

# **#STANDING WITH STANDING ROCK**

## **IMPORTANT INFO PACK**

**HOW TO HELP  
CULTURAL VALUES  
NEEDS LISTS – at Camp  
CAMPING ADVICE**

**From:**

**STANDING ROCK SIOUX TRIBE  
OCETI SAKOWIN CAMP  
SACRED STONES CAMP  
RED WARRIOR CAMP  
MEDIC HEALER COUNCIL  
And Individuals at Camp**

**THIS INFORMATION HAS BEEN SHARED THROUGH  
SOCIALMEDIA AND COLLECTED TOGETHER HERE FOR  
ANYONE WHO WANTS TO HELP, OR COME TO CAMP.**

**PLEASE READ EVERYTHING – AND SHARE !!!**

## **A Message from Chief Arvol Looking Horse**

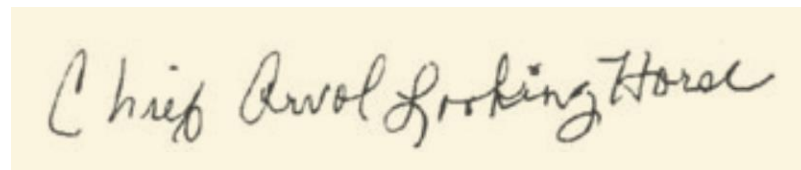
“We as caretakers of Turtle Island have always understood Great Spirit has blessed us with the water of life, Mni Wic’oni. We always knew it is the life-line to maintain health and well-being. For a few decades now, we have been told through our ceremonies that man has gone too far, disrupting many cycles of life. Through our passed down knowledge that still carry traditions of respect for the world in order to maintain balance and harmony, we still carry our ways to honor the four seasons upon Mother Earth. On March 21st, many People will be Welcoming the Thunders in ceremonies throughout Turtle Island. We also acknowledge another honoring for water around Mother Earth to unite and offer prayers on March 22nd, known as World Water Day.

We are asking to open your heart and minds to this time of crisis that is now upon us, threatening a healthy life for our future generations and also for the many spirit lives of the four legged, winged ones, those that crawl and that swim who depend on Mni Wic’oni, the water of life.

Those that know how strong spiritual energy is, understand water is the most essential life-line to survival. It is a ‘Source of Life’ that is so powerful, that when we offer our energy of prayers, it can change into medicinal healing, through united intentions. Even science finally found this out only recently. Water carries the Keeper’s energy and can change very fast. It can also bring death by not respecting its gift, especially when over abused as a Resource. It is time we wake up the World to stop abusing and destroying a gift of life – before it is too late.

In a sacred hoop of life, where there is no ending and no beginning.”

Onipiktec’a (that we shall live),

A handwritten signature in cursive script on a light yellow background. The signature reads "Chief Arvol Looking Horse".

*Chief Arvol Looking Horse*

19<sup>th</sup> Generation Keeper of the Sacred White Buffalo Calf Pipe

## **OCETI SAKOWIN CAMP Seven Council Fires Camp Seven Lakota Values**

Prayer. Respect. Compassion. Honesty. Generosity. Humility.  
Wisdom.

*Winterization Meetings are held daily at 10pm and 4pm at the Meeting Hall  
All winter campers are strongly encouraged to come.*

Everett Iron Eyes, Sr. - Camp Leader Johnnie Aberon - Meeting Facilitator

### **Prayer**

- This is a ceremonial camp. Act accordingly.
- Practice Lakota values: Generosity, Humility, Fortitude, Caring & Compassion, Praying & Respect, Honesty and Truth, Wisdom.
- If this is not your home territory, remember that you are a guest.
- Do not cultivate fear or doubt-- it works against our cause.
- Before helping yourself to food, allow for the spirit plate to be served. Elders, women, and children eat first.
- Women who are on their moon must avoid the Spirit Fire and the kitchen areas where food preparation is happening. Women who are on their moon must also avoid sweat lodges and other ceremonies. Try to remain at your camp during your sacred time.
- Men and women do not sweat together. If you don't wish to be in spaces that are arranged according to gender binaries, you are able to politely decline ceremonies if invited.

### **Respect**

- Listen.
- Step back and step up.
- If you are new to camp and staying for the winter, please attend several winter camp meetings and just listen.
- When an elder or mobility-impaired individual arrives in the meeting, offer your seat.
- We do not disrespect anyone, especially women and children.
- Never interrupt anyone when they are speaking. Withhold from back-and-forth conversations.
- As we are a prayer camp, we ask you to dress in a respectful manner. Women should wear long dresses or skirts during ceremony. For daily dress, we ask that women cover their shoulders and we discourage revealing clothing. It is always appropriate to wear long skirts if you would like (even over your pants).

### **Compassion**

- We expect everyone to look after each other and to ensure community safety.
- If you see someone that needs something, help them. Don't wait to be asked.

- We are accountable for the things we do, and for things we don't do.

### **Honesty**

- If you have an idea or suggestion for the camp, consider whether you are going to stay here long enough to implement.
- Withhold from offering ideas or suggestions that you cannot commit to working on.
- Be comfortable with receiving feedback.

### **Generosity**

- If you are with the camp on a short-term basis, we ask that you give more than you take.
- If you have something to offer or share, including special skills, please check into the Volunteer Booth.
- All community matters (ideas, needs, wants, donations) should be written down, and include your contact information, and taken to camp meetings for community agreement. This includes financial donations.
- All supply and material donations should be taken to the supply tent. Please write down a list of the items you are donating, bring it to a camp meeting, and give it to the Finance Secretary for checks and balances.

### **Humility**

- Be present in a state of Humility and Grace.
- If you recently arrived, please withhold from sharing your ideas right off the bat. Chances are, your idea has already come up and been addressed.
- Before speaking, consider whether your question or comment needs to be addressed to the whole group, or whether you can speak to one or two people directly outside of the meeting space.
- Respect silence. People may be praying. Do not rush to break the silence.
- Before deciding on where to stake your tent or structure, check in with those camping around you. Make sure you are respecting their space. Get to know your neighbors.
- Drugs, alcohol, and any type of substance use are not allowed, in camp or in us.

### **Wisdom**

- Remember why you are here: to stop the pipeline as a ceremonial camp.
- If approaching an elder for Wisdom, always make that person an offering, such as tobacco.
- We are in a constant state of Prayer and Ceremony.

## **PRINCIPLES OF NON-VIOLENCE**

My relatives, I greet each of you with a warm heart and ask that you take time to read my message today. Many of us have relied on Facebook to gather news and information about the NoDAPL water protectors' efforts to stop this pipeline. We have watched in horror as we see our relatives abused, arrested, and humiliated. Many of you have shared words of support and encouragement. Many of you have come to join us at the Sacred Stone Camp, the Sacangu Camp, or the Oceti Sakowin Camp for a day, a week, and longer. Many of you have provided financial support for these efforts. The good words, your presence in camp, and donated resources have all been received with great appreciation.

I give thanks to Vana Dee who was run over by a truck after which the driver subsequently began firing his gun during a peaceful demonstration yesterday in Bismarck, ND (Saturday, November 12th) for bringing my attention to Dr. Martin Luther King, Jr.'s six principles of non-violence. These principles are:

**PRINCIPLE ONE:** Nonviolence is a way of life for courageous people. It is active nonviolent resistance to evil. It is aggressive spiritually, mentally and emotionally.

**PRINCIPLE TWO:** Nonviolence seeks to win friendship and understanding. The end result of nonviolence is redemption and reconciliation. The purpose of nonviolence is the creation of the Beloved Community .

**PRINCIPLE THREE:** Nonviolence seeks to defeat injustice not people. Nonviolence recognizes that evildoers are also victims and are not evil people. The nonviolent resister seeks to defeat evil not people.

