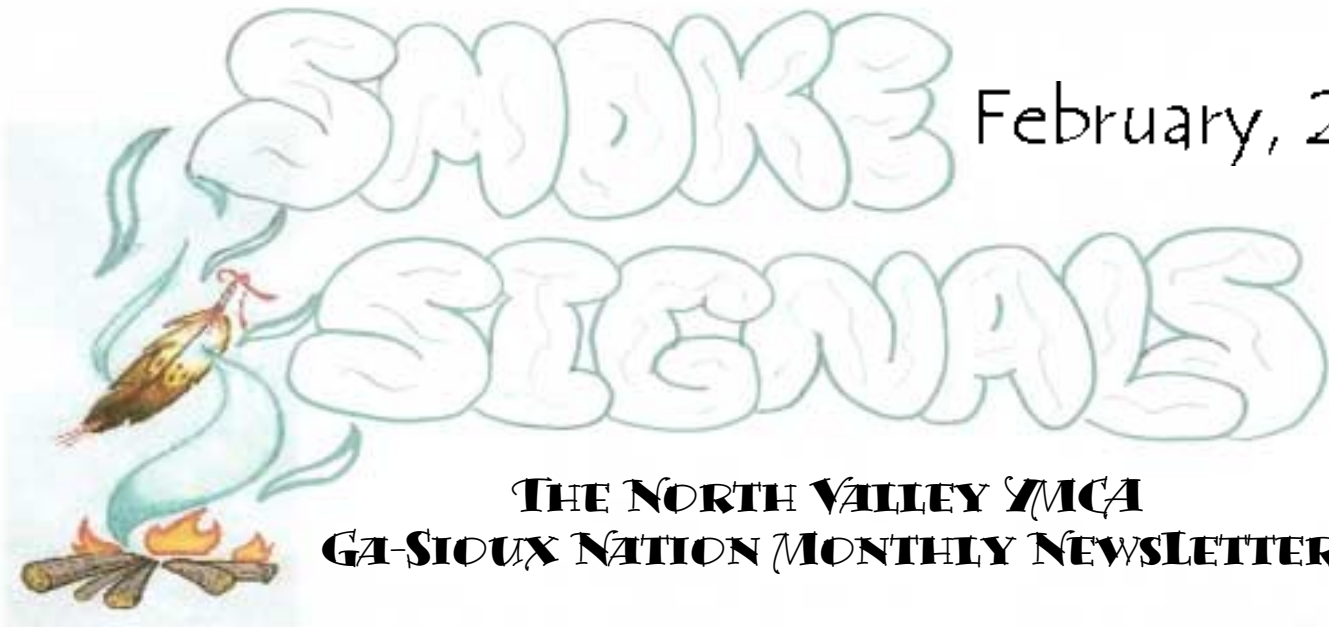


February, 2001



THE NORTH VALLEY YMCA GA-SIOUX NATION MONTHLY NEWSLETTER

Greetings from the Chief

Wow! The first time in a while I don't have a Holiday to wish you well with. Oh yeah... Happy Groundhog's Day and Happy Valentine's! Woo Hoo! A double shot! Yeah baby!

What to talk about... what to talk about... Did I mention the Community Gifts Campaign? I did? Well... I guess it wouldn't do any good to mention it again, eh? To mention the fact that there are hundreds of under-privileged kids that could benefit from the YMCA and it's various great programs. To remind you of all the positive comments I receive every time I see someone from our program about how great it is. And how wonderful it would be to be able to share those experiences with members of our own community that can't afford the program costs. I guess I should just drop it, right?

WRONG! C'mon guys... let's all give a small (or large) gift back to our community. Your monetary gift could mean so much in the life of a deserving child. Please, if you'd like to contribute to the YMCA Community Gifts Campaign, you can contact Josie or myself. Your generosity **will** make a difference.

