

Cultural Sensitivity & Preparedness Guidebook + Supporter Registration Form

This document is an in-depth guide that contains important information that you will need prior to and during your visit with a host family on Black Mesa. It gives you crucial information about what to expect, and how to carry yourself while visiting Black Mesa. This orientation guide covers how to be adequately prepared, where to find some background and current his/herstory, safety and legal issues, cultural sensitivity, code of conduct, and a suggested list of what to bring with you.

We ask all direct, on-land supporters of Black Mesa to thoroughly read over this guide and sign it. For Dine', Hopi, & all other First Nations who understand and know traditional life-ways, there is additional information in this guidebook for each person to review that is for the well-being of each participant. We want to ensure that each person is informed about the agreements & basic requests by families, is safe and accounted for, and that that we have your contact and emergency contact info in case of an emergency. It is of the utmost importance that you understand and respect the ways of the communities that you will be visiting. Please print out & bring this guidebook with you during your visit to Black Mesa. A heart-felt thank you for your support and have a good time on Black Mesa.

ARE YOU PREPARED? You must come prepared, and bring everything you will need. There is no electricity, no central heating, and no running water. Our commitment is to make sure that as guests, we are not creating hardships for families. Further down in this guide book you can find a list of suggestions for what you should bring with you to be prepared for your stay on Black Mesa.

Supporters come here to work and do not expect anything in return. Reflect on your intentions for coming to Black Mesa. The residents of Black Mesa do not need our emotional instabilities or problems adding to their crises. Coming to the reservation should not be an escape for your problems. Please do not bring them here. This is not the place for seeking knowledge of their religion and sacred ways. If you are not prepared physically, emotionally, and materially, then consider coming back to Black Mesa when you are ready. People who come and unselfishly contribute their time are recognized and appreciated. If you are respectful, listen more than you speak, and come prepared (your own food, some gas money, and winter or summer gear is a must), then you are welcome here. Any questions, comments, or concerns, can be brought to the attention of the volunteer support coordinators. Volunteer coordinators with BMIS are willing to work with you and we will do our best to answer any questions and assist you with your stay on Black Mesa.

Families appreciate the support from self reliant, responsible people that are willing to stay with them, help maintain daily life, and keep up the resistance.

Daily living on Black Mesa is no easy task and you must be willing and able to rise early and work on needed tasks. The lifestyle is very different from average everyday American living and can be rough and physically demanding for some. You will be staying with traditional families and may be assisting with herding & shearing sheep throughout the desert canyons, chopping and hauling firewood, hauling water, digging outhouses, cooking, cleaning, staying with children and elders, repairing homes & vehicles, occasionally driving people to meetings or helping with errands, planting and harvesting corn, melons, and squash, and possibly witness and document harassment.

Black Mesa is a high desert terrain with an altitude of around 7,000 feet high! Visitors often feel the altitude so come rested, stay hydrated, and learn what foods and herbs are good to help prevent and assist you with altitude sickness. Winter months can include *dry, freezing winds* beginning in October and

November through as late as April. IT DOES SNOW IN THE HIGH ARIZONA DESERT FOLKS! *Lots of layers are essential.* There is a suggested list of items within this guidebook.

The summers can be very hot, very dry, very dusty, and even buggy. During monsoon season (July and August) it can get very muddy--same with the winters. When the dirt roads get wet here, they are very muddy. The dirt turns into clay and your feet and vehicles sink right in! When the roads are like that, check in with families or other travelers in the area or drive once the roads are frozen, either early in the morning before the sun comes up or late at night (but try to avoid traveling at night if you can avoid it). Don't be intimidated however! There are also so many amazing, calm days as well. Arizona is known for its' amazing skies and beautiful landscapes. Supporters are reading this from around the world and we want to ensure you are prepared.

Orientation and involvement with a support group is essential. It is not a good idea to just show up on Black Mesa without first coordinating with a support group or your host family, who will likely know what and where assistance is requested and how to get you there without getting lost in the boonies!

It's required that you communicate with us in advance about setting your arrival date! It is not recommended to find your own way to families home-sites if you are unfamiliar with the territory. People get lost on the myriad of back country dirt roads. The coordination of arrivals, departures and maintaining the supply vehicles for visits and deliveries throughout the canyon-lands continues to be a struggle we strive to properly manage. There is no available housing in Flagstaff (a town that is over 7,000 feet high -it gets freezing cold!) and the hostels are not always vacant (especially on a moments notice and to Americans). In order to avoid these types of complications and extra costs it is crucial to communicate with BMIS in advance so that we can make arrangements on a date to make the trip. Contact BMIS and/or families of Black Mesa as far in advance as possible so that we can support you in your visit to Black Mesa, answer any questions that you may still have after reading the orientation documents, and so that we can make arrangements with your host family. There are only several BMIS volunteer coordinators so please allow us some time to get back with you. Thank you for your patience & understanding.

If families have arranged to pick you up in a border town then it is appropriate to offer them gas money to cover cost of gas because they are driving long distances with wear and tear on their vehicles from constant use on the rough back-country roads. If you are interested in staying with a family at Black Mesa but are concerned about being totally self-reliant, consider asking people in your community to help sponsor your trip. Upon your return you can do a report-back presentation about your stay on Black Mesa with your sponsors and community. This is a great way to continue support efforts with and for the struggle for survival on Black Mesa.

