



Wellbriety Indian Center News

Vol. 1, Issue 7

THE CAMP CRIER

June 2009

INDIAN CENTER NEWS

FYI

In consideration of current food supplies and economic conditions, we have left out one of our usual people/business interviews for a page about where and how to get healthy food locally on page six. The Ideas for Parents also is geared to eating healthy. Hope you enjoy this issue.

STEERING COMMITTEE

Taa Dixon, Cherokee owner and web designer of 720Media, will do a presentation on a website design project she is doing for WICCS. The meeting is at 6 pm, Thursday, June 4th at White Bison offices, 6145 Lehman Drive just west of Academy and Lehman Dr. Also on the agenda is a **progress report** from the group working on WICCS' 501(c)(3) tax exemption and Article of Incorporation.

eBay

We have had a outside listing offering a 30% donation of the selling price of a handmade Assiniboine cradleboard when it sells, which is another way of donating through eBay if you have your own eBay account. Tell your rich or collector friends who might be interested in bidding on this to visit this listing benefiting WICCS.

We continue to accept donated items to our own eBay listing. If you have or know of anyone who has items they would like to donate. Just call or drop them off at the WICCS office.

CULTURAL COMMITTEE

As announced last month, we are working on getting more **volunteers for this committee** as we guide the community dinners, the elders gathering, and the youth group teams. Our June meeting will be **6 pm, Wednesday, June 17** at White Bison office, 6145 Lehman Drive. There will be a report on who will be scheduling the Elders gathering programs, some activities planned for the youth group, and how many volunteers we have to man the office during business hours. You are invited to come and get involved.

Community Dinners

At the last dinner May 23, we still had 30 people in spite of the end of school activities and so many busy families. A highlight of the dinner was welcoming two week old **Rena Mose** in her cradleboard who entertained us by sleeping through the dinner. Her parents are Kim and Allen Mose, Jr.

The program on eating healthy food by **Christine Briggs** was very informative.

The **next community dinner will be 1-3 pm on June 20th** at Trinity United Methodist Church, 701 N. 20th St. We have been bringing non-perishable food items to donate to the church's food bank for families needing food. Bring some non-perishable food to donate, if you have it. If not, please come anyway and enjoy the visiting, updates on WICCS information, and an excellent program. We will be glad to see you.

Youth Group Teams

The **planning meeting for group leaders and interested parents** to plan youth activities and projects over the summer months will be held 10-12 am on **Wednesday, June 10** at Beth-El Mennonite Church, 4625 Ranch Drive (2 blocks west of Academy and Union). We have some decisions that need to be made and some input on what fun group things your child would like to do during summer vacation. Please plan to attend. Call 593-0165 or 210-9948 about whether you can come or not. Bring some good ideas and bring a friend.

We will continue to have three teams: **art, media and basketball**. We need some males to help with the basketball team if you know of someone who would be interested.

The next regular Youth Group Teams meeting will be from **10-12 am on June 13** at Trinity United Methodist Church. We will discuss an **eco-friendly fundraiser** possibility that takes little effort and has the possibility of earning a good return for our efforts. It costs no money. We will just be gathering old cell phones, ink jet printer cartridges,

laptop computer, Apple iPods, digital cameras and digital video cameras from our house and from friends and grandparents. After we make a decision on that and hear about some plans for meetings and activities for the summer, we will break into our groups and learn about some fun projects to do.

Elders

The next Elders Gathering will be at **6 pm, June 9** in the Parlor of Trinity United Methodist Church, 701 N. 20th Street. A good program is being planned and the whole community is invited to come. If you are an elder and would like to come and help us plan interesting programs that would interest the whole community, please join us in planning the programs and greeting the guests who come.

OUR THANKS TO....

Kris Low Dog, Assiniboine, for donating 30% of the eBay selling price on one of her cradleboards to be donated to WICCS when it is sold....**Jim Ramirez**, So. Ute, for listing the cradleboard on his eBay site....**Allen Mose, Jr.** who recently generously donated ten copies of his popular *Entropy* CD and three beautiful original necklaces to be offered on eBay to the highest bidder. Wow!....**Theo Gregory** and others members at El Pomar's Emerging Leadership Development's May meeting who had such complimentary comments about the Camp Crier Newsletter. Theo made copies for everyone in attendance and we also appreciate that....**Tim Franklin** of The Wooden Key, the name of his woodworking business, who donated one of his beautiful cedar fan boxes to WICCS for storing our ceremonial fan used in smudging at our gatherings.



COMMUNITY NEWS

The Camp Crier

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Camp Crier news is a monthly online newsletter for the Pikes Peak region. Long ago, Camp Criers were respected people who went through the camp announcing important news of interest to the people.

