YEAR WAR

Since 1492, American Indian/Alaska Natives have been suppressed by acts of genocide. Which involved ethnic cleansing, cultural genocide, biological warfare, bounties for the severed heads of AI/AN that were paid by the US. Govt., (Ostler, 2015), reservation systems, removal acts, sterilization, rape, and an extermination of the food source for the AI/AN race as a means for starvation

.
Death toll: 95,000,000-114,000,000 (Oxford Press, 1992)

U.S. Leaders	Year	Quote
Benjamin Franklin	1750	“If it be the design of Providence to extirpate these Savages in order to make room for cultivators of the Earth, it seems not improbable that rum may be the appointed means.”
George Washington	1779	“The immediate objectives are the total destruction and devastation of their settlements and the capture of as many prisoners of every age and sex as possible. It will be essential to ruin their crops in the ground and prevent their planting more.”
President Thomas Jefferson	1813	“This unfortunate race, whom we had been taking so much pains to save and to civilize, have by their unexpected desertion and ferocious barbarities justified extermination and now await our decision on their fate.”

Biological Warfare

- 1767: During the French and Indian War in North America, an English general, Sir Jeffery Amherst, gives blankets infected with smallpox to Indians who are helping the French defend Fort Carillon. But the smallpox ploy works, causing an epidemic that decimates the Indians and allows Amherst to capture the fort and rename it Fort Ticonderoga. ("Cherokee Nation", 2018).
- Estimates of mortality rates resulting from smallpox epidemics range between 38.5% for the Aztecs, 50% for the Piegan, Huron, Catawba, Cherokee, and Iroquois, 66% for the Omaha and Blackfeet, 90% for the Mandan, and 100% for the Taino. Smallpox epidemics affected the demography of the stricken populations for 100 to 150 years after the initial first infection. ("Cherokee Nation", 2018).



American Exceptionalism

- "American exceptionalism is an ideological position. There are very important reasons that have given rise to it and fueled it over the years. But it's not something that's grounded in historic fact or reality. It's an ideological position of settlers in a settler colonial society where the foundation of the nation rests on dispossessing Native peoples of their lands." **Tsianina Lomawaima of the Mvskoke (Creek) Nation**

Indian removal Act

- In 1830, President Andrew Jackson wrote this message to Congress to justify forced removal of tens of thousands of American Indians from their land. More known as the "Trail of Tears". There was not enough time to gather their things because they were being forced out to walk the long stretch in the winter months. 4,000 is the number of those who did not survive because of the weather, hunger, and disease along the way. The justification in Andrew Jackson's letter was to benefit owning more land while getting rid of the indigenous population. Many held at prison camps after removal. Cherokee Nation. (2018).

uncommitted to any other course than the strict line of constitutional duty; and that the securities for this independence may be rendered as strong as the nature of power and the weakness of its possessor will admit, — I cannot too earnestly invite your attention to the propriety of promoting such an amendment of the constitution as will render him ineligible after one term of service.

It gives me pleasure to announce to Congress that the benevolent policy of the Government, steadily pursued for nearly thirty years in relation to the removal

of the Indians beyond the white settlements, is approaching to a happy consummation. Two important tribes have accepted the provisions made for their removal at the last session of Congress; and it is believed that their example will induce the remaining tribes, also, to seek the same obvious advantages.

The consequences of a speedy removal will be important to the United States, to individual States, and to the Indians, themselves. The pecuniary advantages which it promises to the Government, are the least of its recommendations. It puts an end to all possible danger of

“A war of extermination will continue to be waged between the two races until the Indian race becomes extinct, must be expected.”