INDIVIDUAL SUPPORTERS & ORGANIZED WORK CREWS: Since establishing a routine is demanding on the host family, supporters (aside from work 'parties' & caravans) are encouraged to stay a minimum of three weeks. Year-round supporters: if you are not able to make a three week time commitment, please check in with BMIS about organizing a work crew to stay a minimum of several days to a week. Bring tools to donate or bring your own clearly marked tools for chopping wood, digging, repairing sheds, shelters, cars and/or roads. Massage therapists and holistic health care is also welcome. Again, work crews make sure to check in with the support group ahead of time, so arrangements can be made with families and so that someone can be your road guide once in the back-country.

KNOW THE HISTORY/HERSTORY: It adds additional stress to families for guests to ask continually about the history of this very intense struggle. Their pain, suffering, and weight of impending relocation is great. We come here to work and do not expect anything in return. Again, listen more than you speak and allow them to initiate the subject matter.

Most of the questions that are repeatedly asked can be answered by reading material posted on the Black Mesa Indigenous Support website so you can learn about the history of this long struggle. Please see the 'Background' page.

KNOW THE CURRENT SITUATION. Life For Residents Of The Big Mountain Region As Of 2008: For more than three decades, Dineh residents, many of whom are elders, are still resisting forced removal and living under restrictive relocation laws. Despite years of struggle against the federal government to repeal the relocation law, US-backed laws continue to deny the Dineh the right to live on their homeland as they see fit and to preserve their traditional way of life.

For additional information about the Big Mountain region of Black Mesa that is current, visit the BMIS website for updates. There is a blog from a Dineh man with updates as well as the post reading “First Nations, First Resistance - The Struggle For Survival Continues. A Snapshot of Life For Residents of The Big Mountain Region of Black Mesa in 2008”.

SAFETY, CODE OF CONDUCT, & ANTI-OPPRESSION PRINCIPLES: Being respectful and responsible is a must, the families on the land will have to deal with the repercussions of your actions. We understand that each of us comes to this work from different communities, life experiences, and political ideologies. We see our work as part of the larger struggles for liberation of all oppressed people. In order to practice liberation, we must exercise complete respect of everyone's race, class, gender, sexuality, age, or physical/mental ability. Our work is grounded in respect for each other and for Mother Earth.

Sexual Harassment, Violence, & Unsafe Situations: It is vital that all guests and families feel comfortable and are safe. BMIS does not support or condone violence in any form.

Sexual harassment and assault of any kind is absolutely not tolerated. Supporters will be immediately dealt with and be removed from Black Mesa. People have been visiting families of Black Mesa for many years, we've developed long time relationships together, and people have been safe. However, unsafe situations can happen anywhere. You need to understand that the communities of Black Mesa have been dealing with systematic genocide and coping with traumatic stress and have been negatively affected by cultural breakdown and alcoholism. If you are confronted with an unsafe situation of any kind, violence, or sexual harassment, stand firm. Do not be afraid to speak out about inappropriate behavior, if you are uncomfortable, or sexual harassment right then and there to stop it. Do not worry about being rude or offensive, they are the rude ones. It is not the traditional way to disrespect each other in this way and it is important to immediately inform elders support group to help ensure that everyone's safety. If you feel uncomfortable, disrespected, or unsafe in any situation, listen to your gut. If you need to, leave. If you do not have a vehicle to leave, then speak with the family, support group or anyone who can assist you.

Keep in mind these basic safety guidelines: It is best to come to the land with another person, or with a vehicle but not necessary. We can try to pair you up with another supporter if possible. Dress modestly. Appropriate attire means you need to cover your shoulders, your torso, above your knees, and do not have low cut shirts. Alcohol and drugs are absolutely prohibited at all times. Giving hugs and touching is not always appropriate here. Be conscious of your body language and be discreet. Never get into a vehicle with someone other than the head of the household. Even if a relative asks you to go with them, only do so after the elder or the head of the household that you are staying with gives the O.K. Never be afraid to say no to riding alone with others that you do not know. If you are uncomfortable speaking up then state that the support group encourages you to feel safe. Avoid picking up hitchhikers or hitchhiking alone (besides being unsafe, it worries the elders).

Communicate with support organizations and/or families regarding your needs around safety. If you have any questions, comments, or concerns, contact BMIS and we will be more than happy to do our best to answer them.

What To Do If Confronted By Authorities: It is essential that you remain courteous at all times. There is a possibility that you may have an encounter with or even experience harassment from law authorities. All actions taken by supporters will be at the traditional elders' request and under their leadership. The traditional Dineh Elders are your guides and should be kept at the center of your minds when visiting and acting on their lands. With respect for their needs and wishes, there is no room for reckless, defiant, or independent behavior, as well-intentioned as it may be. Keeping with this attitude at all times, you will remember that it is the Dineh who will remain on the land after support leaves, and it is they who continue to withstand great hardships to safeguard the survival of their future generations.

If confronted by 'authorities', first of all, remain calm. It is important for you to know that non-Dine' and Hopi helpers and shepherders do have legal rights to assist families so that they can have firewood, water, someone to talk to, and to care for their animals, as we are legally their guest because they've invited us. We should not be threatened by the police to have an authorized permit.

You are not obligated by any means to give them your name or any information about yourself or anything. You should NOT give them any information about the family, or anybody else. Just herd the sheep and be on your way, if approached in the field. If a family is confronted, and with approval, stay with them, take pictures, be an outside presence. It's good to bring a camera with you, even a disposable one to document encounters-if you have permission from the family. Keep a paper and pen on you and write license plates, vehicle descriptions, badge numbers, names, and what took place.

It is crucial that you let your host family and the support group know in a timely manner if rangers are questioning you or families if there is a problem for being a guest of the family's.

Remain peaceful and non-confrontational at all times. Remember that reckless or angry actions could bring down more harassment on the family in the future. Through work, prayer, and action we will continue to follow the lead of the people of Black Mesa to assure that no harm comes to them.