How to submit material:

If you are interested in submitting news to us for publication consideration, we would be glad to hear from you. Our email addresses are

thecampcrier@wellbrietyindiancenter.org
or
thecampcrier@aol.com

Due to lack of space, we will be able to cover local news only and pow-wow information will be a link that lists upcoming regional powwows.

Youth Newsletter Section:

Youth Editors:

James Low Dog, Assiniboine
Patience Low Dog, Assiniboine
Alicia Chavez, Navajo/Apache

The youth articles and art section of the newsletter will be created and edited by Native youth in the area and they will be the sole creators of this section. The adult editors and staff will check for good journalistic taste, standards and procedures.

Young writers and artists are encouraged to submit their articles, jokes, reviews, news and other material of interest to their Native peers. We hope to have regular information from different schools, as well as good stories, interviews, etc.

We will feature a different school in each issue for a while and we have a form for you to fill out to give your ideas about what to tell about your school. If you are interested in seeing the form, call or write us to receive a copy.

TITLE VII DISTRICT 11

The TVII Indian Education program in D11 will hold a summer session during June again this year. Classes will be from 8-12 am Monday through Friday at Queen Palmer. For more info, contact Carolena Jackson, **Phone: 719-520-2364 Email: jacksesm@d11.org**.

NAWA

NAWA will have **no monthly meetings over the summer months** this year but will **return to their regular meetings in September**. President Grace Goodeagle has resigned to make the long planned move back to the Quapaw reservation and Secretary Jean Steele, Cherokee, is spending the summer in Alaska. Vice-President/Treasurer Carissa Yazzie Gonzales will be here over the summer and will be busy helping with the youth group and other volunteer work.

UCCS

Janice Gould, Koyangk'auwi Maidu, the new hire for the Women's and Ethnic Studies program will be moving to Colorado Springs in June in preparation for her assignment at the new tenure track professor in WEST. She will be teaching Native American Philosophical Thought this fall and Native Women's Poetry in the spring. She has a PhD from the University of NM, a BA from Berkeley and has recently finished a master's degree in library science. She has two published books of poetry with another one on the way, is included in other

edited books and been published in over 50 multiracial feminist anthologies. Her dissertation was on the poetry of Joy Harjo.

Colorado College

Eight of the eleven Native students listed on the Native American Student Union site at Colorado College are seniors and were to graduate in May. **Erica Charlie**, Navajo, **Lauren Frinkman**, Cochiti Pueblo, **Melissa Wells**, unknown tribe, **Yvonne Yazzie**, Navajo, **Tiffany Etter**, Navajo, **Lonnie Fritzler**, Crow, **Alex Hesbrook**, Lakota, and **Jordan Romero**, Taos/Santa Clara Pueblo.

PPCC

At least three Native students at PPCC graduated in May. **Cody Pegram**, Creek, finished his Law Enforcement studies and will enter the Police Academy in the fall, **Carissa Gozales**, Navajo, finished at PPCC and will enter Colorado College in the fall, and **Dan Bahlen**, Apache, earned an Associate Arts degree. He also won the coveted Inspirational Achievement Award this year. KKTU was there to cover the story of Dan's success. You can watch the newscast here: <http://www.kktv.com/news/headlines/45231372.html#>

Some of you will recognize his friend **Veranda Miller** in the video who came back to see him graduate. Dan was featured in the February issue of Camp Crier Newsletter and will enter Ft. Lewis College at Durango this fall where he plans to major in American Indian Studies and minor in pre-law.

Forgiveness Journey

To follow stories of the White Bison Forgiveness Journey on its historic cross country tour, visit:

<http://www.whitebison.org/wellbriety-journey/NewsStories.htm>

A Gathering Of People

On June 27th, One Nation Walking Together will have a donation festival offering a **free lunch (hot dog and pop)** to anyone donating canned or dry goods food/diapers, etc. Called "A Gathering of People," there will be live performances by Native American musicians, dancers, drummers, and singers. They are located at 45 Commerce Street (near Fillmore and Nevada). The collected goods of food, household and personal items are distributed to Natives in need here and truckloads are periodically delivered to designated reservation Native populations.

Pikes Peak Intertribal Youth

The Native American Indian Youth Leadership group will meet at _____, **June 13** at Harmony Bowl on North Academy. PPIY is led by Carrie Howell, Pawnee, from Denver Indian Family Resource Center (DIFRC), Denver.

This year, they have danced for the Multi-culture Youth Conference, "Children of Color" at Harrison High School in January; they have studied Pandemic Flu and received an emergency kit; and they are currently studying Keep Tobacco Sacred, a grant to teach the dangers of tobacco and the traditional uses of tobacco.

