

BUFFALO TRACKS

INTERTRIBAL
—BUFFALO—



COUNCIL

SUMMER 2016

62 TRIBES PROUDLY SERVING THE BUFFALO NATION IN 19 STATES



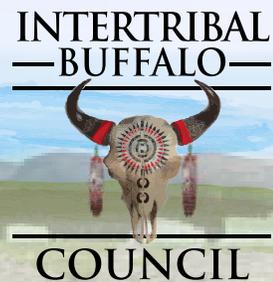
Pictured L-R: ITBC Executive Director, Jim Stone; Congressman, William Lacy Clay; Senator, John Hoeven; ITBC President, Ervin Carlson; Region IV Director, Delbert Chisholm; Region II Alternate Director, Chris Barnhart; Region III Director, Mark Azure; and ITBC Sergeant at Arms, Ben Janis.

Say Hello to the New National Mammal,
the Bison...pg20

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BUFFALO TRACKS



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Spring Cover Photo courtesy of Southern Ute Tribe.

THE 62 TRIBES IN 19 STATES PROUDLY SERVING THE BUFFALO NATION

- Alutiiq Tribe of Old Harbor
- Blackfeet Nation
- Cherokee Nation
- Cheyenne & Arapaho Tribes of OK
 - Cheyenne River
 - Chippewa Cree
 - Cochiti Pueblo
- Confederated Salish & Kootenai
- Confederated Umatilla
- Crow Creek Sioux
- Crow Tribe
- Eastern Shoshone Tribe
 - Flandreau
 - Fort Belknap
 - Fort Peck
- Ho-Chunk Nation
- Iowa Tribe
- Jicarilla Apache Tribe
- Kalispel Tribe
- Leech Lake
- Lower Brule
- Mesa Grande
- Modoc Tribe of OK
- Nambe Pueblo
- Nez Perce
- Northern Arapaho
- Northern Cheyenne
- Oglala Sioux Tribe
- Omaha Tribe of NE
- Oneida Nation
- Picuris Pueblo
- Pit River Tribe
- Pueblo of Pojoaque
- Ponca Tribe of NE
- Prairie Band Potawatomi
- Prairie Island Dakota Comm
- Quapaw Tribe of OK
- Rosebud Tribe
- Round Valley
- Ruby Tribe
- Sac & Fox Mississippi
- Salt River Pima
- San Juan Pueblo
- Sandia Pueblo
- Santee Sioux
- Seneca-Cayuga of OK
- Shakopee Mdewakanton
- Shoshone Bannock
- Sisseton Wahpeton
- Southern Ute
- Spirit Lake
- Standing Rock
- Stevens Village
- Stillaguamish Tribe
- Taos Pueblo
- Tesuque Pueblo
- Three Affiliated Tribes
- Turtle Mountain
- Ute Indian Tribe
- Winnebago Tribe
- Yakama Nation
- Yankton Sioux Tribe

Contact us!

INTERTRIBAL
—BUFFALO—



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ITBC MISSION

“Restoring buffalo to Indian Country to preserve our historical, cultural, and traditional and spiritual relationship for future generations.”

THE HISTORY

The American buffalo, also known as bison, has always held great meaning for American Indian people. To Indian people, the buffalo represented their spirit and reminded them of how their lives were once lived free and in harmony with nature. In the 1800’s, the white-man recognized the reliance Indian tribes had on the buffalo. Thus began the systematic destruction of the buffalo to try to subjugate the western tribal nation. The slaughter of over 60 million buffalo left only a few hundred buffalo remaining.

To reestablish healthy buffalo populations on tribal lands is to reestablish hope for Indian people. Members of the InterTribal Bison Cooperative (ITBC), now called InterTribal Buffalo Council, understood that reintroduction of the buffalo to tribal lands will help heal the spirit of both the Indian people and the buffalo. The InterTribal Buffalo Council (formerly InterTribal Bison Cooperative) was formed in 1990 to coordinate and assist tribes in returning the buffalo to Indian

country. In February 1991, a meeting in the Black Hills of South Dakota, was hosted by the Native American Fish and Wildlife Society. It was obvious to everyone that the ITBC organization to assist tribes with their buffalo programs, was not only desired, but also necessary. With the hard work and dedication of the Society, Congress appropriated funding for the tribal buffalo programs in June of 1991. This action offered renewed hope that the sacred relationship between the Indian people and the Buffalo might not only be saved, but would in time flourish.

ITBC TODAY

ITBC has a membership of 62 tribes in 19 states with a collective herd of over 15,000 buffalo. Membership of ITBC remains open and there is continued interest by non-member tribes in the organization. ITBC is committed to reestablishing buffalo herds on Indian lands in a manner that promotes cultural enhancement, spiritual revitalization, ecological restoration, and economic development.

ITBC has been reorganized as a federally chartered Indian Organization under Section 17 of the Indian Reorganization Act. This was approved by the Bureau of Indian Affairs in 2010. ITBC consists of a Membership that includes all the Tribes that have joined the organization and is governed by a Board of Directors, which is comprised of five elected officers and four regional representatives.

The role of ITBC, as established by its membership, is to act as a facilitator in coordinating education and training programs, developing marketing strategies, coordinating the transfer of surplus buffalo from national parks and tribal lands, and providing technical assistance to its membership in developing sound management plans that will help each tribal herd become a successful and self-sufficient operation.



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PRESIDENTS' MESSAGE

Good Morning. Thank you honorable Greetings to the ITBC membership. June is a busy month for the ITBC Board to address administrative issues for the corporation. The Board met in mid-June at the ITBC office and approved the FY 2015 audit, which had no material findings, for submission to the Federal Audit Clearinghouse by the June 30th, 2016 deadline. Submission of the audit by the deadline was a great accomplishment for the staff and will resolve an audit finding over the last several years of missing the deadline. In addition, the Board approved a preliminary budget for FY2017, the Herd Development Grant and Surplus Bison notices for distribution to Tribes. These actions were all timely and in compliance with our by-laws and financial policies. I have to say, I am proud that ITBC continues to prosper and develop its professional capacity each year.

On June 23rd, several members of the Board and I attended the National Mammal Commemorative Reception featuring Secretary of the Interior Sally Jewell held at the National Museum of the American Indian in Washington, DC following adoption of the National Bison Legacy Act (NBLA). The NBLA was adopted by Congress and signed by President Obama into law in May, 2016. ITBC collaborated with the Wildlife Conservation Service, the National Bison Association and the Vote Bison Coalition (VBC) in the development of the Act and the Congressional adoption of the legislation. The VBC is proposing an MOU to further the commemoration,

conservation and increasing of North American bison populations and their habitats across all relevant Federal jurisdiction. Further, the VBC is working to insure November 5, 2016 is declared National Bison Day by the President.

ITBC supported the NBLA as a means to raise awareness of bison, enhance tolerance of bison on all landscapes, including Tribal lands, and to optimize educational opportunities regarding the relationship between Tribes and buffalo/bison from the National Bison Day. Further, ITBC was involved in the development of the VBC guiding principles of Unity, Resilience and Health Landscapes and Communities which are also relevant and applicable to ITBC objectives.

The next ITBC meeting will be in late August in Oklahoma with an emphasis on discussing strategy to move the draft Indian Buffalo Management Act through Congress to permanently create a buffalo program within the BIA. Our efforts to get the legislation introduced by Senator Tester this past spring were not successful due to the various 'buffalo/bison' controversies in Montana. We are now hoping to collaborate with other Congressional supporters and explore options.

Hope all of you are having a good summer season and I look forward to seeing everyone at the upcoming Membership meeting in November during the Indian National Finals Rodeo at the Southpoint Casino in Las Vegas.



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ECOLOGY AND NATURAL RESOURCE MANAGEMENT

I earned my B.S. in Rangeland Ecology & Watershed Management with an emphasis in Wildlife Habitat Restoration. I also received minors in Wildlife Ecology, Soil Science, Restoration & Reclamation Ecology, and Agroecology. After graduating in 2011, I worked in the environmental sector of the energy industry; reclaiming, monitoring, and permitting disturbance associated with oil and gas development. I also conducted

wildlife monitoring and wildlife restoration/improvement planning and implementation during this period. After the first big down swing in oil prices, I decided to go back to what I enjoyed the most, ecology and natural resource management. ITBC has a unique opportunity with our next set of grants to allow me to follow that passion.

>> Patrick Toomey

EXECUTIVE DIRECTOR'S WELCOME

Well as the seasons turn we moved from the joy of calves being born, to surviving the dog days of summer and now are getting into the season of the rut. On another (or maybe the same) level- the tribal life of ceremonial, powwow, softball and horse racing seasons are all coming to a close, so life will slow down a little before the hunting seasons start. The wonderful cycle of life in Indian Country. Tribes are preparing for roundups and working with the herds and we are getting ready for these as well.

We at the office have been busy as usual and now have an office of nine people which makes things pretty hectic at times but things are progressing very well. We are still ironing out the duties and responsibilities of the staff so some hiccups may occur - bear with us. ITBC has formalized the process for our associate membership program and information will be included in this article.

In this article we will talk about a few important events/issues affecting ITBC, like the passage of the National Bison Legacy Act, the evolving view of the National Park Service towards tribes receiving buffalo and the planning for the ITBC 25th Anniversary.

NATIONAL BISON LEGACY ACT

It seems like an eternity ago ITBC had internal discussions about creating "Buffalo Day" which would be something like Earth Day but focus on tribes and traditional foods during the early part of November. November was chosen because of its designation as Native American Heritage Month and Thanksgiving, the idea being that tribes could talk about our cultures and displace the misinformation represented

by Thanksgiving. ITBC then discussed this thought with representatives of the Wildlife Conservation Society and there was interest in combining this with an effort to designate the buffalo as the National Mammal. The two groups added the national Bison Association to the mix and the Vote Bison Coalition was formed. After years of hard work things finally broke our way with the House of Representatives finding a work around for the obstacles this effort faced and the buffalo was named the National Mammal. ITBC attended a reception held at the Smithsonian's National Museum of the Native American in Washington, D.C. on June 23, 2016. Since the passages the groups have been working on events for this November for Bison Day and ITBC is looking for tribes that want to host events in conjunction with ITBC. So if your interested please contact me at the office and we will start the planning process.

