



# SMOKE SIGNALS

January, 2001

## THE NORTH VALLEY YMCA GA-SIOUX NATION MONTHLY NEWSLETTER

### Greetings from the Chief

Hey everyone! I hope everyone had a great New Year's celebration.

I want to apologize for the Smoke Signals getting out so late. I won't bore you with my same old lamentation about work being a hassle... but it really is!

I don't know about you guys... but I had a fantastic time at Camp Whittle this year. The food was good, the staff was organized and everyone seemed to have a really good time. My personal hat off to the Chumash tribe on their song. Everyone's skits were great, but the Chumash really put a lot of effort into writing and rehearsing that song... I just thought it was worth a mention.

As I think about that weekend in Big Bear (and all the snow we missed only 3 days later! DARN IT!), I am once again reminded of how thrilled I am to be a part of this program with my kids. I know I've said it before, but I truly believe that these events and activities that we're taking part in with our children will be the truly special memories we all will have the rest of our lives.

Now... here comes the commercial. Are you all aware of all the other fantastic programs available to you and our community at our very own YMCA in Northridge. If you're not... take some time to find out. Not only do we have the Y Guides and Princesses, but also other parent/child programs like the Papoose program, Trailblazers and High Adventurers. There is an extensive Camp program that provides camping opportunities all year long, with day camps in the summer, family camps, and caravans to Mammoth and Mount Rushmore. The Basketball program is huge, providing teams for boys and girls of all ages. The YMCA Day Care facilities are amazing! The fitness program at the Y rivals any health club. I'm not mentioning many more programs, but believe me... the YMCA is a treasure chest full of ways to get healthy as a person, a family and as a community!

Why am I talking about all of this? Simple... I'm simply reminding you of the wonderful opportunities we have to better our families and ourselves. But I'm also trying to pull on your heartstrings a bit. With all the great programs the YMCA has to offer, there are people in our own community who may not be

in a financial position to participate in such programs. Think about what a positive influence the YMCA has on your life. Now, think about how much it could benefit someone who is not as fortunate as all of us.

Every year, I participate in the YMCA's Community Gifts Fund Raising campaign. This campaign raises money strictly for the purpose of providing scholarship funds to those worthy people who would so benefit from the various Y programs, but can't afford the expense that goes along with them. I really believe in this campaign. I really believe that our entire community could benefit from the YMCA. This is why I'm personally challenging every member of the Y Indian Guides and Princesses program to help out. We have over 370 members in our program. If every family could give \$10, \$20, or whatever to the campaign, we could give a substantial gift to the Y to help someone provide day care for their children... help a young boy or girl learn to swim... allow a youngster that opportunity to play on a basketball team... have a child go to camp in the summer.

I know that our program is not cheap. The campouts (Whittle, Fox, Family Camp) are getting more and more expensive. But I know personally that I could forgo that movie this month, or skip going to McDonald's for lunch (like I need to be eating there anyway!), and contribute some money to such a worthy cause. And, I hope you find it in your heart to do the same.

I've spoken about this to all the chiefs in the last Longhouse. We'll discuss it again in the upcoming February meeting. If you're interested in getting involved, either by donating some money, or acting as a fundraiser yourself, please let your chief know, or you can call me at (818) 360-6505. I really appreciate any help that you can give.

Thanks so much for making this year what it has been thus far... FANTASTIC. Again, we've made memories to last a lifetime. Maybe, we can all help make some memories for someone else in our community as well.

