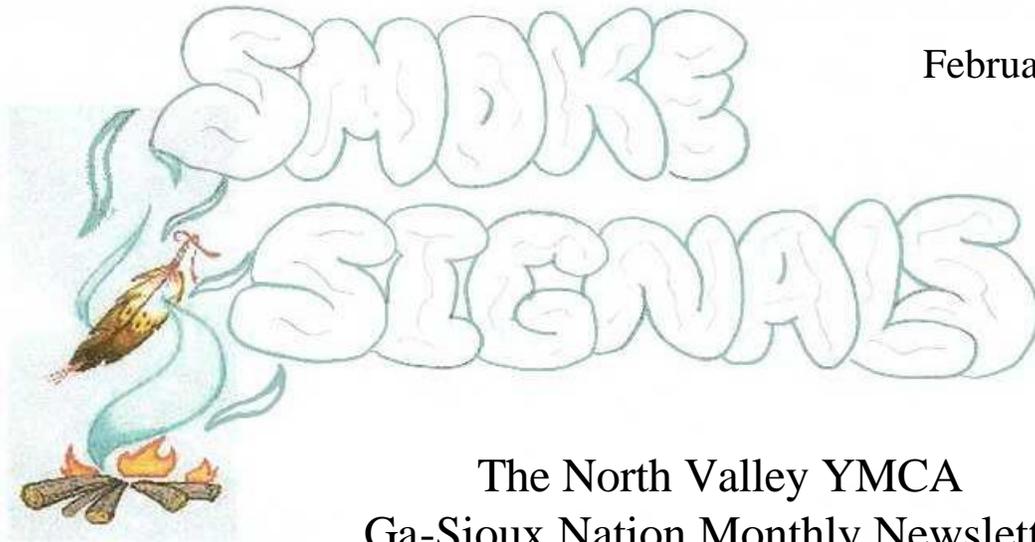


February 2003



The North Valley YMCA Ga-Sioux Nation Monthly Newsletter

Hello Guides & Princesses:

It is hard to believe that we are already in the second half of the year. We had a good turnout at Cosmic bowling in February – 141 bowlers plus Dads. I saw quite a few kids who looked like they knew how to throw that 7-10 split. Thanks to the Chinook and Cree tribes for hosting that event. The registration line went quick and everything was well organized.

We have two nation events coming up. The first is our second big weekend trip – Camp Fox – the weekend of March 14-16. The Shawnee and Seminole tribes will host this event. For those of you who haven't been, this trip is probably the best trip of the year. Camp Fox is located in its own secluded cove on the leeward (inland side) of Catalina Island. The camp has its own pier and the activities include row boating, kayaking, fishing, swimming, Frisbee golf, and archery. There are two meadows for football, catch, soccer, etc. In the back of camp there is a large, outdoor amphitheatre for campfire so make sure your tribe prepares a skit!

The boat leaves at 6:00 p.m. on Friday, March 14th and the boat will pick us up at Fox around 1 p.m. on Sunday, so we should be back in San Pedro/Long Beach around 3 p.m. Some Dads were trying to look into an earlier boat, but that costs extra and those Dads set that up. If you are interested in that please check with Brian Williams, the assistant Nation chief, or Josie, who can tell

you who, if anyone is looking into an early boat. Hopefully this year won't turn into another potential Gilligan's Island and we actually make it across to Catalina.

The other up-coming Nation event, is a family event – dinner at Chuy's restaurant on Tampa on Tuesday, April 8, 2003 from 5:30 p.m. to 7:30 p.m. Just take your family to dinner there during that time period and 20% of your bill will be donated to the YMCA. The restaurant is reserved for us exclusively for that two hour period so get your tribe together and we will see you there for some great food and camaraderie.

In the last chief's letter I spoke about the annual support campaign which is being run the month of February. Your tribal chiefs will be talking to each of you about that and giving each family a donation card. Our goal is \$800 per tribe for this worthwhile cause. I know that each of you will do what you can. We want to show the rest of the YMCA what kind of families are involved in our great program! Please turn in your pledge cards to your tribal chiefs before the end of February. Thanks.

I hope to see all of you in a couple of weeks on the boat to Camp Fox. Don't forget the Dramamine!

Nation Chief Talking Bull

TRIBAL NEWS

CHUMASH TRIBE

A quick hello to all the Dads, Princesses and Guides of the Ga-Sioux Nation. At the January meeting, the Princesses of the Chumash Tribe whipped up a batch of Chumash cookies. Chumash cookies are what gets cooked in the oven after everyone had a chance to taste a bit of the raw cookie dough. All went well, the girls mixed up the batch with minimal help from any Dad. They decorated the cookies, they got cooked and everyone (Dads and Princesses) enjoyed the cookies before our meeting was done.