THE BUFFALO HONORED AS NEW U.S. NATIONAL MAMMAL

The InterTribal Buffalo Council and its partners - the Wildlife Conservation Society (WCS) and National Bison Association (NBA) - organized a Vote Bison Coalition (VBC) event co-hosted by the Smithsonian's National Museum of the Native American in Washington, D.C. to commemorate passage of the National Bison Legacy Act (NBLA) making the buffalo the new U.S. National Mammal. Buffalo meat from ITBC member tribes was served at this reception overlooking the Capitol building in Washington, D.C.

Taos Pueblo Councilman Gilbert Suazo opened the event with a blessing in the language of his tribe, followed by a buffalo song. Taos Pueblo Governor Benito Sandoval then gave a brief history of the tribes buffalo herd dating aback into the 1800s. Secretary of the Interior Sally Jewell spoke of the great cultural value of the buffalo and the



ITBC Region IV, Delbert Chisholm; Water Adjudication Team Member, Gilbert Suazo; Governor Benito Sandoval; and Executive President of Public Affairs, John Calvelli. Photo by Julie Larsen Maher©WCS.

continued on next page

return of herds to their homelands across Indian country.

Many others spoke including NBLA cosponsors Sen. John Hoeven (R-ND) and Rep. William Lacy Clay (D-MO), and also U.S. Department of Agriculture Under Secretary Leslie Jones, WCS President and CEO Cristián Samper and Executive Vice President for Public Affairs John Calvalli, NBA President Roy Liedtke, NMAI Director Kevin Gover, National Buffalo Foundation Vice President Dick Gehring, Turner Enterprises Chief Veterinarian Dr. Dave Hunter, and Association of Zoos and Aquariums Executive Director Kris Vehrs.

Cristián Samper, President and CEO of the Wildlife Conservation Society, said, “As the first conservation success story, bison evoke important values including resilience and unity. Today, conservation efforts are helping restore bison and their essential ecological function to their ancestral landscapes. Bison truly represent the best of America, which is why we celebrate them as our national mammal.”

ITBC President remarked: “The recognition of the buffalo as the National Mammal shows the cross cultural stature of this iconic animal and for tribes will allow us to expand our work on reintroducing buffalo into our day to day lives. The buffalo has had a special place in the lives of tribal people since time immemorial and played important roles in our culture, religion and lifestyle. Now buffalo have become a part of the fabric of tribal life once again, created the foundation for an economic movement based on healthy food choices and provided conservation groups opportunities to expand the habitat for the species.”

He and ITBC’s Executive Director Jim Stone and other ITBC members presented Pendleton blankets to honor

the leadership of Secretary Jewell, Deputy Under-Secretary Jones, and the two Members of Congress who helped ensure the NBLA became law.

Blackfeet Nation Chief Earl Old Person closed the event by performing a traditional Buffalo Song via a film depicting buffalo roaming freely on the grasslands.

**>>Submitted by Julie Anton Randall,
VBC National Coordinator**

NATIONAL PARK SERVICE

ITBC spent a lot of energy in the last five years working with the Dept. of Interior to get the round up fee associated with the surplus buffalo from the parks eliminated. ITBC’s reasoning were:

1. The Parks did not have a statutory authority to charge a fee except for few situations with Yellowstone National Park being one.
2. The management of the park buffalo includes wildlife population management and is thus a normal operating activity (with costs associated) of the parks not

something outside of their normal scope of work as some parks have ascertained.

3. The assessment of the fees to tribes merely shuffled money from one arm of Interior to another.
4. The tribes and ITBC operate as partners in the management of Interior buffalo and should be allowed to participate IBN round up activities which would lower the cost burden being absorbed by the parks.

At times these were very contentious meetings and at one DC meeting a high level DOI employee when confronted with the fact that tribes were about the only group capable of taking the high numbers of animals available from the parks stated that if the tribes were not willing to take the animals they would just shoot them and leave them to rot in the parks. ITBC was successful in getting the fees waived and as a result the parks have been using this as reason to move away from prioritizing tribes as recipients of federal buffalo. The parks have stopped referring to the buffalo as surplus bison and some have stated that they are prioritizing genetic preservation



ITBC honor Secretary of Interior, Sally Jewell with a blanket. Photo by Julie Larsen Maher©WCS.



Photo by Julie Larsen Maher@WCS.

of the buffalo as a goal of dispersing buffalo. So Wind Cave National Park has not given any buffalo to tribes in the last three roundups instead giving the animals to the Nature Conservancy who has entered into an agreement with the Park to put those animals in herds of strictly Wind Cave genetics. One group of animals went to place Mexico where several of them died of thirst. A recent article written by Dan Licht, a NPS employee, published in the George Wright Society on line forum states that the removal of the fee is detrimental to the ability of the NPS to manage their herds and will result in injuries to animals.

ITBC is continuing to combat this type of mentality and will be asking that the NPS provide some sort of cultural training to their biologists so they understand the relationships

tribes have with buffalo and how their purely conservation/science view of the parks role in buffalo management is misguided.

I will say that the US Government seems to me to be one of the few employers where you can spend company time and resources advocating against your guiding policies and remain employed.

ITBC 25TH ANNIVERSARY EVENT SUMMARY

ITBC was first organized in 1992 and in 2012 we held the ITBC 20th Anniversary event in Rapid City, SD. In preparation for the 25th Anniversary the ITBC BOD has started to have conference calls to discuss the event. We've had two teleconference calls regarding the planning and input for ITBC's 25th Anniversary.

The location and dates of the event will be: Las Vegas, NV; November 2017 in conjunction with the ITBC Annual Membership Meeting and the INFR. It was felt that financially it would make sense to combine the anniversary with the membership meeting. ITBC will discuss co-hosting a pow-wow with INFR.

Other ideas that were mentioned were:

- Traditional feed
- ITBC Booth
- Recognition
- Incorporate other organizations into event
- Tribes donating buffalo
- One-day event for Anniversary, Membership Meeting on 2nd day
- Speakers, at least 15-20 with one main speaker
- Honoring with Pendleton blankets

ITBC will be working with various organizations in order to cut down costs; we will continue to discuss issues as they come up at each subsequent teleconference call. ITBC will also be working on fundraising for the event and encourage input from the tribes on ideas or thoughts about the on-going planning for this event.

>>Submitted by Melissa Abeyta, ITBC Administrative Assistant



PROJECT DIRECTOR/MARKETING COORDINATOR'S MESSAGE

FARM TO SCHOOL

As the Project Director /Marketing Coordinator, I have been working on the Farm to School (F2S) grant for the last year and the grant ended on June 30, 2016. These are the schools that I have done two on site visits with: Crazy Horse School, St. Francis Indian School, Loneman Day School, and Red Cloud Indian School. I have only made one on-site visit to these schools: Sitting Bull School, Rock Creek School, Enemy Swim Day School, Tiospa Zina Tribal School, Marty Indian School, Lower Brule School, Todd County School, Flandreau Indian School, Circle of Nations Boarding School, and Santee Sioux School. The Farm to School has been a big success, I completed two F2S trainings, the first training was held at Rapid City, SD and the other training was held at Deadwood, SD.

OUTREACH

March 13-15, 2016, I worked with the Cutts Wood Academy School incorporating buffalo meat into their school lunch program. The President of InterTribal Buffalo Council (ITBC) and I gave a buffalo box presentation to the students before lunch, the Glacier Newspaper Reporter also attended.

March 21-24, 2016, the marketing assistant and I had a booth at the RES Conference that was held at Las Vegas, NV. There were hundreds of Native Business Owners that attended, we passed out the ITBC brochures and other information about the ITBC.

April 27, 2016, I attended a South Dakota, Farm to Everything Project Action Plan at Pierre, SD. This was a very good meeting, there were directors from all over the state of South Dakota,

May 13-15, 2016, ITBC had a booth with the Indian National Finals (INFR) at the Professional Bull Riding (PBR) in Las Vegas, NV.

June 3, 2016, I presented at the National Food Conference that was held at Madison, WI. There were over 1500



Dianne Amiotte-Seidel presented at the National Farm to School Conference at Madison WI.



Farm to School Training that was held at the Lodge, Deadwood SD

attendees, a lot of questions were asked after the presentation. It was an honor to present at this conference.

July 15-17, 2016, ITBC had a booth at the Living Earth Festival.

NEWSLETTER

Spring 2016, done.

Summer 2016, will be done in July.
Updated School Lunch Newsletter 2013-2016

INTERTRIBAL BUFFALO COUNCIL COMMERCIAL VIDEO

I worked with Sam Hurst to have a 3 second video made for ITBC, this video was played during the PBR in Las Vegas, Nevada and Emerald Downs, Auburn, WA

EDUCATIONAL BROCHURES

Traditional Use of the Buffalo Parts
Traditional Uses of the Buffalo Parts in Lakota, Dakota, and Nakota

MARKETING Created labels for these Tribes:

Shoshone-Bannock Tribe
Rosebud Sioux Tribe
Spirit Lake Tribe
Cheyenne & Arapaho Tribe
Sisseton Wahpeton Oyate
Santee Sioux Tribe

I am working with the Crow Tribe to help them market their buffalo, and also to incorporate buffalo meat into their school lunch programs. I also met with Charlene from Northern Cheyenne Tribe, regarding marketing the Tribes buffalo. They would like to incorporate buffalo meat into their schools, diabetes program, and also their elderly program.

I am also currently in the process of getting cartons made for the buffalo jerky, pemmican, and the sausage sticks, right now in the process of having them designed.

YELLOWSTONE MEAT

I have worked with Rick Wallen regarding the Yellowstone buffalo, the parks had captured 60 head of buffalo. I organized to have the buffalo transported to Pioneer Meats to have the buffalo processed for the Tribes. Once the meat was processed, I contacted DTS Transportation to have the buffalo meat transported to Baker Transfer, and Storage in Billings, Montana for the Tribes to be picked up their buffalo meat and also to have some of the buffalo meat transported to I-90 Cold Storage, Rapid City, SD. On June 28, 2016, DTS Transportation will be transporting the remaining buffalo meat to I-90 Cold Storage. There was a total of 16,001 pounds of buffalo meat from the 60 head that was processed.