Thanks so much,

Joe Orr  
Ga-Sioux Nation Chief

## TRIBAL NEWS

### Arapaho

The Arapaho Times

Although the drive was long, the weather was cold and rainy, the bunk beds were too short, and the bathroom was 50 yards from our cabin, the weekend at Camp Whittle was one of the best weekends I have ever spent with my son. As I sit here one week later writing about it, some highlights of the past weekend stick in my mind. On a rainy Friday night our tribe carpooled to Paoli's in Big Bear City for pizza. Since this was our first trip we did not know what to expect, the food was outstanding. After munching on pizza and sprite our tribe took a walk to the local arcade. We played foosball, pinball, skeeball, hoops, and race cars into the night. We went back to camp for a good night's sleep!!! Saturday morning began with big fluffy pancakes, which we all enjoyed prior to our busy day. After breakfast the craft activity was our first destination. After making great tomahawks and playing more foosball, our tribe hit the trail to go hiking in the mountains. What a great view we had as we neared the top. We then came down the mountain to go on the hayride. And all this activity happened prior to lunch. After finishing lunch we gathered all of our scavenger hunt items and hid them in one of our cabins. We knew that if we worked together as a team we would win first place in the scavenger hunt. Big Oak whittled an eagle from the bark of a tree, while Jason picked up pine cones. Laughing Bear found a stick in the shape of a "Y," while his son Grey Wolf allowed us to use his Pokemon Game Cartridge. Talking Fox lent us his green shoe lace, while his dad Big A Mouth made a YMCA baseball cap come to life. Paul came through with the yellow flashlight while Big Oak found a two pound bag of M & M's in his gear. We did finish first place after gathering all of these items. We showed our tribe children that working together as a tribe we can make anything happen. After the tribal games, and some archery, we had dinner. The campfire songs and skits preceding dinner were great. The Arapaho kids proceeded back to their cabins with dads in

tow, and played Bingo and Monopoly to the wee hours of the night.

After sleeping, we all woke up Sunday morning for our final camp breakfast. Afterwards the Arapaho dads packed up the cars as the kids played Frisbee and football in front of the cabins. We will all have our special memories of a great camping weekend for many years to come. A special thanks to the YMCA staff and to the sponsoring Indian tribes for helping make this weekend so special.

-Art

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### Chumash

Wow, what a great weekend at Camp Whittle. First the Chumash Indian Princesses did the ropes course. The girls had to use cooperation and ingenuity in order to climb from one tree to the next, standing on a wire and not falling to the ground. The girls did great and then they challenged their Dads to do the same. Fortunately, the Dads rose to the occasion and completed the course. Next, it was on to rock climbing. Instructor NoNo was a great. He strapped each girl into the harness and helped each one climb up the rock. Once at the top each girl repelled down like a professional. After a hayride and a good lunch, the girls were off in different directions: some to archery, others on a hike, and still others spending time horsing around with their Dads. After that off to Nation Games. Saturday evening was great fun as the girls prepared and then performed their Chumash skit to a resounding round of applause. Come Sunday morning, different from all other years, the Dads were not in a hurry to go home. This was likely due to the great weather we had. This worked out great as we were then available and pleasantly surprised by the opportunity to horseback ride. Off went most of our girls with a few of our Dads as they rode through the hills and meadows. What a great Tribe! What a great Indian Nation! What a great weekend!

Chief Redbear

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## Seminoles

Greetings Ga-Sioux

The Seminoles had a super time up at Whittle. After car problems, and the kids out voting the dads to continue up on Friday night (versus Saturday), the group finally arrived around 11:30 pm. Andreas (Swimming Wolf), Jason (Running Wolf), Joshua (Soaring Arrow) and David (Bold Eagle) proved to be quite the collectors, as they did great in the pine cone race. Dads Brad, Rick, Gene & Paul also enjoyed their stay as the group hiked, climbed, went on a hayride and stopped at a sledding place on the way home. Great job at Yahtzee Rick! Our Last meeting was held at the George's Wolf Den. There the braves decorated pots and then filled them with soil and magical plants. Again, we then feasted on some yummy snacks. We look forward to bowling night. Until then,

Chief Gary "Lazy Buffalo"

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## Mohican

The reports back from Camp Whittle confirmed that it was another fun & successful trip for the Mohicans, even without snow. Our usual, tribal spread for Saturday lunch was as good as ever. And I hear we continued our tradition of placing strong in all the games. I gotta believe that our help in hosting the games had something to do with this. Also heard some grumbling from the Mohicans that they finished 2nd in the scavenger hunt due to a 1/2 point deduction that never was clarified. Rumor has it that former Chief, "Balding Eagle" ate the Mexican food, but nobody actually visualized it. Neil has been referred to the best E.N.T in the valley, Dr. Snorberg, to fix his problem. And the last rumor had the "Apache" tribe moving the Mohican residence to the bathrooms. All n' all, another great trip for our Dads and princesses. Looking forward to our upcoming events. Happy New Year to all.

