

A Presentation for the The Sustainable Environment Institute AT LACCD (SEI) and DAS and the Climate Center October 17, 2024

Presented by: Matthew Teutimez

Founder - LINKS - Laboratory for Indigenous Knowledge Systems Tribal Biologist - Gabrieleno Band of Mission Indians- Kizh Nation





Chief & Spiritual Leader Ernie P. Teutimez - Salas









RESOLUTION

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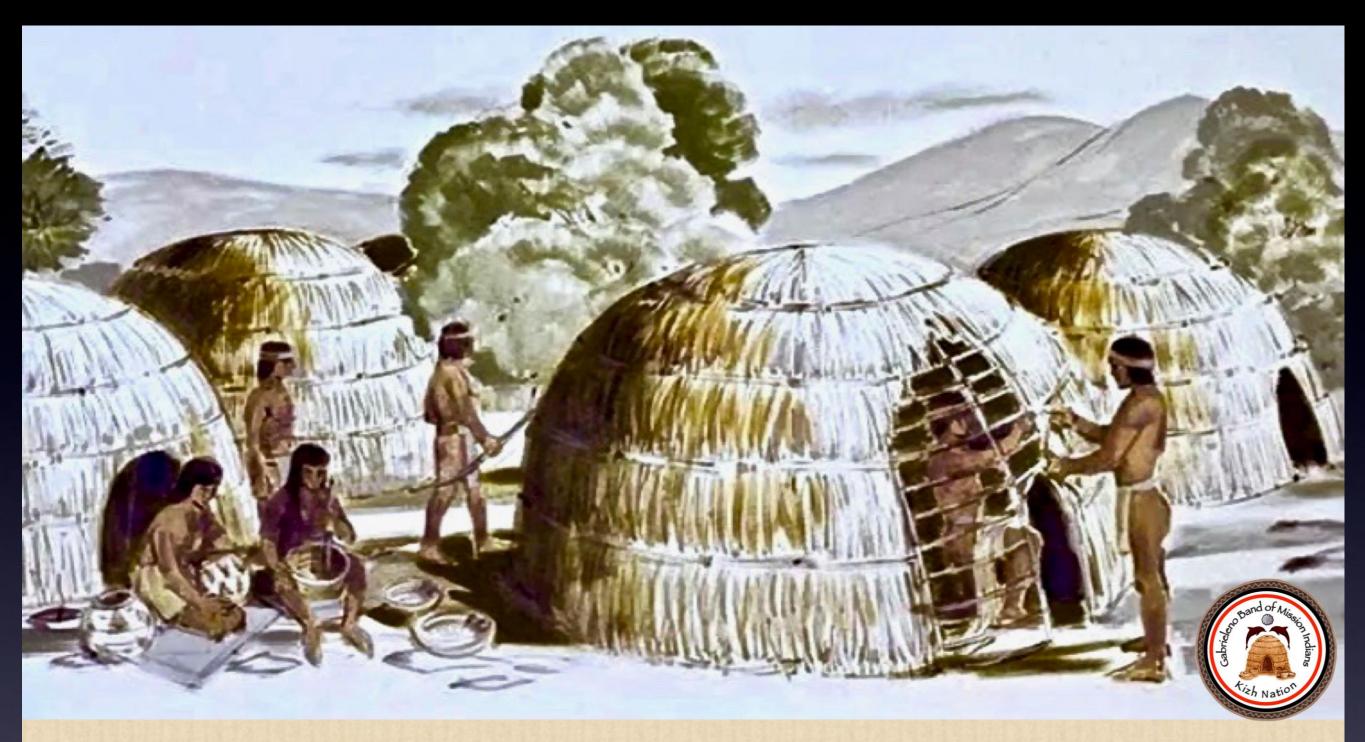
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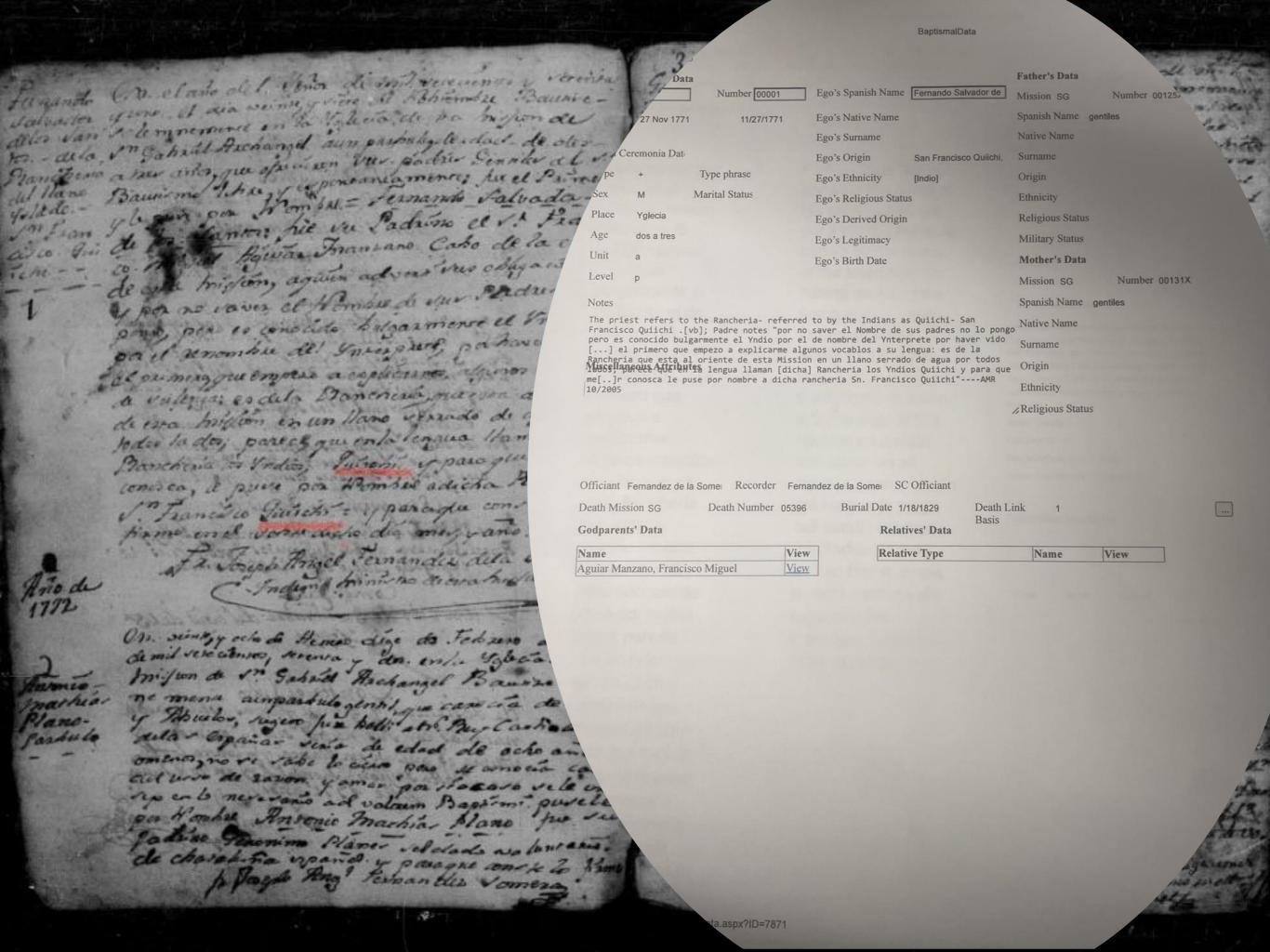
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According to Harrington's consultant Raimundo Yorba, the Gabrieleño living in the Whittier Narrows are referred to themselves as Kichereños. According to Yorba "his mother was half San Gabrieleño Indian. She was what they called a Kichireño, one of a bunch of people that lived at that place just this side of San Gabriel which is known as the Mision Vieja. Kichireño is not a placename, but a tribename, the name of a kind of people" (Harrington 1986:R129 F345).