Unlearning Oppression & Challenging White Supremacy: We at BMIS believe that anti-oppression work is vital to community organizing and to building a movement to eliminate the exploitation of people and the planet. We strive to maintain the perspective and practice of anti-racism, anti-sexism, anti-homophobia, and anti-oppression generally. We commit to creating and promoting an anti-racist culture in our organization, with all the supporters that we help assist to Black Mesa, and practice anti-racism in our personal and political work. Racism is the single most critical barrier to building effective coalitions for social change. Race permeates every aspect of our social existence, and has a major influence on the way that identities, institutions, and society as a whole are shaped. Racial inequality is a fundamental characteristic of our social order--often interlocked with other systems of oppression like class, patriarchy, and xenophobia--that affects the organization and distribution of social resources, including power, privilege, and wealth. People of color have been targeted and living under centuries of oppression. The struggle on Black Mesa is but one example of a result of racism and continued racist policies.

White people have privileges and learned racist thought patterns and actions that are not even considered to be such from their own perspectives. Often because white people are frequently complacent about injustice that doesn't affect them directly, anger or aggressive action may surface to bring attention to a problem. Do not be sensitive or defensive if you are not readily accepted. If you feel unsafe, leave the situation. Part of the harm that racism does is that it forces people of color to be wary and mis-

trustful of all white people, just as sexism forces women to mistrust all men. People of color have to deal with racism every day, often from unexpected quarters. They never know when a white friend, co-worker, police officer, doctor, or passerby may discriminate, act hostile, or say something offensive. They have likely been hurt in the past by white people they thought they could trust, and therefore they may make statements about all white people. One must remember that although you may want to be trustworthy, trust is not the issue. White people are not fighting racism to gain trust by people of color. Trust builds over time through visible efforts to be allies and fight racism. Rather than trying to be trustworthy, one needs to be more active, less defensive, and put issues of trust aside.

BMIS encourages each of us to seek to stay continually devoted in searching for various ways of understanding and learning about systems of oppression and challenging the power structures which support those systems and create injustices. It is important to come here working towards ensuring that each of our words and actions support the inherent value and dignity of everyone.

CULTURAL SENSITIVITY GUIDELINES & OTHER BASIC TIPS FOR RESPECTING TRADITIONS: There are many things that guests must know prior to staying with a family. The struggle is very old and very intense and involves a highly structured, principled indigenous society. It is essential that all supporters understand that the Dineh & Hopi customs must be respected at all times, even if you do not understand them.

All of the information listed within this document can feel intimidating however, it is not expected of you to memorize all the traditions and taboos mentioned herein. Much of this information is common-sense and deals with respect.

The leadership and decision-making process of the elders and their family has worked for them for centuries. Do not come to their community and impose your ideas of the right way to do things, even if they have been successful for other purposes. It is crucial that all supporters accept and be comfortable with traditional Dineh leadership. Many supporters come from an anti-authoritarian background. Always remember that you are a guest here. As a guest, it is not our place to come in and make plans unless you've been asked to. Please be flexible in your schedule and willing to listen. Many Elders speak in their traditional languages and do not speak or understand English, so good listening skills and the ability to pay close attention and understand nonverbal communication is crucial. The Dineh have many taboos, and something you may do that has no significance to you may be hurtful or be a huge taboo to them. Due to lack of understanding, preparation, or communication, a supporter with truly good intentions can sometimes make big mistakes. Good intentions alone can fall short. Families and elders have also been taken advantage of and hurt by well-meaning individuals and support efforts and indigenous peoples have been living under assault for generations and may have many reasons to be suspicious of outsiders so don't expect to be treated as "the great peace-worker to the rescue." The ability to be humble and low-key is a must.

CULTURAL SENSITIVITY & WAYS TO BE HELPFUL TO A FAMILY: You will be needed to do everyday things such as: herd sheep, chop & haul firewood, haul water, cook, clean, take care of children and elders, repair homes, plant and harvest corn, and witness and document harassment. Massage may be much appreciated. Don't try to impress anyone while working. Don't be afraid to ask for help if you have little or no experience doing these things. They know that many supporters don't come from a lifestyle like theirs, and it takes time to adjust. Families and support organizations are here to help you with these things as well.

You should ask a resident how you should help and what kind of work you can do. Many times, and especially with the elders, they won't come right out and tell you what to do. Don't stand around and wait for someone to tell you what to do. Self motivation is a must! It is GOOD to ask how to help and then do the job well and completely.

Be polite, gentle, and well mannered at all times. Do not question peoples' reasons for doing things you do not understand unless you feel unsafe. There may be some religious significance that is not to be spoken about. Please refrain from asking personal questions. In most traditional societies, 'intelligence' is measured by ones' ability to learn and understand through observation, rather than ones' ability to ask 'smart' questions. Always wait until someone is finished speaking AND give a few moments of pause before you speak. Allow there to be silence. Please do not interrupt! Your question may be answered before you know it. Listen more than you speak!! If you see another supporter being intrusive or rude, pull them to the side and talk with them about it in a firm but non shame-based manner. Don't leave it for the family to have to deal with.

Use everything as sparingly as possible and use only what you need. Do not waste water, fuel, food, etc. Be mindful of how much wood you are using for heating and cooking and chop wood for you and the family as well. Use wood as sparingly as possible. Chop wood only from a woodpile! (NOT a coral, fence, or any other area). If you have never chopped wood before, it's OK to ask how to do it or otherwise you will end up breaking a families' only ax or maul--a common uh-oh. Worse, you may end up hurting yourself. There are certain ways to chop wood that make it easier, like not cutting into knots in the wood, or how to place a piece about to be cut. Never take wood from or touch a tree struck by lightning. Do not disturb tree roots or cut live trees. Please ask first about these sorts of things.

