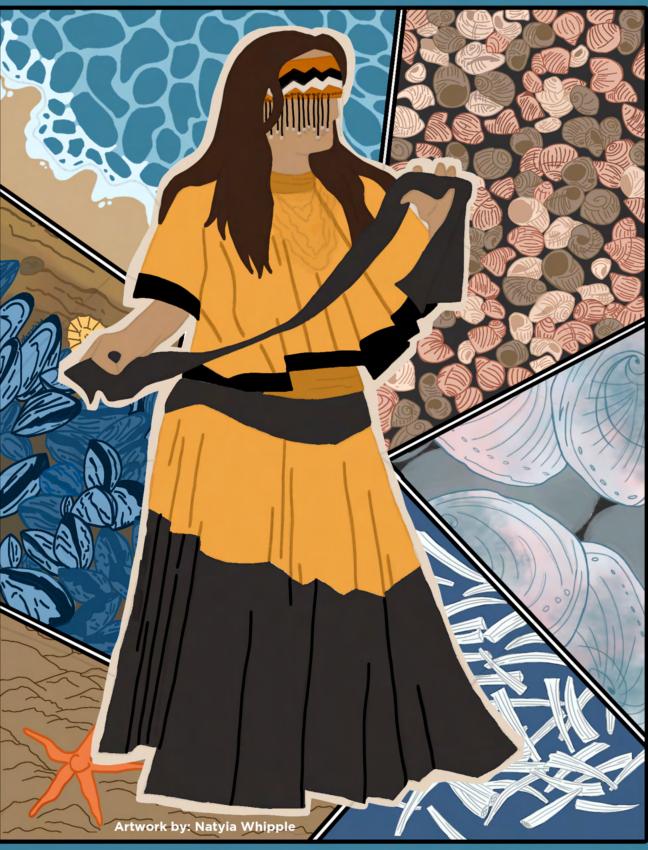
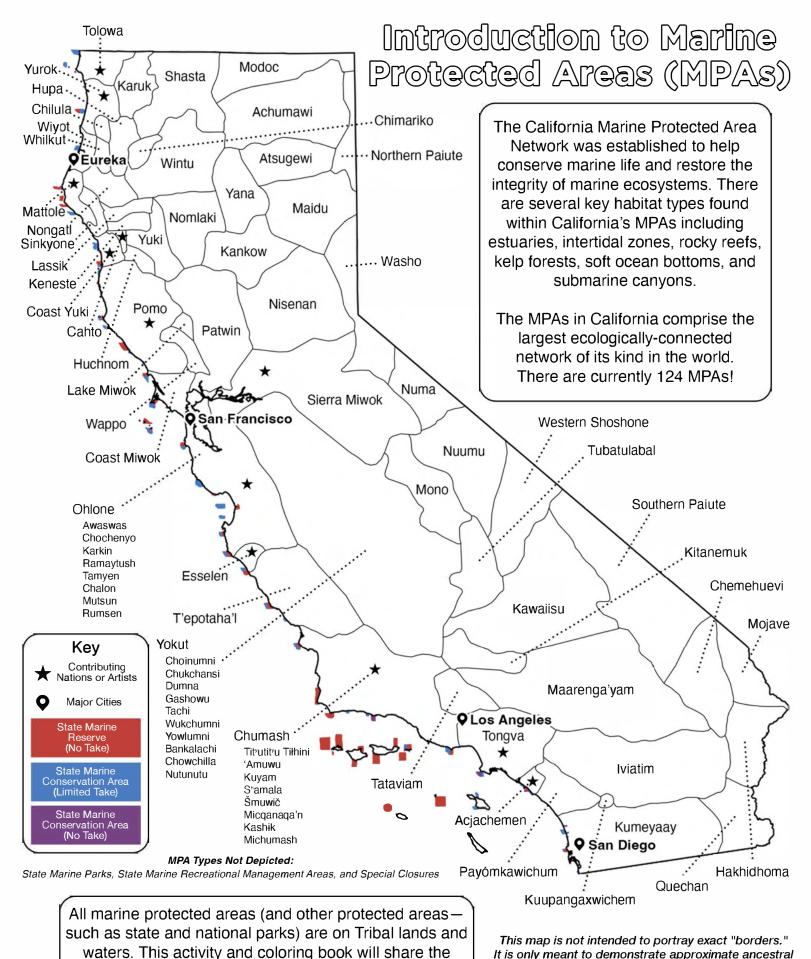
Ancestral Waters



A Coloring and Activity Book on Indigenous Connections to California's Marine Protected Areas

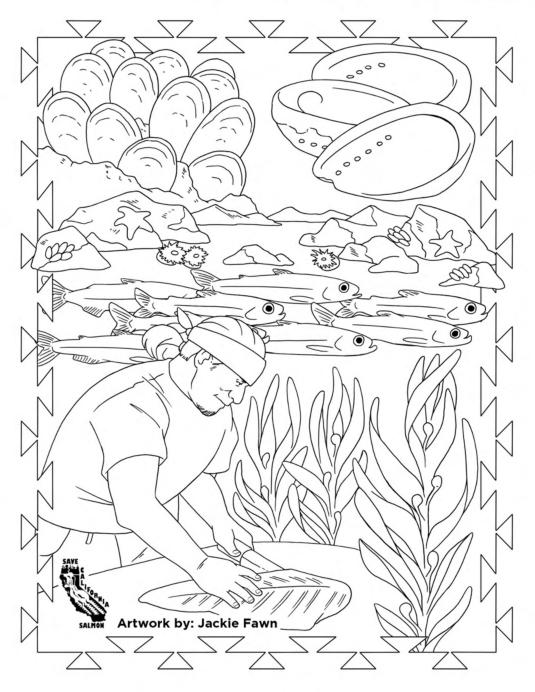


relationships of Indigenous Peoples in California to the ocean and coast—and the MPAs that now exist!

It is only meant to demonstrate approximate ancestral territories for educational purposes.

Map Based on Tima Link's California Native Peoples' Map

Tribal Relationships to the Coast



Indigenous Peoples have cared for the coast and ocean for thousands of years.

They have special relationships with the creatures, plants, rocks, and water.

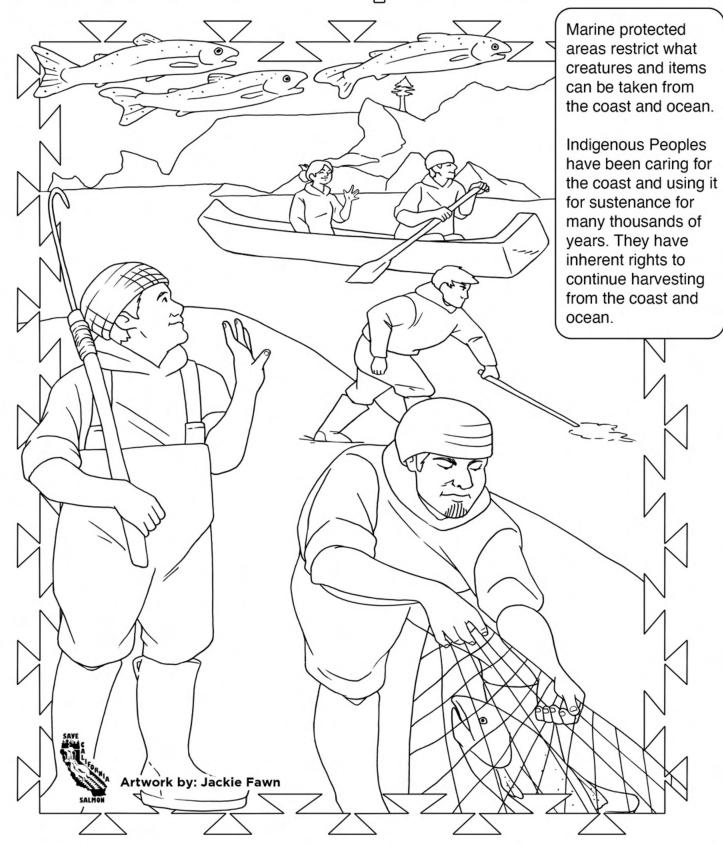
When they take things from the coast and ocean, they make sure to do it in a way that is respectful, and they do not take too much at once.