#### ABORIGINAL SOCIETY IN SOUTHERN CALIFORNIA

BY

WILLIAM BUNCAN STRONG

University of California, Publications in Assesses Americanical and Ethiopees Volume 26, 3, 4858 pp., 7 maps

> University of California Press Berkeley, California 1920

University of California Publications in Am. Arch. and Ethn. [Vol. 26

has also been assigned to the Gabrielino, which would be a more natural division of topography, since it would leave the Serrano pure mountaineers." 18

On the basis of information received from Serrano, Palm Springs Cahuilla, and Mountain Cahuilla (who had lived in San Timoteo canyon), I have come to the opinion suggested in the last sentence quoted. All informants questioned, and they were all old people, agreed on the fact that the sites of San Bernardino, Redlands, and Crafton had originally been occupied by people who spoke the San Gabriel language. The original owners had been succeeded by the Mountain Cahuilla who were brought down to the San Bernardino mission about 1846, while the Serrano, or ismailem, as the Cahuilla term them, had originally occupied the foothills of the San Bernardino range bordering the San Bernardino valley. The Serrano, however, had always occupied the Yucaipe valley just southeast of Crafton. The Gabrielino group at Crafton was called tekenetpauiteem in the Cahuilla language, the Gabrielino group at Redlands was called in the same language watcicpakiktum, but the name given the Gabrielino group at San Bernardino was not remembered. The four main informants whose independent statements concurred on these points were Rosa Morongo, a Pass Cahuilla woman married among the Serrano; Jesusa Manuel, a Mountain Cahuilla woman married among the Serrano; Alec Arguello, a Mountain Cahuilla man who formerly lived in San Timoteo canyon; and Alejo Potencio, old clan leader of the Palm Springs Cahuilla. Both of the men had seen and talked with Gabrielino who had formerly lived at the sites in question, while the two women had received their information from their older relatives. There is no reason to doubt the sincerity or honesty of these four informants, and the exact concurrence of each in regard to the language of the "Kisiannos," as the Gabrielino were called, is strong evidence in favor of original Gabrielino occupation.14

One important piece of evidence disputes this conclusion and that is the statement of Hugo Reid who formerly lived at San Gabriel where he had married a Gabrielino woman. He says, "Jurupa, San Bernardino, etc., belonged to another distinct tribe possessing a language not at all understood by the above Lodges; and, although reduced by the Spanish missionaries to the same religion and labor,

<sup>18</sup> Handbook, 615-616.

<sup>14</sup> Benjamin Morongo, an old Serrano questioned by Gifford, likewise stated that the valley including the San Manuel reservation site, was formerly occupied by Gabrielino. Gifford, Clans and Moieties in Southern California, present series, 14:179-180, 1918 (cited hereafter as S. Cal.).

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### The OLD SAN GABRIEL MISSION

HISTORICAL NOTES TAKEN FROM OLD MANUSCRIPTS AND RECORDS ACCU-RATELY COMPILED AFTER DILIGENT RESEARCH BY

REV. EUGENE SUGRANES, C. M. F.



SAN GABRIEL, CALIFORNIA FEBRUARY SECOND 1909

#### CHAPTER VI

#### Why Growth was Slow in the Early Period of the Existence of the San Gabriel Mission, 1771-1778

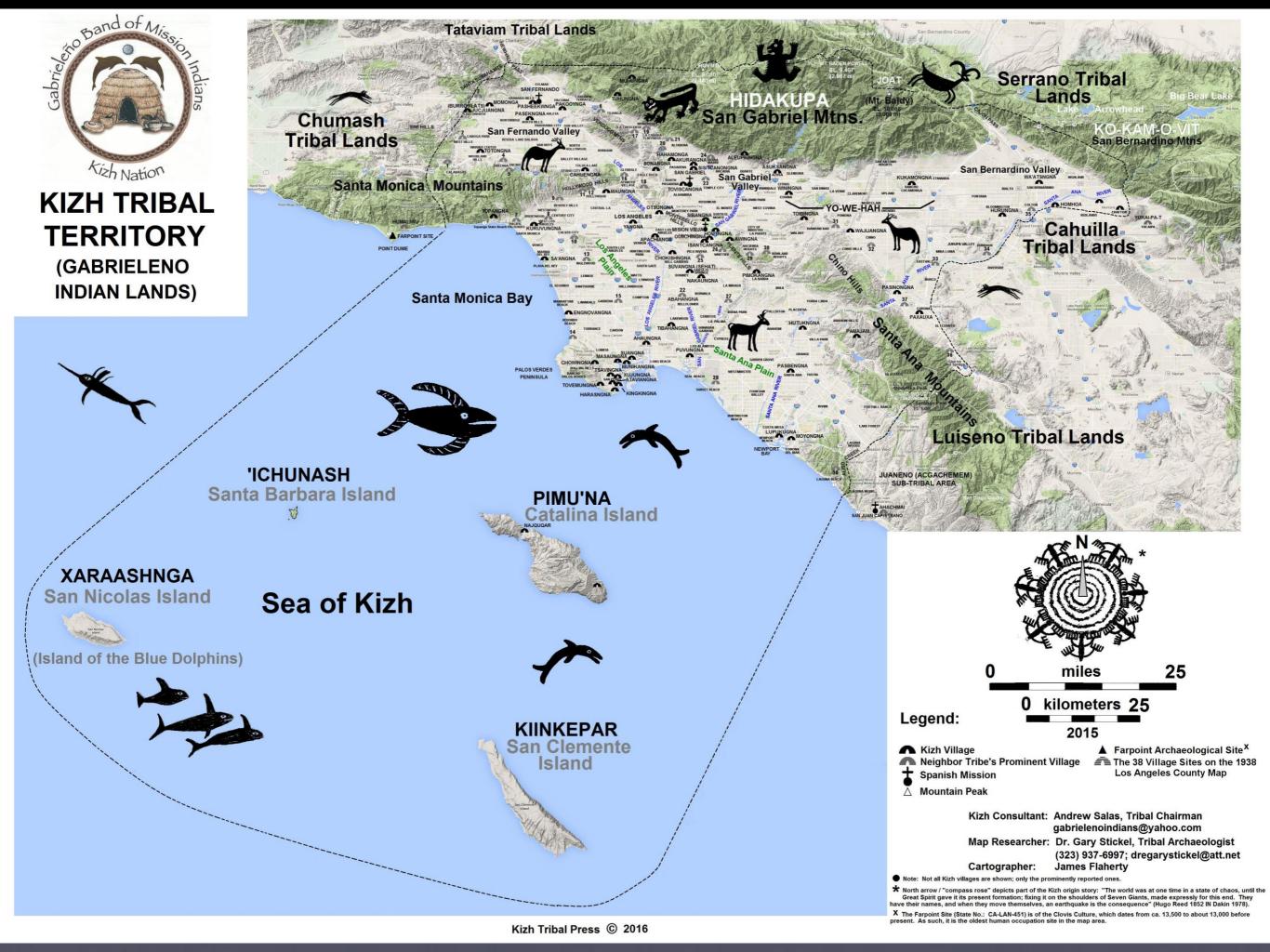
Perhaps it will seem strange, especially to the casual observer, that the progress of the San Gabriel Mission during the critical period of its infancy was comparatively slow. Yet we should not lose sight of the fact that into all the undertakings for the honor and glory of God, the human element must needs enter. In this is especially manifested the wisdom and providence of God. God works His wonders through natural agencies; even our salvation, the most wonderful of His providences, was wrought through human instrumentality. Likewise he employs our failures for his successes and even our sins ofttimes become the occasion for His more glorious manifestation.