At the meeting we discussed the array of upcoming events, from Cosmic Bowling Night to Camp Fox and Chuy's Night. I am sure that our Tribe members who attended Cosmic Bowling had a wonderful and special time. We all cannot wait for the Camp Fox Trip to arrive, and so by the 9th of February our Tribe had already signed up. This year we expect to have double the fun. Yeh..... C-H-U-M-A-S-H!!!

Just-the-Chief
Ronald K.

APACHE TRIBE

Well, it's been awhile since I last wrote, my apologies. I missed the January SS, as I was one of many who had a hectic month to begin the New Year. All of that's ok though, as February is shaping up to be a good month for the tribe.

Specifically, on the 1st of the month we had a tremendous turnout for the Cosmic Bowling event. We had at least 2 full lanes, and I counted more than a dozen braves (some with siblings!) and a few dads who had a great time knocking down the pins! Specifically, Greg R. and David G. looked like they were ready to join the PBA tour (does that still exist?!). Additionally, we had the special honor of meeting and greeting the newest members of our tribe, Greg and Robert H.

(who was quite the bowler in his own right!). Welcome guys!

This coming Friday we'll be joining the Chinooks, Cree, and Blackfeet for a get together at the CSUN Planetarium. It should be a worthwhile time with the boys and we know that they'll enjoy exploring the heavens! Special thanks to the Chinooks for the invite!

A couple of specific reminders to the tribe: Camp Fox is just around the corner, March 14-16 in Catalina, and, we are mid-way through the YMCA Annual Fund Drive, any assistance you could provide in either raising pledges and/or making one yourself would be greatly appreciated! Thanks in advance.



'til next month,

Hugging Bear

SIOUX NORTH TRIBE

The New Year continues to roll for Sioux North. After a great Camp Whittle, we had our monthly meeting at Running Rabbit and Little Bunny's house. We were treated to such traditional favorites as Buffalo in a blanket, and Deer in the Headlights. Little Bunny read a tribal story and we played Father/Daughter Pictionary for our craft time. Although it took the Dad's a little while to figure it out, we had a good time. Big Buck toughed out the meeting even though was a little under the weather, but daughter Jessica came through in the Pictionary contest.

Cosmic bowling was a hoot. Leah, who is easily outweighed by a bowling ball, nailed a strike and set the tone for the evening. Meanwhile, Tiny Cloud developed a new skill as a crane operator and he won a stuffed animal (or two, or three) for every girl bowling on our lane. Flying Elbow was a little disappointed that he didn't get one, but there's nothing that a liquid President can't cure. Chief Broken Wing manned the console and was able to get the scoring to work. He looked like something out of Star Trek. Dirk kept the girls bowling and hunted down those who were off watching Tiny Cloud win the stuffed animals. Big Buck taught us all some trick bowling including making the 7-10 split by using two bowling balls. White Cloud combined the best of bowling and baseball with a now patented sliding ball release. Bright Star was hurling thunder at the pins. Vanessa used the pinpoint accuracy approach, and Beauty Pony took the pinball method to new extremes. I think that the alley will require new rails after our girls took care of business.

This month we will be meeting at Dirk's house and gearing up for Camp Fox; BYOD (Bring Your Own Dramamine). Fortunately for Sioux North we have Dr. Ron to treat any boat related infirmities. See You at Fox (By the way, do the Chumash do a skit there as well?).

Chief Broken Wing

CHINOOK TRIBE

Wow, this year is just flying by. I cannot believe that we are already talking about Camp Fox. You know what they say about time and having fun. Speaking of having fun. The Chinook had a great time at Cosmic Bowling. Knocking down pins were Stephanie, Elizabeth, Melanie, Kaitie, Rebecca, Emily, Delaney, Megan and Anna. While the girls showed their finesse on the lanes, the dads managed to show their inability to throw a ball straight. Is 99 a bad score?

The girls (and dads) are all very excited about Camp Fox. Hopefully, this year Mother Nature will cooperate and we can all make it over there. The Chinook will be tuning up our voices and getting ready to top our performance from Camp Whittle. The dads might even get involved this time. We are all very excited about doing some hiking, kayaking, swimming and maybe even some fishing.

Well, the Chinook will be looking forward to seeing you all next month when we put on our sea legs and sail over to Catalina.

FLOWER WOLVES TRIBE

The survivors of Camp Whittle, joined those tribal members who did not make the "show" at the home of the C.'s (Running Bear, and Little Bunny) for our January meeting. The snacks were amazing (especially the guacamole). Purple Planet showed off his cast. Many of us did not know that he injured his arm so badly stopping Purple Rose from sledding into a tree. The girls had a great time decorating fans. Only a few of the tribal members made it to Cosmic Bowling. Angel Pedals and Tiger Lily did a great job though representing the Flower Wolves. The February meeting will be hosted by Papa Deer and Cutie Deer. It will be their first time hosting a meeting since they joined the tribe this year. We are all looking forward to being at Camp Fox. You notice how I did not say that we are looking forward to going to Camp Fox? Once again, we hope that we don't keep you awake with our howling at the moon (or is that Big Heart's snoring?)