**PRINCIPLE FOUR:** Nonviolence holds that suffering can educate and transform. Nonviolence accepts suffering without retaliation. Unearned suffering is redemptive and has tremendous educational and transforming possibilities.

**PRINCIPLE FIVE:** Nonviolence chooses love instead of hate. Nonviolence resists violence of the spirit as well as the body. Nonviolent love is spontaneous, unmotivated, unselfish and creative.

**PRINCIPLE SIX:** Nonviolence believes that the universe is on the side of justice. The nonviolent resister has deep faith that justice will eventually win.

The Water Protectors have been practicing non-violent, prayerful, peaceful demonstrations which have been met with escalating violence, civil rights violations, and human indignities. It is almost as if this has become the equivalent of an Indigenous Reality Show on Facebook. What other horror and atrocity was inflicted today? The world has stood by wringing its hands in disbelief and wondering what to do. Tuesday, November 15th is a "Call to Action" and that is a GREAT step in which to actively make noise around the world to demand that this pipeline be stopped. Period.

DAPL announced on Tuesday, November 8th that it will start drilling under the Missouri River, with or without a Federal Government permit! While many say, this will not happen, I believe DAPL. This is a company without honor, without humanity, without soul. This is truly a time for courageous people. People who are willing to stand their ground in protecting the water and the future of our children and not run or be afraid of being arrested. While enjoying the peace and goodwill in camp is wonderful, it will not stop this pipeline. We are all needed on the front line in peace and prayer, i.e., in "active nonviolent resistance to evil." The camps are evidence that we have created a "beloved community" which are multi-tribal, multi-racial, and international. It is time that this

community actively engage to defeat the injustice that continues to prevail on us. Over 450 people have demonstrated their courage by getting arrested and many are returning again as their commitment to this effort is sincere and runs deep. The real question is whether each of us will continue to tune into the Indigenous Reality Show and wring our hands or will we show courage and stand our ground? Do we believe that "suffering can educate and transform?" Are we willing to defeat injustice? Join us and let us show the world the impact of prayer, peace, and nonviolence. In prayer and peace, we are all related.

RP Deborah Hishorseisthunder

**shared by Waniya Locke**

## **WINTER CAMPING**

11-13-16**CAMP ADVICE FROM JOYE BRAUN** (Who has been there since the Beginning!!) -11.8.16 Some things I've learned for camping in very very very cold.. the wind on the North Dakota plains is beyond harsh, and it makes a cold day frigid. Want to know what frigid is? Think penguins in a blizzard... no seriously. . Think that way....

Ok to survive you need to a **very warm pair of boots, more socks** than you think you will need, **wool socks** are a good choice. But **you will layer socks**. Your usual **toiletries** yes, but you won't be taking showers every single day.. **long johns** are a must, **layers n layers. Sweaters, hoodies, gloves, mittens over gloves.. hats, scarves, sunglasses or snow goggles, chapstick or Carmex, lotion, sunscreen** for lighter people. **You will get wind burn..** for sleeping I suggest a really good quality **sleeping bag** and a **wool blanket or two**, along with a **couple more blankets**, one to put inside your sleeping bag.. **wear a hat to bed n gloves or mittens, wear socks or sleep booties, never sleep directly on the ground.. have a ground cover**, . Put a **tarp under your tent**, a **smaller tent that is low profile** is good if you're not going to tough it out for a long time n put **tarps over the tent..** but if you are going to tough it out a hood quality winter tent is best one you can put a **woodstove** in or a **tent heater**. I learned **hot water bottles in your sleeping bag** at night help a lot... **warm up rocks** n put in a large pan that can help too.. **cardboard on the floor of your tent covered by carpet helps..** and another person to **cuddle** helps too. lol.. eat a snack before bed but pee before sleeping.. calories matter.. air mattresses in winter are worthless! The air in the mattress makes you colder. Use **baby wipes** to wipe down.. if you have a tipi use or make a liner.. a fire burns more **wood** than a woodstove.. try n get a woodstove.. or another **form of heat**. Always have a back up source of heat. And a back up to light. I keep **candles**. If you use a **cot** store stuff under it to take up space and it helps keep the space down that needs to get heated. Have more wood than you think you need.. keep extra easy to heat up food in your tent or tipi.. keep extra water at hand it might **freeze** but you will have it.. bring projects or something to do on long nights.. cards, games, beading, a good book.. Joye Braun 11 8

Average temperatures in December in North Dakota are:

High 26 degrees Fahrenheit (-3.3 Celsius)

Low 6 degrees Fahrenheit (-14.4 Celsius)

## **Advice for Standing Rock campers**

Who ever willing to come up to standing rock to help protect water this is what you should know.

1. No drugs or alcohol allowed on camp sites. Seriously don't come here with that this isn't a party.
2. Don't come unless you are aware you could face an arrest, or brutalized by police officers. Don't come here with fear.
3. Don't come here with violent methods to attack police officers, that's not our fight. We are here to protect water in prayer, we our here to use our voices, or spirits, not our hands.
4. Winter is approaching, it's going to be really cold, make sure you are suited to be here to endure this harsh winter.
5. LISTEN TO THE ELDERS. Don't come here disrespecting their wishes. Don't put them in danger because you have your opinions about what should of shouldn't be done.
6. Don't promote violence against other protectors, don't come here to be clicked up. We are all here for the same reason, don't fight each other.
7. Leave your extreme egos at home this isn't about one person, this isn't a trend, this isn't about making a name for your self.
8. If your really going to be here, don't sleep around and lay around, or chill. Help around camp grounds...Wake up, go to ceremonies, prayers, and ACTIONS. Let your loyalty be with the movement.... Don't give up.
9. If you use a cot store stuff under it to take up space and it helps keep the space down that needs to get heated. Have more wood than you think you need.. keep extra easy to heat up food in your tent or tipi.. keep extra water at hand it might freeze but you will have it.. bring projects or something to do on long nights.. cards, games, beading, a good book..Joye Braun 11 8
10. Don't go to the casinos and get extremely drunk and wild, remember that this name is attached to the standing rock tribe. Don't disrespect their casinos and lodges, when we leave their lands they will have to deal with what we've left behind, so maintain a respectful environment, respect their space.

**-Nirvana Anulekha ILM Reporter**

**Advice for Standing Rock campers**

**LEGAL AND SAFETY ADVICE FOR CAMP:** Copied/pasted with additions and edits:  
To my friends and relatives considering direct action events, this advice applies whether you intend to be law abiding or engage in civil disobedience:

1. Water makes pepper spray worse. Use milk or liquid antacid and water. Liquid antacid can scratch corneas. It's ok in a pinch, but milk is better. Don't wear contacts. Johnson and Johnson baby shampoo is what PD trainees use when going through tear gas training, FYI.

2. If you get tear gassed, when you get home, put the contaminated clothes in a plastic bag for later decontamination and shower with cold water to avoid opening your pores. Wash hair, face, and other parts of your body that received direct spray of tear gas or mace in a sink or flipped over in a tub. Try to get as much of that off before washing your entire self otherwise it'll wash down from your head onto your naughty bits and it'll burn like hell.

3. Come with friends and don't get separated. Avoid leaving the crowd and watch out for police snatch squads.

4. Beware under-covers, but beware snitch-jacketing and collaborator 'peace police' even more.

5. Those who would prefer to see you quiet, docile, and at home are very good at combing through pictures and doxxing people. Mask up, alter your appearance.

6. Document, document, document.

7. Write any necessary phone numbers you may need directly on your skin in sharpie.

8. Have an offsite plan for emergencies if you have not been heard from by X time coordinated with someone offsite.

9. Make sure all mobile devices are charged!!

10. If you plan on going to jail, plan it: bail, lawyer, time off from work, witnesses i.e.: a cadre. Don't just go to jail without training.