Local Sweat Lodges News

We will soon have three sweat lodges meeting in our community. He Ska Akicita Inipi has just rebuilt at Turkey Creek at Ft. Carson, the Red Hawk Lodge will begin building in the next five weeks at the Air Force Academy, and another lodge has begun meeting at the Garden of the Gods. More info on these three later.

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NATIVE NEWS FROM HERE AND THERE

Red Earth Powwow

The pomp and pageantry of the Red Earth Powwow is very impressive. This year it is June 6th-7th. It takes place inside the Cox Center arena in downtown Oklahoma City.



Along with the championship dancing in all categories for big prizes, there is a 5k run, a two-mile fun walk and there is always a fabulous art show featuring nationally known artists held at the nearby Red Earth Art Market.

This year, you can also check out the nearby, under-construction largest American Indian Cultural Center and Museum in the world. Visit <http://www.aiccm.com/>

Oklahoma is the state with the highest concentration of Indians per square mile in the nation.

Sotomayor's Indian Record

Turtle Talk, a site reporting on law cases involving rulings affecting Native people, reports Sotomayor's experience has been limited to hearing three minor cases so far. Her rulings upheld tribal positions.

"Judge Sotomayor has written the majority opinions in two unexceptional Indian law cases, *Catskill Development v. Park Place Entertainment* (2008) and *United States v. White* (2001). Catskill Development involved the authority of the National Indian Gaming Commission to review and opine on gaming management contracts, and White involved the federal prosecution of Mohawk Indians for failure to report income to the IRS. Judge Sotomayor has some Indian law exposure, but not on anything controversial.

Judge Sotomayor also voted with the majority in *Bassett v. Mashantucket Pequot* (2000), a case affirming the sovereign immunity of the tribe."

Nominations Sought for 125 Most Influential Native People



This year Haskell Indian Nations University in Lawrence, Kansas is commemorating its 125th year. A year long celebration is taking place and as part of that celebration they are inviting nominations to select Haskell's 125 most influential people in the country who are "shaping the future of American Indian academia, law, policy, government, and the non-profit community." They hope to honor individuals with a passion for culture, community, and the Haskell values of *Accountability, Respect, Cooperation and Honesty* (ARCH). **You can nominate someone** with these qualities by filling out the nomination form at www.haskell.edu. If you have questions, call Sharon Hallum at 785-749-8441 or email shallum@haskell.edu.
Deadline for nominations is October 1, 2009. Selections will be revealed December 12, 2009 at the 125th Commencement Gala and Silent Auction.

Native Veterans Memorial Planned



Photos by Victor Morales, IC Today

The proposed Native American Veterans memorial.

A memorial in the Riverside National Cemetery memorializing American Indian Veterans has been proposed and has been endorsed by the VA. A group of Natives volunteers made the proposal and are actively seeking funding for the memorial. It will be the only monument collectively honoring American Indian Veterans in the country's 244 national cemeteries.

Twelve pedestal stations, each depicting one eagle in a phase of flight from takeoff to landing, will tell the story of Native veterans who have served in every war of our country, even before nationhood.

The cemetery is located 60 miles east of Los Angeles. The nearby Morongo Band of Indians provided the \$250,000 to pay for architects and exploratory studies and plans. The cost of building the memorial is expected to be between \$4 to \$5 million. Supporters hope to raise the funds from individuals and tribes.

The memorial will be prominently positioned in a conspicuous location extending around a lake on the 900 acre cemetery. The terrazzo plaza is on the street side end of the lake and overlooks the water. It will have built-in sight-lines leading to each pedestal.

Although details are still being worked out, individuals suggested to be included are the Choctaw Code talkers, Ira Hayes or Lori Piestewa, among others.

The memorial originally was the idea of Maurice "Macho" Lyons, Morongo Band of Mission Indians Council Member, and Dan Brown, a retired Air Force one-star general on the advisory committee. They have been working with Dan Loudner, Crow, a member of the National Cemetery Administration's advisory committee.

The project is still in the later stages of planning and no completion date has been set.



Concept proposal of one of the twelve eagles in flight position from take off to landing in memory of either a Native

DIC DIRECTOR GETS GRANT

Denver Indian Center Executive Director, Jay Grimm, Navajo, is one of five Coloradoans named as 2009 Fellows for the prestigious Livingston Fellowship Award. The \$25,000 award is made to strengthen the state's nonprofit sector. It is to be used for "advanced learning and development of promising nonprofit leaders."

Grimm states he will use this award to undertake activities that will enhance his leadership abilities and will explore new ways to increase his impact in organizations and the community. He hopes to apply cutting edge practices in leadership, management and community development acquired by attending training and educational programs.

The Livingston Fellowship is awarded annually in Colorado by the Bonfils-Stanton Foundation.