Turning our attention to the various causes for the lack of rapid growth of this early mission, the first and perhaps the most lamentable was the reprehensible conduct of the soldier related above. This at once created a strong animosity in the hearts of the savages towards the missionaries. The Indians conceived the idea that rapine was the primary purpose of the mission's existence, rather than a kindly helpfulness to a better life. Sad indeed is it to know that not only upon this one occasion did the soldiers behave themselves unseemly, but in spite of the earnest admonitions of the Fathers to the contrary, they repeatedly brought shame upon the holy enterprise.

Another cause was the great difficulty experienced in learning the language and special dialect of the Indians. It is not rare to hear the missionaries complain of this hindrance. Each tribe spoke a different dialect and though a missionary might master one, yet in the immediate neighborhood another would be found quite different. The letters of the first missionaries to California tell of the laborious and tedious way in which they had to learn the different languages from the Indians and it is not a pleasant task for a missionary to express in writing the strange sounds he hears.

The language spoken by the San Gabriel Mission Indians was the Kizh. The Lord's Prayer in the Kizh dialect is as follows: Yyonak y yogin tucupugnaisa sujucoy motuanian masarmi magin tucupra maimano muisme milleosar y ya tucutar jiman bxi y yoni masaxmi mitema coy aboxmi y yo nnamainatar moojaich milli y yaqma abonac y yo no y yo ocaihuc coy jaxmea main itan monosaich coy jama juexme huememesaich.—Bancroft Hist. Native Races 111,675.