11. Beware folks inciting violence. Most of them are police/feds. Watch out for hook ups for the same reason. Get to know the crowd. They will set you up.

12. Be aware that people have been kept in humiliating and uncomfortable circumstances while in police custody. Some were kept in zipties or without clothing for up to 24 hours. Personal belongings (including shoes) have not been returned to people upon release from custody, so carry only what you need. A phone card is recommended.



# 12 Ways to Be an Effective Ally at Standing Rock

By Liam Purvis on Thursday November 3rd, 2016  
<http://upliftconnect.com/12-ways-standing-rock/>

## Important Tips for Non-Natives Who Want to Support Standing Rock

*A brief disclaimer: As a relatively young white man, I am not an expert in white allyship for native causes, and am in no way a spokesperson for any indigenous movement. I was inspired to write this piece only because of painful mistakes I have witnessed continuously repeated in native spaces by people like me. In fact, virtually all the actions one can unintentionally take to hamper indigenous movements, I have personally committed. I am writing this so that others can avoid common pitfalls and step into what I see as effective allyship within native movements.*

### 1) Work towards the ultimate goal

Everyone knows that the immediate goal of the protests are to stop the pipeline, but what many outside observers seem to fail to realize is that the ultimate goal is for unified indigenous peoples themselves to stop the pipeline.

The last time that many of these tribes came together was for what the Lakota know as the Battle of Greasy Grass, and we know as Custer's Last Stand. They are well aware of this fact at Standing Rock, as flying all over camp are exact replicas of the flag captured during that total defeat of the US army. This gathering is even more significant than that famous battle in terms of unity, because never in the history of this continent have so many tribes come together to work as one for a single goal. If this action against the pipeline is accomplished via grassroots indigenous support, native unity is gaining a track record of successfully fighting for their equal treatment.

What this means for us on the ground is that our top goal is to strengthen the peace and unity of the indigenous factions within the camp, and to support natives stepping into positions of leadership and influence in this movement. Non-indigenous individuals attempting to assist the protests by leading, organizing, and coordinating natives are actually harming the long term outlook of this movement.

*The ultimate goal is for unified indigenous peoples themselves to stop the pipeline.*

## **2) Understand the different ways you can help**

There is a lot of need on the ground in North Dakota, and there are many ways you can support. One is by simply donating. There are several different funds for the various camps out there. If you donate in this way, the money will likely be used for [legal fees](#), [central kitchen supplies](#), [care of the children and elderly](#), [winter gear for the protectors](#), and more.

At Standing Rock, we met a lot of impoverished individuals who had been camping for weeks or months, and were prepared to spend the whole winter there, despite not even having sub-zero sleeping bags. These groups are often small, autonomous, traditional, and too proud to ask for the help they need when there are so many elderly and children present. I believe that distributing aid directly to the people who are in it for the long haul has a powerful impact on ultimately stopping the pipeline. To read more about how aid on the ground can help, please look at [this document](#) we compiled, tracking how our money was spent.

There is also need on the ground. Kitchen volunteers commonly worked up to midnight, started feeding people at the crack of dawn, and could certainly use extra help. There is a school on site that may still be looking for teachers. First aid skills, manual labor, trash clearance, minor landscaping, balanced media coverage, running errands: All were required from what I could see. If you feel comfortable contributing in these ways, are willing to navigate the complexities of race and colonialism, and are able to be self sufficient, I think your presence would be valued and appreciated onsite.

## **3) Know how not to contribute**

Since returning, I have seen a few fundraising efforts online that I thought were well intentioned but potentially problematic. One was of a Los Angeles based art director who was trying to raise \$6,000 to fund her dance company to travel to Standing Rock, so that they could make an art documentary and choreograph a modern dance piece of the protests. Another was of a Brooklyn based alternative healer who had raised \$1,750 to fund her travels there so she and her coworkers could give free acupuncturist sessions to the activists. Both of these funds advertised the needs of the protesters on the ground and promised that excess money would be donated to the activists.

There is a painful history of indigenous personal struggles being appropriated for someone's artwork, personal validation, or new age experience, and they are rightly sensitive towards these forms of well-intentioned exploitation.

Native communities have a long tradition of powerful art that resonates with individuals from all backgrounds, and alternative healing that supports their people in the absence of modern medicine. From what I can tell, this movement is about strengthening indigenous culture, not diluting it. Most people who are not part of the tribes that are unifying should be paying their own way out there and fundraising for the activists.

Some people may say it's better to donate money you would use to travel there, to the organizers. Essentially, I view simply writing a fat check as one of the downfalls of western solidarity. There is a strong tendency to donate out of guilt and then move on from the struggle. This is a budding movement and needs individuals from all walks of life in this country on the ground, interacting with, and trying to understand the complexities of the challenges facing Native Americans. The camps themselves are asking for empowered allies, willing to do the hard day-to-day labor that this space requires.

*This movement is about strengthening indigenous culture, not diluting it.*

#### **4) Work to Build Unity**

Much white activism is built around generating outrage and anger, so as to better rally support for a specific cause. This is a fine strategy for many protests, but when these habits are brought to Standing Rock they fall oddly flat. This is because there is already plenty of conviction (and anger) on these reservations whose residents are turning up in force. There are hundreds of Natives prepared to camp through the winter if need be, and Standing Rock has turned into a village at this point, with all the politics and natural divisions that a village would have.

What this group of people effectively living together needs, is to have peace amongst themselves and to celebrate what they are accomplishing, so that they have the emotional stamina to thrive for the long haul. Unleashing a bunch of dramatic agitators in this space does nothing to relieve these essential problems facing the various camps stopping the pipeline. If anything, it exacerbates them. If you are going with the assumption that this protest is a place for theatrics, costumes, ironic signs, and anger,

think again. The rules of activism there are fundamentally different, and revolve around building cohesion, unity, and mutual solidarity rather than incitement and dramatic education.

### **5) Trust native competency**

This is a particularly challenging thing for many newcomers to this struggle. First Nations do things a bit differently than we do, and at times it can feel grating. Often you may wonder if any Indian you meet will ever reference something specifically in time and space. You will even see individuals with critical jobs sitting around the whole day appearing to do nothing. Ignore your frustration and do not try to step in and save the day. If you feel the need to assist, simply ask how you can help and do whatever is asked of you, no matter how trivial. Just know that things happen on their own time out there, and remember that there is only one group to ever extract an unconditional military surrender from the United States of America: the Lakota nation. You are around highly competent individuals doing what they do best: protecting their lands, culture, and way of life. Take this opportunity to learn from the experts.

*They need to have peace amongst themselves and to celebrate what they are accomplishing.*

### **6) Understand the cultural context of the situation**

Before you go, please do yourself and everyone else a favor and read up on two things: Basic statistics on the quality of life on the reservations in South and North Dakota, and the activism of the American Indian Movement around the 70s.

You will find some things that surprise you. [Alcoholism rates of up to 80%, 15% of high schoolers have attempted suicide in the last 12 months, and a life expectancy that is lower than any other country in the world.](#) No you didn't read that wrong. If your goal was to live as long as possible, you would be better off being born in Sub-Saharan Africa than on many reservations next to Standing Rock. You will encounter poverty and hear stories to rival, and likely surpass, anything else you have ever seen or heard. Brace yourself and check your privilege. You may have things stolen from you. Remember that for many youth on the reservation, a dollar is powerful, a nice pair of jeans maybe comes by once every few years, and a gallon or two of gas opens up a world of possibility. Protect yourself from theft and false promises about what offered goods will be used for, but respond to such events with compassion.