According to "The Indigenous American" (2017),

- In 1850, California's first governor, Peter Burnett, announced the state's official position of genocide, 'as the only solution to the Indian problem.
- The state funded both the bullets for the voluntary militia, and \$10 to \$25 for proof of executed Indians – scalps, heads, hands, or bodies.
- California's first bond of \$400,000 was issued in 1854, to fund the bounty on dead Indians and the costs of extermination.
- Between 1850 and 1860, the state of California paid around 1.5 million dollars. Some \$250,000 of which was reimbursed by the federal government
- By the mid-1860's only 34,000 Indians remained alive in California
- It is estimated that before European contact in 1770 the Native American population exceeded 320 thousand. In about 100 years Manifest Destiny and colonialism led to the deaths of about 290,000 Californians of indigenous descent.

ICHI

Emerged in 1911 at the age
of 50



INDIAN APPROPRIATION ACT

The 1851 Indian Appropriations Act, which created the reservation system, forced Native Americans to move to and remain living on reservations. This prevented many Native Americans from being able to sustain themselves in traditional ways, such as hunting, fishing and gathering food. The move made many Native Americans dependent on the diet of white settlers, including sugar and wheat flour. ("Indians.org", 2018).

“KILL THE INDIAN IN HIM, SAVE THE MAN”

Cultural Genocide



**Before & After Photo of a Young Cree Boy
Forced to Attend A Canadian
"Indian School" (1910)**

**"A great general has said
that the only good Indian is a dead one..."**

**In a sense, I agree with the sentiment...
all the Indian there is in the race should be dead.
Kill the Indian in him, and save the man."**

**Richard Pratt
Founder of Carlisle Indian Industrial School**

A Project of the Natives' Movement

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www.natives-movement.org

In 1870, the United States started taking AI/AN children from their families to steal their identity and culture. By cutting off their braids and beating children into westernized religion to be more civilized like colonists.

In 1945, Bill Wright, a Pattwin Indian, was sent to the Stewart Indian School in Nevada. He was just 6 years old. Wright remembers matrons bathing him in kerosene and shaving his head. Students at federal boarding schools were forbidden to express their culture — everything from wearing long hair to speaking even a single Indian word. Wright said he lost not only his language, but also his American Indian name. (Bear, 2008).



Armed with bible verses, the church mass murdered Indians who refused to convert, and then stole their land. Over the years, millions died from the intentional spread of tuberculosis and smallpox.



Residential schools -
Between 1820 and 1969,
Government sponsored,
United Catholic Church
boarding schools, educated
"savage" Indian and Eskimo
children into Christianity.

Ten months of the year Native children were taken away from their families and culture, severely punished if caught speaking their own indigenous language, never allowed to laugh, to read, to hug, or talk of their Native heritage, deeply scarring them for life. Now revealed, pedophilia rings, torture, sterilization, and experiments at the hands of the nuns and priests. **Designed for genocide, the schools had a 50% death rate.**



Truth Does Not Fear Investigation

Deesillustration.com

1976-GOVERNMENT ADMITS STERILIZATION

4 of the 12 Indian Health Service regions sterilized 3,406 American Indian women without their permission between 1973 and 1976. 36 women were forced to have sterilizations done despite a court-ordered moratorium on sterilizations of women younger than 21. ("Native Voices", n.d.).

Two years earlier, an independent study by Dr. Connie Pinkerton-Uri, Choctaw/Cherokee, found that one in four American Indian women had been sterilized without her consent. Pinkerton-Uri's research indicated that the Indian Health Service had "singled out full-blooded Indian women for sterilization procedures." ("Word Press", 2013).

[Native Americans Secretly Sterilized](#)

during the seige—and that the government now believes there is not enough evidence to prosecute them.

If Bogue grants the dismissals, only 12 other Wounded Knee cases remain to be tried.

Sterilization Is Genocide

Investigations and hearings are in the offing following charges growing since June of widespread **sterilization of young Native American women** in the US operated Indian Health Service hospital in Claremore, Okla.

According to Dr. Connie Uri, a Native American physician who has been investigating Claremore, there were 132 native women sterilized at Claremore in 1973. One hundred of these sterilizations were non-therapeutic,

that is, having the sole purpose of rendering a woman unable to have children permanently

Dr. Uri insists that the consent forms are written for twelfth grade English majors and that many of the women don't even speak English and don't know what they are signing.