Conserve as much water as possible! This cannot be emphasized enough. Families have to travel long distances on the back country roads to get their water. Water is very scarce thanks to Peabody Coal, and over-consumptive lifestyles. Water must be hauled continually, which takes time and resources. Many guests come from homes that have running water and tend to use much more than actually needed. Watch the families to see how they do it. Be especially aware of this if there is a group of you visiting families. Offer to either restock the water from existing barrels or replace it yourselves.

Always greet everyone with a very gentle handshake and "Ya'at'eeh" (hello). Do not stare at people, especially straight in the eyes. Hugs and touching are rarely done, so don't initiate it and if someone hugs you, hug back lightly.

Don't wear excessively ragged or ripped clothing. Mend your clothing if you need to. Show that you have respect for yourself. Be modest and never go nude or partially nude. Cover yourself from your shoulders to your knees. (Tank tops do not cover your shoulders.) Men, do not take off your shirts or expose your chest even while working. All should cover your shoulders and do not wear tight or revealing clothing. Always wear shoes, do not go barefoot, unless the family doesn't care, but watch out for thorns, cactus, etc.

Personal hygiene is a must. Keep yourself clean and well-groomed. Try to keep offensive body odor to a minimum. Take sponge/bucket baths whenever possible. Wash out your socks and clothes often. It is good to keep your hair brushed and tied back. If you have dreadlocks, keep them tied back or under a scarf if possible. With all due respect, please keep excessive facial piercings at a minimum and wear posts if you can. Piercings can sometimes be a barrier to communication and to building relationships. Always wash your hands first thing in the morning, before handling food or dishes, after using the out-house, etc. The hand-wash is usually located right near the door. Once the water is murky, take it outside and disperse it on the ground evenly so the animals do not drink the soapy water.

Be sure to wake up and start your day before dawn -this is very important!! Please do not sleep in or be lazy! Wake up, take the ashes from the stove out, (ash is taken out every morning to the ash pile outside before lighting the morning fire) then start a fire. If you are in 'your own' hogon or house, then

early in the morning your host family will be able to see that you are staying warm by the smoke coming out of the stovepipe and won't worry about your well-being.

Respect your camp by keeping your space clean, cleaning up after yourself wherever you go. Always put things back right where you found them. If you use water, refill it. Double check after others in your party to make sure that these things really are getting done.

Do not point your finger. Rather, point with your lips.

Do not use rude or foul language (most especially in a hogon).

Have respect for everybody in the family, the elders, the middle-aged and the children. Treat everyone with kindness. Respect everyone and yourself by not yelling, arguing, or fighting with people.

If you are a couple and have been having relationship difficulties, please leave your problems at home. Do not argue or fight around the family. It puts too much strain on people.

Avoid gossip and don't participate in it. Disrupters often spread rumors to confuse and divide families. Keep in mind that the ever-increasing stress of ongoing colonialism and mining is starting to break down social structures and creates disharmony between all relations. Do not contribute to it, and be objective- take rumors that people tell you with a grain of salt. Do not act on any rumors unless you know they have been confirmed. If you have a concern about someone(s), please speak directly with them.

Don't make a lot of noise, especially at night, or in nearby places such as in border towns, in stores, parking lots, at. Always ask before playing drums, guitars, stereos, etc., or play them out of earshot. Whistling, clapping, and playing wind instruments at night is taboo, so ask. Each family is different.

If you say that you are going to do something, follow through with it! If you ask how someone's vehicle is running, then be prepared to help with the matter.

If you really feel compelled to take a picture, always ask beforehand. People may be uncomfortable having pictures taken of themselves, their homes, their sheep, etc. Never take pictures of drawings of shrines, ruins, ceremonial objects, anything relating to Dineh spirituality. Do not exploit them.

If someone shares traditional knowledge with you, about religion, personal stories, sacred ways, etc., it is for YOU and YOU alone to know (unless otherwise specified).

It is not your place as a guest in this community to judge anyone. Because of livestock impoundment's, familial relocation, and a loss of many aspects of traditional life, many Dineh may no longer be self-sufficient and have been forced to work at Peabody. For some who wish to remain with their parents on their ancestral homelands rather than living as far as hundreds of miles away, it may be necessary for them to work at Peabody's coal mine to feed their families.

Use the outhouses unless you're sheep herding or there is not one. Do not relieve yourself near or in front of people or anywhere near any homes, sheds, corrals, or gardens.

Be sensitive to the land around you. Walk gently on the land. Try extra hard not to trample plants or cause unnecessary erosion.

Use wood only from the wood pile, and only after asking permission to do so.

It's best not to arrive at someones' house after sundown unless you absolutely have to or if prior arrangements have been made. It's also easy to get lost.

Avoid traveling at night on the reservation. If you do, always bring a shovel and extra warmth with you. Avoid traveling through other peoples' camps or home sites.

It's taboo to leave your hair lying around. Bury it or burn it in the fire.

HAVE FUN! Laughs are important for everyone.

Never bring or use alcohol on the reservation. Do not smoke around people, especially elders. Do not brag about your drug stories. Be careful of people asking you to get them alcohol or any alcohol-related products or drugs. Do not indulge them, even if you feel pressured. If someone shows up with alcohol wanting to share it with you, refuse it. Alcohol has been used as a very effective tool for destroying many, many lives and breaking down spirit and culture. It really upsets the elders if alcohol is used.

