



San Diego Cherokee Community Newsletter

Issue 51

Dec.7, 2014

December 14, 2014 Meeting

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**DON'T FORGET TO RENEW
YOUR MEMBERSHIP.**



The Program will be focused on Medical Services available to Cherokee Nation Citizens in the San Diego area. We are pleased that Esther Lucero (Diné) from the California Consortium for Urban Indian Health (CCUIH) is available to join us on 12/14 to present a brief overview entitled "What American Indians should know about Covered California". Esther is the Director of Programs and Development for CCUIH, an Adjunct Professor in the American Indian Studies Department at San Francisco State University, and founder of the Native American Health Center Media Project in Oakland.

Also joining our presentation will be Sparrow Goudey (Tsalagi/Cherokee/Lakota) a traditional healer who works with the San Diego American Indian Health Center. Sparrow is the founder of Waya Nv Ni Hi (Wolf Road) Healing the Circle Workshops. For over 20 years she has developed her workshops for both Native and non-Native communities that assist adults and adolescents affected by drugs, alcohol, eating disorders and mental illness, by incorporating traditional arts and spirituality as tools for change, growth and recovery. For the past several years she has conducted "Healing the Circle" workshops which include drum circles, talking circles, medicine wheel teachings, etc. regularly at a variety of treatment facilities throughout the Southwest, workshops for the youth, elders and adult programs at the San Diego American Indian Health Center, and Conferences that are wellness and spirituality based.

We will also be collecting cash donations to support the Cherokee Nation Charities of the Rainbow House (<http://www.cherokee.org/News/Stories/22815.aspx>) and Project Angel Tree (<http://www.cherokee.org/News/Stories/20141126CherokeeNationAngelProjectunderway.aspx>)

Donations will be combined with matching funds from the SDCC general fund and sent to Tahlequah. Your donations for either charity are tax deductible.

Registration, set up, and conversation begin at 12:00. The meeting begins at 1:00 with the speakers' presentations and extensive Q&A. Please bring a Cherokee dish or dessert to share.

If you have any questions please write to us at info@sandiegocherokeecommunity.com.

See you there,

SDCC Council

October Picnic 2014

Thanks to all who came to the picnic. We had 179 people attending with 57 receiving their new Tribal IDs. Chief Baker along with Julia Coates and Jack Baker talked to the crowd. Virginia Hall and Dixie Wilburn were honored as tribal elders. Michael Moore and another person (unknown name) were honored as Honored Veterans. Other notable attendees were Chief Chad Smith and Cara Cowan Watts. It was a wonderful day despite the lost we had down the road by the C Chiefs.

Below are some of the pictures taken there. Other pictures can be found on our [Facebook](#) page.





For more information, check the website at: www.cherokeecommunityie.org

Orange County Cherokees

For more information, contact Ed Carey at ecarey@socal.rr.com.

At-Large Representatives

Julie Coates (2015):

<http://juliacoates.com/index.html>

P.O. Box 1968, Tahlequah, Ok 74465

Email julia-coates@cherokee.org

Phone: 918-772-0288

Jack D. Baker (2017)

1102 Marlboro Lane

Oklahoma City, Ok 73116

(H) 405-840-1377 or (C) 918-457-9382

jack-baker@cherokee.org

Other Council Members can be located [here](#).

Upcoming Events

Dec 14 -- Centro, Holiday Get Together, Theme – Healthcare for Cherokees in SD

Jan 15, 2015, Anza-Borrego Indian artifacts trip

All meetings will be held at Centro Cultural de la Raza in Balboa Park unless otherwise stated and will start at 1 pm.

Click [here](#) for a map.

All events are subject to change. Please check our web site

www.sandiegocherokeecommunity.com or

Write to us at info@sandiegocherokeecommunity.com.

Culture Notes

Kenuche

This Cherokee dish is popular around this time of the year. There are several different recipe variations. Here's one. Please allow 2 days to make Kenuche. This recipe makes 20 servings.

Ingredients: 2 lbs. of full-grain dry white hominy. Use the kind in a bag like dried beans, not the kind in a can or box.

Enough unshelled hickory nuts to completely fill a 2-lb sack.

1. Boil hominy in unsalted water till soft. Simmer approximately all day and leave standing overnight.
2. Prepare hickory nuts. Put into a deep bowl and pound till shells can be picked out of nutmeats. The high, deep wooden bowls traditionally used will waste less nut juice, but it can be done in a deep mixing bowl a few nuts at a time. Mold damp nutmeats into tomato-sized balls. They may not stick together well but this will not ruin the Kenuche. Nut-balls can be wrapped and frozen for future use.
3. Line a colander with muslin cloth and place it over a deep bowl. Gradually place nut-balls into colander and run very hot water over them, mashing down to extract the flavor. Set aside the juice. The mush can be set aside for use in bread or hot cereal as a filler or flavoring.
4. Combine nut liquid and hominy and simmer together for a few hours so that flavors are thoroughly blended. Do not boil hard. Sugar or better yet, honey can be added toward the end of cooking if everyone prefers sweet Kenuche. If maple syrup is used, use sparingly so that it doesn't overpower the flavor of the Kenuche. Some may prefer it salted.

Language Classes

Please go to www.cherokee.org/language/ for classes and schedules for the coming year. All classes are free to take and archived for review after each class in case you missed one or would like to repeat them.

Local Cherokee Library

The Nation has sent us some books about the Cherokee people and culture to start our own library. If anyone wishes to donate, take care of, or check out a book, please contact us at info@sandiegocherokeecommunity.com. Some of the books are now available online. Please check back from time to time for others such as the *Cherokee Nation History Class book*. The list of what is currently available is online at <http://sandiegocherokeecommunity.com/Library.htm>.

Wado,
Patrick Bea, Newsletter Editor

Membership Registration for 2015

If you have not joined the Community for 2015, please fill out the application below and mail your check for \$10 for Individuals or \$15 for multiple family members living at the same address to SDCC, 1098 Canyon Creek Place, Escondido, CA 92025. The Membership Year is from May 1 through April 30th. Your dues payment now will carry you through April 30th, 2015.

San Diego Cherokee Community (SDCC)

Membership Form

Date: _____

NAME: _____

First

Middle Initial

Last

If you are renewing and your contact information has not changed, check here and mail us the form with your check. Fill in the rest of the form only where changes have occurred.

MAILING ADDRESS; _____

Street Address & Apt. # or Post Office Box #

City

State

Zip

TELEPHONE #: _____ E-MAIL: _____

Do you want to be listed in a SDCC membership directory? Yes _____ No _____

Do you wish to share your information with the Cherokee Nation? Yes _____ No _____

How do you prefer to receive the SDCC newsletter? E-Mail _____ Postal Mail _____

Names of other household members over 18 at the same address to be added to the SDCC Roster of Members:

CHEROKEE AFFILIATION (Check One):

Cherokee Nation _____ Registration # _____

United Keetoowah Band _____ Registration # _____

Eastern Band of Cherokee _____ Registration # _____

Cherokee Descent, Unregistered _____ Other (Explain) _____

Topics you would recommend for future SDCC Community Meetings?