Remember that the last time serious activism was occurring on these reservations, it resulted in great loss of life. Know that despite the peaceful nature of these protests, many are prepared to die for the good of their people, and personally know people who have.

### **7) Be prepared to experience race as the racial minority**

This is the thing I was least prepared for, which changed my life the most. I had been in other contexts where I was a racial minority (say Latin America or Nepal), where I was celebrated for my race or at least acknowledged as neutral.

This is different on “The Rez”. The reality is that most whites coming onto native land over the last 100 years have been exploiting, whether intentionally or not, these indigenous communities. Additionally, the last time there was serious activism on these reservations many of the whites trying to get involved were FBI informants. While all races are genuinely invited to all the camps at Standing Rock, as a white person you will find yourself having to prove yourself to be an exception to the rule. Ironically, this is how I imagine what it is like being a racial minority in America in general, where you have to continuously prove yourself to be the exception to stereotypes imposed on you by the majority culture. If you are paying the slightest bit of attention, you will experience what it is like to be a racial minority with an attached sense of “otherness”, and this will likely change how you view the world.

*You will experience what it is like to be a racial minority.*

### **8) Be aware of the importance of symbolism**

It was commonplace for Natives to recount intimate details of some historical massacre in casual conversation. It was normal to see someone carrying around a jar of water, or other item, from a piece of land where hundreds of their people had been massacred by colonialists. Why is there this intimate connection to the past when our own culture swiftly forgets details about anything that happened to our family before our grandparents?

In my opinion, natives have a greater closeness with the history because many view themselves not as wholly individuals, but also as a part of a larger tribe, with the trials and tribulations of those communities not being completely separate from theirs. It is important to try to navigate these difficult waters so that you aren't accidentally rubbing

someone's face into an incident that seems like ancient history to you, but might as well have been yesterday for many of your companions.

I made plenty of mistakes when I was out there. One time, I suggested to the people who I was distributing funding and materials with that perhaps we should get some old army surplus wool blankets, as these are cheap, extremely durable, can fit both needs of cold weather garb and sleeping gear. I was gently reminded that many traditionals simply wouldn't accept blankets from a white man, as the bio-terrorism of our shared history is still remembered quite clearly.

Try and avoid obvious pitfalls like these but also know that while you are there you will make mistakes, I guarantee it. Don't let a gentle reminder hurt your feelings, as no one is questioning your intentions. It is important to not be defensive, but simply apologize and correct whatever you can.

*Many view themselves not as wholly individuals, but also as a part of a larger tribe.*

### **9) Avoid ceremony unless you are explicitly invited**

I imagine nearly everyone has the desire to participate in a Native American ceremony, held by some powerful medicine person which facilitates a unique and authentic experience. These protests are not the place to come looking for that.

Moreover, I am sure many hold a desire to gain some kind of spiritual connection with these ancient traditions, and develop a relationship with these ceremonies such that you could hold them with as much power as any Native American you come across. These protests are not the place to demonstrate that.

There is something that can only be described as a deep hunger in white people for authentic, earth-based spirituality. Unfortunately, this hunger is often combined with an unfortunate combination of feeling entitled to be taught these traditions, and a complete lack of cultural awareness. Coming into native space with charged religious symbols, attempting to participate in ceremonies uninvited, or publicly leading new age rituals, patched together from the mutilated parts of other divergent traditions, makes you as complicit in cultural genocide as the racist cops arresting activists at the checkpoint you will be going through.

On my last night camping next to the Missouri River, I was talking late past midnight with one local young man who seemed pretty traditional. I asked him if he was learning the old ways. He replied that he was trying to, but it took a lot of time. His elders and grandparents would often wait months or even years in between teaching or sharing with him aspects of his people's religion, waiting for the moment that was just right to impart a specific piece of wisdom.

*These protests are not the place to come looking for a Native American ceremony.*

### **10) Leave your costume at home**

I am incredulous that this actually needs to be said, but apparently a bunch of people feel that they need to literally dress up at this occupation. I would like to ask these people, seriously, if they would consider wearing their sparkle pony fox-eared hat and matching mittens to the marches for women's suffrage occurring in the 1920s. We are here to support quietly in the background, not flaunt a radical-ragamuffin style that our privilege affords us.

### **11) Don't take up space**

One odd but unsurprising thing I noticed was that although the protectors were ~95% native, 50% of the individuals who sat closest to the central fire were white. We have a habit of taking up inordinate amounts of space, and often can attempt to make a situation or movement about our own struggle and personal exploration. Move back and help from the edges so that others can step into the center.

### **12) Check out this small recommended reading list**

[Neither Wolf Nor Dog](#), by Kent Nerburn. This book was recommended to me by my native family when I was first going to help on a reservation years ago, and I found its perspectives indispensable.

Additionally, [Standing Rock Allies Resource Packet](#) provides important information on what you need to know before going to Standing Rock. This includes guidelines on joining camp culture and Oceti Sakowin Camp Protocols.

<http://upliftconnect.com/12-ways-standing-rock/>

## SACRED STONE CAMP

This message has been a long time coming. I have received a number of questions and concerns about the best sites for donating to #NoDAPL efforts on the Standing Rock Nation. First let me say, this is probably not a complete list.

I have also heard concerns about the "separate camps" and criticism of separate gofundme pages for the different bands of Lakota and Dakota. For some reason, this makes outsiders think that we are not united. That is also FALSE. For one, it takes the pressure off of Ladonna having to make sure funding is equally disseminated to every, single person. It also means that these camps are practicing a traditional method of taking care of their Ospaye (band) while still contributing to the greater Oyate (Tribe).

Listed below are sites that I, personally, trust and know to be reliable. These will give you the most impact for your donation dollar. IF YOU HAVE QUESTIONS...ASK! STOP SPREADING LIES, MISINFORMATION AND RUMORS. If you see/hear the phrase "I heard..." DO NOT LISTEN. Most rumors are spread by people who aren't even at camp! Again, ASK if you have questions or concerns.

If you want to send supplies directly, you can mail them to:

**Sacred Stone Camp**  
**P.O. Box 1011**  
**Fort Yates, ND 58538**

-OR-

**Standing Rock Sioux Tribe**  
**Attention: Donations**  
**PO Box D**  
**Building #1**  
**North Standing Rock Avenue**  
**Fort Yates, ND 58538**

**\*\*\*NOTE: Supplies for the Defenders of the Water School (home-school for camp kids) can also be sent to this address, to the attention of Alayna Eaglesfield.**

You can donate directly to the Standing Rock Sioux Tribe at their PayPal:  
<http://standingrock.org/.../standing-rock-sioux-tribe--dakot.../>

Here is the Sacred Stone Camp Amazon Wish List:  
[https://www.amazon.com/.../regi.../wishlist/ref=sr\\_1\\_1\\_acs\\_wl\\_1...](https://www.amazon.com/.../regi.../wishlist/ref=sr_1_1_acs_wl_1...)