Carry yourself according to the traditional laws. Listen and Respect what the people on the land tell you to do. If there is anything you are not sure about, ask an elder if it's O. K. If someone tells you not to do something or not to go to a certain place, even if you do not know the reason why, respect that. Even though you may think nothing of it, breaking a taboo can upset the family and may bring hardships.

Things that have been left by the ancestors such as pottery shards and ruins are to be completely left alone. Do not touch or disturb these any pottery shards you come across or disturb any ruins, abandoned structures, or shrines you encounter. Leave everything as you find it.

Do not touch bones, feathers, antlers, horns, claws, fur, or other objects that you may find, even if you think no one will know. When in Dine'tah, do as the Dineh ask, regardless of your personal desires, unless you feel unsafe in a situation.

Certain animals are taboo. With respect to the culture, do not wear jewelry, clothing, etc., with these animals/objects: Bear, coyote, snake, lizard, owl, bones, antlers, hooves, horns, claws, fur, etc. Do not involve yourself with these animals while you are here. If you have personal medicine, such as feathers, etc., be discreet with it, keep it tucked away.

Ceremonial sites, such as sweat lodges, sun dance areas, and offering places are private and are not to be disturbed or entered unless you are in a ceremony with the family.

Women on your moon: Do not participate in ceremonies, sweat lodges, etc. Do not go near ceremonial places (sweat lodge sites, Sun Dance arbor). Stay away from the cornfield while on your period. Be discreet about it. You may not be able to be around the community food. If there are other First Nations peoples present, check in with a Dineh woman. This is not a prejudice, it is tradition and is very important to respect.

The hogan is the traditional Dineh house and ceremonial space. It is highly sacred, representing much about Dineh way of life. It is built with prayers, and though sometimes it may seem as only a living space, it is always a sacred space. The hogan should be entered as if entering a church. Be respectful of all that you do inside and how you treat the hogan. If you are asked to undertake a project involving the hogan, do it well and with consideration and do not abandon the project. Animals are not allowed inside the hogan. Keep this space tidy and offer to clean, sweep, wash and put dishes away, etc.

The Dineh way of life is very private, very sacred, and is not talked about or shared freely. Do not come to the land expecting to learn spiritual teachings or participate in ceremonies. Do not ask questions about Dineh religion. If people wish to share, they will do so. When the family is having a ceremony, give them their space, so not to intrude. You may be asked to help cook for the ceremony. Women, if you are

on your menstrual period, do not take the food over to the ceremony (have someone else take it) and first ask a Dineh woman if it's O. K. for you to help cook for the ceremony.

Be prepared to bring your own food for the duration of your stay. Usually families will make a trip to the grocery store within a couple weeks so you will be able to restock up on perishable items then. The Dineh subsist primarily off of meat (usually mutton from the sheep), potatoes, onions, fry bread, coffee and tea, eggs, veggies, fruit that can last awhile, and oats. Many times families will share their food, but may be struggling to provide for themselves and it is imperative to bring your own to lessen their burden. If you are vegetarian or have a special diet, likewise bring your own. (Raw foodists have been able to do it up here!) With many of the families you will eat meals together, sharing each others' food. Bring basic strong food to keep you healthy while working all day. Bring extra food to share with the family if you can. There are no refrigerators out here, remember that. Soy and rice milk tends to last about a week in winter, 4 days in the summer.*See suggested guidelines as to what food is good to bring with you later in this packet.

Bring good food to share whenever possible. Most families really love eating vegetables and fruit, but it is more difficult to come by in this area. Many people suffer from arthritis, diabetes, heart problems, and other diseases, which is largely caused by the imposition of a 'standard American diet' and of the forced eradication of peoples traditional diets. Most people really benefit from eating a diet that consists of traditional & healthy foods such as blue corn (which lowers cholesterol), mutton, beans, squash, brown rice, oats, veggies, fruits, etc. Keep to a minimum store-bought meat, eggs, and dairy products, white flour, sugar, and lard, shortening, & heavily fried food.

Respect the family's space when butchering sheep. Do not gawk or make rude comments. If you are asked to help butcher and it strongly goes against your beliefs, you are not obligated to do it. Politely decline.

If you are offered food, take only what you will eat and finish it all. Do not waste food. Afterwards, give thanks. If you are offered meat and do not wish to eat it, refuse it politely. Do not impose your beliefs about vegetarianism or diet upon anybody. You are not required to eat meat or ever forced to eat something that you do not want to.

Do not stab food with a fork or knife (even while you are preparing it), use a sawing motion. Do not stir food with a knife either.

Respect the sheep. The Dineh believe the sheep/goats are a sacred gift given to them by the Creator, and they must be respected as such. Do not yell, get angry at, or hurt the animals in any way. Respect them as part of the family. Sheep herding is the basic duty of supporters on the land. They must be herded every day, rain or shine, which involves taking them out in the morning (before dawn in the summer time) and with many herds, walking with them until the afternoon/evening while they eat (5-8 hours per day, 4-8 miles per day). You must be very responsible with them and take care not to lose any sheep. When herding sheep, wear decent shoes or boots, if in winter, wool socks preferably, and bring some water, snacks, and a journal or book with you.

If you take a nap out there and are not paying attention, you may lose the sheep and have to spend hours searching for for the sheep to bringing them home. Losing sheep really stresses the families out, because the sheep are the greatest source of wealth for the Dineh, providing them with food, wool, and money if they need it. Sometimes a few will wander off by themselves, so you must watch them carefully. They pretty much know where they are going, herding themselves. You are just guiding them in certain directions more then anything. It's a big no-no to run the herd (especially when their belly's are full). Remember, if you walk fast, they will walk fast! You can stay some distance behind, or around them. It's far easier on you if you watch the overall general direction of the herd than each one individually, however,

know where the goats are, which ones tend to be in the front and which ones tend to be the laggards. After awhile you will get familiar with the terrain, (keep your head up, getting to know the terrain, the mesas, and other landmarks), you'll also get to know the herds regular routes. When it is time to go home, just circle way around them to turn them around. (Whatever direction you are in they will generally go the opposite.) The SHEEP will herd YOU home! It's good to study their chon' and footprints, knowing the fresh from hours or days old. This way if any are ever lost, you will know what to look for. Some also wear bells so you can hear them.