**>> Dianne Amiotte-Seidel
ITBC Project Director/
Marketing Coordinator**

TECHNICAL SERVICES DEPARTMENT UPDATES

The ITBC Technical Services Department has been busy in recent months. Between applying for new grant opportunities and working on achieving current grant objectives, there is never a dull moment.

First here are some future grant opportunities that we have currently applied for or are applying for. We have successfully submitted a USDA, NRCS, CIG funding opportunity for FY16 dealing with water and riparian resources. This grant is currently pending and we will find out more in September. ITBC has also submitted a Letter of Inquiry for the Keepseagle v. Vilsack Settlement, Native American Agriculture Fast Track Fund (NAAFTF), which will be used to supplement our current Herd Development funding, if awarded. Full proposal invitations for this opportunity will be issued by Thursday, July 28th. Also, a USDA, SDGG proposal will be submitted by August 1st and will focus on bison nutrition.

Our current grant opportunities are the CIG FY13, SDGG FY15, and DOI Climate Change FY15. Our CIG and DOI grants focus on drought and climate change, respectively. The SDGG grant focuses on bison diseases and management. ITBC will be holding trainings for these opportunities throughout the summer. We will start our training tour in Santa Fe, NM on July 12 & 13, 2016. That will be followed by our Northwest region training in Seattle, WA August 9th & 10th. The Southern Plains will be held in Tulsa, OK over August 23rd & 24th. Finally there will be a training held for the Northern Plains in Rapid City which is tentatively scheduled for September 13th & 14th. We are excited about these opportunities to meet with and educate our member Tribes with current research and strategies to help manage climate change and disease within their bison programs.

PE'SLA SITE VISIT

On Thursday, June 16, 2016, Kristine Reed and Patrick Toomey of ITBC and Wayne Frederick, Region 1 Director of ITBC, left Rapid City, SD to visit the tribally owned Pe'sla range unit in the Black Hills by Hill City, SD. The property, located approximately sixteen (16) miles south of Hill City, SD, is owned by five (5) different Tribes: Crow Creek, Rosebud, Standing Rock, Shakopee, and Yankton Sioux Tribe. It is not yet in Trust Status. Upon accessing the range unit, we were met by ranch manager, Joe Buck Colombe, who



Figure 1: From left to right: Kristine Reed, Wildlife Biologist for ITBC; Joe Buck Colombe, Pe'sla Bison/Land Operator; and Wayne Frederick, ITBC Region 1 Director for ITBC



Figure 2: Left: Older, original homestead fence is planned to be replaced with bison appropriate fencing. Right: Fence on right will be replaced with bison containment fencing. Area behind this fence will be utilized for other purposes, due to escapability of the area for bison. Notice the difference between forest thicknesses from right to left due to BIA thinning.

showed us the property, facilities, bison, and explained current and on-going management activities.

It is comprised of three major sections. The first is approximately 1010 acres located on the west side of the road. This is also the location of the ranch manager's house and main barn and storage areas. The second unit is located north and west of the ranch house and is 435 acres. This area will be utilized by Tribes for cultural purposes. The final area is east of the road and has an old homestead and several riparian areas. It is also 1010 acres.

Infrastructure improvements being conducted on site are fencing and fire mitigation. The fences on the property are the original homestead fencing and are not ideal for bison containment. The bison have been removed from the range unit to allow for an NRCS/EQIP project to take out and replace perimeter and cross fences with bison appropriate fencing. This work is scheduled to begin in the next few weeks. There is a high fire danger on this range unit due to the proximity to unhealthy forests. Beetle kill and overgrowth has made the Black Hills a

high risk area for large fires. However, BIA is currently thinning trees into slash piles for safe removal. With no/ limited grazing this year, grass fuels were reduced by mowing. The small 800-lb bales were left out for elk feed.

The Pe'sla unit is moving ahead with several key management projects. With the current needs such as fencing and fire mitigation either underway or scheduled, the project should yield successful results with its continued sound management. The water system is highly developed but a few improvements could produce even better water management in terms of efficiency, sustainability, and overall financial costs. The range itself looks very good; the current management practices have definitely allowed for robust recovery. Overall, the Pe'sla project is an outstanding endeavor, and with the continued management it will provide a cultural asset to the associated five (5) Tribes in the future.

>> Patrick Toomey
ITBC Range Technician

VOTE BISON CAMPAIGN

The North American bison is the new National Mammal of the United States. On May 9, 2016, President Barack Obama signed the National Bison Legacy Act. Our country has a national emblem, flower and tree, and now a national mammal. The bison was the natural choice. Our country's largest land animal, the bison stands up to six feet tall at the shoulder and weighs up to a ton. Its place in American history is unrivaled among species as a symbol of American unity, resilience, and healthy landscapes and communities.

VOTE BISON COALITION

Championing the National Mammal for over four years, the now 63-member Vote Bison Coalition is a cross-sector collaborative uniting rural communities, Native American tribes, ranchers, wildlife conservationists, outdoor re-creationists, hunters, educators, zoos and others dedicated to securing a permanent pedestal elevating the bison from lost species to honored icon of American society. Leading the VBC is a Steering Committee composed of the InterTribal

Buffalo Council, with 62 tribes in 19 states seeking to restore bison to Tribal lands, the National Bison Association, an NGO representing over 1,000 producers, processors, and marketers in 49 states, and the Wildlife Conservation Society, an international NGO based at the Bronx Zoo that has worked on recovering bison populations since co-founding the American Bison Society with President Theodore Roosevelt, Tribes, ranchers and philanthropists more than a century ago.

NATIONAL BISON LEGACY ACT

Senators John Hoeven (R-ND) and Martin Heinrich (D-NM), and Representatives William Lacy Clay (D-MO), Jeff Fortenberry (R-NE), Kristi Noem (R-SD), and José Serrano (D-NY) championed the bill in Congress, along with dozens of co-sponsors from both parties. The Senate first voted in December to pass S.2032; the next step was passage of its companion bill, H.R.2908, in the House. Both bills passed by unanimous consent, as legislators recognized bison benefits to America in the 21st Century.

NATIONAL BISON DAY

We celebrate National Bison Day on the first Saturday of November. Last fall, the U.S. Senate passed S.Res.300, officially designating the Third Annual National Bison Day. The bill, led by Senators Mike Enzi (R-WY) and Joe Donnelly (D-IN), earned support from 20 bipartisan cosponsors. National Bison Day 2015 was commemorated with promotional activities around the country and a Capitol Hill reception hosting 500, including Senators, Representatives and staff from about 120 Congressional offices. The day was covered in television and print news stories nationwide. With the Act's passage, celebratory events will occur year-round in 2016 â public, Tribal and private lands home to bison. Zoos with bison, plus the ranching community, companies marketing bison products, outdoors men and women, historians, educators, and others will hallmark the year the bison became National Mammal with many events held leading up to and held on National Bison Day on November 5.

THE AMERICAN BISON STORY

America's native prairie and wood bison live on ranches in all 50 states and in Tribal herds, parks, refuges, and private conservancies. Bison number about 500,000 across North America, but once faced extinction.

Tens of millions of bison roamed from Alaska to Mexico, and coast to coast. Already integral to Native American sustenance, spirituality and customs, they fed and clothed other early settlers. By nature, bison also regenerate landscapes, producing homes and food for wildlife. But by 1876, bison were all but gone, concluding a dark chapter where 1 million bison were killed in just 3 years â the piles of rotting carcasses a haunting vision of pillage and waste that also cost Native American lives.

In 1905, visionary ranchers, tribes, industrialists, sport hunters and conservationists joined President Theodore Roosevelt in a monumental effort to reverse the American bison's demise. This early campaign to spare the last few hundred bison evolved into the first major

wildlife recovery in world history. The small population secured in states like South Dakota, Montana, and Oklahoma spawned today's 5,000 privately ranched herds of bison that provide meat, wool and leather to growing markets. Native Americans are regaining opportunities to re-center their way of life on the buffalo. Zoos, parks, refuges and tribes are working together to increase bison genetic integrity and numbers. While probably less than 5% of bison truly run wild these days, wherever they roam they help recover lost grasslands and biodiversity.

Nearly 62 Tribes participate in the InterTribal Buffalo Council, cooperating to restore bison to a million acres of Indian lands. Several have signed the historic Northern Tribes Buffalo Treaty establishing intertribal alliances between U.S. tribes and Canadian First Nations to work together to reestablish bison on their lands. For these tribes, a return to bison offers jobs, a lean and healthy meat and traditional source of products for their families, and a return of their treasured cultural identity.

America's bison comeback is unfolding and rural communities are the first to benefit from the economic spark. Consumers are embracing the great taste of bison meat. Bison production on private ranches in rural areas across all 50 states is strong, with the economic value of bison an estimated \$336 million and prices for meat more than doubling in the last four years. As bison return to historic habitats, recreationists are hiking, riding and driving in federal, state and local parks, refuges and forests, and as tourists visit private ranches where they can also experience agrarian life. Hunters have increased opportunities to enjoy their sport in places of great beauty and challenge.

The American Bison is our treasured National Mammal!

**PLEASE CONTACT OUR NATIONAL
COORDINATOR FOR RESOURCES
AND TO ANNOUNCE YOUR EVENT:**

<< Julie Anton Randall
(americanbisoncoalition@gmail.com)
www.votebison.org



A TRIBAL REACTION TO GREG GIANFORTE AND LESLEY ROBINSON



A bison from the herd on the Fort Belknap Indian Community in Montana. Photo by Bronc Speak Thunder / Facebook

As the President of the Fort Belknap Indian Community Tribal Council, I was elected to represent over 8,000 tribal members of the Fort Belknap Assiniboine and Gros Ventre Tribes. I share concerns with tribal communities across Montana about how bison are managed and relocated to our lands.