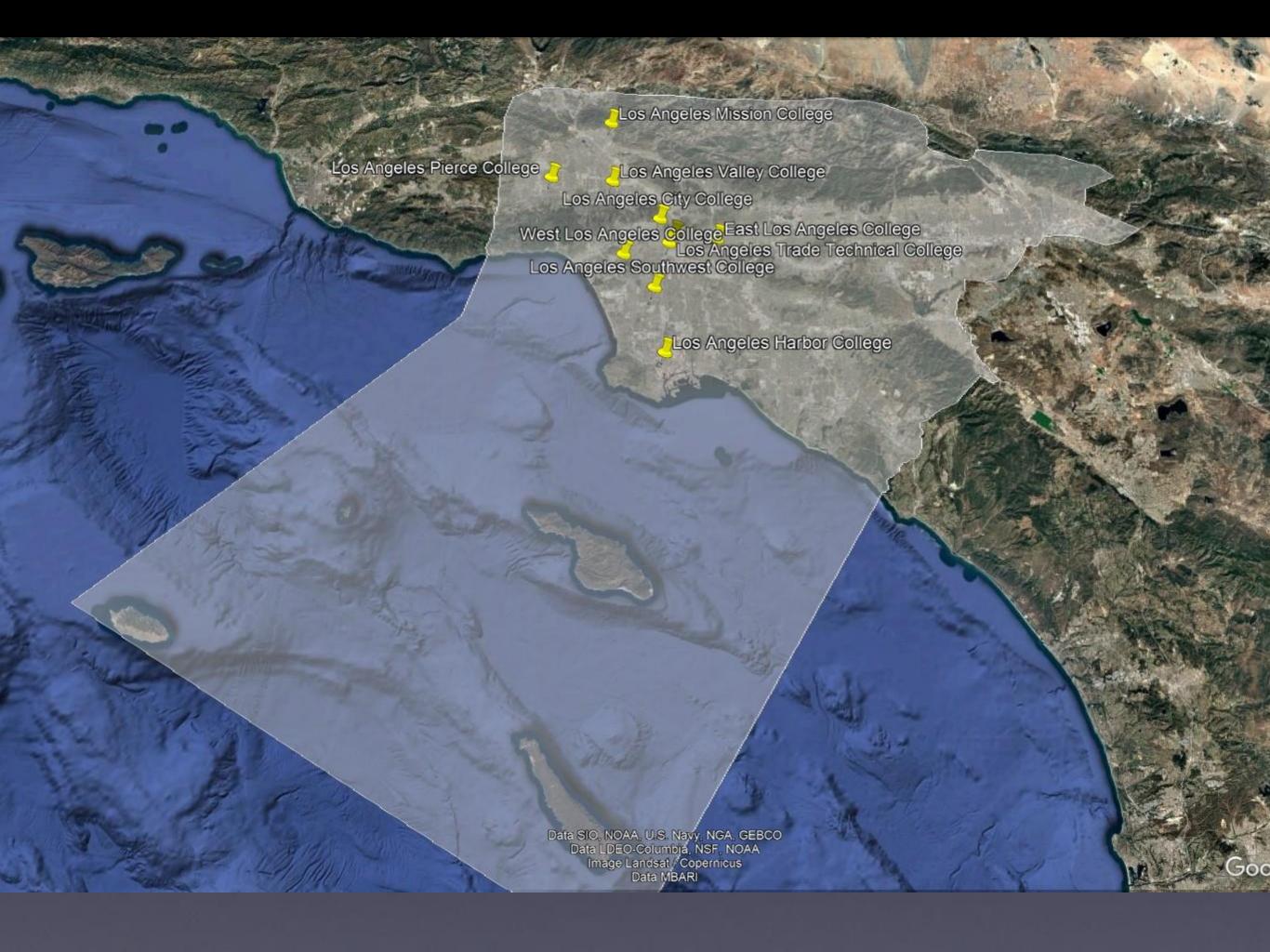
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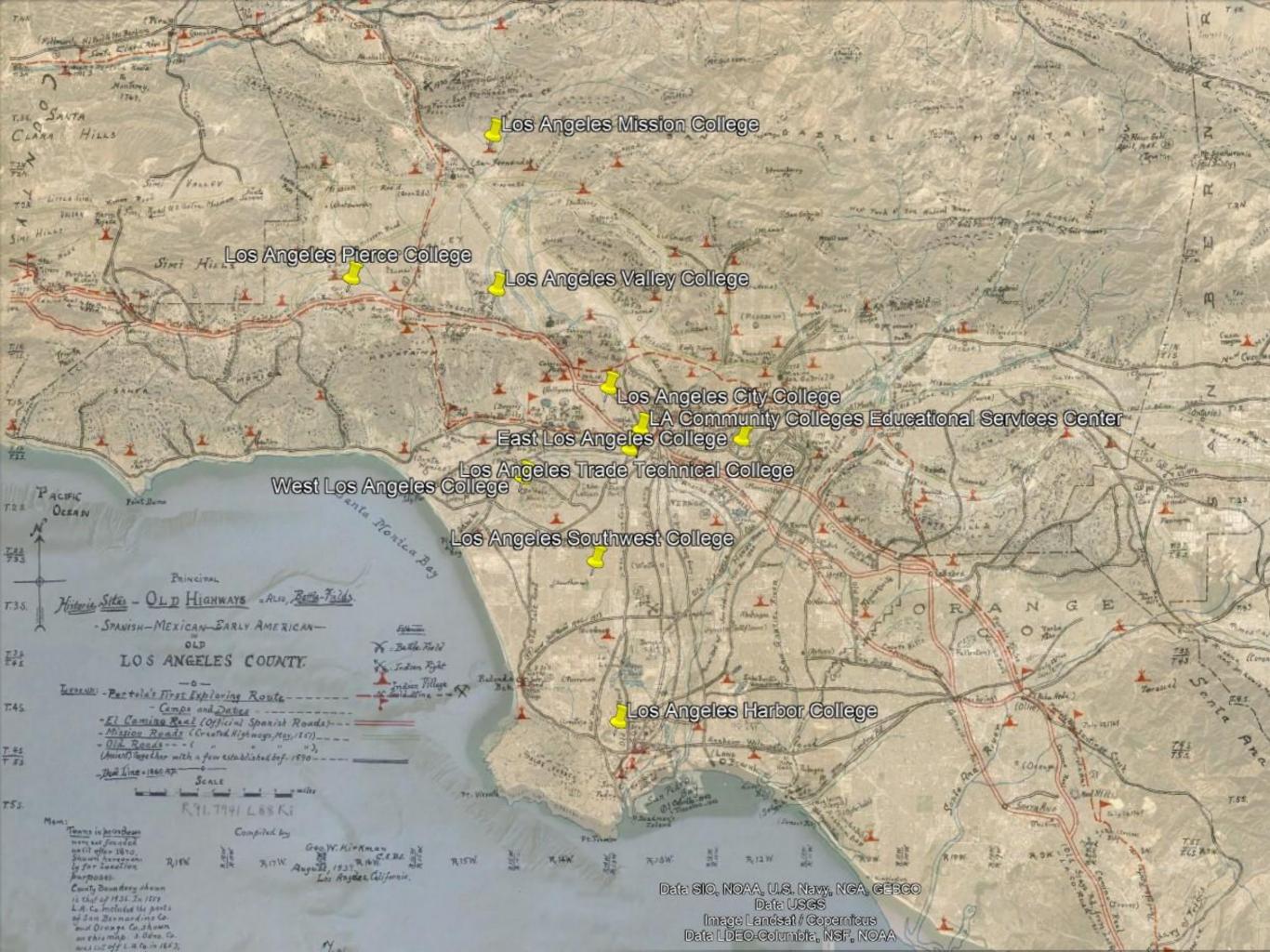