Sacred Stone Camp direct funding: <https://www.gofundme.com/sacredstonecamp>

OR BY PayPal: [sacredstonecamp@gmail.com](mailto:sacredstonecamp@gmail.com)

To help winterize the large, Oceti Sakowin Camp and keep water protectors on site this winter:  
<https://www.crowdrise.com/winterize-water-protectors-camp>

To support a women's healing, wellness, and birthing center at camp:  
<https://www.gofundme.com/2mxpggc>

Red Warrior Camp direct funding: <http://oweakuinternational.org/>

Oglala Camp direct funding: <https://www.gofundme.com/2pvyez8>



LEGAL AID FUNDS: to get representation for those who have been arrested and/or physically attacked by Dakota Access:

Sacred Stone Camp legal fund

to get representation for those who have been arrested and/or physically attacked by Dakota Access:  
[https://fundrazr.com/d19fAf?ref=sh\\_25rPQa](https://fundrazr.com/d19fAf?ref=sh_25rPQa)

Red Owl Legal Defense FUND:

<http://www.thecrowdfundingcenter.com/?page=project&id=0C2C07>

Red Warrior legal fund <https://www.generosity.com/fundraising/red-warrior-camp-legal-fund-nodapl>

Please send **medical supplies** directly to:

Wasté Win Young  
950 Meadowlark Street  
Fort Yates ND 58538

Please send **herbs and traditional medicines** directly to:

Linda Black Elk  
P.O. Box 924  
Mobridge, SD 57601

## TOP NEEDS & FULL SUPPLY LIST

FIREWOOD (PREFERABLY OAK, MAPLE, ASH) <<< This is one of our biggest winter needs

Tipis/Tipi Poles/Tipi liners for winter

Pick-Up Truck w/ 4 wheel Drive

car ports

snowmobiles

snow tires (inquire for sizes)

tire chains

winter salt for roads

tow straps

come-alongs

Ropes, Tie Downs

shipping container 20 ft

Trailers/Campers (for winter shelters)

Yurts

Army canvas wall tents

Tents (that can stand up to high winds, snow, subzero temps)

Tent stakes

Tarps - Heavy Duty only

Duct tape

Ropes

Hay bales

2x4's, 4x4's, plywood, insulation, nails, screws

Hammers, cordless rechargeable drills, circle saws

Axes, saws, chainsaws, splitting mauls  
Post hole diggers, shovels, snow shovels  
Carts and wheelbarrows for hauling wood

SLEEPING BAGS (for subzero temperatures (inc. military style)-PLEASE NO WARM WEATHER BAGS AT THIS TIME)

Thermal bed rolls  
Fur blankets  
Cots, futon mattresses, air mattresses, foam mattresses  
Winter coats (for very cold temps, good condition only please)  
Insulated carhartt type coveralls, overalls, coats  
Insulated undergarments  
WARM socks

Water buffalo (tank)  
Water tank with heater  
Wood stoves (mostly small ones for tipis)  
Stove pipe  
Propane heaters  
Propane- large and small tanks  
Gas Generators  
air tank  
fuel tanks  
fire extinguishers  
Colman propane lanterns  
Solar panels  
Solar chargers for electronic devices  
Solar panels, inverter  
Power inverters  
BATTERY PACKS FOR CHARGING PHONES  
Walkie talkies with long range, CB radios

Storage bins - heavy duty - all sizes  
Banners, sheets (we love it when you make banners and send them to us!)  
Canvas - heavy duty only please  
PAINT (INC. SPRAY PAINT)  
Cigarettes-Marlboro reds and camels  
Lighters  
Material for tobacco ties (All Colors) (red,black,white,yellow- green, blue, purple)  
Gas Cards (Tesero)  
Gift cards - Lowes/menards, (there is no home-depot) Amazon, Verizon  
Horse feed & supplies

MONEY

YOUNG WARRIORS

## How To Take Action With #StandingRock

### **Call for the Army Corps of Engineers' Permit for the Dakota Access Pipeline to be rescinded**

- Call the White House at (202) 456-1111 or (202) 456-1414.
- Sign the White House petition: [bit.ly/StandingRockWH](http://bit.ly/StandingRockWH)
- Call the Army Corps of Engineers (202) 761-5903
- Call North Dakota governor Jack [Dalrymple](http://dalrymple.com) at 701-328-2200
- Call or Email your Congressional Representatives and Senators

### **Support the Sacred Stone Camp**

- Donate items <http://sacredstonecamp.org/supply-list/>
- Contribute to Legal Defense Fund: <https://fundrazr.com/d19fAf>
- Contribute via [gofundme](http://gofundme.com): <http://bit.ly/FundStandingRock>

### **Tell the executives of Energy Transfer Partners, L.P. to stop building the pipeline**

- Lee [Hanse](http://hanse.com), EVP (210) 403-6455 [Lee.Hanse@energytransfer.com](mailto:Lee.Hanse@energytransfer.com)
- Glenn Emery, VP (210) 403-6762 [Glenn.Emery@energytransfer.com](mailto:Glenn.Emery@energytransfer.com)
- Michael (Cliff) Waters, Lead Analyst (713) 989-2404  
[Michael.Waters@energytransfer.com](mailto:Michael.Waters@energytransfer.com)

**Start or join events in your area** at [bit.ly/NoDAPLEvents](http://bit.ly/NoDAPLEvents)

***Read, talk, post, Tweet - get others to join in demanding that the Dakota Access Pipeline be stopped, Standing Rock Sioux be heard, and our treaties be honored.***

<http://sacredstonecamp.org/faq/#camping>

**What does the camp need?** Right now we are preparing for winter, so money donations are useful to help us get items that can't be found on Amazon, like building supplies and a pick-up truck. (If you have a 4wd pickup that you'd like to donate, please email us at [sacredstonecamp@gmail.com](mailto:sacredstonecamp@gmail.com) - a truck will be used for getting water, firewood, and other supplies to the camp. We are in need so something that can handle harsh cold, snow, and steep dirt roads).

[Here is a list](#) of things we need at camp. You can also purchase items off our [Amazon Wish List](#), which is updated regularly.

Please remember if you send us sleeping bags, tarps, or clothes that we are only seeking these things if they are appropriate for camping in cold winters. At this time we do not need warm-weather sleeping bags, small and/or regular-duty tarps, or summer clothing. We currently have more clothing donations than we can handle, and are only seeking very warm coats/sweaters/thermals/winterwear at this time, in good to new condition.

### **How can I help the camp from afar?**

We understand that not everyone can physically come to camp with us, but there is much that can be done from afar. You can donate money or supplies, or help us spread the word by following us on social media and sharing our posts. If you have legal or media skills to offer, please contact us.

## **CAMPING**

### **How do I get to the camp?**

Sacred Stone Camp is located near Cannon Ball, North Dakota on the Standing Rock Indian Reservation.

### **DIRECTIONS TO CAMP**

1806 IS NOW BLOCKED FROM THE NORTH BY A POLICE CHECKPOINT.

Direct yourself to Cannon Ball, ND. All camps are within a few miles of the town.

**From the North:** Take Highway 6 south from Mandan. Make sure to stay on 6 as it turns off to the left. Turn East on to Highway 24 which will take you to Highway 1806.

**From the South:** Arrive via Highway 1806.

Then, head North on 1806 to get to camp. At the intersection of 1806 and 24, there is a BIA checkpoint. Tell them you are coming to camp.

**Sacred Stone:** Cannon Ball Pit Stop, a red building off of 1806. Keep on that road (the road turns a few times but just keep on it) until you reach a cattle guard. Cross it and turn right onto the dirt road. Follow signs to Sacred Stone Camp.

**Sicangu Camp:** Head North past the Cannon Ball Pit Stop. Before you reach the bridge, turn right on the South side of the Cannon Ball River.

**Oceti Sakowin Camp:** Keep going North on 1806 past Cannon Ball River. The entrance is 500 feet north, marked by a line of flagpoles.

### **What is provided at the camp and what do I need to bring?**

We have ample space for tents, vehicles, and trailers. There are many port-a-potties on site. Food and water are available but if you have any special dietary needs we recommend that you bring your own food. We have some medical supplies but again, if you have special needs, it is best to bring along what you require. We recommend bringing your own camping gear and being as self-sufficient as possible.

Solar/wind power is limited so personal solar chargers are a great thing to bring along. Be aware that cell reception is spotty and we don't currently have wi-fi on site. The casino, which is about 10 miles down the road, has wi-fi and wall plugs. The marina, about 5 miles past the casino, has showers available for campers.