Indigenous Peoples care for the coast and ocean because they believe the ocean and coast are sacred. Indigenous People understand that they need a healthy coast and ocean to survive, and they wish to protect it so that future generations may continue to have a relationship with them.

This coloring and activity book was created from contributions from Tribal Nations, artists, and Peoples. Over 100 federally recognized Tribes live in California (and many unrecognized Tribes). Therefore, this coloring and activity book is not intended to represent the full diversity of Tribal connections to the coast and ocean. Many Tribes that are not represented in this coloring and activity book continue to steward their coasts and oceans. This work is only intended to be one of many important steps needed for the representation, inclusion, and honoring of Indigenous People of California.

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Tribal Exemptions



In order to honor these rights, Tribal exemptions allow for members of certain Tribes to harvest from specific marine protected areas, even when other people cannot.



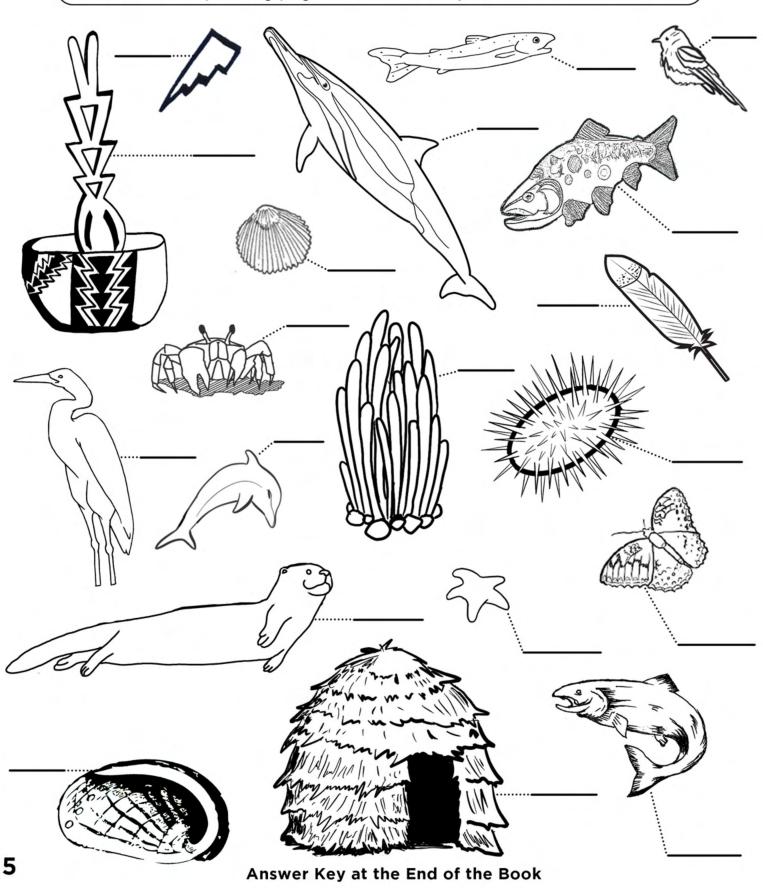
Regalia is clothing or jewelry worn on formal occasions. For Indigenous Peoples, regalia often consists of special items from nature. This necklace is made of abalone pieces and other shells.

Even Indigenous Peoples that do not live by the coast have always been connected to it through complex trading systems of ocean creatures and items used for food, regalia, and currency. Some also travel to the coast for gathering, and are connected to the ocean through rivers and other waterways.

Some marine protected areas across California protect abalone, some of which are endangered and are of great importance to many Indigenous Peoples.

Scavenger Huntl

Can you find all of these objects that are hidden throughout this book? Write the corresponding page number where you found them on the line.



Estuaries



California Sturgeon: The Ancient Ones

Sturgeon are an ancient bony fish that coexisted with the dinosaurs. They diverged from other fish 200 million years ago in the early Jurassic Period, there are 25 species worldwide. Two are native to California: the white sturgeon and the green sturgeon.

Sturgeon are large, long-lived migratory fish who spend most of their adult lives in estuaries (the lower reaches of rivers or the ocean). They migrate upstream in large freshwater rivers to spawn in cool, deep, swift flowing rivers. Sturgeon do not die after spawning like Pacific salmon, and are capable of repeat migrations every 2–6 years.



Sturgeon are important culturally and as a food source to many Tribes in Northern California.

Green sturgeon are among the largest and longest living species found in freshwater, living up to 70 years, reaching up to 7 feet, and weighing up to 350 pounds.

Fun Facts!

- Sturgeon have no teeth as adults, instead food is swallowed whole.
 - The Yurok word for sturgeon is **kahkah.** The word for sturgeon in Karuk is **ishxikihara.** The word for sturgeon in Tolowa Dee-ni' is **Lhvm-chu.** In Hupa, the word for sturgeon is **lo'kyoh.**

Tolowa Dee-ni

Nuu-mvsr-tan'-ne Ch'aa-may Shvm

Our Foods are Good Medicine

The Tolowa Dee-ni' People live off many ancestral staple foods provided by the si~s-xa (ocean). Due to the changing climate and disrupted foodways, harvesting practices have changed over time.

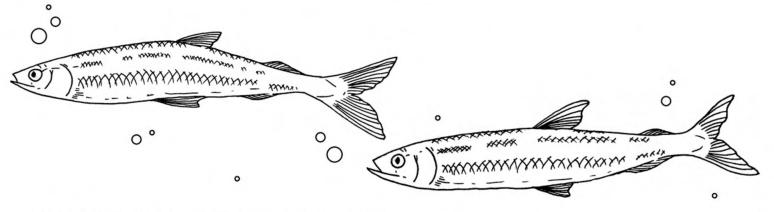
Pictured in the drawing on the opposite page:

Lat Lhts'ay (Seaweed) is harvested and sundried; Dvsh-xa~ (Lamprey Eel) is eaten both fresh and alder smoked. Dee-lhat (Mussels) are harvested during low tide for food, sa's (women's eating utensils), and ch'vtlh-xvt (shell dice game.)

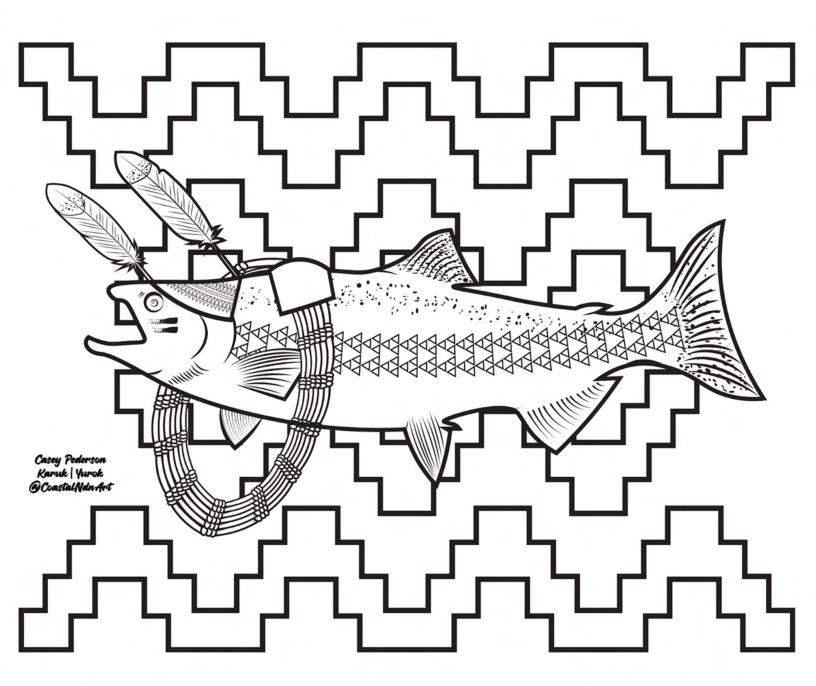
Lhvm-chu Lhts'ay (Smoked Sturgeon) fed Tolowa ancestors and continues to be a source of nutrition. The traditional sturgeon back basketry design shown on a man's carved elkhorn spoon represents the oldest living fish, dating to prehistoric times.

