

CUEL ATAH

The Star People

*The latest news and updates
from the Juaneno Band of
Mission Indians -
Acjachemen Nation*



HAPPY 106TH BIRTHDAY!

Happy 106 th Birthday to Adela (Olivares) Valenzuela the oldest living member of the Juaneno Band of Mission Indians Acjachemen Nation. Most of you may know her as “Peachy”. Adela was born December 19th 1916 at the old ranch house on the Ortega Highway to Jose Olivares and Viviana Ricardes-Olivares. Adela is one of thirteen children. Her historic ancestor is Juana De Dios from the Ricardes-Dios line. Her ancestral villages are Alauna, Guaromo, and Totpam. Adela raised three children, has five grand-children, seven great-grandchildren, and four great great-grandchildren. Auntie “Peachy” is godmother to numerous tribal members and non-tribal members, who continue to remember her fondly. Although she is not the mother to other Olivares family members, her brothers’ and sisters’ children, see her as the matriarch of the Oliveras Family. Adela has always been proud of her Native heritage and the roles her family has played in shaping the history of San Juan Capistrano. She moved to Long Beach California after her marriage but returns often to San Juan Capistrano for family celebrations. San Juan Capistrano is always in her heart. Let's wish her a HAPPY BIRTHDAY.



INDIAN EDUCATION TITLE VI

Do you have a child or grandchild in K-12? Are you in need of educational assistance for your child? Find out what your child's school district can do for your child and all verified Native American children in their school district.

Title VI Part A-

It is the purpose of this part to support the efforts of local educational agencies, Indian tribes and organizations, postsecondary institutions, and other entities—

1. to meet the unique educational and culturally related academic needs of Indian students, so that such students can meet the challenging State academic standards;
2. to ensure that Indian students gain knowledge and understanding of Native communities, languages, tribal histories, traditions, and cultures; and
3. to ensure that teachers, principals, other school leaders, and other staff who serve Indian students have the ability to provide culturally appropriate and effective instruction and support to such students.

The Tribal Council is interested in helping our Acjachemen gain access to these valuable resources that will help them succeed both educationally and culturally. The resources can be educationally and culturally based such as tutoring, Native American language acquisition, learning about Native American culture and traditions, learning material culture and practices, etc.

If you are interested in participating in a program that is already established in your school district or starting a new Title VI Indian Education Program in your child's district, please reach out to Chairwoman Heidi Lucero at jbmian.chairwoman@gmail.com.



Title VI

“ No person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance. ”

VICE-CHAIRMAN'S REFLECTION A PROUD FATHER & GRANDFATHER

by Dr. Richard Rodman

Dear Tribal Family,

It was so nice to see you all at the reunion at the end of July. But there was something else that was really nice to see; it was my children and grandchildren weaving baskets and my daughter and granddaughter making Clapper Sticks. They joined the Tushmal Singers!

Whether it's our faith, work ethic, culture, ... I think it's innate for parents to hope their progeny will "catch" the things they value; that they will value the things we value. I believe God made each of us uniquely; that we all have our own gifts and talents. I don't know why, but my earliest memories included my Native American Tribe. I was always proud of it, always identified as Native, even though it wasn't hip to be "Indian" when I was young. So, imagine how I felt when my daughter and her daughter decided to become Tushmal Singers!

There are many things General Council members can do to become more involved with the Tribe. Culture is among those things that are more "difficult" because it requires a deeper, "heart" commitment. Of course, you can just learn the songs, but I don't think that's what happens to most of those who go out to learn our: Language, Songs, Dances, and Customs, ... Those things require "heart"; and will most likely lead to a deeper, more heartfelt connection to our Native American culture.

We will be proud to be Native, and we will, most likely, be a better ambassador to our non-Native friends. Here's to all the Elders who have been blessed to see their progeny choose to follow in their footsteps.



CREATING A COMMUNITY

by Shannon Wingfield

Looking into the new year we are reminded of thoughts of resolutions, changes and tying up loose ends. Often, one looks to their family or their community to renew their promises for the plans. I am looking at my Acjachemen community to see what effort I can do, as an individual, for the greater good. Being on Tribal Council is one of the resolutions I made to myself, with the encouragement of my husband and family. Every time we meet as a larger group and as the Tribal council I am reminded of why I put in the extra time. My family has always been involved in the tribe and I never want their work be in vain.