During lambing seasons (late fall, midwinter, and early spring), you must watch the pregnant mothers carefully and when they go into labor in the field, stay with them. If they are very pregnant, you may want to consider not taking them too far away from the home-site. Families will let you know. Tie something bright in the tree to mark where the birthing mother is as well as to keep predators away. You can tell she's in labor because she'll start laying down and getting up a lot, she'll go off by herself, and she'll be breathing heavy/having contractions. An hour or two after she's given birth (after afterbirth has come out and she's cleaned the baby), you must bring the baby back to the corral, with the mom following RIGHT behind you and the baby. Never touch the butt, above the tail, or head of the baby, nor hold it too close to you, as the mom will reject it. Carry it only by its legs or under its chest; let the mom sniff it now and again. (Possibly every 5 to 15 feet.) Make sure she can see her baby or she won't come with you. You may have to hold the baby away from your body. If she absolutely won't come, go home and get someone to help you.

PETS Please leave your animal friends home. Many families have dogs to herd sheep and cats to catch mice. The animals stay outside and are usually not petted or played with. This will distract them from their duties, upset the balance, and become domesticated. Observe the relationship people have with the animals and ask if it's O.K.'d before petting them. You are strongly encouraged to leave your pets home. Sometimes they will be tolerated, but they are not necessarily welcome. If your pet is well-behaved and the family agrees to let it stay, then it is all right. Never let any animals in the house! If your dog attacks any livestock, it will have to leave or it may risk being shot.

SUGGESTIONS FOR WHAT TO BRING TO BE SELF-SUFFICIENT: If you are able to, bring extra food and supplies to share. Bring a little extra money. It is always helpful to bring the following: Toilet paper, flash lights, the small Coleman-style propane tanks for lanterns (& mantles), and kerosene (& wicks). Again, if you are a traveler packing light, it's OK not to bring all these tools, etc suggested. If you have any questions please speak to the support organization.

Clothing & Gear: Be Prepared for extreme weather all year round! A sleeping bag/bedding and a pad is a requirement, even though it's likely you'll be sleeping inside a house or hogan. (However if coming in a large group, it is difficult to accommodate everybody. If it is during a large caravan, it is not guaranteed that every person will be sleeping inside. Please be prepared for extreme cold weather, especially at night, beginning in late October. Bring gear to withstand rain and snow just in case. If you are with a large number of people, then also bring a good tent, tarp, and sleeping mat.)

Bring warm clothing for cold weather with extra layers for the cold nights. Bring a scarf (really helpful on windy days), extra wool socks, gloves (work gloves and gloves to keep your fingers warm), a warm hat, a hat to shade you from the sun (even in the winter) long underwear, jackets, sweaters, thermals.

In the summer is important to wear long sleeves and pants that are light-colored for the days when we are working out in the sun. Besides that, covering your shoulders, mid-riff, and above the knees is courteous and appropriate. While it is the desert and the sunshine will make the days hot, the elevation is around 7,000 feet and it will still be cold at night.

Work boots and work gloves are VERY useful. (In the winter think about warm/weatherproof sheep-herding boots) Boots are best but you can get away with tennis shoes. Wear shoes that are not going to give you blisters and will keep your feet dry. Wear warm socks such as wool. Its convenient to have a pair of sandals or slippers to easily slip on for quick, middle-of-the-night trips to the bushes or out-house!

A sun hat and sunscreen are essential, even in the winter! Lip balm with sunscreen is very precious in the desert! (Sunscreens that are natural are not carcinogenic).

Very useful: A sun hat! Scarves, sun block, lip balm that has sun block in it, pots & pans are great, but most likely you can use the families, dishes, lanterns, candles, first aid kit, insect repellent (for when the gnat storms come in early summer) lotion for dry skin, duct tape, eating utensils, a cutting board, a can opener, work gloves and tools, a small bag or back pack to take with you while sheep herding, a water bottle, a calling card, a pen, paper, stamps, envelopes, extra gas money, flashlight and batteries, changes of socks, slippers, a good book to read, and crafts.

Toiletries: Necessary: Soap (Dr. Bronners liquid soap is great for washing your body, your clothes, and the dishes), toilet paper!, a towel, a pocket knife, matches and lighters,etc.

Especially if you are with a whole work crew, bring your own eating utensils. It wouldn't hurt to bring a pot or two per car but the families also have big pots.

Food: Bring enough food for the duration of your stay, extra to share with your host family if you have the resources to do so. It's important to eat good hearty cooked meals and to stay hydrated. You must bring plenty of water however know that there are wells located miles away that families drive to to re-fill water barrels.

For groups, it is easiest to bring food that can be contributed to a community meal. (It is best to cook one large breakfast and one large dinner with others at the home-site you will be at. Examples: It's easy to cook collective meals with foods such as potatoes and veggies with eggs in the A.M. and soups or stir-fries in the evening.) You want to eat hearty and well since you are outside working in such a high elevation in a desert terrain that has intense weather year round. Suggested foods are: Potatoes, onions, eggs, beans, Braggs Liquid Aminos, oil to cook with (olive or coconut oils are the healthiest!) , spices, oats, brown rice, peanut butter, cornmeal (for pancakes, flat bread, and hot cereal), polenta, grains, canned foods, fruit, vegetables, snacks for the duration of the day, etc. It is best to bring at least 5 gallons of water each. There are also sources on Black Mesa to replenish our water and group runs can happen.

