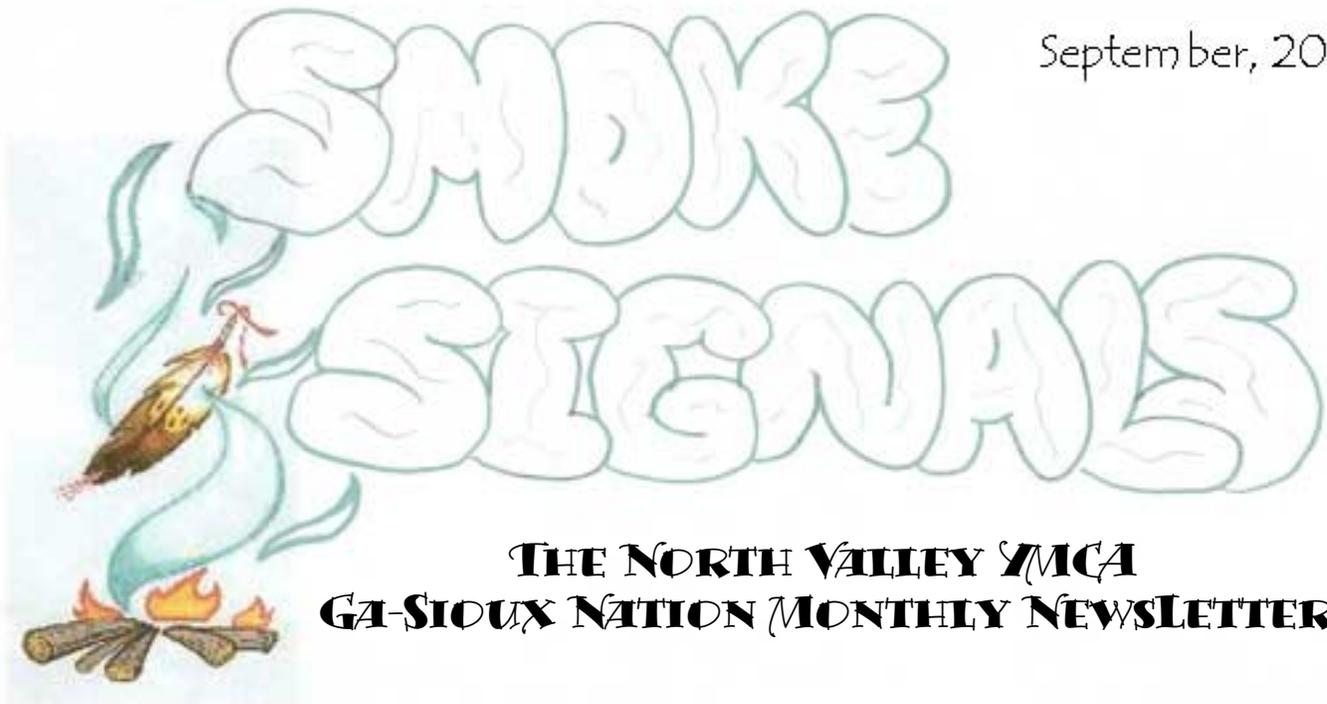


September, 2000



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

Greetings from the Chief

HOW HOW!!!

I cannot tell you how excited I am about this upcoming year. We've had a couple of Council Meetings and our first Longhouse, and I'm so very pleased at the spirit of cooperation and desire to make this a great year that I've already seen in our tribal chiefs. I really feel that we got some work done at Longhouse, discussing our new Mentoring program (more info on that soon), our plans for the Spirit points, and the coordination of our nation events. We've got a very full year ahead of us, and I'm sure it's one that our kids will remember for years to come.

Speaking of this year, I'm not sure if many of you know, but this is going to be one of largest graduating years in recent memory. Because of this and our desire to expand this great program to as many fathers as possible, I've asked each of the tribes to make a goal of adding at least two new members this year. Our recruitment

efforts are underway, but I want to make sure that we increase our numbers to a point that the program will not suffer next year when many of our children graduate at the end of this year. So, tell your brothers, your neighbors, the fathers of your kids' schoolmates. This is a fantastic program and I'd love to think that we can all help enrich a father and child's relationship, we can all help add memories that will remain a lifetime, and we all can help our community grow just a little closer.

I want to be as accessible as I can to all of you. If you have any question, concern, comment or suggestion, please feel free to contact me (my email id is jorr31@aol.com). I'll do my best to respond to any email I get.