Our next big trip is Camp Fox. For those of you who haven't been before... boy are you in for a treat. It's by far my favorite trip in our program. I don't know... something about the boat ride, the gorgeous scenery, the great weather (unless it's raining... although that has it's own charm), the games, the time with your kids. It's all good.

Every time I think of Camp Fox, I'm reminded of a little story. I remember going to Camp Fox with my father when I was in the Indian Guides. I remember going for a hike and I strayed off the trail and saw before me a large cactus. I decided to kick it. Have you ever tried to kick a

cactus? Of course you haven't, because you're a rational, intelligent human being. I, on the other hand, am not as bright. Don't know why I wanted to kick the cactus. It was kind of the Mount Everest thing... why climb it? It's there. Why kick it? It's there! It was begging to be kicked... it was taunting me really. It was saying "Oh... you're not so tough... sure, I've got three inch quills that will tear through your flesh like a nail through tissue paper... but you don't have the "GUTS" to kick me." Now... c'mon... who amongst us could resist such taunting from a lowly cactus. So I wound up... got a running start and booted it!

Now... you would've thought that a kicked cactus would fly apart, pieces of dangerous quills flying this way and that. Funny... this one didn't. It held firm and planted approximately three hundred quills right through my Converse Chuck Connors. I got to spend the rest of the afternoon plucking them out... one by one. Funny thing happened then... I thought I had them all out so I went to play soccer with my brother. The ball came my way and I went to give it a boot. Guess I missed one of those little suckers and the force of my soccer kick drove that little guy right down between the bones of my big toe and pointer toe. Never thought I could make a squeal like that.

Any hoo... seeing that most of you fine people are much smarter than I and that you won't be kicking any cacti soon... I'm sure you'll have a great time. I always do with my kids and am really looking forward to the trip. Now, if I can only get past that recurring nightmare where the giant cactus is chasing me with a soccer ball!

Joe Orr
Ga-Sioux Nation Chief

TRIBAL NEWS

Seminole

Greetings Fellow Ga-Sioux,

A good time was had by all at Bowling night. Andreas "Swimming Wolf" & future Seminole sibling "Stephen Strike Scorer", David "Bold Eagle" and Jason "Running Wolf" all represented the Seminoles with bravery & courage as the tribe was short handed. Andreas showed amazing bowling etiquette & bowled well. Jason threw 2 natural strikes (without bumpers), and David was our high scorer, plus picked up a splendid spare. Our last meeting was at the BearHawk den, where the braves decorated the coolest peace pipes imaginable. Snacks were plentiful and thanks again to Mark & Daniel for the very creative invitations. We look forward to Camp Whittle. Get ready Ga-Sioux for some fun games (water balloon toss), 3 legged race, rock sculpting contest, etc....

See you there.

Chief Gary "Lazy Buffalo"

Chumash

Hello to you all! Our January Tribal meeting was held at the teepee of sisters Bright Light (Shari) and Pretty Butterfly (Marni). The princesses worked on a special craft project. It was the making medicine pouches to go with their vests and can be used to hold their wampum, which they bring to each meeting for collection. There was some stitching involved in the making of these pouches. Even the dads got into the process by trying to follow the directions given by Silver Cloud.

Almost everyone was able to attend Cosmic Bowling Night. After some princesses spent extra time finding the right shoes they split up onto two lanes. There were quit a few spares and strikes thrown. The princess got into the night by dancing to the music and munching on popcorn. Everyone marveled at the many glows illuminating from the patches of our Indian Vests.

The Chumash Tribe can't wait until Camp Fox and to see everyone on the island.

Ronald "Silver Cloud"

Mohave

The Mohaves are still trying to recuperate from a awesome time at Camp Whittle. Many moons have past since we last met at the teepee of Golden Eagle and Red Fox. A special thank you to Red Fox for the great leather craft project that we all worked on. I know that Little Hawk is looking forward to finishing the project at our next powwow.