The Tolowa people have a strong relationship with *Lhvmsr* (Smelt/Surf Fish), a rich practice of sun-drying them for their winter stores. *San-chvn* (Acorns) is also a staple food. *Baa-shuk ghvt-sra* (Sandbread), made of acorn and wheat flour, is baked in a hot pebble oven at the ocean's edge today.

| Tolowa Dee-ni' Words to Know | |
|------------------------------|--------------------------|
| Taa-laa-wa Dee-ni' (Tolowa) | Natlh-mii~-t'i (English) |
| Baa-shuk Ghvt-sra | Sandbread |
| Chii-la'-lhsrik | Redtail Perch |
| Dee-Ihat | Mussel |
| Dvsh-xa~ | Lamprey Eel |
| Dvsh-xa~ Lhts'ay | Smoked Eel |
| Lat | Seaweed |
| Lat Lhts'ay | Dried Seaweed |
| Lhvm-chu | Sturgeon |
| Lhvm-chu Lhts'ay | Smoked Sturgeon |
| Lhvmsr | Smelt/Surf Fish |
| Lhvmsr Lhts'ay | Dried Smelt/Surf Fish |
| San-chvn | Acorn(s) |
| San-chvn Tuu-'i' | Acorn Mush |
| Si~s-xa | Ocean |
| T'uu-she | Clam(s) |

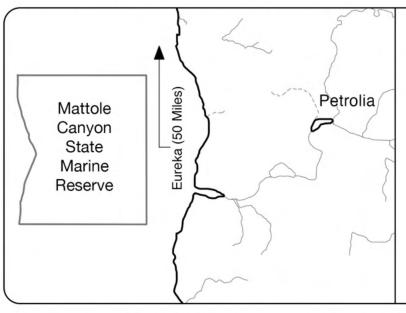


Ew-poh & The Yurok



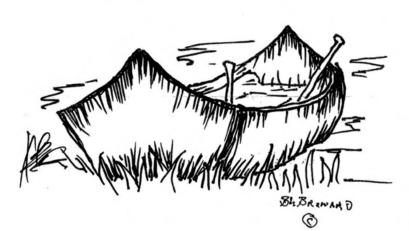
"'Ew-poh" is Yurok and translates to the salt water or the Pacific Ocean. This art piece shows a salmon wearing regalia; the regalia is used in the Brush Dance Ceremony, which is a healing ceremony for an individual's health. This piece symbolizes the salmon healing and making their way into the ocean from the river. Some MPAs specifically protect salmon.

The Bear River Band of the Rohnerville Rancheria & Mattole Canyon State Marine Reserve



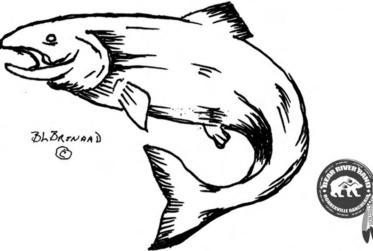
Mattole Canyon State Marine Reserve is located in offshore waters in what is now known as the Lost Coast region of Northern California. It is situated within the Nek' an-ni' traditional territory of the Bear River Band of the Rohnerville Rancheria. Tribal ancestors and descendants have inhabited and stewarded coastal and adjacent inland regions for countless generations, diligently caring for a wide range of species and thereby enabling these cultural landscapes and seascapes to flourish with abundance and bio-cultural diversity.

Instructions: Practice writing words in the Athabaskan language, spoken by the people of the Bear River Band of the Rohnerville Rancheria.





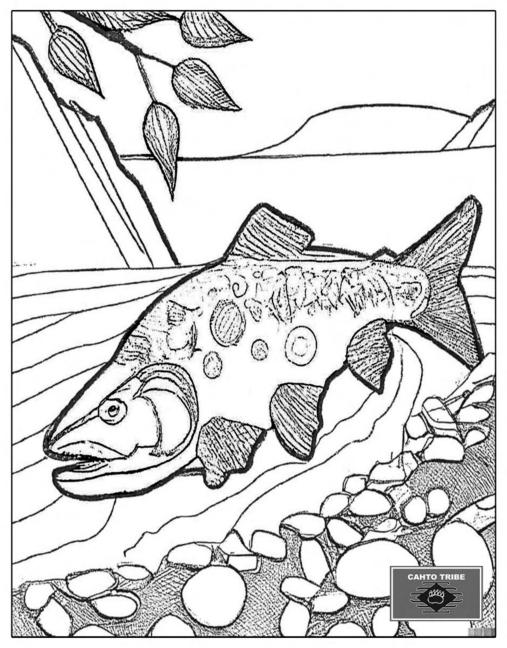




Cahto Tribe and Language

Cahto Creation Story Adapted from Damon B. Akins, Bauer, William J., Jr.

We Are the Land: A History of Native California



Cahtos, who live on Mendocino County's coast, tell that after a flood destroyed the first world, Earth Dragon came from the north and waded through the water. Tired, Earth Dragon lay in the water. Nagaicho, the Creator, traveled from Earth Dragon's head and made land on Earth Dragon's body. He turned the head into mountains, on which brush grew. People and animals appeared. Nagaicho caused seaweed, abalone, and mussels to grow in the ocean. He then planted redwoods on Earth Dragon's tail. Finally, Nagaicho made oak trees to provide the people with plenty of acorns to eat.

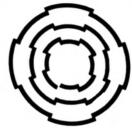
The Cahto people are connected to the ocean through salmon and rivers. Salmon spend part of their lives in the ocean and in rivers (like the Eel River that goes through Cahto lands).

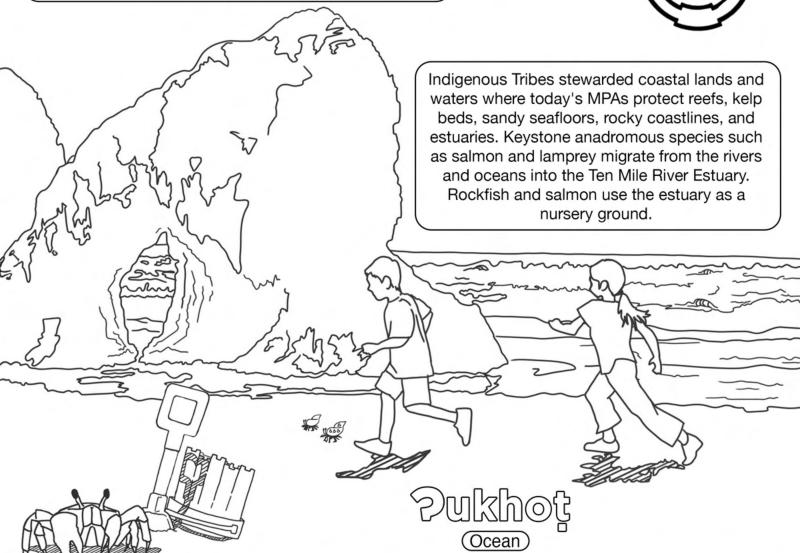
Learn Cahto Words:

Toonai ndoo'-hit, "Diishaan toonai-bang?" will be fish?" when it did not exist, Fish (someone asked) "What? Ch'see'chow taalghaal' yaa'nii. A bullsnake was thrown into water, they say. Too-bii' sliing'. gees In the water Chinook salmon it became.

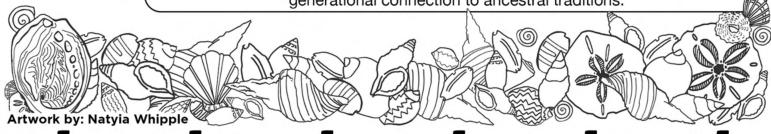
Coast Yuki & Ten Mile MPAs

Ten Mile MPAs are located in the ancestral territory of the Indigenous Coast Yuki. Eleven Yuki Tribes originated on the Mendocino Coast where the Yukian language originates, dating back to 1300 B.C.