To Native people, bison are not a disease-carrying burden on our communities, as some have tried to label them in the past. To us, bison are sacred to our people and with spiritual and historical significance to our cultural heritage.

For this reason, I stood with many of my Native brothers and sisters in opposing Senate Bill 284 last year, a bill that county commissioners attempted to force through the legislature with zero input from tribal communities. We were ignored, avoided, and never reached out to for input on this legislation.

Although the bill passed, we were fortunate to have Governor Steve Bullock (D) listen to our concerns and veto the bill. In his veto message, Bullock said: "Tribal governments are sovereign nations, with broad authority over the lands and wildlife within their boundaries. Any comparison to county governments, which are political subdivisions of the state, misses the mark."

This is the second time Bullock vetoed such a dangerous bill. He understands that tribal governments are sovereign nations and bison are an important part of our heritage. I joined many tribal communities in thanking the governor for his veto of this bill.

President Mark Azure, left, and Vice President George Horse Capture Jr. of the Fort Belknap Indian Community in Montana. Photo from Facebook

However, while I thought the fight was over, I recently, learned I was very wrong. The lead proponent of this harmful bill, Lesley Robinson, recently joined Greg Gianforte as his running mate to be Governor of Montana. I was shocked to hear this. The leader of the fight to take bison rights away from the tribal communities was now positioning herself to have more power in the state government.



President Mark Azure, left, and Vice President George Horse Capture Jr. of the Fort Belknap Indian Community in Montana. Photo from Facebook

Let's consider this for a moment. The person who led the charge of this bill, the person who ignored our concerns and avoided reaching out to tribal nations, would be in Helena calling the shots. We can't let this happen.

Lesley Robinson and the Greg Gianforte ticket do not represent the interests of the tribal communities, or our way of life. That much is clear.

With this in mind, I want to remind Greg Gianforte and Lesley Robinson that the Native community votes, and we are paying attention. Your positions on the issues will not only rally us to support Governor Bullock this election, but it will motivate us to do everything we can do to make sure your anti-Native American views never make their way into our state capitol.

Mark Azure serves as president of the Fort Belknap Indian Community in Montana. He was elected to a four-year term in 2013 and previously served as director of the tribe's Fish and Wildlife Department and Buffalo Program, where he worked to restore bison to tribal lands.

**>>Reprint: By Mark Azure, President,
Fort Belknap Tribal Council**
WEDNESDAY, JUNE 8, 2016 ftbelknap.org

QUAPAW TRIBE OPENS NEW MEAT PRODUCT DISTRIBUTION CENTER

QUAPAW — The Quapaw Tribe opened up the new Quapaw Cattle Company distribution center last week.

Called Quapaw Mercantile, it is located in their office space in downtown Quapaw.

Quapaw Mercantile provides a variety of Quapaw Cattle Co. beef and bison products including rib-eye steaks, beef bacon and bratwursts. The store is open from 8 a.m. to 4 p.m. Monday through Friday.

Chris Roper, agriculture director for the tribe, said the new distribution center recently opened and offers convenience to its customers. "It's more convenient for local folks because they won't have to travel very far to get local products," Roper said. "All of our beef is hormone free and all Angus. We don't put any additives into the meat at all. Our bison is the same way."

The Quapaw Cattle Co. has more than 150 bison and 500 head of cattle dispersed along 1,500 acres of land throughout Miami and Quapaw. Their meat products are sold in Quapaw convenient stores located in Miami and by Downstream Casino.

Roper said the Quapaw Tribe currently serves its own meat products at their daycare centers, elders center and all of the restaurants inside of their casinos.

"We currently sell our beef sticks and our beef jerky in about 40 different retail outlets, which is always growing," Roper said. "We're constantly promoting our products to grow that entity."

Later in 2016, the tribe plans to build its own red meat processing plant located by Quapaw Casino and East 66 Road. The cattle company's meat is currently processed at Four State Meat Processing LLC in Big Cabin, but the tribe hopes to start processing its own meat products by the end of the year.

"We have secured one grant for that already, and we have actively applied for several others," Roper said. "We'll be able to raise our animals, feed our own animals and process our own animals."

Roper said they plan to expand the tribe's processing, but it is based on demand. Last year, the tribe processed over 750 animals.

"That's not bad, but we've slowed down the processing a bit this year,"

Roper said. "As markets continue to open up, we'll continue to expand our market area."

Quapaw Tribe agricultural programs

The tribe is also looking to expand its agricultural programs, where they work with green houses and approximately 50 beehives with various different species.

The tribe hopes to grow their own crops to feed to their cattle and bison later this year.

"We want to be able to grow our own feed products for our animals," Roper said. "Currently, we have to purchase all of that, which is a pretty large expense. We're looking to produce our own hay and crops."

<<Reprint: By Kimberly Barker
kbarker@miaminewsrecord.com

Posted Jun. 7, 2016 at 9:35 PM



Chris Roper, Agriculture Director of the Quapaw Tribe, stands next to a variety of products sold at the new Quapaw Mercantile distribution center in downtown Quapaw. The distribution center opened last week and is located in the heart of Quapaw for customer convenience.

PUEBLO OF POJOAQUE BISON TOUR 2016

The Pueblo of Pojoaque Bison Program has had the honor, By the Grace of God, to share our knowledge and experiences (with the American Bison) with tribal programs, neighbors within our community and even guest throughout the country and other countries.

Our guest most common question is, "What do you do with your bison?" Our answers reflect to the importance of the bison in every way from cultural to the health benefit we get from eating bison meat. The American Bison is an animal that is becoming more and more known and respected by both, children and adults. The Pueblo of Pojoaque Bison Program's goal is to continue to share the importance and love for this amazing and majestic creature with as many people (especially our youth) as possible. The Pueblo of Pojoaque is thankful beyond measure to those who have made this possible!



Pueblo of Pojoaque Bison Tour 2016- Pueblo of Pojoaque Social Services Summer Youth Camp



“REFLECTION”

Today I peered through the stifling mist
That separates the spirit world from the land
of my Grandfathers.

I see little resemblance of the land I knew
where in my time,

I was spawned and grew.

Gone is the pristine beauty that inspired my
youth.

Seasonal fragrances that permeated the glen
Replaced now by the offending odors of our
conquerors.

The delicate sounds that announced the
seasons are muffled now

By the unnatural clamor of the hairy ones.

In my youth I had tarried here

Blessed to have lived in a natural scheme

Where all things share a mutual bond.

The living and the inanimate shared space

As equals, without preference for the human
race.

It was here as a boy I learned of honor, respect,
and reverence.

To be appreciative of the world around me and
of the mysteries that abound me.

Mysteries that dictated the character of life,
here and beyond.

Early, it was my grandfather that taught me
about the circle of life

And of the order of nature that maintains a
fragile balance.

Where all things must contribute freely to
sustain the perpetual balance of life,

Taking and giving equally.

I learned of joy as I learned of sorrow

It was ordained that each would strengthen
my earthly journey

To enhance my faith in natures scheme.

All things that are born will surely die,

Such is no mortals dream.

Commanded by the will of the ancient ones

I embrace my vision quest in solitude

I sought to find myself and my key to the
veiled world between death and life.

My medicine bag holds my destiny in bounty
and strife.

My quest completed, I was then a man.

A founding perhaps, nonetheless a man.

My medicine honors me to be a dreamer

A bearer of mystical revelations

Sustained by grandfathers faith to be the seer
for our nation.

My first coup I counted in an enemy camp
undetected

I abducted my adversaries woman child.

She came to be my loving wife.

Guided by the master unseen hands

I became a warrior I aspired to be

The leader of my intimate band.

It was good to be alive

To exist in harmony with the world around

To enjoy the bounty of natural order

Unchallenged by the minds of men.

Such was... bounty.

<<By: **Erin Forrest**
Hewisedawi
Band of Pit River
Indians Elder



LIVING EARTH FESTIVAL



The Smithsonian National Museum of the American Indian held their seventh annual Living Earth Festival. The InterTribal Buffalo Council (ITBC) were special guests again this year. Dianne and Wamni had a booth set up representing ITBC. This year the festival focused on traditional agricultural practices and the importance of Native foods in the Native peoples diets. The three day event had artist demonstrators such as basket weaving, pottery making, bead workers, and Native cooking demonstration. The festival also had entertainment with music and dancing from the Inka Road by Tinkus Lljataymanta, Tradiciones Bolivianas and Grupo Etnia. This long three day event was live streamed.



Photo courtesy of Bill Bates.

Comprised of roughly two million acres of isolated public land, Utah's Henry Mountains offer incredible recreation opportunities, mountains reaching over 11,000 feet in elevation, and a unique collection of sphinx-shaped rocks known as Little Egypt. And where the Colorado Plateau turns into snow-capped peaks, a free-ranging bison herd calls the place home.

In 1941, the Utah Division of Wildlife Resources and Carbon/Emery Wildlife Federation obtained 18 bison from Yellowstone National Park in cooperation with the National Park Service. This cooperation and collaboration between agencies constitute a key ingredient for successful bison management in the Henry Mountains. In joint partnership, the Bureau of Land Management (BLM) and Utah Division of Wildlife Resources manage the Henry Mountains bison

MEET THE HERD: BUREAU OF LAND MANAGEMENT'S HENRY MOUNTAINS HERD

herd. "We really couldn't do it without everyone involved," said Bill Bates, Wildlife Section Chief for the Utah Division of Wildlife Resources. "We have bison due to public support and the cooperative approach we take." Bison are legally classified as wildlife in Utah and the state of Utah issues hunting permits to manage the herd. The BLM manages the habitat, balancing needs for bison and livestock. Bates mentions that the Utah Division of Wildlife Resources also works closely with grazing permit holders, sportsman, and livestock owners. "They are all an integral part of bison management and we have lots of buy-in from these stakeholders," said Bates. Public support and involvement from multiple organizations allows for beneficial solutions for herd management as well as helps ensure quality habitat.