Speak your Peace Pipe

We had no entries for ideas for skateboard design. However, we would still like to see your skateboard design suggestions, so you can still submit one and this time we will add a \$10 prize for the best entry. Use both words and pictures. See the article below for inspiration. Note the option of designing your own skateboard decorated with your own original designs. Any takers?

Vacation is starting, so the **question for next month** is: If you could do anything this summer, where would you go and what would you do? Think about it and let us know.

Come on. Some of you out there know some jokes. We need some good jokes to keep us going this summer. Submit yours.

Native Fashion

By Patience Low Dog

Nike Court Force High Mexican Blanket Pack was inspired by Mexican culture. These pretty awesome shoes features textured leather, basically different kinds of leather. Haven't heard of any release dates for these babies yet. Hopefully, soon tho.



GET INVOLVED, MAKE A DIFFERENCE

How would you like to raise Youth Group money for activities and care for mother earth at the same time? We can earn money by collecting old cell phones, ink jet printer cartridges, Apple iPods, digital cameras and digital video cameras and turn them in for cash. Gather up what you have at home and come to the next meeting. We will discuss it, get info and then decide.

Want to be in the Movies?

Men, women and children 50 and under are needed for a National Geographic documentary late in June. You need to send your stats (age, height, weight and clothing size), a full body photo and a portrait (head and shoulders) to raquechapa@gmail.com. You are needed for two scenes to be filmed at Chaco Canyon: one of men farming and one of people walking (migrating). Boys wears loincloth.

NATIVE SKATEBOARDING IN INDIAN COUNTRY

Some great news about Native skateboarding is getting around and it is great to see happening.

An exciting new 8 minute documentary video of an exceptional Apache skateboard team has been filmed and is being shown around the country. Called "Walk Like a Warrior," it tells the story of the White Mountain Apache 4-Wheel War Pony skate team. It has been shown in several film festivals.

The National Museum of the America Indian in Washington DC has an exhibit on Native skateboarding that will run from June 12-Sept. 13. It is called "Ramp It Up: Skateboard Culture in Native America." Check it out.



White Mt. Apache 4-Wheel War Pony Skate Team
Scene from 4-Wheel War Pony

www.zazzle.com/skateboards has some cool skateboards for sale, and a special option to design your own skateboard for \$59.95.

Although War Pony is the most famous, there are also various free videos of Native skaters to see online. Here are some War Pony and other skateboard links for you to know about:

2:53 min teaser "Walk Like a Warrior" video
<http://www.youtube.com/watch?v=9V0oOHMNZSM&NR=1>

Link to War Pony team website
<http://www.apacheskateboards.com/skateteam.php>

2:36 min. YouTube Apache Skateboard video of Native skateboarders in action
http://www.youtube.com/watch?v=Qu_Gg9N_Ci4&NR=1

Article on Navajo skate board park at Kayenta
http://www.nativeyouthmagazine.com/index.php?option=com_content&task=view&id=159&Itemid=89

Press release on NMAI exhibit in DC gives some good info on the above exhibit and what is included:
http://www.nmai.si.edu/press/releases/20090519_RampItUp.pdf

The Native National Skate Jam skate competition is held in Albuquerque during the Gathering of Nations Powwow.

As you probably know, there are two skateboard parks in Colorado Springs for you to show off your skating moves: Memorial Park at Pikes Peak and Union Blvd and at Goose Gossage Park on Mark Dabbling Boulevard.

TEEN TOPICS PAGE

SIERRA HIGH SCHOOL

By Josh Pino

Sierra High School in District 20 opened in 1984 and celebrated their 25th year this year. In addition to regular high school courses, they offer twenty student clubs, including: art, anime club, band, catering, forensics & debate, MESA (math, English, science for minority students), puzzle club, robotics, student government and Stallionators, a community service club serving the community, to name a few. There is a club with good sponsors for just about anything a student might be interested in learning more about.

This year our boys basketball team won the state 4A high school basketball tournament. The trophy they won is in our school trophy case. Our school mascot is a stallion, so we are the Sierra Stallions. Our school newspaper is the Sierra Sentinel and there is a club for students interested in news reporting.

This past fall, Joe Biden, the then Democratic vice-presidential candidate, visited our school. We had a lot of security leading up to his visit and also during the assembly we attended to hear him speak about the election campaign. He is now the Vice President of the United States.

I will be a sophomore next year and I have been active in the Anime Club at school where we learn about the Japanese anime art style, language and culture. I also participate in the band. I am in cross country track competing in the two mile races. I also play in the Jazz Band.

I enjoy swimming, ice skating, field trips, and guest speakers at school, especially the SWAT team and firemen who visit.

Outside of school, I am active in the Young Marines, a program for K-12 students who are interested in military service in the Marines. We meet every Saturday where we learn new military related things each week. We have been in parades such as the St. Patrick Days Parade and the Ft. Carson Veterans' Parade. I hope to go to college at the Naval Academy and become a career Marine after graduation.