Testimony before the US Senate's Permanent Investigations Subcommittee in September included testimony by Emergy Johnson, director of the Indian Health Service claiming that the IHS "considered non-therapeutic sterilization a legitimate method of family planning. We would be concerned only if these procedures were performed under coercion, or if there was evidence that the operations were carried out without informed voluntary consent."

Even the official report of the Subcommittee confirmed, however, that the hospitals sterilization procedures do "not set forth as clearly as possible the fact that the procedures are irrevocable."

Table 1. Violence Against Women

Type of Violence	American Indian or Alaska Native, %	Non-Hispanic White Only,* %	Relative Risk
Any Lifetime Violence	84.3	71.0	1.2
Sexual Violence	56.1	49.7	NS
Physical Violence by Intimate Partner	55.5	34.5	1.6
Stalking	48.8	26.8	1.8
Psychological Aggression by Intimate Partner	66.4	52.0	1.3
Any Past-Year Violence	39.8	23.3	1.7
Sexual Violence	14.4	5.4	NS
Physical Violence by Intimate Partner	8.6	4.1	NS
Stalking	11.6	7.0	NS
Psychological Aggression by Intimate Partner	25.5	16.1	1.6

NS = Percentages across racial and ethnic groups are not significantly different ($p > .05$).

*Non-Hispanic white only represents people who identified themselves as both non-Hispanic and white, with no other race.

Table 2. Violence Against Men

Type of Violence	American Indian or Alaska Native, %	Non-Hispanic White Only,* %	Relative Risk
Any Lifetime Violence	81.6	64.0	1.3
Sexual Violence	27.5	20.9	NS
Physical Violence by Intimate Partner	43.2	30.5	1.4
Stalking	18.6	13.4	NS
Psychological Aggression by Intimate Partner	73.0	52.7	1.4
Any Past-Year Violence	34.6	25.7	NS
Sexual Violence	9.9	3.8	NS
Physical Violence by Intimate Partner	5.6	4.5	NS
Stalking	3.8	3.7	NS
Psychological Aggression by Intimate Partner	27.3	19.3	NS