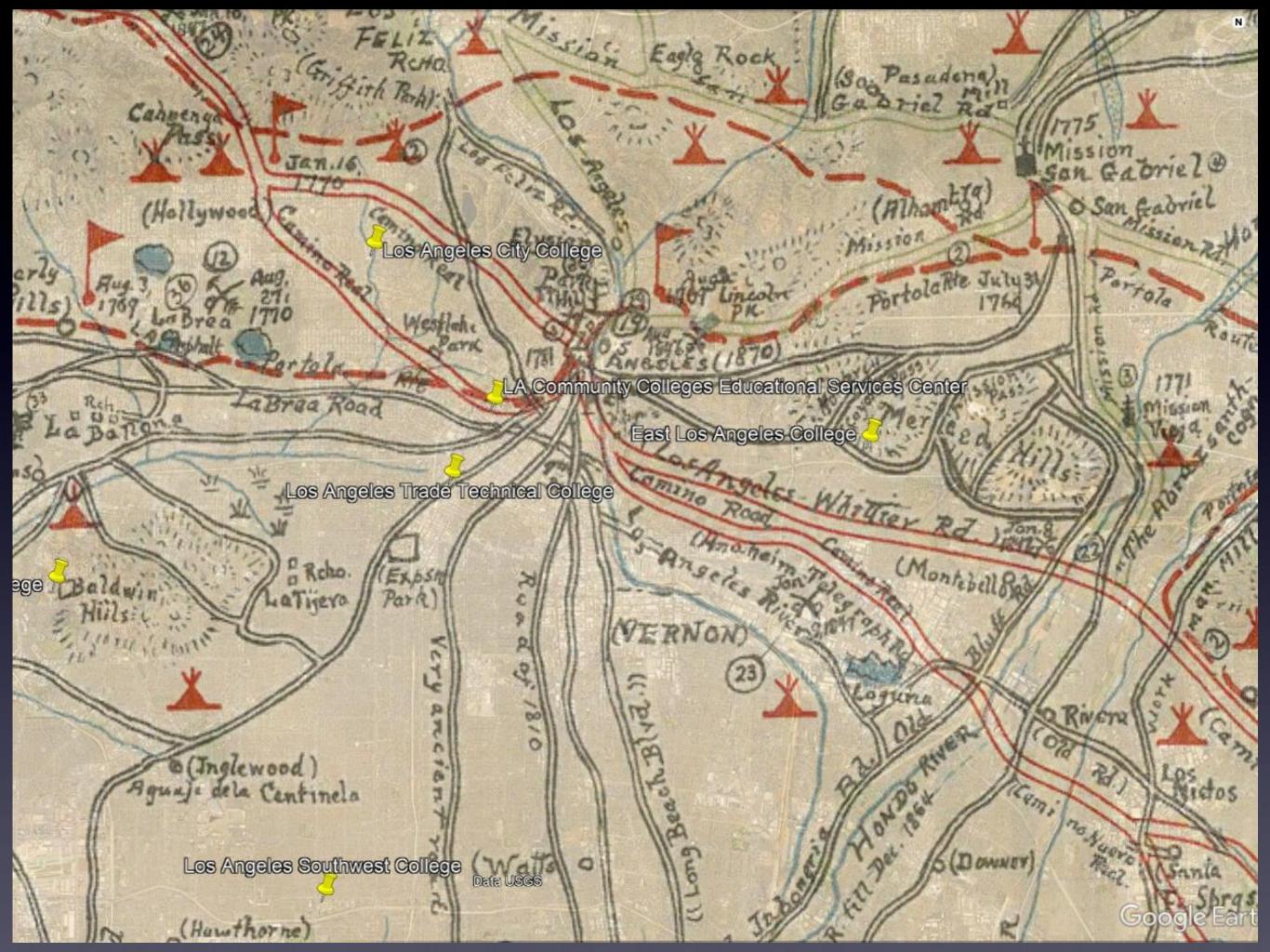
### **Campus Locations**

East Los Angeles College	1301 Avenida Cesar Chavez, Monterey Park
Los Angeles City College	855 N. Vermont Avenue, Los Angeles
Los Angeles Harbor College	1111 Figueroa Place, Wilmington
Los Angeles Mission College	13356 Eldridge Avenue, Sylmar
Los Angeles Pierce College	6201 Winnetka Avenue, Woodland Hills
Los Angeles Southwest College	1600 W. Imperial Highway, Los Angeles
Los Angeles Trade-Technical College	400 W. Washington Blvd., Los Angeles
Los Angeles Valley College	5800 Fulton Avenue, Valley Glen
West Los Angeles College	9000 Overland Avenue, Culver City
Educational Services Center	770 Wilshire Boulevard, Los Angeles









#### Advance and Promote Complementary Conservation Measures

30x30 Conservation Areas exist within a matrix of other land and coastal water uses. 30x30 Conservation Areas' value and effectiveness improve when adjacent and nearby areas conservation measures that are too small to map or only provide temporary conservation benefits are important toward state goals but not currently accounted for within 30x30

#### **Nature-Based Solutions**

More meas meas Cons Actions that work with and enhance nature to help address societal challenges. This term is an umbrella concept being used across the world to describe a range of ecosystem-related approaches that protect and restore nature to deliver multiple outcomes, including addressing climate change, protecting public health, increasing equity, and protecting biodiversity.



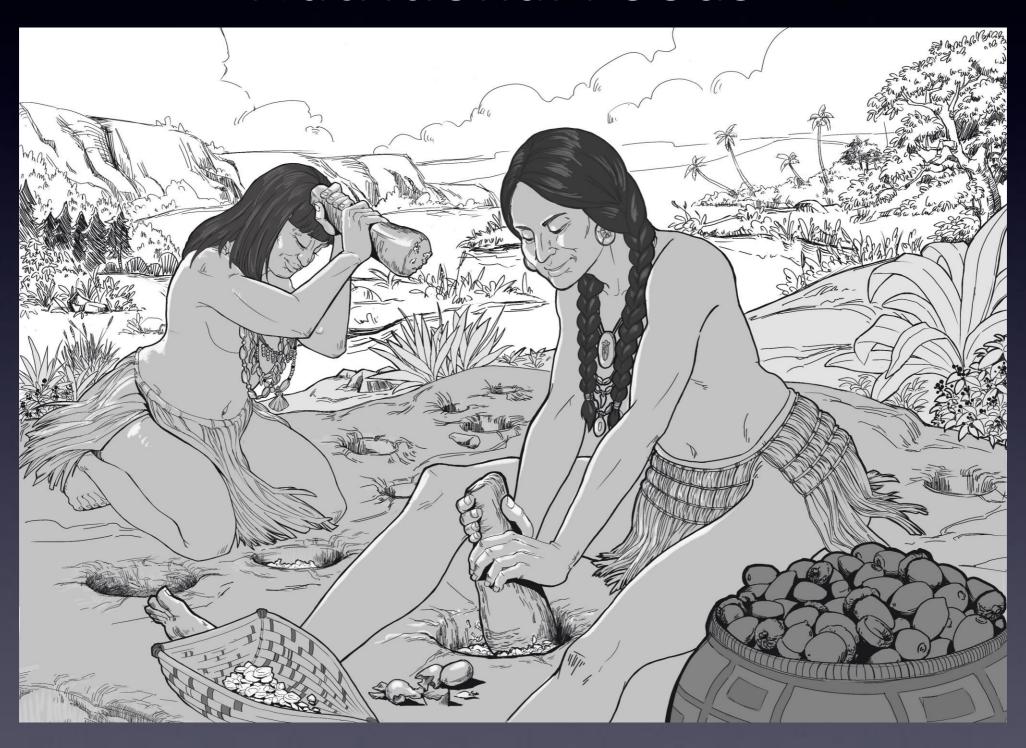


## Complementary Conservation Measures

- Future Conservation lands should be managed to create Food Forests, Shrub Gardens, and medicinal wildflower fields.
- Current conservation lands can be managed to steward a balance for the ecological integrity of the land and remove excess biomass for reduction of fuel loads for wildfires. The waste cuttings from this activity can be salvaged to attain animal and human foods, pet and human wellness products, and organic wood commodities.
- Excess biomass can be used for soil composting, soil enrichments, biofuels, biochar, therapeutic medicines, nutritious foods, renewable products, school arts & crafts, etc.