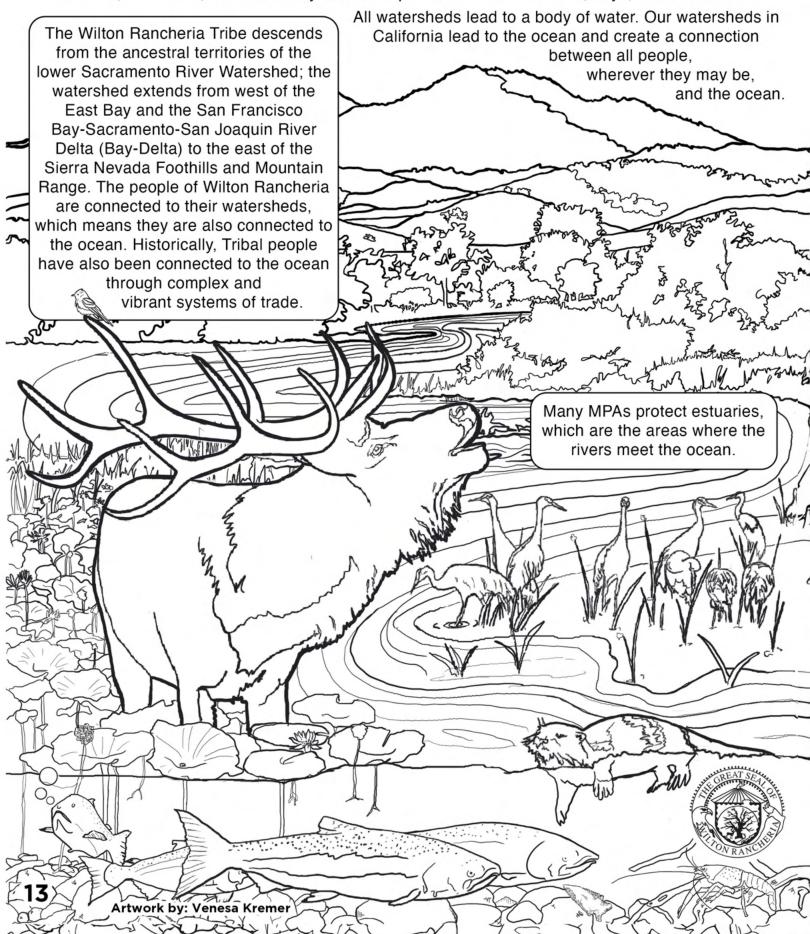
Indigenous Pomo Tribes from Lake and Sonoma Counties travel to the Mendocino Coast with the change of seasons for the purpose of food sustenance. Ceremonies inland represent creation stories and cultural traditions from the Coastal Territories. Today, Ten Mile MPAs provides access to Tribal people, a cultural gathering site and a generational connection to ancestral traditions.

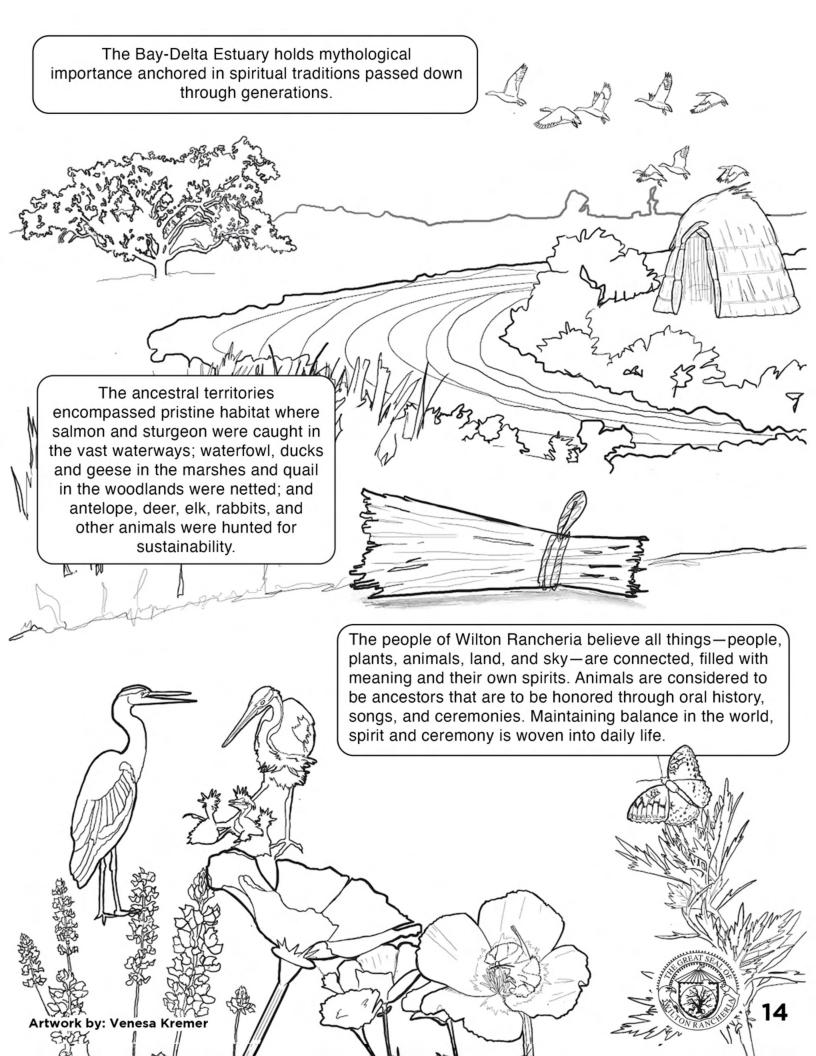


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Wilton Rancheria & Watersheds

All people live in a watershed, which is an area of land that channels rainfall and snowmelt to creeks, streams, and rivers, and eventually to outflow points such as reservoirs, bays, and the ocean.







Original Story by William "Bill" James, via S. A. Barrett (Pomo Myths)
Retold by Sal Martinez

Long ago a man, woman, and their child lived at *p'dahaw* ("river open-mouth"). The man went hunting and wasn't able to find anything for four days, so his family became very hungry. The man's sister had salmon, but was selfish claiming she did not have any to give.

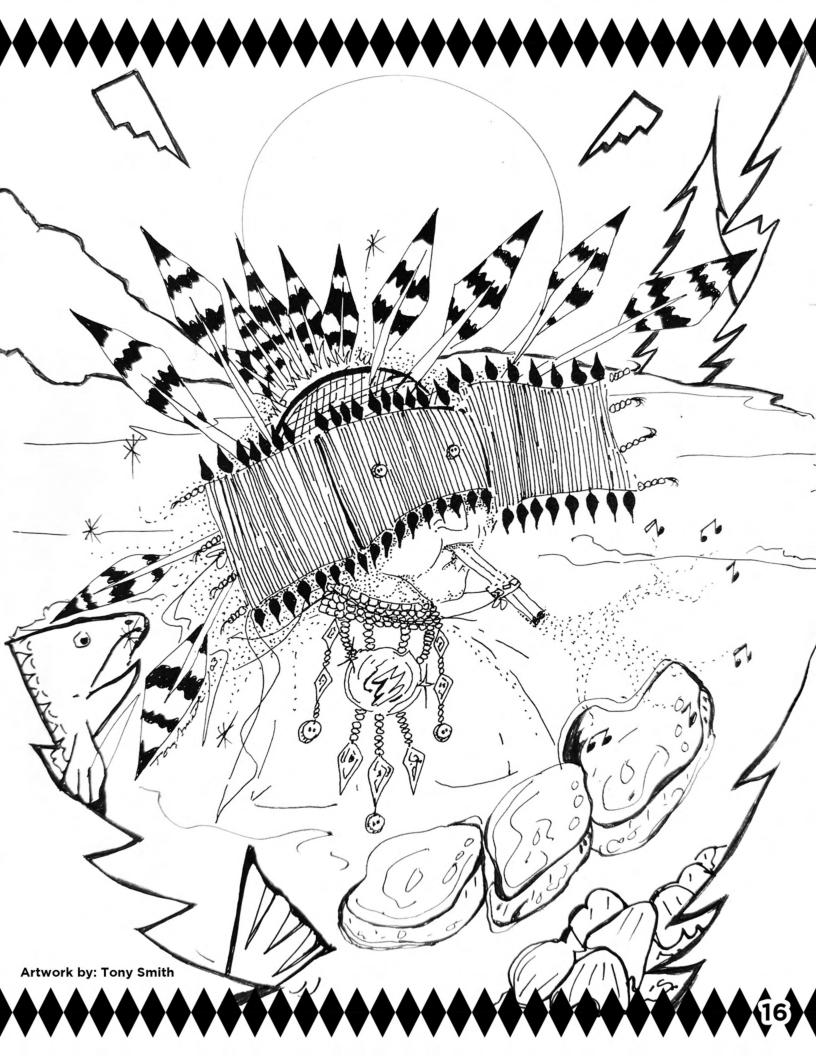
Upset, the man put on his dance things: his flicker band, feather skirt, whistle, his head-net with feather horns and painted his body in black and white. He grabbed his bow and arrow and left north for the creek then headed west to the ocean without saying a word.