Cosmic Bowling was a blast. The lights, the music, the laughter and the beer (did I say that out loud?) made for a fun filled event. The excitement on the kids faces when they bowled a spare, or better yet a strike, was priceless. The tribe continued the fun by going to a public teepee for ice cream sundaes. Ah yes, I'm sure that all of the spouses appreciated the marvelous idea of a sugar high just before bedtime. The Mohave Tribe is looking forward to the gathering of the Ga-Sioux Nation at Camp Fox. Hope to see you all there.

Asst. Chief Clever Hawk

Chinook

Many thanks to Josie and the volunteers who helped out at Cosmic Bowling, especially Hungry Bear, Hugging Bear, and Two Bucks who showed up early to help prepare for the event. The Chinook had their typical mass showing with three lanes of Princesses and Braves filled to overflowing. We displayed an interesting variety of styles, with some of the balls thrown by the Princesses stopped by the obviously overweight pins and Braves using the bumpers in heretofore unimagined combinations.

The Chinook are meeting this month to plan for Camp Fox. This will be the last visit to Catalina for our ten graduating Princesses so let's have a great

turnout and be well stocked with provisions and sporting equipment.

Special congratulations to Black Feather and Shooting Star who added a future brave to their teepee in January!

Chief Star Hunter

Arapaho

The Arapaho Tribe News

We are happy to welcome Sean and Muly to our tribe. Their first event at Cosmic Bowling Night was enjoyed by them as well as our whole tribe. We began at Shakey's, "Ye olde pizza parlor" for dinner. The dads enjoyed the debut of X-treme Football on TV, while the kids played arcade games. The bowling which followed was enjoyed by all. It is amazing how much fun you can have with music, lights, and bumper bowling.

-Art

Sioux North

The January meeting of the Sioux North tribe was held at Running Rabbit and Little Bunny's house. Unfortunately, only four dads (Running Rabbit, Tiny Cloud, Laughing Bear, and Big Buck) and five girls (Little Bunny, White Cloud, Singing River, Shooting Star, and Little Deer) were able to attend. After our traditional opening rituals, Big Buck read us a story from the Sioux about a warrior who believed he had lost his faithful horse in battle, but the horse found its way back to the camp. Running Rabbit summarized the upcoming events, and we all began planning the Nation Games we would present at the Nation Picnic now scheduled in May. We then had a craft, painting and decorating small gift boxes for someone we love. We were all looking forward to Cosmic Bowling, and the next meeting at Laughing Bear's home.

Well the day finally came and our tribe joined the rest of the GA-Sioux Nation in Cosmic Bowling. It started with the house turning up the music,

turning on the black lights, putting up the bumper guards, and the girls letting 'er rip. Most of the tribe was there: Laughing Bear, Singing River, and Shooting Star; Thunder Cloud and Golden Dove; Running Rabbit and Little Bunny; Red Feather (brought by Running Rabbit), Big Buck and Little Deer; Tiny Cloud and White Cloud; and Beauty Pony (brought by Tiny Cloud). All the girls bowled extremely well and were very good about taking turns. There were lots of strikes and spares, and as each one was displayed on the screen, the girls all jumped and cheered and congratulated each other. It was a great time for all.

The entire tribe is looking forward to our next tribal meeting in March and to the upcoming trip to Camp Fox.

Until next time...Peace.

Flying Elbow and Running Rabbit

Apache

Howdy y'all!

Just an update on the Apaches and the great time we had bowling. Quite the bowling demonstration was... well demonstrated by our brave Apaches. Who'd a-thunk that Eric K. was such a great bowler. And Vincent S. proved that you don't have to be the tallest to have the "big" game. The Terhar brothers were dynamos, while the Orr boys held their own. Justin J. showed he was ready for the pro-tour, while Corey F. proved that you don't have to be the oldest in the tribe to knock 'em down. Michael M. showed fantastic form. Eli and Ricky were the anchors of the group. The music was loud and the pins were a'fallin'! What a blast!