## Therapeutic Medicines &

### **Nutritional Foods**





Willow

### Medicinal Power

Genus = Salix

Contain's Salicin

Our body does not metabolize Salicin

Converted by our natural intestinal flora (aka probiotics)

to

Saligenin

Saligenin is recognized by our body Oxidized in the liver to salicylic acid

Active ingredient in Aspirin = Acytlsalicylic acid



Elderberry

Manzanita (Arctostaphylos):
Blackberry (Rubus vitifolius):
Wild rose (Rosa sp.):
Gooseberry (Ribes sp.):
Yerba Santa (Eriodiction glutinosum):
Sour berry; Aromatic sumac (Rhus trilobata):
Poison oak (Rhus diversiloba):
Sage herb (Artemisia ludoviciana):
Tree yucca (Hesperoyucca arborescens):
Foothills yucca (Yucca whipplei):
The tree or wood the fire drill is made of:

Elder (Sambucus glauca):

Hoo-kaht
The flower, Hook-tah-swim
The leaf, Hook-tah-nan-nahch
The berry, Hook-tah-ahch-an
A tea made from the pitch is used as a cathartic and is called Hook-tah-ah-shoon.
Soo-boó-chech
Pe-kwahf
O-choof (make arrows of the straight stems)
Ko-chaf
Hŭ-hēf-hetch-ō't (medicine)
So-rah? Tsah-mēch?
O-ar
Soś-maht (used for medicine)
Ah-wé-win

### Elderberry

Ah-kó

Wahn-ne-kit

### Medicinal Power

### Combats ALL strains of the Flu Virus (H1N1)

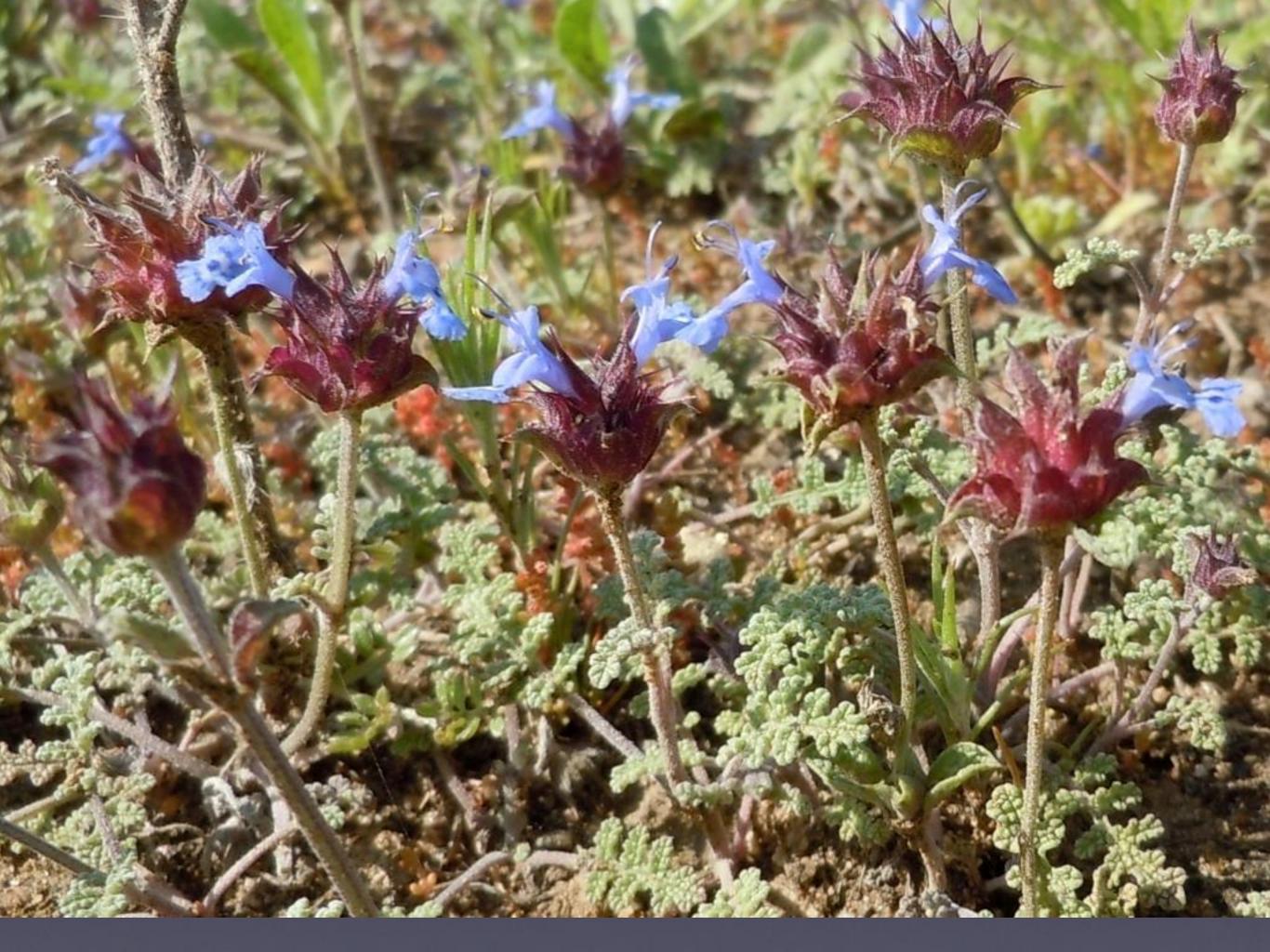
\*\*Sambucus syrup has been shown to inhibit H1N1 infection in vitro by binding to H1N1 virions, blocking the host cell entry and/or recognition.

#### Norway Study (2000)

\*\*Symptoms were relieved on average 4 days earlier and use of rescue medication was significantly less in those receiving elderberry extract compared with placebo

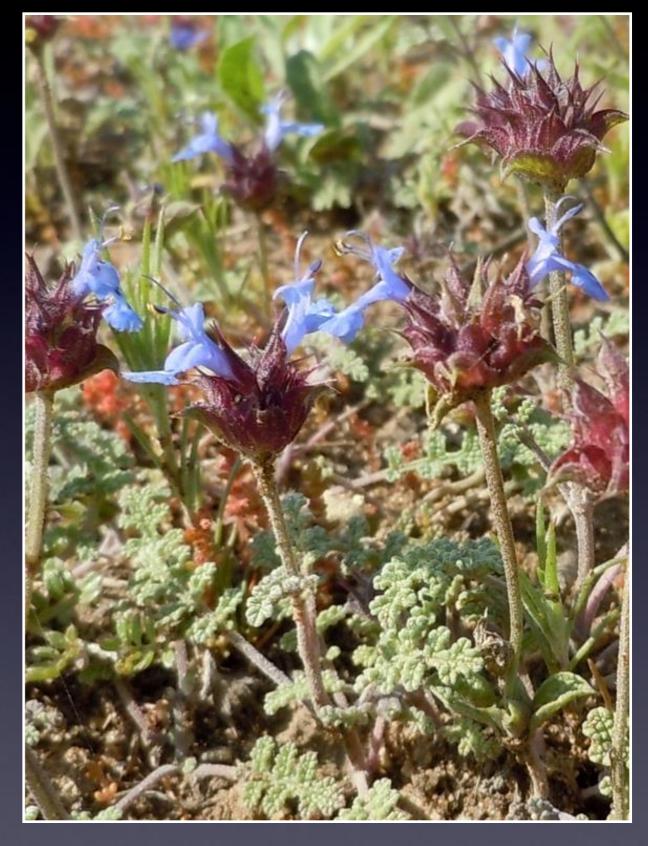
#### Panama Influenza Outbreak Study (1995)

- \*\*In the Sambucus Group, in 2 days, a significant improvement in symptoms (e.g. fever) was seen in 93.3% of the cases. A complete cure was achieved within 2 to 3 days in nearly 90% of the cases.
- \*\*In the Control Group 97% of the patients showed an improvement within 6 days. A complete cure was achieved within at least 6 days in the placebo group.