When he was waist-deep in the ocean, the woman, their child, and his sister came towards him. They hollered and cried for him to return home. He kept going deeper, until the last thing the woman and their child and his sister saw was his "feather horns." He was gone and never seen again.

The man believed Thunder Man was responsible for his family starving and his sister's selfishness. It is said the man went into the water to confront Thunder Man, who lives in the ocean, in a house where all kinds of fish swim around him. His house looks like a polished grain of salt. Every spring he releases fish from his house. This is why salmon go upriver in the spring.

Thunder Man's body and hair are all white, and he wears a cape covered full of abalone pendants, and his eyes shimmer like the inside of an empty abalone shell. When lightning strikes, it's said that's him winking his eye. The sound of thunder is him flying through the sky and flapping his cape. On the beach, abalone pendants can be found with a hole in them already. These pendants came off the cape of the Thunder Man, which is said to be full of good luck.



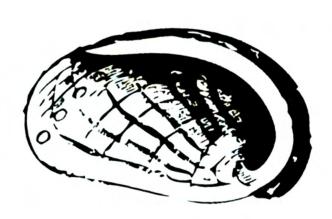


The Ohlone

Provided by Indian Canyon Mutsun-Ohlone

The San Francisco Bay Area has always been home to the Ohlone, a group of local California Indigenous Peoples. Ohlone is pronounced Ohlone-e. The word Ohlone comes from the name of a single Ohlone Tribe, the Oljon (pronunced "Ol-hóne"); there were actually about 58 different Ohlone Tribes. This group is also sometimes called Costanoan (pronunced Cóh-stah-no-an). This word comes from a Spanish term "Costaño," meaning "Native peoples of the coast."

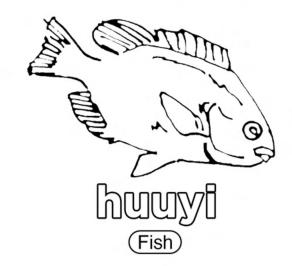
Practice writing the Ohlone words on the lines below:



hassan (Abalone)