My parents are Darrell and Anita Pino.

Sierra Stallions Mascot



SETTING A RECORD

Orian Jay Mose, a local ten year old Navajo made recording history this spring when he became the youngest Native American professional artist to record a CD. The father/son recording with his father, Allen Mose, Jr., is called "Holistic Blessings." It features ten original songs that include drum and vocals sung by Orian and his father, but some are expertly mixed to sound like a large group. Their recording company is their own record company,

Next year, Orian will be in sixth grade in D11, but in performing and promoting his CD, he will travel

Five of the cuts on this CD are dedicated songs, including cut seven *White Bison* honoring the White Bison organization in Colorado Springs, cut eight, *Da Spirit of the Thunder*, honoring the Thundering Spirit family, and cut nine, *N8tuv Soul Ja*, honoring Marvin

You can hear parts of these three songs from this CD on myspace at: http://www.myspace.com/allenmos_ejr

Out and About

Congratulations to all of our Native graduates from kindergarten to college. We know we do not know about all of you, but will recognize the few we do know about. We know about these because we wrote about them in our newsletter.

Graduating and going **into middle school**: **Orian Mose**, Navajo, **Kelly Weil Tekubbie**, Navajo/Choctaw

Graduation from middle school and going **into high school**: **Brandon Quickbear**, Lakota.

Graduating from high school and going **into college or life**: **Aash Mose**, Navajo.

If you graduated this year, or know of another Native who did, let us know about it and we will let the rest of the world know.

EATING HEALTHY: A BUSINESS, A BOOK AND A POETRY SLAM

By Julie Weil, Navajo

Are you willing to return to the kind of good health the Indians enjoyed? Food writers and nutritionists say our modern society can enjoy the healthy life of Native Americans ancestors by just eating canned fruits and low fats. The basis of a Native healthy diet was guts and grease, not rice cakes and skimmed milk.

Due to location, Native diets varied, but most had an animal based diet. They were not limited to large game such as elk, moose, bear, and buffalo, but also used small animals like squirrel, rabbit, beaver and wild birds, including turkey, duck and geese - and for coastal Natives, fish, shellfish and sea mammals.

The fats and oils were rendered and preserved for leaner months and seasons. Example: The rabbit is North America's leanest animal and may have been prepared using beaver or bear fat.

Can't do the guts and grease diet of the Native ancestors? Some local retail meat companies offer healthy and affordable alternatives. The local Ranch Foods Direct retail meat company and Ranch Steakhouse and Market, founded and owned by rancher Mike Callicrate, were started nine years ago in Kansas.

His vision still is to provide a healthier, high quality and tasty meats. All meats and fish that are offered at RFD are free of all hormones, chemicals or antibiotics. Callicrate's cattle are also given a better quality of life than feedlot or free range cattle.

Their store address is 2901 N. El Paso. The phone number is 473-2306.

RFD works with G & C Meat Packing Company in Old Colorado City. They pioneered the process of raising cattle for the first 6 months on a vegetable diet and then are fed organic hay and grain. The cattle are then ready for market at 12-14 months of age.

The cost of raising the cattle under this type of strict protocol is about \$150 more per cow. RFD does not pass that cost on to the customer.

They also pioneered the process of "rinsing & chilling." This practice helps enhance the natural meat-tenderizing and increases shelf life.

Beef is not the only meat sold at RFD. You can also find pork, lamb, buffalo, poultry, some wild game, sea foods, organic produce, fresh baked goods, milk, eggs and much more - including local homemade ice cream.

Fish for sale at FDR is flown in fresh from reputable fishermen, including one couple in Alaska who only sell to FDR.

If you are looking for milk free of antibiotics and chemical pesticides, RFD is the drop-off point for Isle Farms Raw Cow Milk Program and Bare Bottom Ranch, which offers raw goat milk. This milk program is where you can own your own cow or goat for a monthly boarding fee. You can pick up your milk once a week at the farm or from RFD. For more info about the cow share program, visit their website www.islefarms.com. For more info about the goat share program, visit their website www.barebottomranch.com.

Just imagine only spending about 1-hour a year shopping for your organic groceries and meats. RFD has an interest free home shopping service offering bulk meats at very reasonable prices. For more info, pick up a brochure at the store or call for an appointment at (719) 473-2306 and receive \$15.00 off your purchase. Bulk packages are available in half beef, hind quarter or front quarter.

Ask about their program offering bulk meat products, with a freezer to keep them in and a Flavor Wave Oven to cook them in - along with a whole meal, available for one price and monthly payments.

If you were wondering where you could

get these wonderful products when you eat out, here are some local establishments that serve Ranch Foods Direct meats.