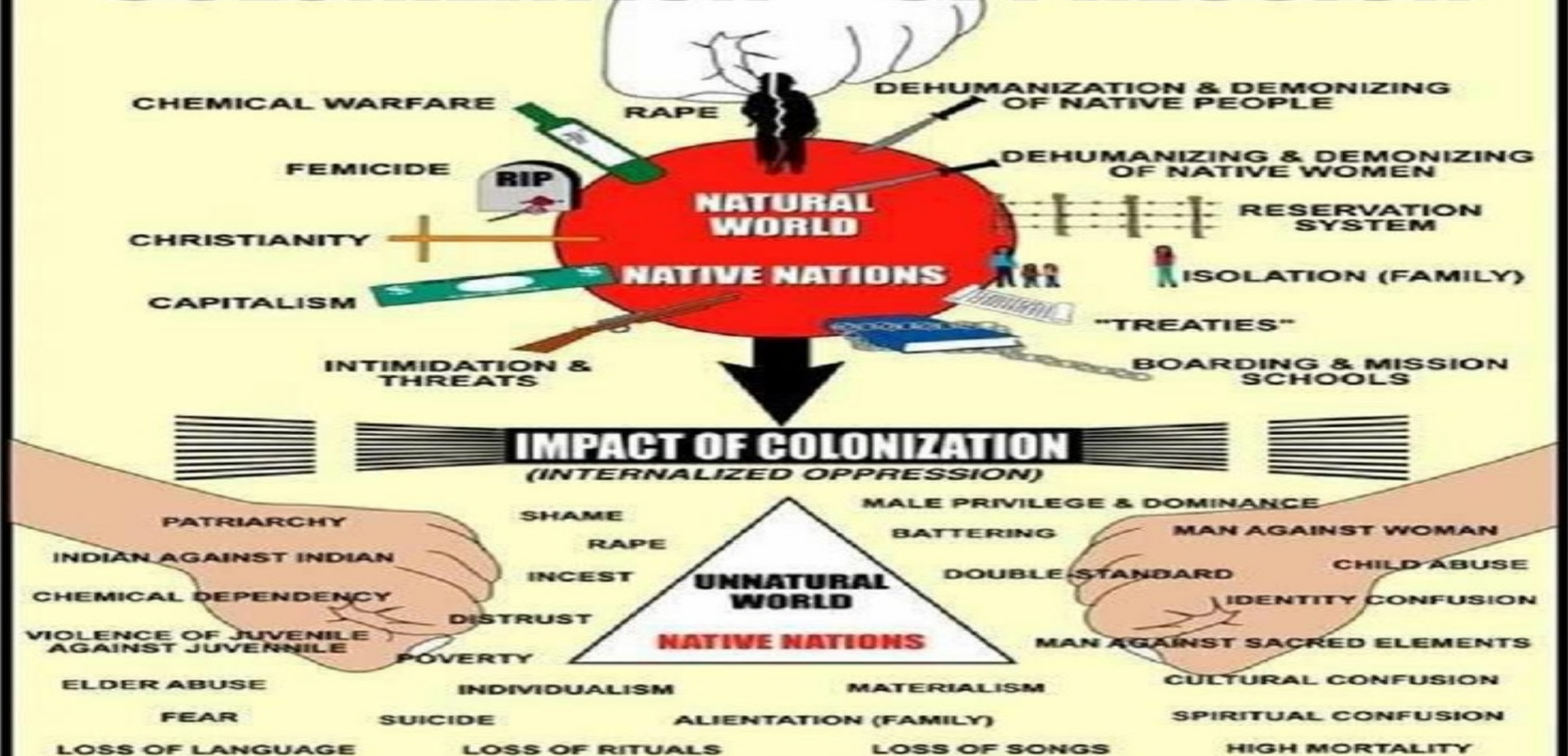
NS = Percentages across racial and ethnic groups are not significantly different ($p > .05$).

*Non-Hispanic white only represents people who identified themselves as both non-Hispanic and white, with no other race.

1924 INDIAN CITIZENSHIP ACT

In 1919 World War I were offered citizenship. In 1924, the Indian Citizenship Act was passed by Congress that allowed AI/AN dual citizenship on reservations and off reservations. The right to vote was denied and citizenship privileges were governed by state and law. ("History", 2010). In 1947 is when legal barriers dropped that prevented AI/AN from voting. ("U.s Voting Rights Timeline", n.d.).

WHEN GENOCIDE FAILED, THE NEXT TACTIC COLONIZATION = OPPRESSION



DECOLONIZING COLONIALISM

The Main Takeaways

1. The trauma within the Native American community is vastly different from other's.
2. Colonization is still taking place today.
3. To effectively support and serve the Native community, it is crucial to use culturally appropriate native focused programming.

Irreconcilable Viewpoints

- Different cosmologies and understanding of our universe and our placement within as people
- Linear vs cyclical thinking
- The medicine wheel and the concept of balance
 - *Time*
 - *Elders*
 - *Wisdom*
 - *Community/individuality*
 - *Individual, family, community, world*
 - *Infant, youth, maturity, elder*



- [Winnemem vs. New Agers on Mt. Shasta](#)
- [Protecting Panther Meadows](#)



- [Climbers Ignore Native Americans' Request At Devils Tower](#)

Understanding Colonialism

- “Colonialism is an ongoing system, not an isolated event” (Blais-Billie, 2014)
- The atrocities still continue today
 - *Land*
 - *Culture*
 - *Treaty rights*
 - *Recognition*

Historical Trauma and Unresolved Grief

- “Aboriginal people never had enough time, between various sequences of new world epidemics, genocide, trauma, and forced assimilation to develop tools for passing through the periodic social and cultural disintegration of their nations” (Smolewski & Wesley-Esquimaux, 2004)
- Disenfranchised grief
 - *Federal law in 1883 prohibited native spirituality until 1978*
 - *U.S. policies have historically been designed to forcibly assimilate natives into euro-American culture*
 - *1871 – congress declared natives wards of the government with the goal to civilize*

Historical Trauma... (Cont.)