SUUYUT Sea Otter





Provided by Indian Canyon Mutsun-Ohlone

pire kan-ama, sii kan-patYtYan, hiTTew kan-nossow, sottow kan-nossow



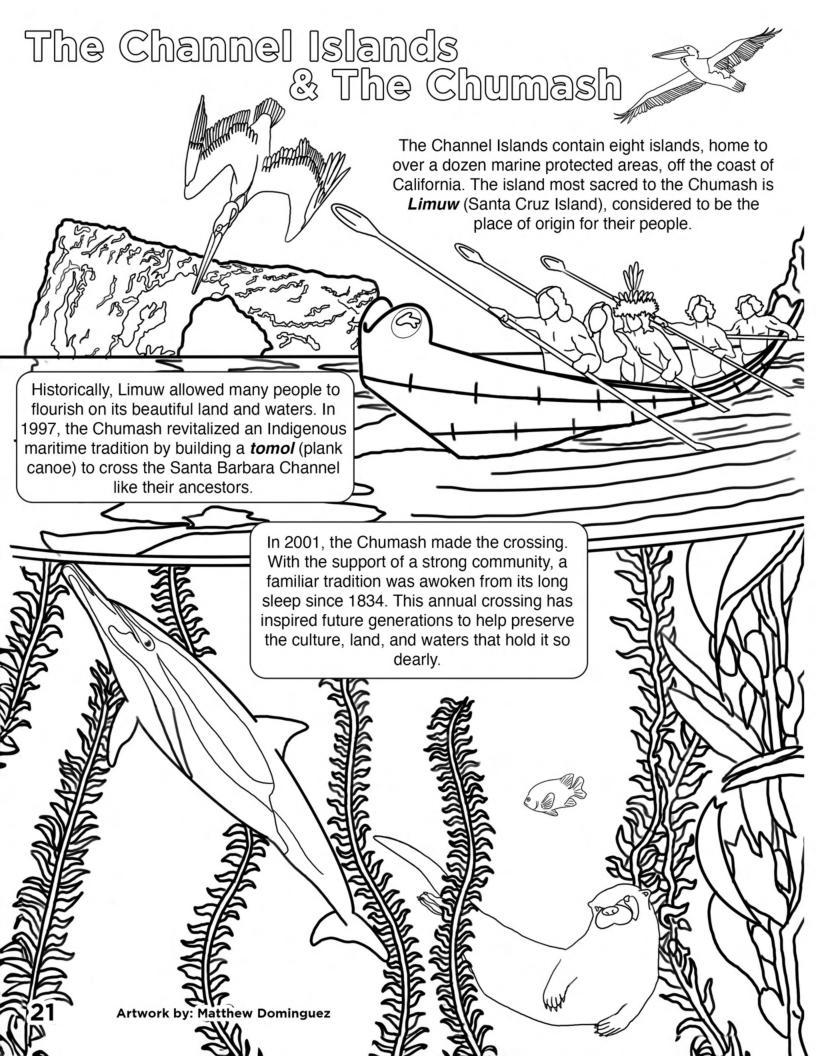
Artwork by: Solange Aguilar

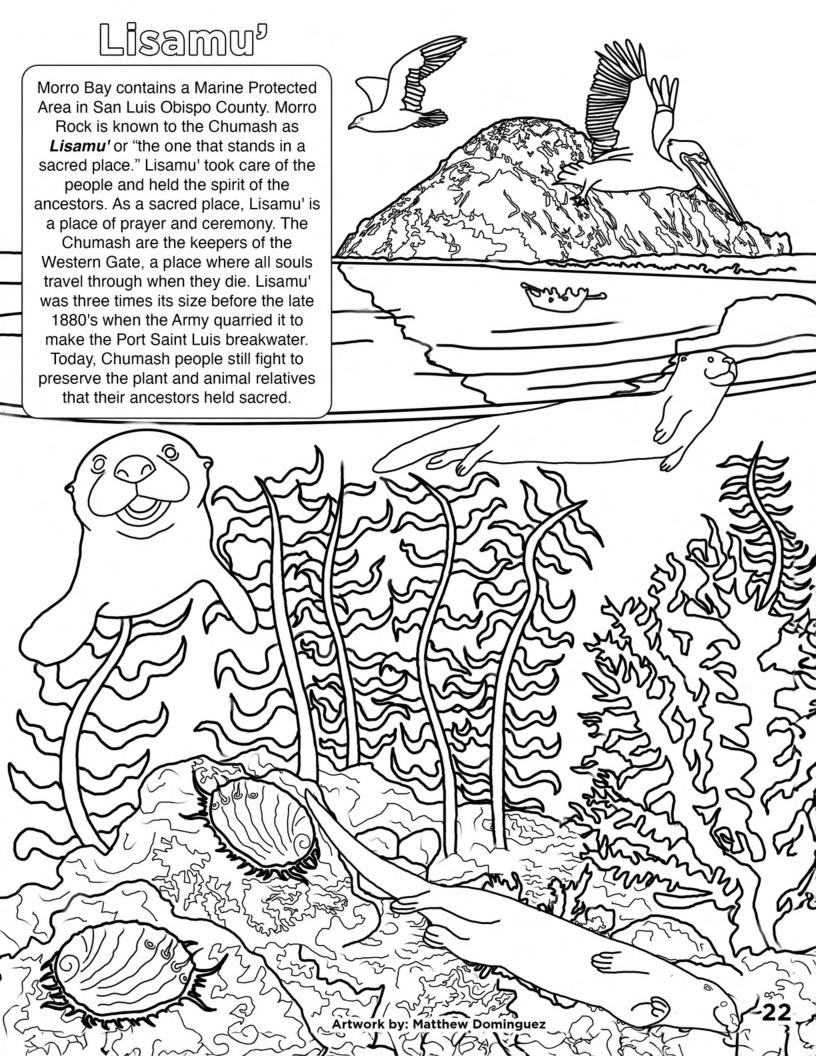
Border: Ohlone Basket Design

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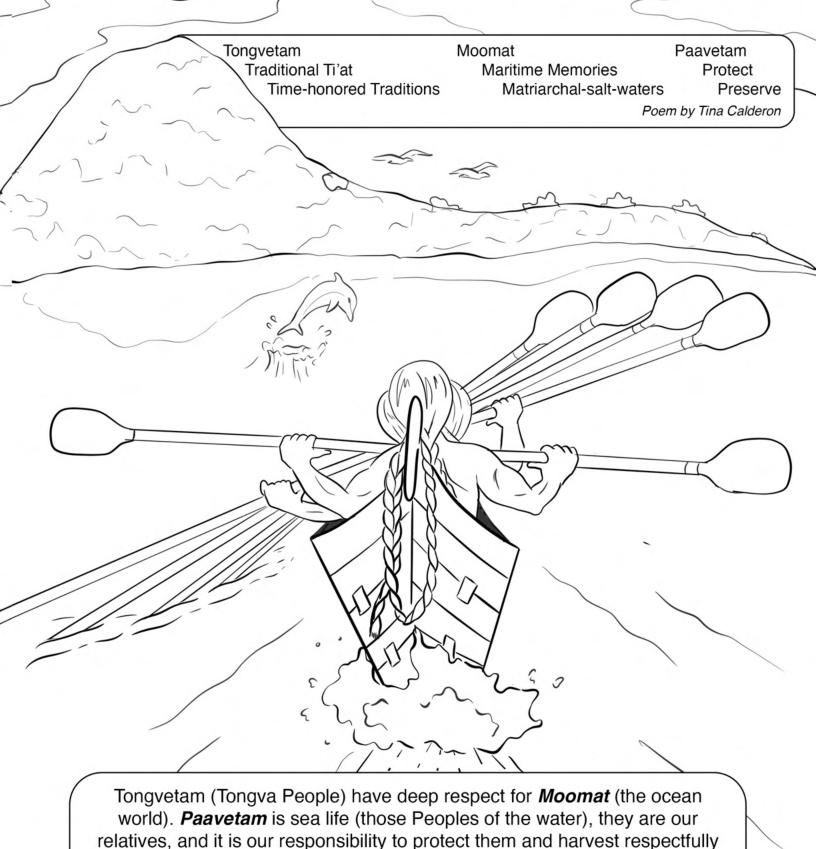