Together, the BLM and Utah Division of Wildlife Resources participate in annual helicopter surveys, habitat management, and summer ground classifications. Since bison and livestock utilize similar habitat in the Henry Mountains, habitat quality is an important focus for resource managers. The BLM and Utah Division of Wildlife Resources have aggressively

worked to improve habitat, including reseeding a 42,000-acre burn area, habitat improvement projects, water developments, and adjusting grazing pressure to benefit both livestock and bison. Sportsmen for Fish and Wildlife, a wildlife conservation group, joined with the Division and BLM to fund a multi-year research project through Utah State University to look at bison movement patterns, habitat use, sight ability during the helicopter surveys, and competition with cattle for forage. The results from this study are being used in a collaborative approach to manage the bison herd on the Henry Mountains.

Whether the focus is on habitat quality or bison management, collaboration between a diversity of stakeholders truly attributes to the success of the bison herd in the Henry Mountains. As Bates says, "a cooperative approach is key for bison management." The Henry Mountains bison herd is truly a national treasure, as one of the few free-ranging, disease free herds in the wild.

>>Sarah G. Sparhawk
Visual Information Specialist



DID YOU KNOW?

The Henry Mountains are within the historical range of bison. However, the range probably did not sustain high population densities due to a lack of water. It is predicted that the range was most likely for seasonal movements.

Photo courtesy of Bill Bates



THE IOWA TRIBE OF OKLAHOMA - PROGRAM

The Iowa Tribe of Oklahoma Library hosts an annual 6 week Summer Youth Program. This year the Library has partnered with the Equine Program for the youth to learn basic safety skills with horses, horse care, and basic riding skills. (pic 1) Iowa Tribe of Oklahoma Equine Specialist Wendy Whitlow greets the participants of the Summer Youth Program to review the safety guidelines when approaching, handling, and riding horses. (pic 2) The youth practice approaching the horses with care and respect. (pic 3) The youth take turns riding horses, demonstrating the riding skills they have learned. (pic 4) ITO Summer Youth Program participants take time to pose for a picture as they wait their turn to ride.



SAY HELLO TO THE NEW NATIONAL MAMMAL, THE BISON

On May 9, 2016, President Obama signed the National Bison Legacy Act into law, officially making the American bison the national mammal of the United States. This majestic animal joins the ranks of the Bald Eagle as the official symbol of our country – and much like the eagle, it's one of the greatest conservation success stories of all time.

In prehistoric times, millions of bison roamed North America – from the forests of Alaska and the grasslands of Mexico to Nevada's Great Basin and the eastern Appalachian Mountains. But by the late 1800s, there were only a few hundred bison left in the United States after European settlers pushed west, reducing the animal's habitat and hunting the bison to near extinction. Had it not been for a few private individuals working with tribes, states and the Interior Department, the bison would be extinct today.

Explore more fun facts about the American bison:

Bison are the largest mammal in North America. Male bison (called bulls) weigh up to 2,000 pounds and stand 6 feet tall, while females (called cows) weigh up to 1,000 pounds and reach a height of 4-5 feet. Bison calves weigh 30-70 pounds at birth.

Since the late 19th century, the Interior Department has been the primary national conservation steward of the bison. Public lands managed by Interior support 17 bison herds – or approximately 10,000 bison – in 12 states, including Alaska.

What's the difference between bison and buffalo? While bison and buffalo are used interchangeably, in North America the scientific name is bison. Actually, it's Bison, bison, bison (genus: Bison, species: bison, subspecies: bison), but only saying it once is fine. Historians believe the term "buffalo" grew from the French word for beef, "boeuf."

Yellowstone National Park is the only place in the U.S. where bison have continuously lived since prehistoric times. What makes Yellowstone's bison so special is that they're the pure descendants (free of cattle genes) of early bison that roamed our country's



By the U.S. Department of the Interior

grasslands. As of July 2015, Yellowstone's bison population was estimated at 4,900 – making it the largest bison population on public lands.

What's a "red dog?" It's a baby bison. Bison calves tend to be born from late March through May and are orange-red in color, earning them the nickname "red dogs." After a few months, their hair starts to change to dark brown and their characteristic shoulder hump and horns begin to grow.

The history of bison and Native Americans are intertwined. Bison have been integral to tribal culture, providing them with food, clothing, fuel, tools, shelter and spiritual value. Established in 1992, the Intertribal Buffalo Council works with the National Park Service to transfer bison from national park lands to tribal lands.

You can judge a bison's mood by its tail. When it hangs down and switches naturally, the bison is usually calm. If the tail is standing straight up, watch out! It may be ready to charge. It's great to love the bison, but love them from a distance.

Wind Cave National Park's herd helped revive bison populations around the country. The story starts in 1905 with the formation of the American Bison Society and a breeding program at the New York City Zoo (today, the Bronx Zoo). By 1913, the American Bison Society had enough bison to restore a free-ranging bison herd. Working with Interior, they donated 14 bison to Wind Cave National Park

in South Dakota. More than 100 years later, the bison from Wind Cave have helped reestablishing other herds across the United States and most recently in Mexico.

Bison may be big, but they're also fast. They can run up to 35 miles per hour. Plus, they're extremely agile. Bison can spin around quickly, jump high fences and are strong swimmers.

Bison primarily eat grasses, weeds and leafy plants – typically foraging for 9-11 hours a day.

From hunter to conservationist, Teddy Roosevelt helped save bison from extinction. In 1883, Teddy Roosevelt traveled to the Dakota Territory to hunt bison. After spending a few years in the west, Roosevelt returned to New York with a new outlook on life. He paved the way for the conservation movement, and in 1905, formed the American Bison Society with William Hornaday to save the disappearing bison. Today bison live in all 50 states, including Native American lands, wildlife refuges, national parks and private lands.

Bison can live up to 20 years. The average lifespan for a bison is 10-20 years, but some live to be older.

A little dirt won't hurt. Called wallowing, bison roll in the dirt to deter biting flies and help shed fur.

The American bison's ancestors can be traced to southern Asia thousands of years ago. Bison made their way to America by crossing the ancient land bridge that once connected Asia with North America during the Pliocene Epoch, some 400,000 years ago. These ancient animals were much larger than the iconic bison we love today. Fossil records show that one prehistoric bison, *Bison latifrons*, had horns measuring 9 feet from tip to tip.

Bison are nearsighted. While bison have poor eyesight, they have excellent senses of smell and hearing. Cows and calves communicate using pig-like grunts, and during mating season, bulls can be heard bellowing across long distances.

>>Reprint: By Door County Pulse, Peninsula Pulse – May 19th, 2016

INDIGENOUS RIDERS COMPLETES 7TH ANNUAL IRON PONY RUN

A small group of motorcyclists from Phoenix, Arizona, who call themselves Indigenous Riders, rolled into the Black Hills on Tuesday, July 18 on an annual mission - to honor Native people. Each year they chose a different Tribe to honor. This year, Cheyenne River Sioux Tribe was the recipient of their hospitality. Buffalo meat and other food, supplies and travel funds were donated by InterTribal Buffalo Council, a national organization headquartered in Rapid City. Without their support, the event wouldn't happen. Hours of preparation went into planning the event - time volunteered by people who organize it. Their goal is to honor and to educate Native people.

This year's event began at the Indian University of North America at Crazy Horse on the evening of July 21. Mr. Rex Carolin, the President of Indigenous

Riders and member of Cheyenne River Sioux Tribe, began with an introduction about what his group is hoping to accomplish during their Iron Pony Runs. The students took turns introducing themselves sharing what Tribe they are from and what their educational goals are. The inspiring potential of the Native youth who attend this University program was evident. From doctors and nurses, to lawyers, to biologists, teachers, business people and three psychologists - there was a massive amount of talent in the room all rolled up in their hopes and dreams for the future.

After introductions, the students, along with Indigenous Riders guest, Katherine Guerrero, enthusiastically contributed their time preparing for the Cheyenne River Sioux Tribe's meal, chopping vegetables and forming buffalo patties. Mr. Carolin talked about the

importance of serving others and how Natives traditionally band together as a community to accomplish tasks. They also prepared the buffalo burger for the meal they shared with Indigenous Riders and the staff of the University. After those preparations were done, a tipi setup demonstration was directed by Mr. Carolin and his son, Cameron. Students got hands on experience. Most stated they had never seen a tipi being set up before and they enjoyed participating. Entertainment was a surprise visit from B Max - giving the students a fun photo op. Then everyone gathered outside to admire the motorcycles. Mr. Carolin answered questions from the students and encouraged them to keep reaching for their dreams. He talked to them about being proud of their heritage and culture.

Indigenous Riders: L to R: Chuy Garza, Martha Morales, Cameron Carolin, Katherine Guerrero, Gerald Shipman, Rex Carolin



continued on next page

On July 23, Indigenous Riders prepped up their motorcycles and lined up their support team and drove to Eagle Butte, about 160 miles. The heat topped out at 104 degrees late morning, but they rode onward. Arriving in the afternoon hot and tired with the trailer full of supplies needing to be unloaded, they got ready for guests. The two cooks, Ms. Martha Morales and Mr. Gerald Shipman, worked their magic on a gigantic pot of stew, along with assistance from Mr. Chuy Garza. The people from the Eagle Butte community arrived and were served hot buffalo stew and salads. The salads were donated by North American Indian University. Around 150 people were honored with a meal and learned about InterTribal Buffalo Council's role in providing the buffalo meat and how they help restore buffalo herds to Native American reservations.

July 24, Indigenous Riders prepared breakfast for around 150 more guests from the community. After all food was distributed, they cleaned up, packed up and rode back to Crazy Horse Memorial.

The event concluded with a sunrise ceremony on the top of Crazy Horse Memorial. This year's prayers were offered up by Mona Greybear of the Cheyenne River Sioux Tribe. Each of the Indigenous Riders were there, along with Terry DeRouchev and Andre Bancroft of Crazy Horse Memorial, thanking the Creator and praying for Native people, for an end to the violence and hatred in the world and for all the police officers who are sworn to protect people. As a co-sponsor of the event, Crazy Horse Memorial generously donates camping space and some staff time, so that the Iron Pony Run is a success.