- Trauma can create experiences of:
 - *Loss of safety, coherency, boundaries, orientation to time and space, of integrity, trust, resilience, control, competence, connection to one's own life-force and source.*
 - *Fear of inadequacy/adequacy, threat of death, a fusion to and obsession with threat, and confusion in general.*
 - *Powerlessness with a sense of being defeated, subjugated and dominated.*
 - *Helplessness, with a sense of failure and resignation to incapability.*
 - *Contraction with a compression, which can lead to depression.*
 - *Exhaustion and a collapsing of one's stamina, a dis-spiriting process.*
 - *Frozenness/fixity and a numbness of emotional, physical and mental proportions.*

(Atkinson, 2012)

Historical Trauma.... (Cont.)

■ Collective Trauma

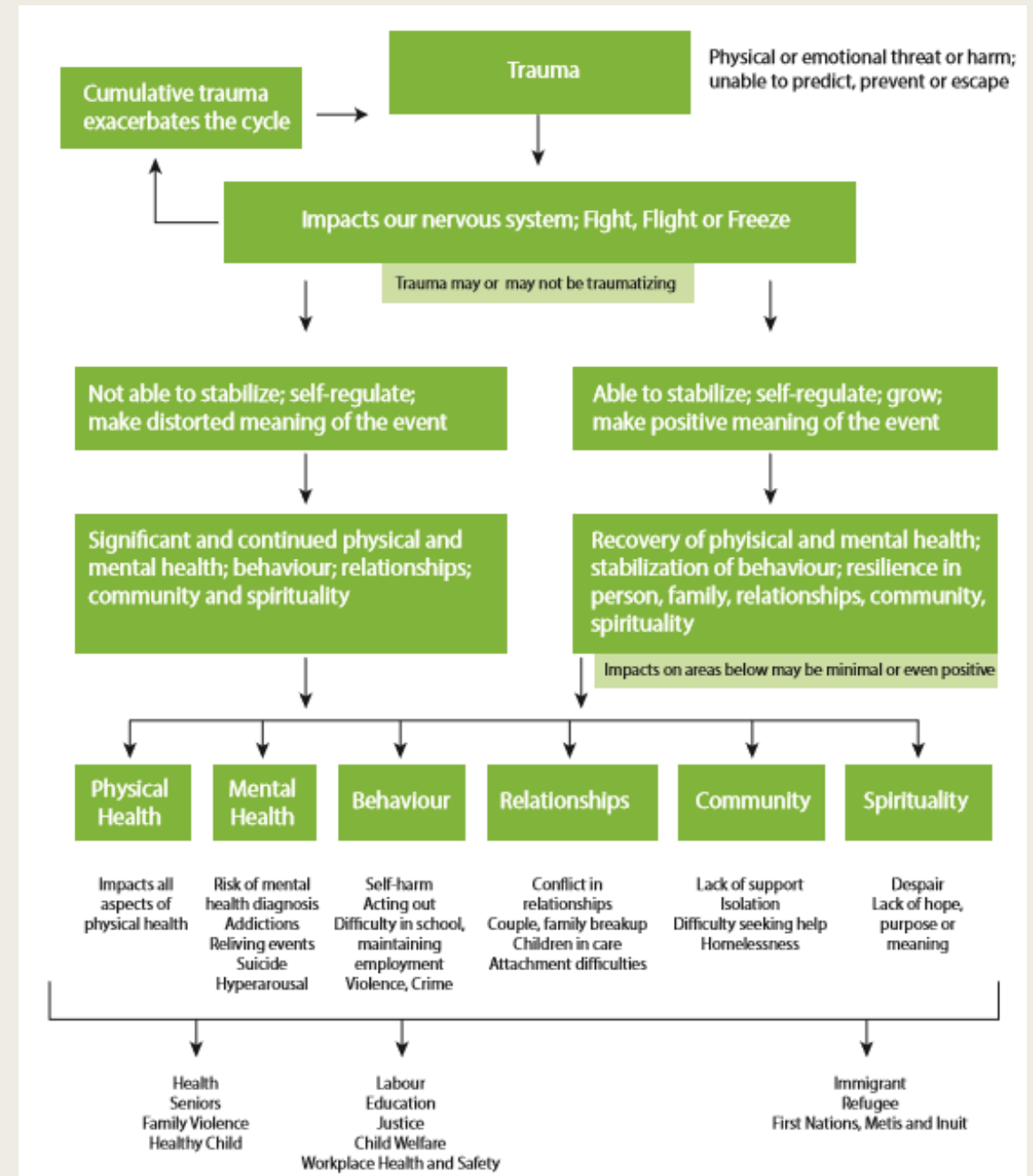
- *Deep mistrust of self, others, even with family;*
- *Self-directed violence-suicide, risk-taking behavior;*
- *Substance misuse;*
- *Violence against women;*
- *Unremitting grief;*
- *Shame and humiliation;*
- *Intergenerational conflict;*
- *Role diffusion, including sexual abuse and other boundary violations;*
- *Cultural genocide, losing traditional values, desecrating land and institutions;*
- *Leadership crisis;*
- *A conspiracy of silence – an overall attitude of secrecy.*