### Chia (Salvia columbariae)

The seeds are rich in omega 3 fatty acids, since the seeds yield 25-30% extractable oil, including  $\alpha$ -linolenic acid (ALA). In a one ounce (28 g) sample, dried chia seeds contain 9% of the Daily Value for protein (4g), 13% fat (9g) (57% of which is ALA) and 42% dietary fiber (11g), based on a daily intake of 2000 calories. The seeds also contain the essential minerals phosphorus, manganese, calcium, potassium and sodium in amounts comparable to other edible seeds, such as flax or sesame.



USDA SR-21 Nutrient Data (2010). "Nutrition Facts for Seeds, chia seeds, dried".



### In vitro anti-cancer activity of two ethno-pharmacological healing plants from Guatemala Pluchea odorata and Phlebodium decumanum

MANUELA GRIDLING<sup>1</sup>, NICOLE STARK<sup>1</sup>, SIBYLLE MADLENER<sup>1</sup>, ANDREAS LACKNER<sup>4</sup>, RUXANDRA POPESCU<sup>5</sup>, BIRGIT BENEDEK<sup>5</sup>, RENE DIAZ<sup>8</sup>, FOSTER M. TUT<sup>8</sup>, THANH PHUONG NHA VO<sup>1,6</sup>, DANIELA HUBER<sup>1</sup>, MICHAELA GOLLINGER<sup>1</sup>, PHILIPP SAIKO<sup>2</sup>, ALI ÖZMEN<sup>9</sup>, WILHELM MOSGOELLER<sup>4</sup>, RAINER DE MARTIN<sup>3</sup>, RUTH EYTNER<sup>3</sup>, KARL-HEINZ WAGNER<sup>7</sup>, MICHAEL GRUSCH<sup>4</sup>, MONIKA FRITZER-SZEKERES<sup>2</sup>, THOMAS SZEKERES<sup>2</sup>, BRIGITTE KOPP<sup>5</sup>, RICHARD FRISCH<sup>8</sup> and GEORG KRUPITZA<sup>1</sup>

<sup>1</sup>Institute of Clinical Pathology, <sup>2</sup>Clinical Institute of Medical and Chemical Laboratory Diagnostics, <sup>3</sup>Department of Vascular Biology and Thrombosis Research, Medical University of Vienna, Waehringer Guertel 18-20, Vienna; <sup>4</sup>Department of Medicine I, Division of Cancer Research, Medical University of Vienna, Borschkegasse 8a, Vienna; <sup>5</sup>Department of Pharmacognosy, <sup>6</sup>Department of Pharmaceutical Chemistry, Faculty of Life Sciences, <sup>7</sup>Department of Nutritional Sciences, University of Vienna, Althanstrasse 14, Vienna, Austria; <sup>8</sup>Institute for Ethnobiology, Playa Diana, San José/Petén, Guatemala; <sup>9</sup>Institute of Biology, Fen-Edebiyat Fakültesi, Adnan Menderes Üniversitesi, Aydin, Turkey

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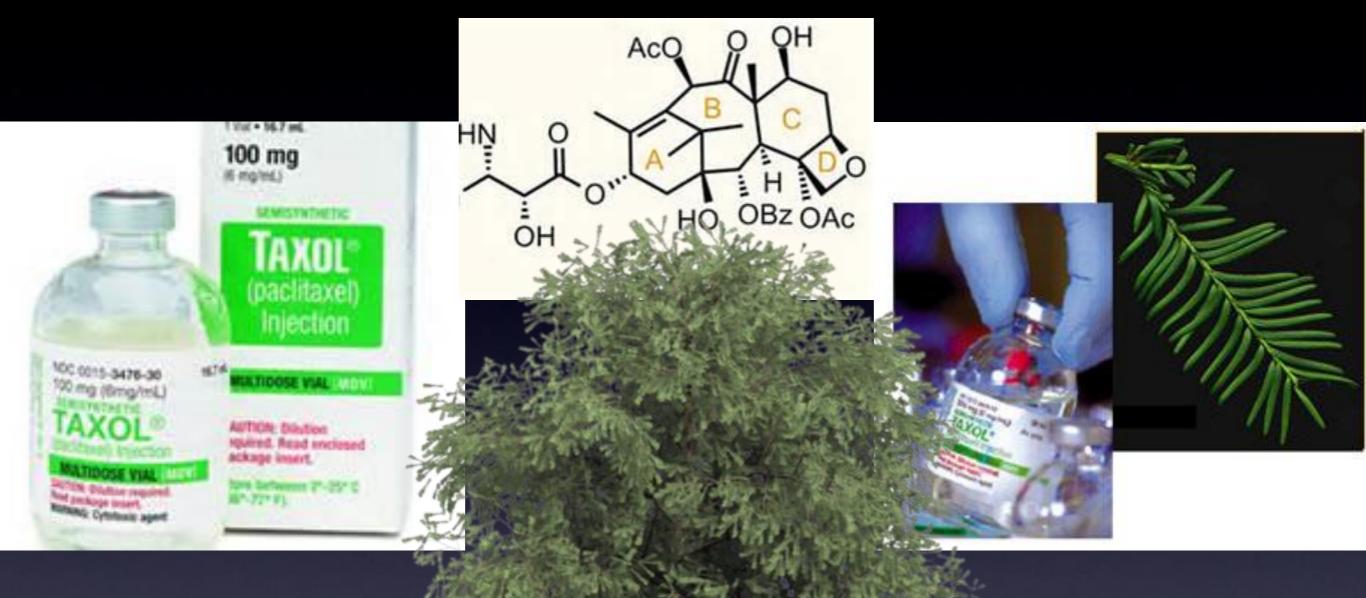
type cleavage. The initiating death trigger was likely the stabilization of microtubules monitored by the rapid acetylation of  $\alpha$ -tubulin, which was even more pronounced than that triggered by taxol. The dichloromethane extract of P.

MCF-7 cells, the inhibition of proliferation and the induction of cell death were investigated as hallmark endpoints to measure the efficiency of anti-cancer drugs. Western blot and FACS analyses elucidated the underlying mechanisms. While extracts of *P. decumanum* showed only moderate anti-cancer

proapoptotic potential warrants further bioassay-guided fractionation to discover and test the active principle(s).

#### Introduction

Over 60% of all drugs used in Western medicine are derived from natural compounds which served as leads (1), where of the majority has been discovered in terrestrial plants and microbes (2). For instance *Catharanthus roseus* (source of the



### Taxol- Paclitaxel



### Yerba Santa

(Eriodictyon sp.)