Hamburger: Cy's Drive-In 1833 W. Uintah St. Beef and Pork: Luigi's 947 S. Tejon St. All meat products: Mona Lisa's 733 Manitou Ave., Fondue Meats, Peak Bowling Center 2861 N. Prospect. Hamburgers: All District-11 area high schools (Coronado, Doherty, Mitchell, Palmer, Wasson.)

RFD also has a great selection of honeys, spices, vegetables, fruits, and much more, on display and for sale in the store.

OTHER SOURCES

Gathered from local news sources

While RFD has the most extensive selection and variety of natural domestic and wild meat, there are also other sources for fresh, local foods available. Open year round, both RFD and the following stores have local natural foods and also online websites with info, videos, newsletters, recipes, and other interesting things:

Whole Foods has two stores open 7 days a week. Visit www.wholefoodsmarket.com/
Sunflower Farmers Market, 1730 Dublin Blvd. open 7am to 10 pm daily. Visit www.sfmmarkets.com

GROW YOUR OWN

Our community is blessed with several places where families can grow their own food:

Old Farm Community Garden has 54 plots measuring 20 square feet for \$32.50 per year, plus \$20 deposit to cover water and expenses. Call 570-0745

Bear Creek Garden Association has 104 plots measuring 20 x 40 ft. located at Bear Creek Regional Park for \$80 per year, plus \$25 deposit which includes water and rototilling. Registration for the upcoming year begins in November. Call 473-5827.

Deerfield Hills Community Center has nine plots 15 x 25 ft. for \$10 per summer. Registration begins in April at 4290 Deerfield Hills Rd.

Ideas for Parents

Here are some activities you can do with you children to learn more and to teach them about growing and eating healthy food. -Even if you live in an apartment, you can grow food for your table. Get the book Crops in Pots, by Bob Purnell or another container gardening book from the library and work with them on planting and growing foods at home. -Visit farmers markets around town to buy locally grown, organic food. -Visit one of the local community garden plots to see food being grown in town. -Visit the Venitucci farm or Rock Ledge Ranch during planting or harvest time. (Venitucci's has summer camp type programs for kids where they can actually work doing seasonal farm tasks with crops and animals.) -Read with them Animal, Vegetable, Miracle, by Barbara Kingsolver about a family growing and eating only garden and locally grown food for a year. -Talk about the many foods Natives have given to the world. -You might enjoy listening with them to the 3:44 minute live video Seattle Poetry Slam "The Buffalos Are Coming," written and performed by Wanbli Williams, Oglala/Cheyenne/Ojibwe. (May need to type in Wanbli's name after you get there) www.youtube.com/watch?v=nky9832BKFM. Good piece on what is happening to our Native food.

A SONG, A STORY AND A LIFE WELL LIVED

Sebrena Forrest, Akwesasne Mohawk, is modest about her interesting life and many talents, but many of us are fans and appreciate where she is and what she is doing in our fair community.

She has lived in and out of Colorado Springs for many years. Her father, Leonard Forrest, was career military and served in the army here at Ft. Carson and was stationed at many posts during his career, mostly in Germany.

She began a serious interest in music when she was still 10 or 12 years old and began a lifelong collection of music, learning a repertoire of songs and creating original music.

At one time, Sebrena's father was stationed at Ft. Carson and she graduated from Palmer High School. While they were here, her mother owned and operated the International Accordion School and Sebrena had already started an all girl band called Cinnamon Oak when she was 17. The four girls were too young to travel or play such places as bars, but they entertained other places around town and at military functions. She was lead singer, and played the electronic accordion and echo chamber. They played a variety of folk rock songs and she also wrote some of the original music the band played. Melody Cooper, the percussionist for the band was Cherokee.

She joined the Army a couple of years out of high school and was stationed at Ft. Devans, Mass, with the Army Security Agency after basic training. During this service, Sebrena belonged to the Heritage Hall Honor Platoon and carried the Colorado State Flag during performances. She was three times named Soldier of the Month during her one hitch in the military.

Being young and energetic, after her army service, she traveled around the country for a while and says she met a lot of Native people then.

She eventually began a series of employment in the factory electronics. At one point, she was employed at TRW in Colorado Springs where they worked on secret government contracts. While there, the employees were called down to watch the Colombia space shuttle flight and were told that what they had been working on was that project and materials for that launch.

After several years working here, Sebrena moved back to the east coast to

care for her mother, who was ill with cancer. After the loss of her mother and staying close to her father until he later married, she returned again to Colorado Springs.

When she was working here at Hewlett Packard/Agilent Technologies in the mid 80s, she and some of the other Native employees working there made plans and brought a series of Native speakers to come and present Native programs to celebrate Native Heritage Week in November.