Chief B.S.

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## Chinook

Though several princesses did not make it up to camp due to illness (and a few more succumbed during camp) the Chinooks had a fine time at Camp Whittle. Two Bucks and Hugging Bear made a commendable effort to attend just for Saturday despite various family members not feeling up to snuff. Though no snow was to be found, the Princesses participated in more activities than ever. The rock climbing was a particular treat, and the ropes definitely were the girls' favorite with three different trips out between the trees. Many thanks to Josie and Joe for coordinating an outstanding weekend.

As sponsoring tribe the Chinooks are looking forward to seeing everyone at Cosmic Bowling on Feb. 3. Make sure and register early!

Chief Star Hunter

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## Sioux North

What a weekend we all had at Camp Whittle. Although we missed the snow by less than one week, the kids still had a great time. I was really impressed with the heated floors in the restroom areas considering the floors in the cabins were freezing. Present and accounted for that weekend were Flying Elbow and Bright Star, Running Rabbit and Little Bunny, Thunder Cloud and Golden Dove, Big Buck and Little Deer, Red Sky and Red Feather, Laughing Bear, Singing River and Shooting Star, and Broken Wing and Beauty Pony. For the skit during the Saturday night campfire, the kids had decided to perform a song and they practiced their hearts out all afternoon. Singing and dancing, bouncing off of the bunks, smiling all of the way, they were all in rhythm and having a great time. Perhaps the next Spice Girls? Maybe not yet but the dads were all impressed with their enthusiasm and performance. It was fun to watch them perform.

The kids worked extremely hard gathering up the items for the scavenger hunt. Although we were not able to thoroughly convince Josie, the piece of tree bark in the shape of an eagle was pretty impressive considering it was the girls' imagination that came up with the discovery and interpretation. During the hunt, the kids were able to see some gray squirrels with big bushy tails and we actually were able to find a real feather off of a local bird.

Considering the rumors floating around, the food was surprisingly quite tasty for camp food. In fact, Saturday's lunch stayed with the entire tribe, as well as probably the whole camp, throughout the evening. Unfortunately, Beano was not on the list of things to bring to camp. Everyone had to endure the consequences of eating Mexican food for lunch. We were afraid to light the lantern that evening around the cabin, if you all know what I mean. The dads were in rare form. Fortunately by midnight, everyone was EXHAUSTED, pun intended, and we all were able to go to bed and get some rest.

Hats off to Big Buck and Singing River for hitting a Bulls Eye at the archery range. Although Singing

River hit the Bulls Eye in the adjacent target, it was still a Bulls Eye and she was very excited. All in all, it was great fun for all even though we did not have snow and the dads could not watch any football.

See you all at Cosmic Bowling. Until then, Peace.  
Flying Elbow

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## UPCOMING EVENTS

Cosmic Bowling	2/3/01 6:00 p.m.
Camp Fox	3/16 - 3/18/01
Spring Picnic	4/8

We won't start bowling until 6:30, but make sure you check in by 6:00 p.m. Remember, this event will sell out, so if you haven't signed up, do so today!

Camp Fox is on its way. Due to some changes in transportation to Catalina, we need to make sure that we sign up early for Fox. Try to do so as soon as possible.

(see the attached flyers for more information)

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## CONTACT INFORMATION

Here's the entire Nation contact list. Please let me know if I've made a mistake on any of it.