Also good to note, one of the students who attended the Indian University of North America at Crazy Horse learned about the program from Mr. Carolin, who did a presentation at his high school in Eagle Butte in February of 2016, which was also sponsored by InterTribal Buffalo Council.

These hardworking motorcycle enthusiasts from Arizona volunteer more than five days of their time to help others in conjunction with InterTribal Buffalo Council and they should be commended. This is just one honor run they complete every year. They also host other runs and charity events in Arizona.

Indigenous Riders that attended this year's Iron Pony Run include: Rex Carolin, Gerald Shipman, Cameron Carolin, Katherine Guerrero, Martha Morales and Chuy Garza. They would like to personally thank Crazy Horse Memorial for their participation and donating of space for the group to camp. A big thank you is extended to InterTribal Buffalo Council for sponsoring the run.

>>By Rita Weatherbee

To learn more about Indigenous Riders, you can contact Mr. Carolin at rexcarolin@indigenoustriders.com. More information about the role of InterTribal Buffalo Council can be found on their website at www.itbcbuffalo.com.



Martha Morales and students from Indian University of North America preparing food for buffalo feed in Eagle Butte.



Gerald Shipman stirring buffalo stew for Eagle Butte community.



Residents from Eagle Butte at buffalo feed honoring.



Students from Indian University of North America setting up a tipi.

WHY IS A RETURN TO EATING BUFFALO AND MORE TRADITIONAL FOODS SO IMPORTANT FOR HEALTH?

Our bodies can make most of the components that our bodies need for health and high performance activity out of building blocks in our foods. There are some essential components that our bodies cannot make, however, and these are called essential nutrients. The **essential nutrients** are needed in the correct balance to build and maintain our bodies and should be obtained from our diets. The most unbalanced nutrients in most people's diets are the essential fatty acids also called the essential fats.

There are two families of essential fats, the omega-6 fats and the omega-3 fats. Traditional foods had an excellent balance of these essential fats, but modern/western foods have way too much omega-6 and too little omega-3. **Too much omega-6 and too little omega-3 fats lead to increases in hunger, obesity, liver disease, type 2 diabetes, heart disease, learning difficulties, anxiety, depression and poor overall brain function.**

Omega-3 fats originate in the green leaves of plants and green algae in water. **Grass-fed animals, like buffalo and wild**



game eat large amounts of green grass, concentrate the omega-3 fats in their bodies, and contain rather little of the omega-6 fats. High omega-3 also occurs in fish, where small fish eat green algae and

the bigger fish eat the small fish. High fat diets are beneficial, but the quality of the fat, with low omega-6 and high omega-3, is extremely important for health and the best possible brain function.

For example, the Inuit people in Greenland, who eat a traditional high fat diet are unusually healthy. The traditional diet of the Inuits is extremely high in fat (fish and seals) and low in vegetables and fruits, yet they have very low type 2 diabetes, low heart disease, and generally excellent health. The excellent health of the Inuits is not due to favorable genes, since if the Inuits start to eat Western diets their health becomes poor and type 2 diabetes and heart disease increase very greatly.

Western diets are typically centered on corn and soy fed meats and eggs with too many starches and sugars. Feed lot raised corn and soy fed meats and eggs are very high in omega-6 and low in omega-3 (not good). Buffalo and other grass-fed animals have an excellent ratio of low omega-6 and high omega-3 (extremely good). **So eating buffalo has two important advantages: 1) greatly improves people's omega-6/omega-3 ratio and 2) also displaces other foods from the diet that have a bad ratio of omega-6/omega-3.** People are often not so aware of the second point, that eating buffalo and grass fed meats also reduce the consumption of undesirable foods. Ideal diets could include grass-fed buffalo, grass-fed wild game, grass-fed beef, pasture raised chickens (or wild bird eggs), include fish (if people like it) and reduce feed lot raised meats as much as feasible. Good mottos to remember are **"Nix the Six" and "Eat the Three."**

Eating more omega-3 and less omega-6 tends to make people less hungry and reduces obesity and tendency to be overweight. Eating more protein

(meat, fish and eggs) and fat of all kinds (including saturated fat) is much more satisfying than eating starches or sugars. Higher levels of sugars and starches are converted to fat in the body and especially in the liver, fat in the is very bad for people's health. Increasing fat in the diet tends to stabilize blood sugar levels and helps people to be less addicted to sugar and alcohol. Keeping sugar in the diet as low as you can is highly beneficial for improved health and better brain function, and **traditional foods were very low in sugar.** Many modern foods such as orange juice and apple juice are too high in sugar and each glass of juice is made from five or more fruits. Eating one piece of fruit or better berries is fine, particularly if only eat the fruit/berries in local natural peak season. **It is important to note that eating more omega-3 and less omega-6 from buffalo and other beneficial foods appears to reduce damage to the body from too much sugar!**

There is a lot of data in the scientific literature that increasing omega-3 and decreasing omega-6 helps people have better memories, have better reaction times (good for basketball and many life activities), have less anxiety, less depression, less alcohol and drug dependence and even less suicide. So **please try to Nix the Six and Eat the Three.**

This next more science-based part is optional. You could stop reading here, unless you are especially interested. The amount of omega-6 and omega-3 in most people's diets varies a lot from day to day, if a variety of foods are eaten. It is possible to tell what the average omega-6/omega-3 ratio has been in a person's diet for the prior four months by having the fatty acids measured in the membranes around the red blood cells. Human red blood

cells live for about 120 days and new red blood cells are being made continuously to replace worn out red cells. When the new cells are made they are surrounded by oily membranes that record the essential fatty acids in the diet.

We have worked with groups of junior high and high school students in the summers for five years, and these students learn how to measure their own red blood cell membrane fatty acids in the laboratory. We keep in touch with the students by video conference for about six months afterward. The students keep track of the foods they eat at home and enter the foods into a computer program to determine which foods help lower their omega-6/omega-3 ratio and which foods are bad for the ratio. The students do the same analysis with a relative, such as a grandparent or aunt or uncle, who does not eat with them and teaches the relative about how to improve their omega-6/omega-3 ratio. Finally the students are asked to invent their own research projects.

Last year for their final research project, students from the Crow Reservation in Montana chose to gather samples of buffalo meat during the annual buffalo harvest and other meat samples that we analyzed at MSU for essential fatty acids. The Crow students had previously measured the essential fatty acid content of their own red blood cell membranes so they knew how to do the procedure. The Crow students obtained samples of meat from three places (rib, steak, and hump), on six animals and noted their sex and approximate ages. Samples of commercial buffalo, grass-fed beef and

lamb and locally purchased commercial ground beef were obtained. The samples were frozen and the fatty acids measured at MSU. We found that the buffalo samples all had omega-6/omega-3 ratios very close to 2.5. The healthiest values of this ratio are between 1 and 4 and 2.5 is probably ideal.

We were surprised to find that the USDA National Nutritional Database listed the omega-6/omega-3 ratio of grass-fed buffalo at 7, which is way too high. Looking in the scientific literature we found several reports of grass-fed buffalo at near 2.5. We found that the commercial buffalo meat we tested had an omega-6/omega-3 ratio of 18, which clearly showed that it had been corn-finished, instead of fully raised on grass. Therefore it appeared that the USDA National Nutritional Database number for grass-fed buffalo was taken from partially corn-fed animals. Grass-fed beef and lamb were both near 2.5, as expected. Commercial feed lot-raised beef, which are fed primarily corn and soy had omega-6/omega-3 ranging from 12-68 in different samples.

We were also surprised to notice that the USDA listed the omega-6/omega-3 ratio of canned commodity beef at 1.7, which is an unbelievably low number, better than many fish. When we measured the canned commodity beef provided to the Food Distribution Program on Indian Reservations we found an omega-6/omega-3 value of 38, which is 22 times higher than the value listed by the USDA data base. Therefore the USDA rates the essential fatty acid nutritional values in a way that way over estimates that value of

commercial foods and underrates grass-fed buffalo and other grass fed meats. We plan to publish the errors we have found in the USDA data and this may well support efforts by the National Congress of American Indians to convince USDA to support providing more buffalo and other traditional foods to Indian Reservations and to correct errors in the USDA databases of nutritional content of foods.

The traditional diets of American Indians/Alaska Natives (AIAN) varied widely. Tribes from the northwest ate salmon, while tribes in the northeast ate three sisters (squash, corn and beans). In the Great Lakes region, wild rice was a mainstay. Buffalo, of course, was a staple for many tribes. All traditional diets across North America have two very important features in common that favor excellent health 1) a good balance between the two kinds of essential fats, Omega-6 (n-6) and Omega-3 (n-3) and 2) the diets were very much lower in sugar than today's Western diet. Eating more grass-fed buffalo is an excellent way to improve the nutritional quality of people's diets.

Acknowledgments: This work was financially supported largely by the US National Institutes of Health (1 R25 RR025997, Kim Obbink, PI). Thanks to Jack Joyce and Andrew Not Afraid for collecting the buffalo meat samples from the Crow Reservation for fatty acid analysis.

>>Edward Dratz*, Jennie Eller*, Catherine Ferguson#, and Holly Hunts*, *Montana State University, Bozeman, MT, #Paragon International, Bozeman, MT

ONE THOUSAND-YEAR-OLD BISON BONES UNEARTHED

The discovery is helping understand Native American culture long ago.

MITCHELL, S.D. - College students have made a 1,000-year-old discovery in Mitchell at the Prehistoric Indian Village.

But that's not all, the college kids aren't even from this area, they're visiting from the United Kingdom.

Their findings are helping locals understand Native American culture long ago.

"We come in every morning, we get all of our stuff, our equipment that we need and one of us will go down and start excavating out," says Megan Stealey. "Another person will bag any finds, and record them in a notebook."

That's the usual routine Stealey, and 14 other University of Exeter students who traveled from Europe to the U.S., have been performing since June 16.

They traveled to learn about archeological excavation.

Turns out, they'll be the ones helping to educate us.

"We dug about a meter down and we found this pelvis, and then we continued about 10 centimeters and found the vertebrae," explains Amy Chamberlain-Webber, also a University of Exeter student.

The bones they found belong to two bison, an adult and a baby, from 1,000-years-ago.