Sebrena says her favorite job anywhere was in the 1990s when she worked at the old Hidden Inn gift shop at Garden of the Gods. She liked meeting and talking to the visitors at the shop about the Native items for sale in the store. All this time, she was also keeping up with her music and learning new songs.

She has been singing Native songs and telling Native stories in Colorado Springs for a long time. She is a very popular guest speaker/singer around town and she has been active in many Native programs, celebrations and activities as well.

One very ambitious project about five or six years ago was working collaboratively with the writer and music director on a Children's Repertory Theater production of *The Adventures of Coyote and the Fine Arts Center in Colorado Springs*. The writer was FAC's own Wendy Gray of Black Forest. Gray took some common threads in Coyote stories from a variety of tribes to create the script, but had not been able to find a composer who could write a score close enough to traditional music to achieve a suitable music score. Sebrena created original scores of appropriate music for many, many song and dance numbers throughout the story, using drum, rattle and flute instruments. She also gathered a large variety of drums appropriate to the drums of tribes a particular story came from.

She was also once invited to sing and tell stories at the National Museum of the American Indian in Washington, DC, but felt her health was not predictable enough to schedule a demanding performance that far ahead.

One of her most recent projects was the 2008 Fine Arts Center's Imagination Celebration where she presented programs of songs and storytelling for children in the textile room of the FAC. She told selections of stories from a variety of tribes.

The age of the audience ranged between six and twelve and included such tales/songs as an Onondaga rabbit friendship dance, Mohawk deer dance song, the eagle song from Chief Homer Whirlwind Soldier, and so forth.

She also regularly performs both publicly and privately at local schools, colleges and when friends request her to.

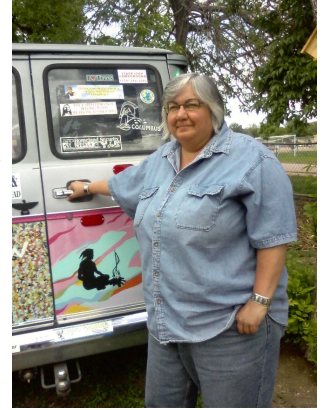
Sebrena says she only uses unabridged stories when she performs, in keeping with the oral tradition of Native Americans always using the exact words and sequence of events in the stories. Sebrena is also a popular and prolific artist who paints in oil on canvas, creating pictures of both scenes and people.

About seven years ago, Sebrena developed a nervous system tremor that affected her short term memory and math skills. After extensive tests and medical procedures, the doctors attributed her condition to industrial poisoning from working with chemicals using no protective gear. It has also caused a sleep disorder and difficult level of alertness, although she has suffered no language loss or diminished ability to sing and tell stories. She just must always be sure she gets enough rest and attends to her energy level.

We are so lucky to have Sebrena in our midst. She is a wonderful resource to our community and especially to our children and their parents who might need to be reminded to always tell and listen to the stories, and to our teachers who can reach many young Americans who need to know about and appreciate the life and culture of America's original people.

Through it all, she remains prayerfully true to and appreciative of her heritage and she's an inspiration to those of us who are privileged to know her.

Sebrena says she has one main philosophy about life. "I pray for greater respect for mother earth and a greater understanding between all people."



Community Resources to Know About

Resources

2-1-1 Referrals for assistance:

The Wellbriety Indian Center is creating a resource list to help Native's in the area who need assistance. It is a long process and the finishing date for the project is not yet clear. However, in the meantime, we would like to furnish you with information about how to search online to get the help you may need.

First, follow these directions to reach an agency that may be able to help

Second, in the search box on your computer, type in

<http://211colorado.org/>

Click #5 area on the first two maps that appear.

Third, You should now be on the Pikes Peak United Way page. Click the words "Get Help With 2-1-1" on the top left side of the page.

Fourth, in the Get/Give Help With 2-1-1 area on the left side of the page, click the underlined word "search." Either type in the type of assistance you need in the top keyword box, or click the one of the quick topics choices in the quick search box below. This will bring up all the agencies in the area that can help you with the needed assistance.

If you need help with this, the contact person for El Paso County is Annette Blackhart at Pikes Peak United Way, or email tapestry@ppunitedway.org, or call the Call Center at 719-955-0742.

One Nation Walking Together:

Offers local Natives assistance through their Project Pride Program. Donated items available include **food, clothing, appliances, housewares, school supplies, medical supplies, hygiene products, building materials, furniture**... whatever they have in stock. No need for personal information, they just ask that recipients help them by working at their warehouse for an agreed amount of labor. They are located at 45-A Commerce St. Phone 329-0251, email onenationwt@qwestoffice.net, website www.onenationwt.org/

Recycling information

Televisions: Sony, Samsung and LG will take back used TV sets for free.