### **What are the Oceti Sakowin and Red Warrior camps?**

Camp of the Sacred Stones has been active since April 1, 2016 but since mass protests began in mid-August, we've seen a huge influx of campers. There is now a large camp on the north side of the Cannonball River called Oceti Sakowin Camp. Red Warrior Camp is also located there. These camps are not officially affiliated with Sacred Stone Camp but we all share the common goal of protecting the water from the threat of the Dakota Access Pipeline.

### **Is it safe to camp?**

Absolutely. We have a 24-hour security post at the entrance to the camp. Sacred Stone is a peaceful, prayerful camp, so firearms and weapons are strictly forbidden, as are alcohol and drugs. Despite the lies that sometimes get repeated by the media and law enforcement, no weapons have ever been reported at the camp or at nearby protests. We host many children and elders and do all we can to keep everyone safe.

### **What are the restrictions on what I can bring to camp?**

Alcohol, drugs, and firearms/weapons are not allowed at Sacred Stone Camp or the

nearby Oceti Sakowin/Red Warrior camps. You will not be given entry to the camp if you try to bring in such items.

### **How can I help once I get there?**

Security will greet you when you arrive, and you can ask them questions about who to connect with and where you can camp. If you have a truck or other vehicle that can haul supplies or wood and are willing to use it to help, please let us know. Camp life accommodates many skill sets, from cooking and chopping wood to media and legal assistance. You can sign our [Pledge of Resistance here](#).

## **CULTURAL**

- **How do I honor cultural traditions while at the camp?**

When you are at Sacred Stone Camp, you are a guest of the Lakota/Dakota/Nakota nation. If you are told to do or not do something according to tradition, please be respectful and comply. Photography is not allowed during ceremony or prayer. If you are a woman, you are asked not to attend ceremony, including sweat lodges, while you are on your moon (menstruating). Certain traditional events, items, and clothing are only to be attended/used/worn by Native people. Please ask before collecting sage, berries, or any other plant from the area. When in doubt, ask an elder or local. If you are involved with media coverage, or taking any kinds of photos or video for personal or other use, please review our [Media Guidelines](#).

### **What does Mni Wiconi mean?**

Mni wiconi (pronounced “mini we-choh-nee”) is Lakota for “water is life.”

### **What’s all this about Black Snakes?**

When we refer to the pipeline as a black snake, we are referencing an old Lakota prophecy that speaks of a black snake (zuzeca sape) crossing the land, bringing with it destruction and devastation.

### **What are the Sacred Stones?**

The camp is named for the Inyaŋ Wakháŋagapi Othí: the sacred stones for which this area was originally named. Later called cannonballs by colonizers, they are large, spherical stones that were created by the confluence of currents where the Cannonball and Missouri



rivers meet. The rivers stopped producing these sacred stones when the U.S. Army Corps of Engineers dredged and flooded the rivers in the 1950's.

<http://sacredstonecamp.org/faq/#camping>

## Sacred Stone Camp Needs:

- Camping Gear (tents, s. bags, shade canopies)
- Tables and Chairs
- Med Kits (with epi pens)
- Life Vests
- Gas Cards / Prepaid Debit Cards
- Mobile Solar Charging Pads
- Canvas and ext. latex paint  
(red, blue, yellow, white, black)
- Tools (Axes, shovels, saws, etc)
- Cooking Gear (wares, utensils)

**Mailed Donations:**

Po box 1011 Fort Yates ND 58538

**Physical Drop-off:**

The Camp near Cannon Ball, ND



## **MEDIC HEALER COUNCIL (medic and Herbal supplies needed!)**

**<https://medichealercouncil.com/donate/>**

Here are some things to read before emailing us or planning a trip here!

**Cultural respect letter from one of our matriarchs, Ethnobotanist Linda Black Elk:**  
**[www.medichealercouncil.com/preparation-faq/cultural-respect-faq](http://www.medichealercouncil.com/preparation-faq/cultural-respect-faq)**

Volunteer with us: [www.medichealercouncil.com/volunteer](http://www.medichealercouncil.com/volunteer)

Make a donation: [www.medichealercouncil.com/donate](http://www.medichealercouncil.com/donate)

FAQs: <https://medichealercouncil.com/preparation-faq/>

Donate

MOST NEEDED right now are funds to help us winterize the medic stations at camp.

Make a tax deductible donation directly to the Standing Rock Medic & Healer Council

Your donation is tax deductible and processed through our fiscal sponsor, the Florida School of Holistic Living (501c3)

Purchase items from our Amazon Wishlist:

<https://amzn.com/w/284OV04OWXQG9>

You can also donate medic supplies & herbal supplies to outfit our camp for winter:

If shipping via US Postal Service:

**Medic Healer Council**  
**PO BOX 1251**  
**Bismarck, ND 58502**

If shipping via UPS or FedEx:

**Medic Healer Council**  
**ATTN: Michael**  
**220 E Rosser Ave, #1251**  
**Bismarck, ND 58502**



## **MEDIC NEEDS**

1. Multi-use AED with disposable pads
2. Snowmobile
3. Sled that can be pulled by a snowmobile.
4. 1500 meters of static line (rope without kernmantle)
5. Personal harness systems (x3); these can be used to connect a static line to pull a sled
6. Pull sleds x2 (these are smaller than sleds for pulling by snowmobile)
7. Snowshoes; 8 sets (any style is acceptable, but Bear Paw brand is best because it gives the wearer the ability to run—other styles have too long a base to allow a person to run; aluminum would be the lightest, but also the most expensive)
8. DC lighting system (draws less power than AC—particularly important when we consider how few hours of light are going to be available to charge solar systems)
9. Immersion tub (large enough to fully immerse a person in warm water—for treating extreme hypothermia)
10. Steri strips
11. Medi honey for treating diabetic sores/wounds
12. Non-latex gloves (2 boxes of large; 2 boxes of size small)
13. Ear thermometer
14. Glass thermometer with clip (to allow it to be clipped onto a pan of water; again, this is for prepping water for treating hypothermia)
15. FMRS/GMRS radios (walkie talkies) with recharging stations, rechargeable AA batteries (and sufficient long-range capability to reach from one camp to another)
16. Emergency beacons x 10 (lights that can be placed atop med tents and emergency shelters)
17. Retro-reflective tape (to place on shelters, and on people's coats, for example, to help mark someone (a medic, for example) in the night)
18. Emergency alarm for all camps (an alarm to send warning of an imminent storm, for example)

**URGENT HERBAL NEEDS FOLLOWING THE 10/27 POLICE VIOLENCE:**

Ladies Mantle

Red Root

Dandelion Root

Rose

Marshmallow leaf & root

Licorice

Fennel seed

Boneset

Yarrow

Fire Cider

Apple Cider Vinegar

Elderberry Syrup

Instant Ice Packs

Hot packs/hand warmers

Emergen-C

Milk of Magnesia\* Plain unflavored please

Arnica Gel or ointment

**HERBAL NEEDS**

Please remember: All herbal remedies must be sent in NON ALCOHOL FORM. See the rubric below for herbs preferred as glycerites vs preferred as dried herbs.[ ]

\*\*= need right away,

\*=ongoing need;

g=glycerite; otherwise dried herb is preferred, but any form works

#= totally out of[ ] \*\*fire cider

[ ] \*\*elderberry syrup

[ ] \*astragalus

[ ] Ashwaganda

[ ] \*\*Anemone g

- Angelica
- Homeopathic apis
- \*\*Homeopathic arnica
- Barberry root
- Balsam root
- Black birch
- \*\*black walnut
- Blackberry root
- Bilberries
- Blueberries
- Burdock seed & root
- Black pepper
- Blessed thistle
- Cayenne
- \*Cramp bark
- Cherry juice
- \*cranberry
- \*\*corn silk
- \*codonopsis
- Collagen
- Devils club g
- Dong quai
- # Dandelion root
- \*Elderberry
- \*\*Echinacea d/g
- Elecampane d/g
- Glycerin
- \*\*goldenrod d/g
- \*\*ghost pipe g