Tools: Bring axes, shovels, pickaxes, hammers, handsaws, chain-saws, hoes, pliers, nails, rope, sledgehammer, construction tools, etc. If you have access to any of these, please bring them but it's not absolutely necessary. City folks: you break an axe, please replace it! Clearly mark & be responsible with your tools if you are not going to leave them with families.

Communications/Documentation Equipment: Cameras, video cameras & tapes, and audio recorders & tapes. Cell phones do not always work. Figure out a back-up plan with your crew in case you need to contact each other and your cell phone has no service. Long distance phone cards are great for when you make the occasional trip to the store.

Kids stuff: If you are going where there are children, it might be nice to bring books, arts & crafts, crayons, pens, paper, beads, educational materials, toys, bikes, etc.

Gas Money: It is important to bring gas money. From Flagstaff, gas generally costs anywhere from around \$40.00 to \$55.00 to drive round-trip. If you do not have it, talk to BMIS and/or your host family in advance and we may be able to work something out. If we coordinate your arrival ahead of time, it is possible that another supporter will be arriving the same time and gas can be shared. Another possibility is that you can catch a ride with a family member who is already making the trip to Black Mesa from Flagstaff or another bordering town.

BRING A SENSE OF HUMOR!

Bringing a vehicle is helpful but not absolutely necessary: The reservation dirt roads are rough, and when muddy, incredibly slippery. Try not to drive when it has been raining a lot. If it is winter, drive early in the morning when the roads are still frozen solid before the sun comes up. Good, sturdy vehicles are useful for driving on the land, however, cars do it all the time. 4-wheel drive and high clearance is advised but not always necessary. Bring tire chains, jumper cables, extra motor oil, gas can (it's a long way to the gas station), coolant, a means to change a flat, and a shovel.

Homes are very far away from each other, there are not any paved roads, stores, or phones. If you do bring a vehicle, you may be asked to do some errands and folks might not have gas money either. If you are not able to, just be clear with your boundaries and discuss it if the situation arises. The roads are dirt for many miles, and often very rough. For some of the less traveled roads, especially the ones down in the canyons, high clearance and 4-WD vehicles are recommended (though not necessary). For people who bring cars, this is taken into account and it helps determine where you will be placed. Bring a gas can if possible--it is many miles to a gas station. And when preparing to leave the reservation, bear in mind that the gas stations in the area close at set times in the evening/night. (Ask a local for the closing times.) Bring a spare tire & jack always, as well as water and spare tools. A shovel is good if you are to get stuck in mud. It is up to you if you want to loan out your vehicle or other valuables. It is good to have a vehicle to communicate with others, and if a sticky situation arises that you need to get away from, having a vehicle is useful. Again, if you're coming without a vehicle, don't let that discourage you. With proper arrangements, there can be a ride for you.

TAKE CARE OF YOURSELF -- STAY HEALTHY! Adjusting to the 7,000 ft elevation, the hot/cold, dry, dusty climate, and the change in diet and way of life can be hard on your body. Pace yourself. Remember to take care of yourself so as not to get sick. Stay hydrated! If you are not peeing, or if your pee is yellow, you are not drinking enough water. Sometimes vegetarians who come to the land get sick if they eat meat for the first time in a long time. If you decide to resume eating meat, start out with just a meat broth. Otherwise you're likely to feel ill. It is also perfectly fine if you do not wish to eat meat.

Having a first aid kit is useful (we will be in the canyon lands, miles away from a hospital). EmergenC packets or a home-made electrolyte mix of equal parts sea salt, honey, lemon and a splash of baking soda works just as well. Bring a wash-cloth to stay clean! Bring soap (Bronsers is versatile). It's useful to bring a first aid kit tailored for your own needs. Winter Sun has a nice herbal medicine collection at 107 N San Francisco St, Flagstaff, 86001. **HELPFUL:** pain relief, herbs for immunity, stomach/digestive troubles, diarrhea, cuts/wounds, bug bites, cold and flu medicines, and bandages for sprains and wounds.

Some recommended herbal medicines to bring are: Peppermint, ginger, charcoal pills (all help stomach aches/digestive troubles); echinacea (for immune and as an anti-inflammatory.) Licorice is good for sore throats; wild cherry bark for spastic coughs, blackberry root for diarrhea; vitamin C, and a good salve containing antibacterial and healing herbs for cuts, wounds, and infections (such as chaparral, calendula, tea tree oil, myrrh) is advised. Arnica salve and/or homeopathic pills help relieve sore muscles.

If you wish to bring the elders gifts, good things are cedar, white sage, and arthritis medicine. Many people out here suffer from sore muscles and arthritis. There is a great "Arnica Muscle-Easing Salve" made by a local herb company, Winter Sun, which you can acquire in Flagstaff. The elders LOVE it! Winter Sun also makes an "Arthritis Tonic" tincture that has been helpful to many people. Groceries are also great to bring.

DO NOT BRING: Drugs, alcohol, and weapons are absolutely prohibited. This means zero tolerance! Drugs, alcohol, and weapons could jeopardize so much, affecting families far and wide. You will be asked to leave or escorted off of the land ASAP if you are found to have partook in any drug or alcohol use, or found to have a weapon or angry or out of line behavior. We've escorted people off the land before and will not hesitate in doing it again.