Chief White Fish

CHEYENNE TRIBE

Greetings to all tribes as we approach spring.

The great earth spirits have given us this time to recover from the winter and grow in spirit and health. Hopeful that we aren't going to put on our war paint against far away enemies.

We are looking forward to all the upcoming events, maybe even the sleepover at the zoo.

Climbing Vine reports that his son Soaring Eagle has graduated to yellow belt in karate and is learning discipline and respect. (we should all sign up for that) Windy Bear's son Little bear has been excelling in soccer thru the Y and waiting for camp Fox. Blue Lightning's child Running Fox is also in Y soccer as well as after school art classes and Northridge T-ball with Two Bird's son Tomahawk. Happy Spring greetings for Thunderbird, Little thunderbird, Running Water, Indian Boy, Bwana, Flying coyote, Cool Wind and White Horse.

Wishing a joyful spring and future to all tribes from Cheyenne.

Blue Lightning

ARAPAHO TRIBE

What a great pleasure it was to go watch the Arapaho boys bowl at cosmic bowling night. We began the evening with our traditional dinner at Shakey's pizza parlor. Then across the street we went to bowl. The bowlers were Jayson A., Justin, Adam, Noah, Spencer, Jason R., Josh, Connor, Nicholas, Jason K., and Gary. The tribe was happy to welcome our newest members Nicholas and Lloyd. We topped off the evening with a night cap at Dairy Queen. A good time was had by all.

----Chief Art

CAMP FOX March 14 - 16, 2003

Register by
Friday, March 7

NATION CALENDAR

Camp Fox	March 14 - 16
Fundraiser at Chuy's Restaurant	April 8
Jethawks Baseball Game	May 10
Spring Family Campout	June 6 - 8

Camp Fox Info.

March 14 to March 16

Fee: \$107 per person
Register by March 7th

Cabins PCS: 806-14
Villa's PCS: 806-15

Registration: To register for Camp Fox, please use the registration form that is attached to this smoke signals. You can fax or mail your registration form to Josie at the YMCA or call Josie at the YMCA.

Directions: We are departing from Catalina Cruises in San Pedro. Take the 110 Harbor Fwy south and exit at Harbor Blvd. Travel straight through the intersection into the Catalina Sea and Air Terminal parking lot (follow the yellow "Catalina" signs). The point of departure is the Catalina Sea and Air Terminal in San Pedro.

Parking: You may park anywhere in the lot. The rate is \$10 per 24-hour period and portions thereof. It is recommended that you car pool to the terminal with other tribal members.

Check-In/Loading: Plan on arriving one hour ahead of departure time. The boat is scheduled to depart at 6:00 p.m. We will have a table set up for check in, you must check in. Loading begins approximately 30 minutes ahead of departure. Make sure that your luggage has a name tag, tags will be available when you check in.

Equipment: All items should be marked with your name. Equipment is to be brought to camp at your own risk. The Glendale Family YMCA (they operate Camp Fox) is not responsible for lost or damaged equipment. The following is a suggested packing list:

- Old and durable clothes (second best not new)
- Sleeping bag marked with your name
- 1 pair of long pants
- Sweater, sweatshirt or heavy jacket
- 2 t-shirts
- Shorts
- Swimsuit
- Comb, brush, toothpaste, toothbrush, soap
- Tennis Shoes
- Pajamas
- Wash cloth, towel, beach towel
- Sun block
- Sunglasses

Optional: Camera, fishing equipment, ice chest with goodies, snacks. Camp Fox does operate a camp store which sells drinks and snacks.

Refunds: No refunds will be issued after Wednesday, March 12th.

Camp is held rain or shine.

For more information, contact your tribal chief or Josie at the YMCA at 818-368-3231.

**North Valley Family YMCA
CAMP FOX
Catalina Island**

Friday, March 14 to Sunday, March 16

Registration Form

Father: _____

Child: _____ Tribe: _____

Child: _____ Tribe: _____

Child: _____ Tribe: _____

Number of people _____ X \$107.00 = _____

Accommodations Requested:

_____ Cabin (PCS: 806-14)

_____ Villa - Open cabins on the beach (PCS: 806-15)

Accommodations will be made on a first come, first serve basis. Those who register after the cabins are filled will be placed in the Villas.

If Dad is in two tribes, he will be sleeping with the _____ tribe.

Please send your registration form to Josie at the YMCA. Registration deadline is Friday, March 7th. If you have any questions, please contact Josie at the YMCA at 818-368-3231 ext. 2305.

*North Valley Family YMCA at Porter Ranch, 11336 Corbin Ave., Northridge 91326
Fax 818-368-5437*

Make checks payable to North Valley Family YMCA

or

Credit card payments: _____ Visa _____ MasterCard _____ Other _____

Card # _____ Expiration Date: _____

Signature _____

-----Office Use Only-----

Amount Paid \$ _____ Receipt # _____ Staff Name _____
Batch #: _____