- \*ginger root and powder
- \*\*Hawthorne berry, flower, thorn d/g
- \*\*Honey (raw)
- Jamaican dogwood g
- Joe pye root
- Kava kava
- \*licorice d
- \*\*\*marshmallow root & leaf d
- \*\*\*Ladies mantle d
- \*\*Monarda d
- Nettle seed d
- New england aster
- Oregano d
- \*Oregon grape root
- Prickly ash d
- Peach leaf d
- Pedicularis d/g
- \*\*\*Red root d
- \*\*red cedar d/g
- \*\*\*rose bud/petal
- Red clover
- Raspberry leaf
- Schizandra
- \*\*Solomons seal g
- \*\*Spilanthes
- Sarsparilla
- Sassafras
- Shatavari
- Spikenard

[ ] Thyme

[ ] \*turmeric

[ ] \*Yarrow

[ ] White pine

## **Cultural Respect FAQ**

### **An Open Letter from Linda Black Elk to Visiting Medic+Healer Volunteers:**

In my conversations over the years with Native peoples who were forced into boarding schools as children, one of their greatest laments stems from the theft of languages and knowledge of the land through genocidal practices of the U.S. government. Specifically, many of these “younger elders” still mourn the theft and suppression of knowledge about plants and their uses. I have always felt that it was my job, as someone who was lucky enough to learn about plants from my Catawba grandmother and other women, to pass plant knowledge forward to the younger generations, but also to pass this knowledge backwards to those who were victims of boarding schools.

Here on Standing Rock, where I have lived most of my life, where my children are enrolled, and where I have taught ethnobotany for 16 years, we are so fortunate to have a strong, vibrant connection to plants. There are a number of young people who consider themselves budding ethnobotanists with a strong knowledge base in traditional medicine of the Lakota people. There are also a significant number of elders who retain this knowledge, many of them who were never traumatized by boarding school. Standing Rock leads Indian Country in protecting plant foods and medicines, in restoring them back to areas from which they have been decimated, and in holding reservation-wide workshops to teach all generations the techniques and protocols for identifying, harvesting, storing, preparing and using plants.

I bring all of this up to make a point: we do not need you to save us. We love and appreciate you. We want you here. We can use your help in so many different ways. But we are working every day to hold on, to renew, to revitalize, and to walk in beauty and prayer. We invite you to work with us, to learn from us, and to teach us.

Please come with respect and open hearts, and you will be welcomed with the same.

We realize that many of you, too, are descended from the tribal peoples of what is now the European continent. We respect those ways of knowing and your desire to return to the land, knowledge, and ways of your ancestors. However, exploitation and appropriation of Native American culture, ceremonies, and knowledge will not be tolerated. There is a difference between learning/appreciating and exploiting/appropriating. If you have any questions or concerns about this, please ask and above all, please listen.

Finally, you are encouraged to use traditional Lakota plants as often as possible. I will attach a long list to this message that includes botanical, common, and Lakota names for many plants that could prove useful in your practice. While we support the use of plants such as calendula, lavender, and chapparral, we would also like you to add local plants into your arsenal and into the teas, poultices, glycerites and

balms that you make. So, a patient consultation might sound something like this: “Well, it looks like you need a healing salve for that cut. This is a great salve that will heal it right up, and it contains a number of plants, including a prairie plant called yarrow, which is called ‘taopi pezuta’ in Lakota (in English – ‘wound medicine’) and has been used for thousands of years to heal wounds.”

I know this can be time consuming and that there will be a major learning curve for some folks, but I believe this will help to reconnect some of these “younger elders” to plant knowledge that they are so interested in. Remember, we are here for the long term and we want these camps to have positive impacts on the local community that will reach far into the future. Stand with Standing Rock!

## **CULTURAL RESPECT FAQ:**

### **How do I honor cultural traditions while at the camp?**

When you are at Standing Rock, you are a guest of the Lakota/Dakota/Nakota nation. If you are told to do or not do something according to tradition, please be respectful and comply. Photography is not allowed during ceremony or prayer. If you are a woman, you are asked not to attend ceremony, including sweat lodges, while you are on your moon (menstruating). Certain traditional events, items, and clothing are only to be attended/used/worn by Native people. Please ask before collecting sage, berries, or any other plant from the area. When in doubt, ask an elder or local. If you are taking any kinds of photos or video, please review our Media Guidelines.

### **Cultural Respect in the Medic-Healer Role**

Even in 2016, many tribal communities are still digging themselves out from underneath hundreds of years of historical genocide and colonization. The intergenerational trauma carried out through these injustices affects physical, emotional & mental health, manifesting in bodies, spirits and interactions with non-natives – and Standing Rock is no difference. Sensitivity to this is of great importance for anyone arriving to camp from the outside, and is especially necessary when working in sensitive and powerful roles within the medic-healer areas. Volunteer medic-healers are not here to save – we are here to serve. Check your privilege and attitude at the door.

For those coming to Standing Rock from outside the reservation, we ask that you arrive to your work in the framework of humility and service. Self determination and body sovereignty are two tools which are practiced by many indigenous persons as a means of healing intergenerational trauma; as such, individuals may or may not wish to receive your services; they may not be interested in your modern medical tools or herbs from another tradition; and they have no responsibility to be nice or welcoming. This ability to make their own choice is a sign of healing we are obligated to honor and respect.

One way we can enter this environment with greater respect and appreciation for the local culture is to integrate traditional remedies into our services. Please prioritize the use of local medicinal plants in your wellness work as a way of honoring the living culture of the land on which we are serving. Medic-healer volunteers may also be aware that oftentimes, a family accompanies a patient through a health visit, and that regional language praxis may include pauses that are not as common in European conversation. Volunteers are encouraged to use patient, active listening skills through intake and assessment.

In addition to honoring body sovereignty & cultural healing traditions, you are encouraged to honor the hierarchy of leadership with the same attitude of humility and service. During your volunteer time, you

may be working for or alongside practitioners with different experience or less medical credentials, but the leadership of the camp has entrusted many individuals since April with the health of the camp. These practitioners have worked tirelessly for months, often with little or no resources, and have provided outstanding care for our water protectors. As the camp has grown organically, we have introduced the Medic-Healer Council to help coordinate and organize our efforts, but as with any young movement, we encounter growing pains as humans live in relationship and community from many different traditions in a challenging environment under difficult circumstances. We request your honor and respect of the authority of those who have been on the ground serving before you. We encourage you to direct any personal concerns and constructive feedback on any aspect of organization, leadership, or direct services to the coordinator of the Medic-Healer Council, rather than directly critique or pass judgment on a particular system or service you witness.

### **What is Intergenerational Trauma?**

Emotional and psychological wounding over generations, resulting from the unresolved trauma of genocide, loss of culture, forcible removal from family, and traditional lands (Reservations and boarding schools), European and American colonialist policy

What are signs or consequences of Intergenerational Trauma?

- Migration to Urban Areas
- Lack of cultural and family ties
- Feelings of isolation in predominant culture
- Discrimination in jobs & housing, leading to poverty
- Exposure of an earlier generation to a traumatic event that continues to affect subsequent generations
- The dynamics to historical or intergenerational trauma include layers of grief due to the erosion of the family, the erosion of Tribal structure, the loss of cultural traditions and practices, and the loss of spiritual ties
- Physical manifestations of historical trauma include depression and anxiety, substance use disorders, anger management concerns, elevated mortality rates, and stress-related illness

What does Mni Wiconi mean?