Archeological Professor at the University of Exeter, Alan Outram says the condition of these two animal remains is what makes them ground breaking.

"It's unusual that we would find these in one piece, normally they have been processed much more," says Outram.

He says this discovery gives us a better idea of how Native Americans butchered and ate bison years and years ago.

food is what defines cultures more than anything else, and butchery is certainly different in different parts of the world."

This has turned a routine schedule, into a remarkable discovery.

"It's finding stuff you weren't expecting to find," says Chamberlain-Webber. "It's been fascinating."

The students will continue excavating at the Prehistoric Indian Village until next week.

They hope to uncover even more bison bones before then.

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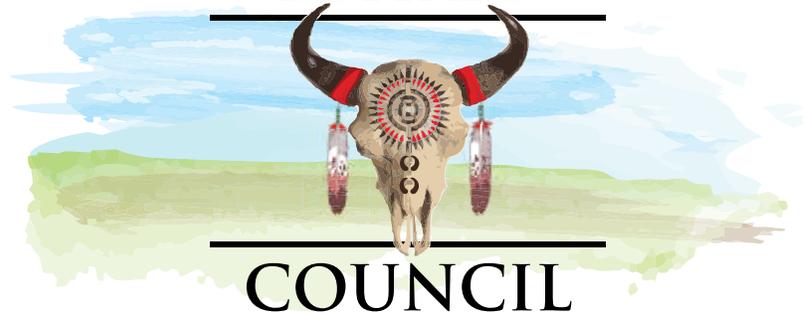
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The Inter Tribal Buffalo Council (ITBC) would like to thank you for your support and interest in joining ITBC as an Associate Member. This will assist ITBC in our efforts in working with Tribes to restore buffalo to their native land.

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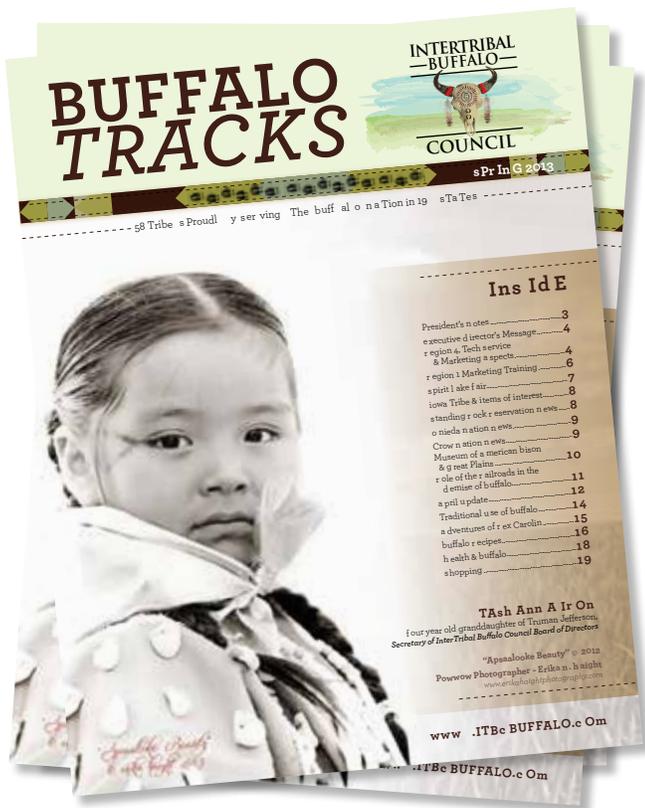
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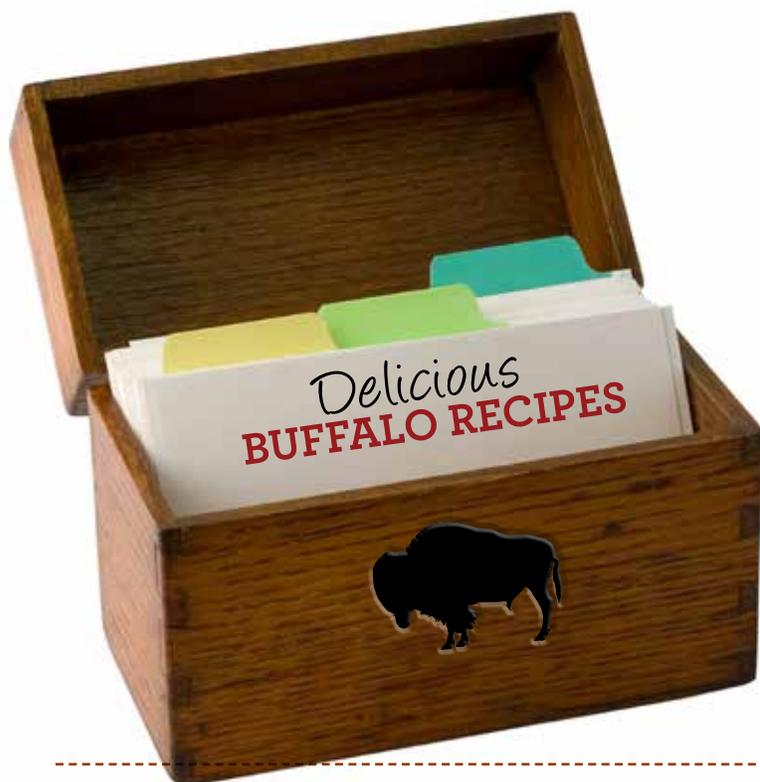
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MARINADE FOR BUFFALO MEAT

Ingredients:

- 12 ounces Coke (not diet) or 12 ounces Pepsi (not diet)
- 1/2 cup Worcestershire sauce
- 1/2 cup teriyaki sauce
- 2 tablespoons liquid smoke
- 2 tablespoons light brown sugar
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- Black pepper or hot pepper sauce

Directions:

Combine all ingredients and mix well. Place meat in freezer zip top bag or covered container. Pour marinade over meat.



HONEY GINGER MARINADE BUFFALO STEAK

- 1/4 Cup honey
 - 2 tablespoons ground ginger
 - 3/4 cup vegetable oil
 - 1/3 cup teriyaki sauce
 - 2 tablespoons Worcestershire sauce
 - 1 tablespoon low-sodium soy sauce
 - 1/4 cup red wine vinegar
 - 1/4 cup red wine
 - 1 scallion, white and light-green parts, coarsely chopped
 - 6 medium cloves garlic, crashed
 - 1 (24 ounces) Buffalo sirloin or clank steak, trimmed of excess fat and any silver skin.
 - Freshly ground black pepper.
- Combine the honey, ginger, oil, teriyaki

sauce, Worcestershire sauce, soy sauce, vinegar, wine, chopped scallion and crushed garlic in a large reseal able plastic food storage bag; mix well. Season the Buffalo lightly with pepper, then add it to the bag. Seal the bag and massage the marinade well into the meat. Refrigerate overnight, turning the bag occasionally. Allow the meat and marinade to sit at room temperature for 1 hour before grilling. Remove the buffalo from the bag and pat it dry with paper towels; reserve the marinade to make a sauce. Season lightly with black pepper and garlic powder, if desired. When ready to cook, prepare the grill: If using a gas grill, heat it to medium-high. If using a charcoal grill, light the charcoal or wood briquettes; when the briquettes are ready, distribute them evenly under the cooking area for direct heat. Place the venison on the grill and cook for 5 to 6 minutes, then turn it over and cook for 4 to 5 minutes (for medium-rare, the chef's recommended degree of doneness). Meanwhile, if desired, strain the marinade into a small saucepan and cook over medium-high heat for about 10 minutes or until it has reduced by at least half.

BUFFALO TENDERLOIN WITH BLACKBERRY SAUCE

- 1 lb. buffalo tenderloin
- 1 cup dry red wine
- 3 tbsp. Dijon mustard
- 2 cups Beef stock
- 3 tbsp. blackberry jam
- Salt/pepper

Make the marinade by mixing the wine and the mustard. Salt and pepper the Buffalo and cover and marinate with mustard mix. Put it in the refrigerator for at least six hours. When ready, remove the meat from marinade. Heat a skillet with some two tablespoons of butter and one tablespoon of olive oil. Brown the tenderloin over medium-high heat until medium rare, five minutes on each side. Cover tenderloin with tin foil; it will still be cooking. De glaze the pan with beef stock; reduce by half and add the jam. Cook until the marinade thickens and serve over sliced buffalo.





BUFFALO MEDALLIONS WITH WHISKEY, MUSHROOM & HORSERADISH CREAM SAUCE

- 1 lb. buffalo tenderloin
- Kosher/sea salt, to taste
- Freshly cracked black pepper, to taste
- 2 tbs. butter
- 1/2 cup onion, diced
- 1 cup button mushrooms, finely diced
- 1/2 cup of whiskey
- 1/2 cup of beef broth
- Dash of salt
- 1/4-1/2 cup of sour cream, or to taste
- 1/2 tsp. of prepared horseradish, or to taste
- 1 tbs. of chives, chopped
- Milk, a few tablespoons

Season the buffalo with salt and pepper. Chop one cup of mushrooms and 1/2 cup onion. Sauté onions in pan with two tablespoons butter. Add mushrooms; cook for another five minutes. Turn burner off and pour 1/2 cup of whiskey into pan. Cook until alcohol evaporates—about a minute. Pour in 1/2 cup of beef broth and reduce by half. Reduce heat to low and whisk 1/2 cup of sour cream and 1 teaspoon of horseradish—or to taste. Whisk in the milk and chopped chives; salt and pepper to taste. Grill buffalo until medium rare. Serve marinade over buffalo medallions.

BELGIAN BUFFALO MEDALLIONS

- 1 pound buffalo or loin
- 3 tablespoons lard or butter
- Salt

- Pomegranate seeds for garnish (optional)
- 1 shallot, minced
- 1/4 cup demi-glaze or reduced beef stock
- 1 teaspoon ground juniper
- 2 teaspoons chopped fresh rosemary
- 1/2 cup sour cream

Salt buffalo; set aside for 30-60 minutes. Heat butter or lard and sear buffalo three-five minutes on each side; medium rare buffalo is best. Add shallot and sauté; turn the heat off and add gin. Cook down with high heat and add crushed juniper, rosemary and dime-glaze or beef stock. Turn off heat and whisk in sour cream. You should be able to make a trail with the spoon for desired thickness. Serve over buffalo medallions and garnish with pomegranate seeds.