REPORT BACK- Please inform us how your visit went. Is there any specific info that we should know that may be more helpful to the family that you stayed with? Do you have any suggestions? If we know that a family is ill, needs medicine, or has been getting harassed, then those individuals may have priority with incoming support. It is also important for us to know how your visit has been so that we can help with supporter placement in the future, meeting the needs of families and of supporters.

PLACES TO STAY WHILE IN FLAGSTAFF: There are two great hostels downtown, with rooms for around \$14.00 a night. The Dubeau Hostel: (928) 774-6731, and the Grand Canyon Hostel: (928)779-9421. Also, Flagstaff is surrounded by National Forest, where you can camp anywhere for free (though be prepared for cold temperatures at night even in the summer and below freezing and heavy snow fall in the winter.) For specific camping information, call the USFS (United States Forest Service) : (928)774-1147.

USEFUL DINEH LANGUAGE Limited English - Diné Dictionary with pronunciations. The following words as spelled here are pronounced phonetically.

Yah'at'eh - hello, also means good; Oh' - yes; Daka - no; Dibe' - sheep;

Nanishkaad - sheep herding, shepherd, I herd sheep; Chizh - wood; Shi - me, my; Ni - you, yours;

Masuna - grandmother (Shi Masuna is how you greet elder women);

Ko jeh - right here; Che - grandfather (Shi Che is how you greet elder men); Haje - where; Nlei jeh - over there; Nezgai - it hurts Ha'at'iish nezgai?; What hurts you?;

At' ehd - girl; Ashkii - boy; Asdzaan - woman; Hosteen - man; Kleh chon - dog; Ch'iyaan - food; Twoh - water; Da' o'san! - Time to eat!; Hwola - I don't know; Doya' ashonda - It's bad, no good, or it's broken;

Are you ready? Tyen' let's go K'at - now; Kon - fire; Dakon - lantern; Chitti - car or truck; Ateen - roa

Nimasi - potato; Baah - bread; Nadaah - corn; Tush cheen - blue corn mush or oatmeal; Azeh' - medicine; Deeh - tea; Gohweh - coffee; Dibe bitsi' - sheep meat (mutton);

Hanishchaad - carding wool; Nizhoni - it's nice, it's pretty; Oh bah iih - It's dirty, it's bad; gud - Juniper; Tsin - tree; Haa go? - Where to? Where are you/we going?; Aden - gone; Beso - money; A hyeh heh - thank you

Please fill out and sign the volunteer registration. Easily printable Volunteer Registration in Rich Text Format.

Direct, On-Land Support Registration:

This information is confidential and stays only with Black Mesa Indigenous Support. (To all who are joining the Caravan to Black Mesa in November 2008, please send this info to your regional coordinator or if there is no coordinator in your region, send your forms to BMIS, prior to visiting Black Mesa. Thank you! We look forward to working together this November!)

Name _____ Phone _____
Address _____
City _____ State _____ Zip: _____
Email: _____

Do you work with an organization or school? _____

What is the general time frame or specific dates (if known) that you prefer to arrive? Proposed Arrival Date: _____

Where in Arizona and how will you be arriving? (Vehicle, Airport, Bus Terminal, or Train?)

Proposed Departure Date: _____

(Aside from caravans & work parties, a minimum of a three week stay is preferred for you to get the routine down, which is easier on the family. If you are unable to stay a three + weeks, check in with BMIS for possible arrangements. Caravans and work crews are encouraged to stay around a week and be organized in advance.)

- Are you committed to assisting with day-to-day living tasks such as waking up early, cooking, cleaning, herding sheep, and chopping wood? Y/N
- Are you prepared to be self-sufficient for the duration of your stay on Black Mesa?
- Do you have any dietary restrictions? If yes, please explain:
- Do you have any injuries or health concerns we should know about? Are you on medications? Y/N If yes, please explain:
- Will you be bringing a vehicle to Black Mesa? Will it be able to transport tools? (If yes, what kind?) Y/N

Feel free to write on another page:

In up to one page telling us a bit about how you decided to support the communities on Black Mesa resisting coal mining & relocation policies, what you would like to accomplish in your time volunteering at Black Mesa, and what you expect BMIS to provide for you as a volunteer. Also please feel free to share a little something about yourself!

In two sentences please explain what kind of work or specific job you enjoy doing most and why.

Please let us know if you have skills in carpentry, mechanical, solar, medical or health care, dry gardening or perma-culture, etc. (You are not required to have these skills, but it may help us place you with a particular family.)

How did you hear about direct, on-land support work on Black Mesa?

Contact in case of emergency:

Name _____ Phone _____

Address _____

City _____ State _____ Zip: _____

Email: _____

Name, phone number, address, & e-mail of two personal references that you have known at least two years:

1) _____

Relationship _____

2) _____

Relationship _____

It is required that you read & sign the following:

I have read, understand, and agree to abide by the protocol listed within the Cultural Sensitivity & Preparedness Guidebook.

I am prepared for staying with a family or elder in the remote area of Black Mesa.

I agree to bring some gas money for my ride to Black Mesa and for my own food for the duration of my stay with a host family on Black Mesa.

Information contained in this application form is true and complete to the best of my knowledge. I understand that false information and behavior that poses a threat to others may be grounds for my immediate removal on Black Mesa. I authorize the verification of any or all information listed above.

Signed: _____ Date: _____

Mail or email this page to:

Black Mesa Indigenous Support
P.O. Box 23501, Flagstaff, Arizona 86002
Message Voice Mail: 928.773.8086
Email: blackmesais@riseup.net
Web: www.blackmesais.org

Please allow two weeks for a response! Thanks for taking the time to tell us about your-self. We will be in touch! Print and keep the Cultural Sensitivity & Preparedness Packet with you when you go to the land.