We're really looking forward to a great trip at Camp Fox.

See ya' there.

Lowly Tribal Member,
Red Fox

UPCOMING EVENTS

Camp Fox 3/16 - 3/18/01
 Sport Night: Avengers 4/27, 7:30 p.m.
 Nation Picnic 5/20
 Spring Family Campout 6/8 - 6/10

Please note that we've changed around the Sport Night and the Nation Picnic. This is due to the home game scheduling of the Los Angeles Avengers (Arena Football) that we're trying this year as opposed to the Dodgers.

(see the attached flyers for more information)

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 Bogusz	Apache	Rreadynuse@aol.com
Chris Wiacek	Sioux North	Chris.wiacek@trw.com
Dave Milkovich	Cherokee	Dnmilk@earthlink.net
Howard Teichner	Mojave	gweind@aol.com
Jon Irvin	Comanche	Highcmd@aol.com
Sal Sciortino	Navajo	Salws@aol.com
Scott Stanley	Chinook	Sstanley@sch.moog.com
Doug Aberle	Chumash	Dsacas@aol.com
Tom Ricks	Chippewa	Rickstnp@aol.com
Craig Galanti	Blackfeet	Craig.galanti@unistudios.com
Art Rosen	Arapaho	Jasonsueart@cs.com
Joe Allegretti	Asst. Nation Chief	Allegretti@msn.com
Joe Orr	Nation Chief	Jorr@socal.rr.com
Josie Rea	Program Director	Josierea@ymcala.org

STORY TELLING

I thought this was a really cool story. If any of you have been to Wyoming and had the pleasure of seeing the "Devil's Tower", you'll know why the Native Americans must have treated it with a great sense of awe.

Bears' Lodge

A story told by the Kiowa People in Wyoming and South Dakota, and by other tribes about Bear's Lodge (Devils Tower) in North Eastern Wyoming

One day, long ago, a traveling party of the Kiowa People was crossing the great prairie and camped by a stream. Many of the Bear People lived nearby, and they smelled the Kiowa People. The Bear People were hungry, and some of the bear warriors went out to hunt the Kiowa People.

Seven young girls from the Kiowa camp were out gathering berries, up along the stream, far from the campsite. The Bears came upon them and growled to attack. The girls ran and ran, out across the open prairie, until they came to a large gray rock. They climbed onto the rock, but the bears began to climb the rock also.

The girls began to sing a prayer to the rock, asking it to protect them from the Bear People. No one had ever honored the rock before, and the rock agreed to help them. The rock, who had laid quietly for centuries, began to stand up and reach to the sky. The girls rose higher and higher as the rock stood up. The bear warriors began to sing to the bear gods, and the bears grew taller as the rock rose up.

The bears tried and tried to climb the rock as it grew steeper and higher, but their huge claws only split the rock face into thousands of strips as the rock grew up out of their reach. Pieces of rock were scraped and cut away by the thousands and fell in piles at the foot of the rock. The rock was cut and scarred on all of its sides as the bears fought to climb it.

At last, the bears gave up the hunt, and turned to go back to their own houses. They slowly returned to the original sizes. As the huge bears came back across the prairie, slowly becoming smaller, the Kiowas saw

them and broke camp. They fled in fear, and looking back at the towering mountain of rock, they guessed that it must be the lodge of these giant bears. "Tso' Ai'," some People say today, or "Bears' Lodge."

The Kiowa girls were afraid, high up on the rock, and they saw their People break camp and leave them there, thinking the girls had all already been eaten by the bears.

The girls sang again, this time to the stars. The stars were happy to hear their song, and the stars came down and took the seven girls into the sky, the Seven Sisters, and each night they pass over Bears' Lodge and smile in gratitude to the rock spirit.



"Midnight Skies "

Artist: David Dawangyumptewa