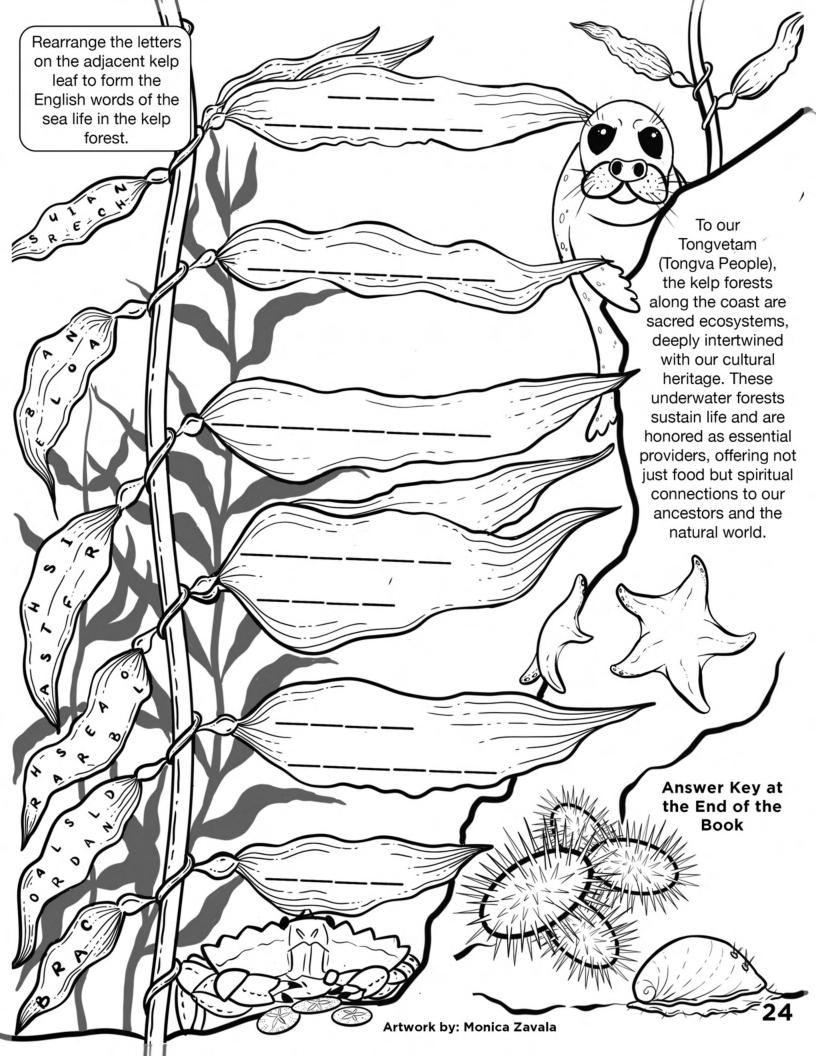


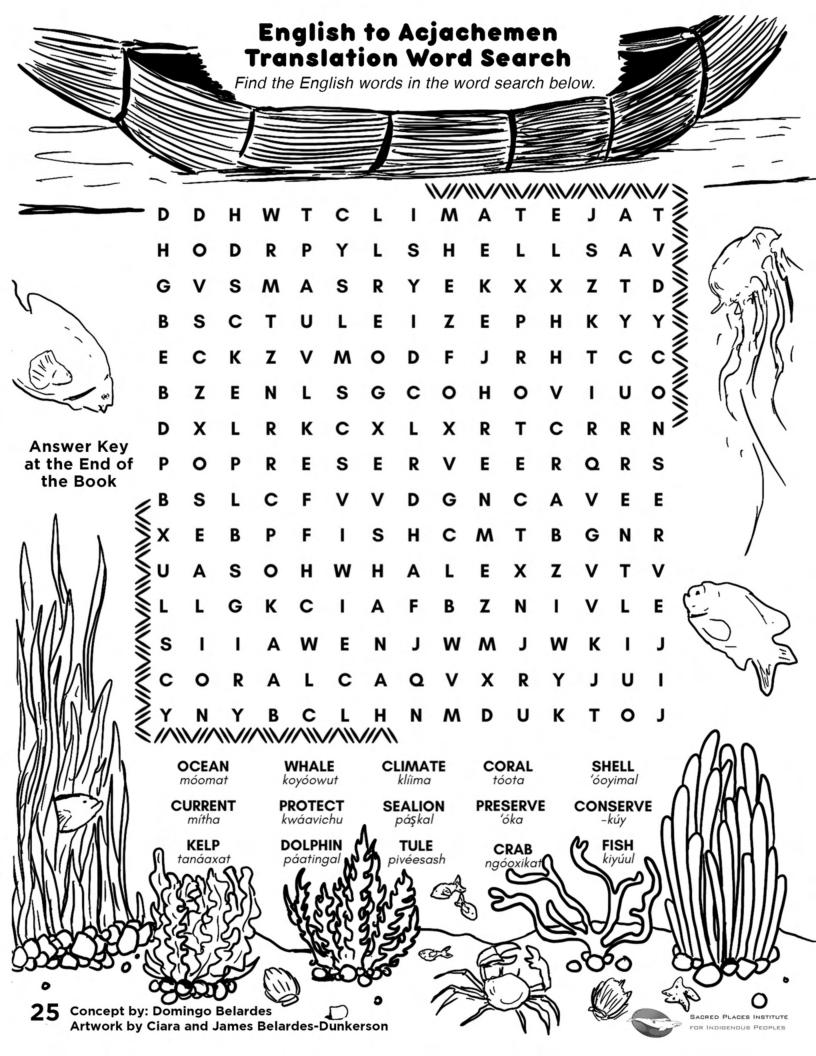
Tongvetam-&-Moomat

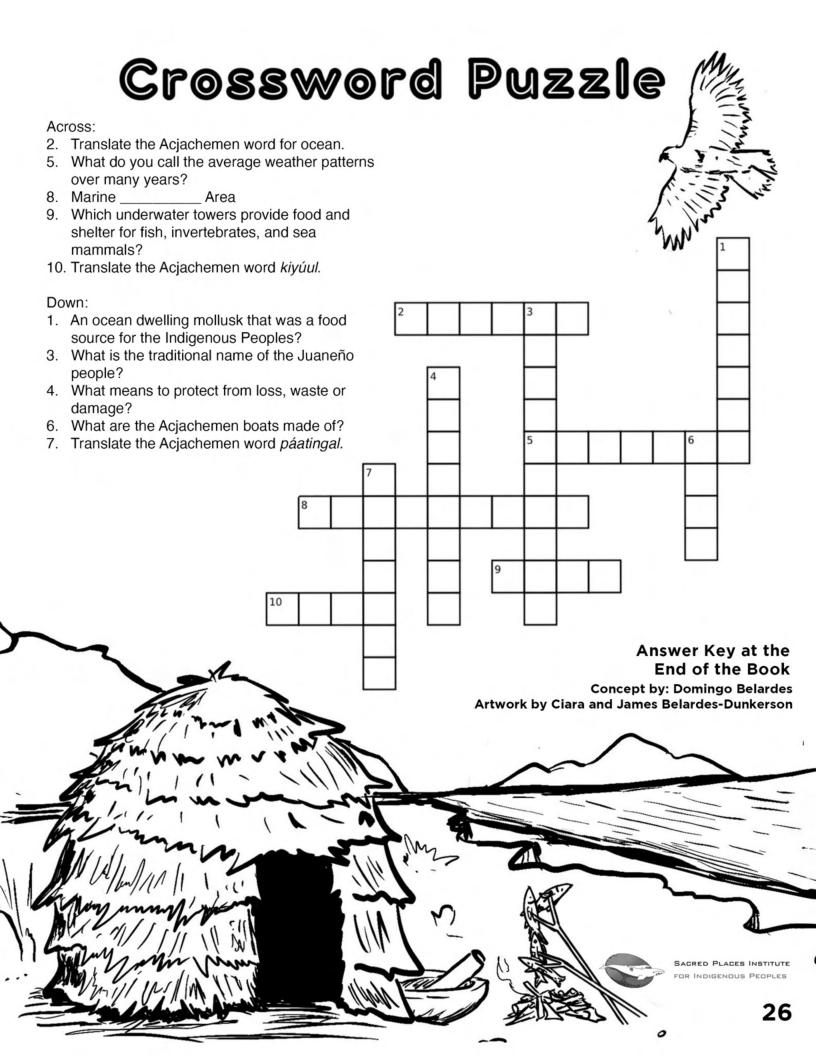


so that we cause no harm and keep this amazing saltwater ecosystem.

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aributors 🖎 Contributors





Natyia Whipple Concow/Mauidu/ Nomlakai/Pomo/Yuki

Natyia Whipple is a 14-year-old member of the Round Valley Indian Tribes; she is Concow, Mauidu, Nomlakai, Pomo, Yuki. She attends Cardinal Newman High where she

received recognition as an outstanding art student. She plays basketball and lacrosse for her school and plans to study environmental science. Natyia created the cover page in respect and gratitude of our Coastal Pomo Tribes who share cultural teaching and ceremony throughout Pomo country. We are blessed to dance and share the songs of the Kashia and Point Arena Manchester elders.



Jackie Fawn

Yurok/Washoe/Surigaonon
Jackie Fawn is a Yurok/Washoe/
Surigaonon graphic illustrator
currently residing in Akwesasne,
Mohawk Territory. Her art has been
recognized in Indigenous spaces
by her vivid depictions of warrior

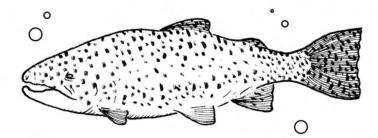
women defending the land and people against modern day colonialism. In recent years, Jackie's work has begun to enter educational curriculum, environmental organizations, and health campaigns to uplift Indigenous resiliency and healing. She is a self-taught artist that has been greatly influenced by creative resistance tactics. The series of art featured in this book was a powerful creative journey in uplifting and protecting ecosystems that are constantly endangered by climate change and human interference. My dream is for folks to learn and connect with these important habitats and taking the necessary steps in protecting these spaces for generations to come.



Tess Krause

Tess Krause is a multimedia artist born and raised in Humboldt County, favoring subject matter such as horses, animals, fantasy, and ocean themes. She designed the North Coast Native Protectors logo and helped design coloring

pages for children's educational resources within an MPA Watch teacher toolbox kit. Tess lives in Trinidad California with her animals that like to sleep on her supplies when she's working.





Daisy Smith

Tolowa/Yurok/Kashia Pomo
Daisy Smith first and foremost is a
fisher woman; growing up without
men in her life she took on fishing
to care for her family. She
consistently practices traditional
food sovereignty, gatherings, and

preserving and sharing her knowledge with others. She is a Pomo dancer and an enrolled Yurok Tribal member.



Marva Sii~xuutesna Jones Tolowa Dee-ni'/Yurok/ Karuk/Wintu

Sii~xuutesna is an enrolled Dee-ni' (Tolowa) citizen, Yurok, Karuk, and Wintu of Northern California and fortunately raised at her maternal

Nii~lii~chvndvn village and comes from Mvn'sr'ayme', 'Enchwa along the Smith River and the paternal villages of Wohsekw and Wtechpues along the Klamath River. Sii~xuutesna comes with many ancestral practices, experiences, and Indigenous community-building expertise. Strong connections to these core values of speaking her languages, eating her ancestral foods, singing her songs, sharing these practices, and living these ancestral understandings through the lens of her people keep her whole.



Casey Pederson Karuk/Yurok

Ayukîi—Hello—My name is Casey Pederson, I'm a Karuk and Yurok tribal member and reside in Humboldt County in Northern California. I'm an Indigenous artist

who uses my culture and upbringing with my community as the inspiration for my artwork.



Barry Brenard Nek' an-ni'

Barry Brenard was born in 1958. Barry is a product of the boarding school era and was raised in Carson City, Nevada. He was taught the Washoe/Paiute

traditions in his early years. Since 1989, he has sought out his Northern California Heritage, the artwork he creates has been a part of his life from the beginning and has developed in caring for the traditional values and beliefs of his cultural teachings. He combines his art and his teachings of song and prayer in all he interacts with the world today. Barry works with all the Tribal Members at Bear River Rancheria and the greater community to enhance the quality of life for everyone. Barry has become an elder of his Tribe and Spiritual Leader of the Nek' an-ni' People.