E. crassifolium contains several flavonoids. Some are antibiotic. Others relax bronchial tissue. Prior to 1960, plant medicines made from plants in the Eriodictyon genus were the standard of care for tuberculosis in the US. In 1960, a law was passed requiring clinical trials to prove efficacy of medicines. No clinical trials were performed with any Eriodictyon plant.



FOOD

In July 1769, Father Junipero
Serra, writing of the Pasadena
area, said that "We found vines,
wild of a large size and in some
cases quite loaded with grapes.
We have seen Indians in
immense numbers.... They
continue to make a good
subsistence from various seeds
and by fishing." Wild oats and
various other grasses were
harvested for their grain..." (Reid

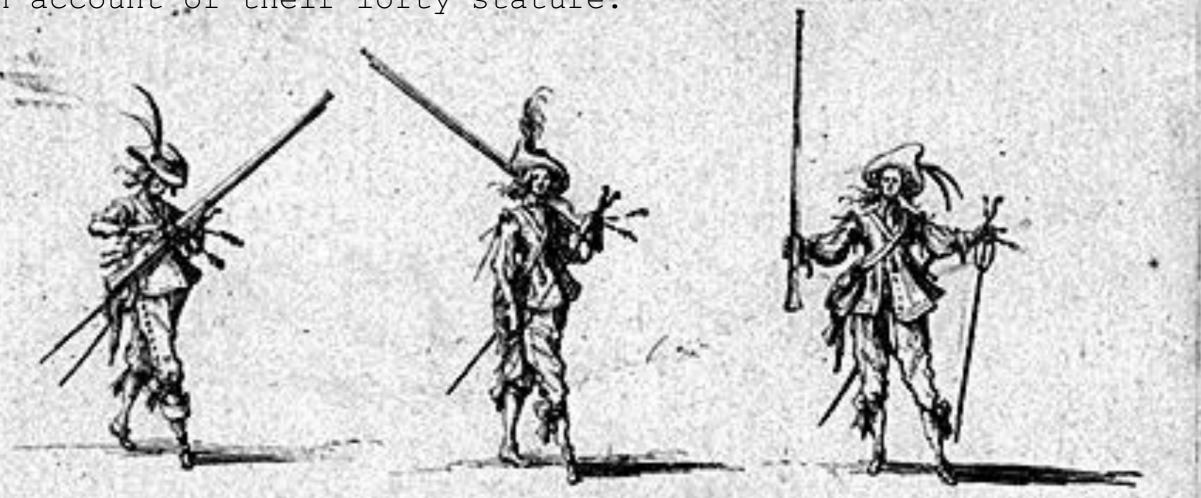
& McClatchie, 1895)



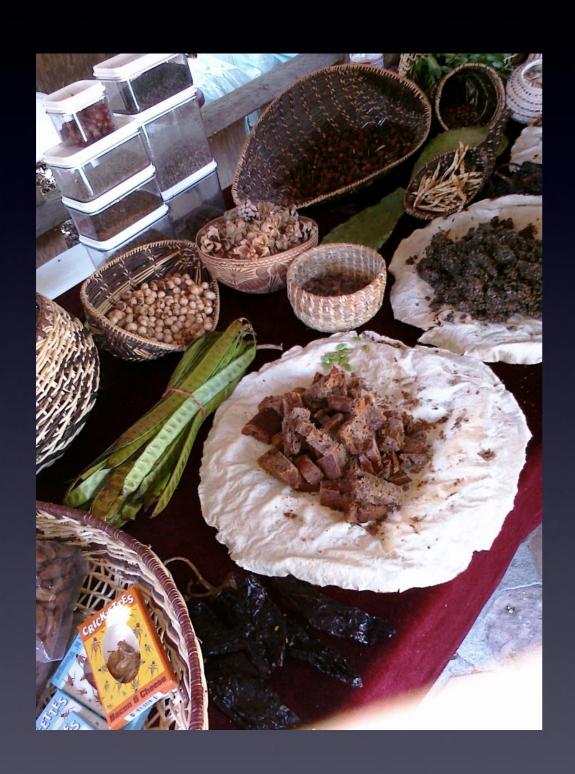
### Junipero Serra in his diary stated:

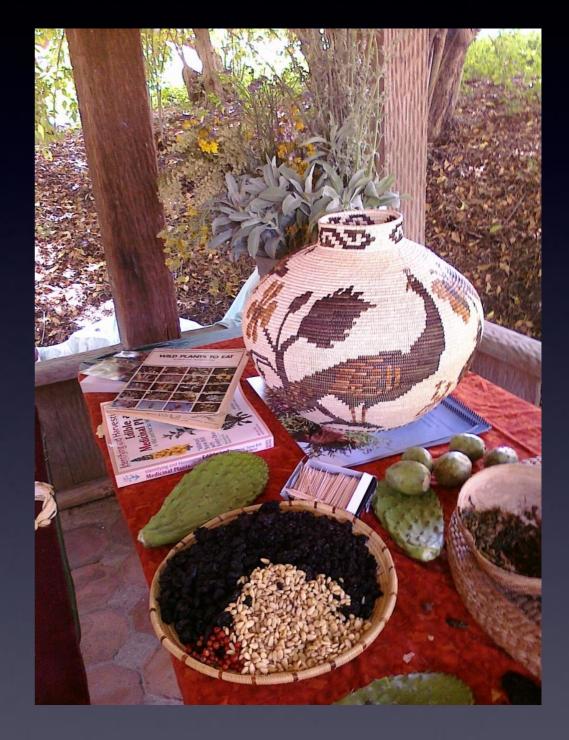
For food they cared but little, "because," declared Junipero, "they are stout and accordingly are fat; and the Senior Governor Portola would like most of them for grenadiers,

on account of their lofty stature.



Cum Prinile Reg. Ifrael excudit





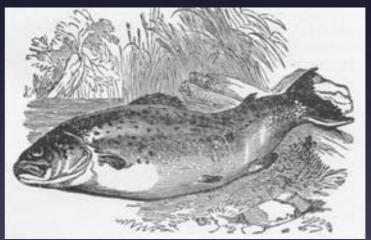
# Health Benefits of Wild Foods

Wild foods offer more variety of fiber, minerals, and vitamins than domesticated crops. They lack the additives and high sugar, sodium, and fat of today's processed foods.

Reasons: Wild foods grow in nutrient rich environments. Domesticated crops depend on supplemental aid such as fertilizer, pesticides and even genetics.







# Today's Replacements for Wild Foods

- Wheat Flour replaced seed or grain pinole.
- Potatoes replaced tubers, corms, bulbs, and taproots.
- Head lettuce replaced leafy greens high in calcium, iron, phosphorous, and potassium.
- Frying replaced baking, boiling and roasting.

# When you look good....you feel good

### Arizona State University Study

"Sexual signal exaggeration affects the physiological state in a social vertebrate."

\*\*showed manipulation of red breast feathers increased testosterone levels for male barn swallows