GRILLED BACON-WRAPPED BUFFALO TENDERLOIN

- 1 lb. buffalo tenderloin
- 3/4 lb. bacon
- 1 cup sweet white wine
- Meat seasoning blend of your choice (garlic, paprika, onion powder, cumin, thyme, salt, pepper is our go-to)
- Cherry wood for smoking on grill

Marinate the buffalo in a cup of white wine. Season with your favorite herbs and spices. Wrap the buffalo in bacon strips and use toothpicks to keep the strips in place. Grill buffalo tenderloin until medium-rare, a minute on each side. Close grill and cook for additional 30-45 minutes over indirect heat. Internal temperature should read 145-160 F.

CHAR-GRILLED BUFFALO TENDERLOIN WITH SMOKY CHIPOTLE RUB AND THREE-HERB CHIMICHURRI



- 2 tablespoons brown sugar
- 1 tablespoon sweet smoked paprika
- 1 tablespoon coarse kosher salt
- 1 1/2 teaspoons chipotle Chile powder
- 1 teaspoon ground black pepper
- Buffalo tenderloin
- 2 tablespoons olive oil (for sear)
- 3/4 cup olive oil (for sauce)
- 3 tablespoons red wine vinegar
- 3 tablespoons fresh lemon juice
- 3 cloves garlic
- 1 very small onion, peeled, quartered
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried crushed red pepper
- 3 cups (packed) stemmed fresh parsley
- 2 cups (packed) stemmed fresh cilantro
- 1 cup (packed) stemmed fresh mint

Mix all the spices together. Coat the tenderloins in the mix. Grill on medium high until medium rare. To make the chimichurri add the olive oil and red wine into a blender. Squeeze in some lemon and add garlic, quartered onions, and salt, pepper, and red pepper flakes. Blend until smooth and then add cilantro and a quarter of the mint. Puree and then keep adding the rest of the mint.



MAPLE JUNIPER BUFFALO LOIN WITH CHOCOLATE INFUSED RED WINE JUS, LEEK AND POTATO MASH

- 1/3 cup (75 mL) pure maple syrup
- 3 tbsp. (45 mL) juniper berries
- 2 tbsp. (30 mL) chopped fresh thyme leaves
- 3 cloves garlic, minced
- 1 buffalo tenderloin (about 2 lbs.)
- Pinch each salt and freshly ground black pepper
- Chocolate Infused Red Wine Jus:
- 1/3 cup butter
- 1 carrot, chopped
- 1 onion, chopped
- 1 leek, white and light green part, thinly sliced
- 2 bay leaves
- 3/4 cup Meritage wine
- 2 cups beef or venison stock
- 3 oz. 90% dark bittersweet chocolate
- 1 tbsp. red wine vinegar
- Leek and Potato Puree:
- 1/2 cup butter
- 1 leek, white and light green part, thinly sliced
- 1/2 cup chopped fresh parsley
- 1/4 tsp salt
- 1 1/4 lb. Yukon Gold potatoes, peeled and chopped
- 2 tsp chopped fresh thyme leaves
- 1/2 cup whipping cream, heated

Leek and Potato Puree: Heat a tablespoon of butter and cook leeks for 10 minutes or until soft. Stir in parsley and salt. Bring potatoes and thyme to boil in a pot of water. Cook until tender-20 minutes. Drain and mash potatoes. Add cream and rest of the butter until creamy. Add leek and parsley and stir.

Maple Juniper Buffalo Tenderloin: Combine maple syrup, juniper berries, thyme

and garlic. Marinate tenderloins in mixture for half an hour. Season with salt and pepper and roast in 450 F oven for 10 minutes. Reduce oven temp. To 2745 F and roast for an hour. Slice and let rest. Internal temperature should be 145 F.

Chocolate Infused Red Wine Jus: Melt 2 tablespoons of butter over medium high heat and sauté carrots, onion, leeks and bay leaves-until softened and brown. Add wine and simmer until reduced by half. Add beef stock and bring to a simmer for 10 minutes. Strain into a clean saucepan. Whisk in chocolate and rest of butter until smooth.



BUFFALO STEAK WITH MUSHROOMS & RICE

- 1 1/2 -2 lbs. buffalo steak (cut in thin strips)
- 2 tbsp. vegetable oil
- 2 onions, cut into sliced rings
- 1 (10 3/4 ounce) can Condensed cream of mushroom soup
- 1 (4 ounce) can sliced Mushrooms (drain & reserve liquid)
- 3/4 cup dry sherry
- 2-3 pinches minced garlic, to taste
- hot cooked rice, as much as you like
- 1. cut buffalo steak into thin strips about finger width.
- 2. in a cast iron skillet brown buffalo meat in oil, using high heat.
- 3. Add onions.
- 4. Sauté until tender.
- 5. Blend soup, sherry, liquid from mushrooms, and minced garlic.
- 6. Pour over steak meat.
- 7. Add mushrooms.
- 8. Reduce heat; cover and simmer Approx. 1 hour or until steak is tender.
- 9. Serve over a nice plate of hot rice with a few splashes of soy sauce.

DRY RUB FOR BUFFALO ROASTS

- 2 1/2 to 3 pounds Buffalo roast (whole or chunked)
- 1 tbs. olive oil
- Rub:
- 1 1/2 tsp kosher salt
- 1 heaping tsp granulated or powdered beef bouillon
- 3/4 tsp garlic powder
- 3/4 tsp onion powder
- 1/2 tsp freshly ground black pepper
- 1/2 tsp paprika
- 1/2 tsp dried oregano leaves
- 1/2 tsp dried thyme leaves, lightly crushed
- 1/4 tsp cornstarch

Preheat oven to 325 degrees (F). Mix all of the dry ingredients together. Rub the buffalo roast (or buffalo chunks) with olive oil and then roll meat into dry ingredients. Meanwhile add 2 cups of beef broth in the bottom of a roasting pan. Place the buffalo roast in the pan and add the potato and onion quarters. Cover and roast for bake for 2 hours. Remove from oven and let the buffalo roast rest for 15 minutes. Thinly slice and enjoy.

GRILLED BUFFALO BITES

Cut buffalo into bite size bits. Cut bacon into 3-4 inch pieces. You may even want to cut the bacon strips in half, length-wise first, depending on the width of the bacon. Wrap each chunk of meat with a piece of bacon, using a tooth pick to hold in place. Place wrapped buffalo in a plastic bag and cover with dressing. Marinate over night. Place marinated buffalo balls on plate and sprinkle with seasoning. Grill until bacon is crisp, turning often. I found the easiest way is to use a fish basket, that way you can turn them all over at once. Another way is to use a skewer. No matter what method you use, watch for flare ups, since the oil in the Italian dressing will cause quite a blaze if you don't keep an eye on it.

BROCCOLI BUFFALO



- 1 pound of buffalo
- 2 pounds of broccoli
- 2 tablespoons cooking oil
- 2 tablespoons soy sauce
- 1 teaspoon brown sugar
- 1/2 teaspoon fresh ginger, minced
- 1/2 teaspoon red pepper flakes
- 1 packet of beef gravy mix
- 1 cup water

Cut the buffalo into 1/4 inch thick slices, then into bite sized pieces. Cut the broccoli into bite size pieces. Combine the ginger, soy sauce and brown sugar. Mix the marinade into the buffalo. Most of it will be absorbed. Heat the oil in a large skillet or stock pot. Stir fry the buffalo until it just turns brown, and remove it from the pan. Add the broccoli to the pan and stir fry it until it is lightly cooked. It may need a bit more oil.

Add the buffalo back to the broccoli and cover, leaving over low heat. Mix the packet of gravy mix with one cup of water, and add to the buffalo and broccoli. Raise the heat to medium high and stir the mixture until the gravy thickens. Serve the broccoli buffalo over a bed of fluffy white rice. Keep a bottle of soy sauce handy for seasoning if needed.

BUFFALO LOVER'S PIZZA

- Serves: Makes 8 servings.**
- 1 pound boneless buffalo sirloin steak
- 4 teaspoons McCormick® Grill Mates® Montreal Steak Seasoning
- Substitutions*
- 1 medium onion, sliced crosswise into 1/2-inch thick slices
- 1 red bell pepper, cut into 2-inch wide strips

- Substitutions*
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 2 cups shredded Monterey jack cheese, divided
- 1 pound fresh pizza dough or frozen dough, thawed or 1 prepared thin pizza crust (12-inch)

Sprinkle both sides of buffalo steak with 3 teaspoons of the Montreal Steak Seasoning. Brush vegetables with 1 teaspoon of the oil. Grill steak over medium heat 5 to 7 minutes per side or

until desired doneness. Grill vegetables 6 to 8 minutes or until tender-crisp. Cut buffalo steak and vegetables into bite-size pieces. Mix cheese and remaining 1 teaspoon seasoning in small bowl.

Stretch or roll pizza dough on floured baking sheet to a 12- to 14-inch round, about 1/4-inch thick. Brush top of dough with remaining 1 tablespoon oil. Place oiled-side down on the grill. Close lid. Grill over medium heat 1 to 2 minutes or until grill marks appear on the bottom of the crust. Carefully flip crust over using tongs or spatula.

Layer crust with 1/2 of the cheese, grilled buffalo steak, vegetables and remaining cheese. Close lid. Grill 3 to 4 minutes longer or until cheese is melted and crust is browned. (Check pizza often to avoid burning. Rotate pizza, if necessary.) Slide pizza onto baking sheet. Slice and serve immediately.

- Pizza dough may be purchased from the prepared deli or dairy section of the supermarket. If frozen, thaw dough in refrigerator.
- For ease in stretching or rolling, let dough stand at room temperature 1 to 2 hours.
- Fresh pizza dough may also be purchased from your local pizzeria.

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