I was recently looking at our Federal Recognition criteria list and was stumped thinking about Criteria b (community). The federal government requires us to show community and political authority respectively, since historic times until present. Looking from the inside, as an enrolled tribal member, I can see we have both. I see most of the same faces at meetings and social events. But I can see on the outside how it looks very different with lax involvement from the whole tribe.

Everyone is always asking "when are we going to be recognized?", but to do so we need to show up as a community. We need to see the meeting number attendance in the triple digits. We need to see your beautiful faces in the seats that Soka University provides for us and on our Zoom link. All too often we want to reap the rewards without the work. It's time to put in the work. We have a team that is hungry for productivity and progress, but a community is more than 25 people.

What number is on your tribal identification card? Mine is 1539. I would love the day when all of the 1538 people ahead of me on the roll were in attendance for a meeting that benefits them too. Put the family squabbles and the political dislike aside so we can do the work, and get our tribe in the place it needs to be. Show up. Be a community. Be an active member.

I hope to see you at our next event. I hope to make a connection with you. You are family. You are Acjachemen.

Health & Wellness



by Jenna Fonseca

As we start a new year we should raise national attention on the health and well-being of our elders. It's never too late to make good-for-you- Healthy choices in all you do. Remember before making any changes to your diet or lifestyle changes always check with your physician first.

Here are some suggested helpful tidbits.

Make sure you get preventive care that includes all your main important screenings, as well as your yearly physicals including vaccines to protect against the flu and pneumonia, they can help you stay healthy.

Healthy Eating is just as important. Some things can change, including your appetite and even your taste buds. If you find yourself needing to salt your food more that could affect your blood pressure. If you're not hungry at mealtimes, that could lead to unhealthy weight loss. We want you to be eating healthy meals. That includes getting the right amount of protein, carbohydrates, fats, and nutrients in what you eat. And if you aren't, then there are ways that your doctor can suggest healthy supplements for you to take. Another common issue is vitamin deficiency.

Older adults often don't get enough of these nutrients:

- Vitamin D
- Vitamin B12
- Vitamin B6
- Folic acid
- Vitamin D3



Low levels can cause problems ranging from tiredness to heart problems.

Your doctor can help you figure out if you're low in any nutrients. If they think a vitamin or supplement is right for you, they will prescribe it or recommend natural supplements. Getting lab work done at your doctor visits is very important and can get you on the right track. Staying Active is especially important as you get older. Look into brisk walking, gardening all counts. Include endurance, strength, flexibility, and balance when you're doing exercises. You'll know you're doing it right if you can talk but not sing. All this will make your bones stronger and your heart stronger. Remember to speak to your doctor first before starting any exercise.

“Honor our Elders for they have wisdom to teach what we have not learned yet”



2023 To-Do List

2023
NEW YEAR, NEW YOU?



Order your 2023 Tribal ID card today!

[order today : www.JBMIAN.com](http://www.JBMIAN.com)

- **Join a committee**
- **Add all 2023 General Council Meetings to your calendar**
- **Check out our FB page for updates**

Tribal Council

CONTACT US:
webdirector@jbmiian.com

Heidi Lucero, Chairwoman
Dr. Richard Rodman, Vice Chairman
Georgia Edmundson, Secretary
Sabrina Banda, Member-At-Large
Shannon Wingfield, Member-At-Large

JBMIAN.Chairwoman@gmail.com
JBMIAN.ViceChairman@gmail.com
JBMIAN.Secretary@gmail.com
JBMIAN.MAL1@gmail.com
JBMIAN.MAL2@gmail.com



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WWW.JBMIAN.COM

We aren't
a Tribe
without you!

Want to contribute to the newsletter?

- Have a Veteran to spotlight?
- Have an idea for an article?
- Have an event to share?

Email us - webdirector@jbmian.com



Juañeno Band of Mission Indians
Acjachemen Nation
31411-A La Matanza
San Juan Capistrano CA 92675