Name	Tribe	Email
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Tom Ricks	Chippewa	Rickstnp@aol.com
Craig Galanti	Blackfeet	Craig.galanti@unistudios.com
Art Rosen	Arapaho	Jasonsueart@cs.com
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Joe Orr	Nation Chief	Jorr@socal.rr.com
Josie Rea	Program Director	Josierea@ymcala.org

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## STORY TELLING

I found a very interesting site. Apparently, many Native American tribes have legends that tell of the great flood, just like Noah. Here are a couple that I thought were interesting:

### Chumash

#### The Flood, a Chumash Legend

Spotted Woodpecker, Sun's Nephew, was the only one saved in the flood. We don't know why the flood came or how it started, but it kept raining and the water kept rising higher and higher until even the mountains were covered. All the people drowned except Woodpecker, who found refuge on top of the tallest tree in the world. The water kept rising until it reached his feet. He cried out to Sun, "Help me, Uncle! I am drowning! Save me!" Sun's two daughters heard him and told their father that his nephew, Woodpecker was calling for help. "He is stiff from cold and hunger," they said. Sun held his torch down low and the water began to go down again. Woodpecker was warmed by the heat. The sun tossed him two acorns. They fell in the water near the tree and Woodpecker picked them up and swallowed them. Then sun threw down two more acorns. Woodpecker ate them, too, and was content. That is why he likes acorns so much—they are still his favorite food.

#### Salt River Pima-Maricopa

**THE LEGEND:** Se-eh-ha (Elder Brother), Earth Medicine Man, and Coyote had great powers and survived a terrible flood which washed away all the people. Through their powers they began to create images. Se-eh-ha scolded Earth Medicine Man and Coyote for the images which they created. Both Earth Medicine Man and Coyote became very angry and hurt; they disappeared into the ground to find a place on the other side of the earth. Now Se-eh-ha was left alone to take care of his creations. After four days the images were talking and laughing. This made Se-eh-ha very happy and he named them the "Akimel Au-Authm", the River People. Through the years, Se-eh-ha grew

dissatisfied with the old ways, he grew worldly, and greedy and fell into evil ways. This frightened the people in their innocence, so they turned against him and sought a manner in which to destroy him. As Se-eh-ha realized the terrible acts he played on his people it was too late for him to change his ways, for the people were on their way to kill him. Se-eh-ha, made his home in a maze because he had many enemies. Living in a maze made it almost impossible for any one to find him.

**THE MORAL:** The legend of the "Man in the Maze" helps children understand, better, the meaning of life. As you begin your journey through the maze of life, you experience and learn many things. There are your downfalls in life, something bad or sad happens to you and you fall down, but you get back up and continue your path through the maze of life. You learn BALANCE, physically, mentally, socially, and spiritually. In the middle of the maze are your dreams and your goals. When you reach the middle of the maze, the Sun God will be there to greet you, bless you and pass you on to the next world.

### Cherokee

#### The Deluge

A long time ago a man had a dog, which began to go down to the river every day and look at the water and howl. At last the man was angry and scolded the dog, which then spoke to him and then said: "Very soon there is going to be a great freshet and the water will come so high that everybody will be drowned; but if you will make a raft to get upon when the rain comes you can be saved, but you must first throw me into the water." The man did not believe it, and the dog said, "If you want a sign that I speak the truth, look at the back of my neck." He looked and saw that the dog's neck had the skin worn off so that the bones stuck out. Then he believed the dog, and began to build a raft. Soon the rain came and he took his family, with plenty of provisions, and they all got upon it. It rained for a long time, and the water rose until the

mountain were covered and all the people in the world were drowned. Then the rain stopped and the waters with down again, until at last it was safe to come off the raft. Now there was no one alive but the man and his family, but one day they heard a sound of dancing and shouting on the other side of the ridge. The man climbed to the top and looked over; everything was still, but all along the valley he saw great piles of bones of the people who had been drowned, and then he knew that the ghosts had been dancing.



***"Spirit of a Peaceful Warrior "***  
*Artist: Thierry Chatelain*