Ratanvale (as cited in Atkinson, 2014)

Historical Trauma.... (Cont.)

What can happen when denied the time and ability to heal and stabilize from traumatic events

**Chart used from the Klinik Community Health Centres's Trauma-informed Toolkit*



Learned Helplessness

- “Faced with inescapable situations, such as physical extermination, cultural genocide and colonial subjugation, individuals and groups often exhibit what sociologists label “learned helplessness”.”
 - ... *affects the following psychological processes:*
 - Motivation (which becomes reduced as there are no incentives to try new coping responses, there is a passivity and a lack of response initiation);
 - Cognition (with an ability to learn new responses to overcome prior learning that trauma is uncontrollable and cognitive representation of uncontrollability);
 - Emotion (the helpless state resembles depression with feelings of worthlessness, guilt and thoughts of death and suicidal attempts).

(Smolewski & Wesley-Esquimaux, 2004)

Learned Helplessness (Cont.)

- “socially learned helplessness may become a prerequisite for social invisibility; people unable or unwilling to act according to dominant social standards and passively (instead of actively) resisting assimilation.... The dominant society perceives the passively aggressive group as socially undesirable, as “invisible-by-necessity” and, thus, as needing the knowing subject to represent it” (Smolewski & Wesley-Esquimaux, 2004)

Learned Helplessness (Cont.)

“... this kind of behavior occurs when an individual (or a group) perceives that his or her behavior cannot control events and that no action on his or her part will control outcomes in the future” - Peterson and Seligman (as cited in Smolewski & Wesley-Esquimaux, 2004)

- Learned helplessness can cause...
 - *A distorted sense of self*
 - *Low self-esteem*
 - *Damaged internal locus of control*

- **Locus of Control**

A person with an internal **locus of control** believes that he or she can influence events and their outcomes, while someone with an external **locus of control** blames outside forces for everything. (Fournier, 2016)

Internal (Smolewski & Wesley-Esquimaux, 2004)

- More likely to prefer games based on skill.
- After failing a task, internals re-evaluate future performances and lower their expectations of success.
- After experiencing success in a task, internals are likely to raise their behavioural goals.