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Venesa Kremer Wasco/Tenino/Pit River/ Nisquali/Kalama/Yaqui/Yurok/ Taino

Venesa Kremer was born in the Pacific Northwest, near the Warm Springs Reservation. California has been her home for the last 15 years

where she currently lives near the delta in the Sacramento Valley. She is Wasco, Tenino, Pit River, Nisquali, Kalama, Yaqui, Yurok and Taino. Venesa understands why people have lived here for centuries and is proud to be able to care and tend the ancestral lands and waters of the Wilton Tribe so it can stay healthy for years to come.



Sal Martinez

Sal Martinez is a Tribal Citizen of the Manchester Band of Pomo Indians (MPA). He currently serves

as a Trustee and President of the Point Arena Schools Board of Trustees and formerly serves as

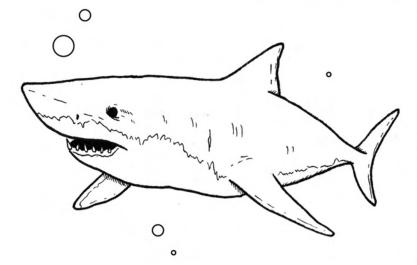
Secretary of the MPA Tribal Council. An amateur Tribal historian, linguist, and cultural preservationist, his passion lies within his people and family. He currently works at the Garcia River Casino and resides on the Point Arena side of the Rancheria with his wife, Ann, and children, Salvador and Maya, and mother, Stephanie Martinez.



Tony Smith Pomo

Tony Smith is a member of the Manchester Point Arena Band of Pomo Indians and descendent of the Kashia and Yokayo Tribes in Mendocino County. He is a construction worker, artist and

traditional Pomo Dancer and Singer.





Kanyon Sayers-Roods Mutsun-Ohlone/Chumash

Kanyon Sayers-Roods is a
California Indigenous
Two-Spirit/Two-Face Cultural
Representative. Proud of her
heritage, Kanyon is deeply active in
Native communities. She is an

artist, poet, published author, activist, student, and teacher. Daughter to Ann-Marie Savers, and raised in Indian Canyon, a Living Cultural Heritage Site and Trust Allotted Land and in Central California, Kanyon carries forward her ancestors' legacy. With dual degrees in Web Design and Interactive Media from the Art Institute of California, Sunnyvale, Kanyon is dedicated to learning, teaching, and sparking conversations around decolonization, reindigenization, and permaculture, while continuing her artistic passion. Her art has been showcased at the De Young Museum, Somarts Gallery, Gathering Tribes, Snag Magazine, and numerous powwows/Indigenous gatherings. She was a featured instructor in an accredited online course in the Queering Psychedelics curriculum, and promotes Cultural Sensitivity/ Awareness through trainings/workshops, including workshops teaching this to the teachers. She serves as the Tribal Chairwoman of Indian Canyon Nation, President of Costanoan Indian Research Inc. and CEO of Kanyon Konsulting LLC.



Guillermo "Yermo" Aranda

Born and raised in San Diego, California, Guillermo comes from a family of artists, craftsman, and musicians. Guillermo is a gifted and prolific artist, well known and celebrated in his community for his

enormous contributions of mural painting. From San Diego, California to Napa Valley in Northern California. Guillermo has completed over 80 murals', the majority of which are in the Santa Cruz and Monterey county areas. He is a co-founder of "Toltecas en Aztlan" (1968), a union of multi-media artist's organization. Toltecas en Aztlan initiated the Chicano Park Murals in San Diego, CA (1973), recognized by the City of San Diego and the State of California as a historical site. And in 2017, approved by President Obama as a National Historical Landmark. The Chicano Park Murals have sparked interest throughout the world. Artists in Mexico, Europe, and the United Kingdom study Guillermo's work as a muralist. In March of 2011, Guillermo was the guest of "Viva" and Riverhorse TV in Manchester, Great Britain, for the premiere of 'Under the Bridge," a feature length documentary for PBS/BBC at the 17th Annual "Viva" Spanish and Latino Film Festival. His work is described as contemporary traditional art, reflecting an imagery of Indigenous ancestry in the modern world with the timelessness of natural forms, juxtaposed against contemporary images, bold vibrant and alive.



ᄎ Contributors ᄎ





Matthew Dominguez Chumash

Matthew Dominguez is a Chumash/ Mexican American artist specializing in acrylic and digital illustrations focused on Indigenous empowerment. As an Indigenous Culture Bearer since 2010, he

makes regalia, instruments, and contemporary abalone jewelry. His first mural was painted in 2020 titled, "Tongva man," an ode to the original people of LA. Since joining Muralism in August 2021, he has lead the completion of 12 mural projects. He is an experienced special needs aide with a specialization in impacted individuals.



Tina Calderon Tongva/Chumash/Yo'eme Tina Orduno Calderon is a Culture Bearer of Gabrielino Tongva, Chumash, Yoeme, and Chicana descent. She is wife, mother, grandmother, sister and auntie to many. Tina is a singer, song keeper,

traditional dancer and storyteller who also enjoys creative writing and composing poems and songs. To date she has composed over two-dozen songs in her ancestral languages of Tongvé and Chumash. Tina works as a Cultural Advisor to many organizations who are environmental champions in various forums. She also educates students and community groups around the importance of acknowledging and respecting land, water, minerals, plant and animal relatives as well as the sacred elements.



Monica Zavala Gabrielino Tongva/ Acjachemen

Monica, a proud member of the Gabrielino Tongva Nation, Acjachemen, and Mexican heritage, draws profound inspiration from

her diverse cultural background, infusing her artwork with the subjects of traditions. Specializing in illustration, painting, sculpture, creative writing, and digital art, she possesses a talent that knows no bounds. She passionately collaborates with various Native communities. Through her work she documents their issues, traditions, and ceremonial practices, shining a spotlight on the cultural heritage. Monica showcases her creativity as an illustrator. Whether crafting fictitious characters, immersive environments, engaging short comics, or stunning realism, her illustrations breathe life into the fantastical and the tangible alike. Monica remains devoted to her artistic pursuits. As long as she possesses the ability, she will continue to create-weaving narratives that bridge the past, present, and future of Indigenous cultures with the stroke of her brush and the power of her imagination.



Domingo Belardes Aciachemen

Domingo Belardes is the spiritual leader of the Juaneño Band of Mission Indians. President of the Blas Aguilar Adobe Foundation, working to preserve the history of Orange County through research

and education. For the past 40 years, he presented at numerous events on the traditional culture of the Juaneño/Acjachemen people. Domingo provides interpretive services and replicas of traditional cultural objects for regional and state parks throughout Southern California. He is committed to protect the culture and the sacred sites of the Juaneño/Acjachemen people.



Tori McConnell Karuk/Yurok

Former Miss Indian World 2023, Tori McConnell is 24 years old and from Humboldt County. She is a descendent of the Karuk and Yurok Tribes who aspires to elevate the voices of California Tribes. Ms.

McConnell is an accomplished artist whose artwork exemplifies Indigenous Knowledge and advocacy for our inherent right to cultural food sovereignty and the protection of our waterways. Providing a platform for Indigenous women she has uplifted awareness to the MMIP (Missing Murdered Indigenous People) crisis and mental health access for Indigenous communities.



Solange Aguilar Mescalero Apache/Yo'eme/ Kalinga/Kapampangan Solange Aguilar (They/Ze) is a queer artist, poet, and zinemaker currently living in Qenepstin, Chumash Territory (Santa Barbara,

CA). They are a first place winner in

the Santa Barbara Poetry Slam, a recipient of The Pachamama Skillshare and Women's Creative Collective for Change artist scholarship, and a 2021 fellow from the Artist2Artist program by the Art Matters Foundation. Their work has been featured in News from Native California, Earth First! Journal, at the Los Angeles County Museum of Art, the Museum of Contemporary Art Santa Barbara, Santa Barbara City College's West Campus, and in Harvard Library's zine collection. They are the graphic designer for this book and also did some of the

illustrations, including the starfish on

this very page.