Cell Phones: Greenphone.com will buy (and resell) your old handsets.

Or donate to cellphonesforsoldiers.com.

Computers: Dell recycles its equipment for free; Staples will accept any drop-offs.

Local Substance Abuse Treatment Centers

Go to <http://dasis3.samhsa.gov/>, click on state, fill in location info (you can just use the cities name or your zip code), click distance from your location (from 5 to 100 miles). The programs are displayed 10 at a time (there are 36 programs within 20 miles of downtown C/S).

Local Alcoholics Anonymous meetings

Visit here <http://www.coloradospringsaa.org/> and click on "meeting schedule" for a list of when and where meetings are going on each day of the week. One Native American meeting is "Down By the Creek" that meets Thursdays at 7 pm. All are welcome.

REZKAST INFORMATION

All Indian website. You can visit or post your own info, music/videos. Categories include: members, videos, comedy, activities, politics, or you can start your own community group. www.rezkast.com.

Education resources

Pikes Peak Community College

Multicultural Retention Program for Men at PPCC

Coach Eddie Hughes, Room A306, Centennial Campus, Phone: 502-2265 office 494-7891 cell

Native American Student Alliance, Carisa Gonzales-Yazzie. cerisegonz77@hotmail.com, or Prof. Joanna Grey, 502-3190.

UCCS

Pre-Collegiate Development Program (PCDP)

Middle school and beginning high school student preparation for college.

<http://www.uccs.edu/~pcdp/> Rm. 303A, 262-3039, Main Hall, Josephine Benevidez Aragon.

American Indian Science and Engineering Society (AISES)

All Native American students, sponsor Marguerite Cantu, Rm. CoH 3042, phone 255-4124 ext. 3042.

Colorado College

Native American Student Union

Sponsor **Susie Nashida**, Southwest Studies building, 389-6649. **Rochelle Mason** is Director of Minority Student Life, 389-6338.

<http://www.coloradocollege.edu/students/nasu/index.htm> NASU website, audio on CC <http://www.tigerbca.com/2008/12/taa-dixon-speaks/> Face Space <http://www.coloradocollege.edu/students/nasu/NASU%20Face%20Space.htm> (info on current Native students.)

Ft. Lewis College, Durango, CO

Offers free tuition to any Native student. Has several Native student organizations, understanding instructors and lots of support. For Info http://www.fortlewis.edu/student_life/native_american_center/scholarships_internships.aspx (scholarships)

http://www.fortlewis.edu/student_life/native_american_center/clubs_organizations.aspx (Native clubs)

http://www.fortlewis.edu/student_life/native_american_center/gallery.aspx (link to video and slide show)

CPCD Free Preschool Program

Free pre-school education programs preschool and infant/toddlers prepare children for school. special needs children are welcome. Families must qualify, however income is not a limiting factor for programs. www.cpcdheadstart.org

Healthy Food Links

Ranch Foods Direct, www.ranchfoodsdirect.com

Sunflower Farmers Market, www.sfmarkets.com

Whole Foods, www.wholefoodsmarket.com/

Old Farm Community Gardens, Bear Creek Garden Association, Deerfield Hills Community Center, info on all three of these at:

http://www.associatedcontent.com/article/1619421/colorado_springs_community_gardens.html?singlepage=true&cat=8

Rock Ledge, www.rockledgeranch.com/

Venetucci Farm, www.venetuccifarm.org/Education.html

Summer Farmers Markets, listed alphabetically by town for all Colorado http://www.coloradofarmers.org/find_a_market.htm

MARK YOUR CALENDAR

Thurs., June 4, 6 pm, **Steering Committee meeting**, White Bison 6145 Lehman Dr. Taa Dixon will present WICCS web page design suggestions.

Tues., June 9, 6 pm, **Elders Gathering**, Trinity United Methodist Church, 701 N. 20th St. Program to be announced.

Sat., June 13, 10-12 am, **Youth Group Teams meet**, Trinity United Methodist Church, 701 N. 20th St.

Sat. June 13, _____, **Pikes Peak Intertribal Youth UNITY** will meet at Harmony Bowl on North Academy. See article on page 2.

Sat., June 20, 1-3 pm, **Community Dinner**, Trinity United Methodist Church, 701 N. 20th St. Everyone invited.

Sat/Sun, June 20-21, **DIFRC's Father's Day Powwow**, Tall Bull Memorial Park at Daniels Park, northwest of Castlerock, CO. Also Native American Cancer Research Event 9am-2pm during the powwow.

Sat., June 27, 10 am-4pm, **A Gathering of The People**, a celebration and fund raiser for One Nation Walking Together. Free lunch of hot dog and drink with donations of non-perishable food or re-useable goods to One NationWT.