Mni wiconi (pronounced “mini we-choh-nee”) is Lakota for “water is life.”

What’s all this about Black Snakes?

When we refer to the pipeline as a black snake, we are referencing an old Lakota prophecy that speaks of a black snake (zuzeca sape) crossing the land, bringing with it destruction and devastation.

What are the Sacred Stones?

The camp is named for the Inyaŋ Wakháŋagapi Othí: the sacred stones for which this area was originally named. Later called cannonballs by colonizers, they are large, spherical stones that were created by the

confluence of currents where the Cannonball and Missouri rivers meet. The rivers stopped producing these sacred stones when the U.S. Army Corps of Engineers dredged and flooded the rivers in the 1950's.

If you want to help out the Water Protectors #NODAPL

but cannot make it to camp, there is still a Great Deal you can do: 1. Call or Email your Congressional Representative or Senator. You can use this page to find out who they are and how to contact them. PLEASE SHARE

2. Call or Email Denis McDonough, Chief of Staff to the President and Jo-Ellen Darcy, Assistant Secretary of Army Corp of Engineers. Tell them to rescind the permits granted to Dakota Access:

Denis McDonough

Chief of Staff to the President

dmcos@who.eop.gov

(202) 456-3182

Jo-Ellen Darcy

Assistant Secretary of Army Corp of Engineers

joellen.darcy@us.army.mil

(703) 697-8986

3. Call the Army Corps of Engineers and demand that they reverse the permit: (202) 761-5903

4. You can sign the petition to the White House to Stop

DAPL

5. Call the executives of the companies that are building the pipeline:

Lee Hanse

Executive Vice President

Energy Transfer Partners, L.P.

800 E Sonterra Blvd #400

San Antonio, Texas 78258



Telephone: (210) 403-6455

Email: Lee.Hanse@energytransfer.com

Glenn Emery

Vice President

Energy Transfer Partners, L.P.

800 E Sonterra Blvd #400

San Antonio, Texas 78258

Telephone: (210) 403-6762

Email: Glenn.Emery@energytransfer.com

Michael (Cliff) Waters

Lead Analyst

Energy Transfer Partners, L.P.

1300 Main St.

Houston, Texas 77002

Telephone: (713) 989-2404

Email: Michael.Waters@energytransfer.com

## 6. You can donate items from the Oceti Sakwoin Camp Supply List

If you're worried about what to write when you contact officials, or need more background information before making phone calls, some sample language is available here.

If you're on social media, these hashtags will help keep you up to date on all the news coming out of the camp: #HonorTheTreaties #NoBakken #OcetiSakowinCamp #OcetiSakowin #SacredStone#STOPDAPL #MniWiconi #SacredWater #NoDAPL #RespectOurWater #StandWithStandingRock

#PLEASE SHARE QUICK EASY LINKS & USEFUL INFORMATION ((note: new links are added as I come across them))

## WE ARE STRONGEST WHEN WE STAND TOGETHER

Please sign petitions & post (links provided) make calls (numbers provided) send emails, donate winter wear, supplies and \$\$\$ (even a little helps)

## STOP THE DAKOTA PIPELINE

[http://petitions.moveon.org/sign/no-dapl.fb48?source=s.fb.ty&r\\_by=16684671](http://petitions.moveon.org/sign/no-dapl.fb48?source=s.fb.ty&r_by=16684671)

stop the Dakota Access pipeline for fracked oil

<https://go.berniesanders.com/page/s/stop-the-dakota-access-pipeline?source=share-fb>

## STOP FB DELETING STANDING ROCK POSTS

[http://www.thepetitionsite.com/en-gb/873/577/042/demand-fb-stop-restricting-posts-for-standing-rock/?taf\\_id=30272523&cid=fb\\_na](http://www.thepetitionsite.com/en-gb/873/577/042/demand-fb-stop-restricting-posts-for-standing-rock/?taf_id=30272523&cid=fb_na)

Signature needed: Stop the Native American land grab.

[https://act.credoaction.com/sign/land\\_grab?sp\\_ref=239935833.4.175709.f.556344.3&referring\\_akid=.10800388.XiY6-z&source=fb\\_share\\_sp](https://act.credoaction.com/sign/land_grab?sp_ref=239935833.4.175709.f.556344.3&referring_akid=.10800388.XiY6-z&source=fb_share_sp)

Intervene to Protect Civilians at Standing Rock, and Launch Federal Civil Rights Investigation of Law Enforcement in ND

<https://petitions.whitehouse.gov/petition/intervene-protect-civilians-standing-rock-and-launch-federal-civil-rights-investigation-law-enforcement-nd>

Stop construction of the Dakota Access Pipeline which endangers the water supply to Native American reservations.

<https://petitions.whitehouse.gov/petition/stop-construction-dakota-access-pipeline-which-endangers-water-supply-native-american-reservations>

## STOP MILITARISED RESPONSE TO STANDING ROCK PROTECTORS

<https://www.change.org/p/president-obama-stop-militarized-response-to-standing-rock-water-protectors>

## HONOUR THE FORT LARAMIE TREATIES

[https://www.change.org/p/honor-the-fort-laramie-treaties?recruiter=533748455&utm\\_source=share\\_petition&utm\\_medium=facebook&utm\\_campaign=autopublish&utm\\_term=mob-xs-share\\_petition-reason\\_msg](https://www.change.org/p/honor-the-fort-laramie-treaties?recruiter=533748455&utm_source=share_petition&utm_medium=facebook&utm_campaign=autopublish&utm_term=mob-xs-share_petition-reason_msg)

## Sign To Boycott Banks Behind Dakota Pipeline

<https://actionsprout.io/FD2ABB/thanks>

## Sign To End Dakota Pipeline TV Blackout!

<https://actionsprout.io/43113A/initial>

## OHIO STANDS WITH STANDING ROCK

<http://www.thepetitionsite.com/en-gb/692/948/946/ohio-stands-for-standing-rock/>

## Standing With Standing Rock CONTRIBUTIONS

you can use your paypal account and the email address [DAPL@standingrock.org](mailto:DAPL@standingrock.org)

[https://mobile.paypal.com/us/cgi-bin/webscr?cmd=\\_express-checkout-mobile&useraction=commit&token=EC-3AU5361557929102K#m](https://mobile.paypal.com/us/cgi-bin/webscr?cmd=_express-checkout-mobile&useraction=commit&token=EC-3AU5361557929102K#m)

<https://fundrazr.com/sacredstone>

<https://www.gofundme.com/iamstandingrock>

<https://www.generosity.com/fundraising/red-warrior-camp-legal-fund-nodapl>

## **TO FIND OUT WHATS NEEDED, STANDING ROCK MEDIC**

<https://medichealercouncil.com/donate/>

## **SEND SUPPLIES OR ANYTHING TO HELP WITH THE COLD to**

Red Warrior Camp

#2 Agency Avenue

Fort Yates, ND 58538

(605) 220-2531

Digital Smoke Signals

P.O. Box 589

Fort Yates, ND 58538

**FOR ADDITIONAL INFO GO TO**

<http://sacredstonecamp.org/>

<http://www.ocetisakowincamp.org/>

<http://upliftconnect.com/12-ways-standing-rock/>

They have enough regular clothes up there...here is current supply list (only warm,in very good condition clothes needed/ think overalls, wool socks, etc)

<https://medichealercouncil.com/preparation-faq/preparing-for-camp-faq/>

[https://www.facebook.com/story.php?story\\_fbid=1184751218284381&id=100002485427261](https://www.facebook.com/story.php?story_fbid=1184751218284381&id=100002485427261)