External (Smolewski & Wesley-Esquimaux, 2004)

- Prefer games on chance and luck.
- After failure, externals raise their expectations.
- More likely to lower their goals.

THE CHIEF SEATTLE CLUB MODEL



The Chief Seattle Club Mission

Create a sacred space to nurture, affirm, and renew the spirit of urban Native people

■ Our Core Values and Guiding Principles

- **Love & Compassion** – Offer love and compassion to all of our Chief Seattle Club members, staff and board.
- **Affirmation** – Believe in the best of our Chief Seattle Club members, staff and board.
- **Acceptance** – Accept where each individual is at by listening, sharing, and inspiring a nurturing community.
- **Friendship, Respect & Support** – Be there for and respect each other every day by honoring who we are, getting to know each other and defining our diverse needs.
- **Interconnectedness** – Connect our membership with opportunities to have a greater impact on the broader Indigenous Community and world.
- **Guidance & Service** – Provide holistic full-circle coverage to give our membership the best shot at a fuller future.
- **Wellness** – Improve all members overall well-being.

Culturally Appropriate Services

- Create a welcoming native environment
- Provide non-judgmental trauma-informed services
- Focus on strength-based approaches rather than deficit-based.



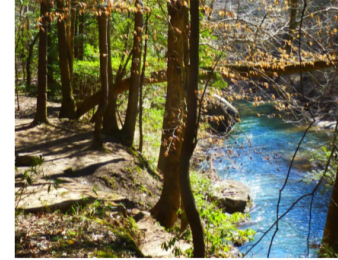
Culturally Appropriate Services

Holistic Approach

- Mental
- Emotional
- Physical
- Spiritual

[CSC 2016 Luncheon Video](#)

FIELD TRIPS WITH RAY WILLIAMS!



EVERY WEDNESDAY!!
Depart 10am Return 2pm

Sign up with Tanya at the activities desk

MOCCASIN WORKSHOP

A series of six workshops to make a pair to
Rock your Mocs in November!

11.3.17
Make Pattern Pieces
11.10.17
Measure and Cut leather
11.17.17
Prepare sole for sewing
11.24.17
Sew tops to sole part 1
12.1.17
Sew tops to sole part 2
12.8.17
Finishing Touches



MAKERBA, COFFEE, AND
SNACKS PROVIDED!

Workshops held
on Mondays.
10 am – 12 pm
CSC Art Room

Please sign up
with Lacey in
the art room to
ensure there
are enough
materials for
all
participants.



Come join us for
our Red Road
Wellbriety Group
at Chief Seattle
Club!

Every Friday
morning at 10am

Every 2nd & 4th
Sunday after
lunch at 12:30pm

**RED ROAD
WELLBRIETY
GROUP AT CSC**

EVERY FRIDAY MORNING 10AM

&
EVERY 2ND & 4TH SUNDAY
AFTER LUNCH AT 12:30PM



WELLBRIETY MOVEMENT MISSION:

Disseminate culturally
based principles, values,
and teachings to support
healthy community
development and servant
leadership, and to
support healing from
alcohol, substance abuse,
co-occurring disorders,
and intergenerational
trauma.

CHIEF SEATTLE CLUB

CO-ED SWEATS

**EVERY 1ST & 3RD
SATURDAY**

MEET AT CSC 1:30PM

**WITH
GLEN PINKHAM
(YAKAMA)**



Sign up
at Info
Desk!
Check in
with
Deanna
Lopez at
1:30pm
on day of
the
sweat!

UPCOMING: APRIL 21,
MAY 5 & MAY 15,
JUNE 2 & JUNE 16
TOWELS & LUNCH
PROVIDED!
TRANSPORTATION
FROM CSC TO
SWEAT LODGE

Future of Chief Seattle Club

Current Highlights

- Re-entry Programs
- Workforce development
 - *Native Works*
- Housing Development
 - *Native architecture*
 - *77 low-income units*



THE END

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