Thanks again for all your support. I know this will be a great year!

Joe Orr
Ga-Sioux Nation Chief

TRIBAL NEWS

Chumash

The Chumash tribe is pleased to be back for another, what we anticipate to be, a great year. Returning to the tribe are the following girls: Mollie, Liora, Amy, Cambria, Emily, Jena, Shari, Rachel, Shana, and Allison. We are pleased to welcome as new Indian Princesses the following girls: Larel, Elianna, Kinsey, and Marni. The Might Chumash look forward to an exciting year ahead!

Chief Doug

Sioux North

I am very excited about this upcoming year in the YMCA Indian Princesses. Since I was appointed Chief of the Sioux North Tribe, I have been busy reading the YIP guide, planning out the year's events, and setting up the monthly tribal meetings. I will have my hands full in taking over for Crazy Horse as Chief this year for he was able to courageously guide our tribe to winning the Spirit Stick award the previous year. That will be a tough act to follow.

The majority of the tribe is back from last year and we are looking forward to expanding our tribe through recruitment and references to keep it strong and fun for years to come. Returning this year are New Chief Flying Elbow and Bright Star, Assistant Chief Red Sky and Red Feather, Old Chief Crazy Horse and Tiger Lily, Tiny Cloud and White Cloud, Thunder Cloud and Golden Dove, Running Rabbit and Little Bunny, and Laughing Bear, Singing River, and Shooting Star. The tribe is anxiously looking forward to getting back together again after the long, hot summer. The little princesses cannot wait to talk to each other about their adventures and experiences over the summer. Skate Night, which is right around the corner, is an anticipated event that the girls are ready for. I am looking forward to another great year and hope that everyone will have as much fun participating in the YIPs as I have.

Flying Elbow

Blackfeet

The Blackfeet tribe is returning all 11 braves. Established in 1977, the tribe will be graduating seven braves this year: Wild Buck, Cloud Dancing, Little Fang, Wild Eagle, Lightning Foot, Silver Fox, and Brave Wolf. The sustaining tribal members include Soaring Eagle, Lightning Bear, Thunder Cloud, and Golden Hawk. Most of these braves have been together since the beginning and we are looking forward to another great year. Last year, we ended with a pool party at the den of the Lightnings - Lightning Foot, Lightning Bear, and White Lightning. Our first meeting of the tribal year will take place at the den of our new chief and his braves - Morning Bear, Wild Eagle, and Soaring Eagle on the first evening of harvest season.

Seminoles

Greetings Ga-Sioux from the Seminoles,

We started our summer with a visit to a laser tag /arcade where we wished well to our graduate members. Later in the summer we went for an afternoon hike above O'Melveny park where we set some eagles free (flew some balsa wood airplanes). We returning Seminoles (Gene & Andreas, Mark & Daniel, Larry & Jamie, Rick & David, Brad & Jason, and Gary, Zach & James) look forward look forward to getting to know our 3 new dads/4 braves, which we will introduce to you all next time. We can't wait for skate night.

Till then,

Chief Gary "Lazy Buffalo"

Apache

How How Braves of the Ga-Sioux Nation,

As we look forward to the first day of Autumn (Indian Summer) how perfect it is to be once again in the company of our tribe. The Indian family celebrates this time of year and so shall we. As the days grow shorter and our braves grow larger, so has our nation of tribes. Looking forward to great fun and spirited competitions, this is the time of Harvest. So let us harvest new friends and fond memories. Welcoming new to our tribe Tyler, Eli, Brian, Bill, Jos and their families. You will all be honored to sit at the fire with the great tribe of the Apache: Drenan, Dylan, Scott, Justin, Michael, James and Michael, Dominic and Connor, Kyle P., Riley and Kyle T..

Until our fires unite once again,

Chief Tom-A-Hawk,
Tom

Mohave

Well, the Mohave Tribe is beginning its third year, and this is the perfect time to express our tremendous gratitude to our founder and multi-term Chief Lloyd. A little over three years ago Lloyd organized our tribe from the ground up. He served as Chief for our first two years, and pretty much personally took care of all tribal matters with very little assistance from other tribe members, especially during our first year. So the Mohave Tribe is what we are today thanks in large part to the motivation and dedication of Lloyd.

Last year we were 22 members strong. We picked-up two new sets of members during the year: Jake with his dad, David, and Jonathan with his dad, Mike. These newest members wasted no time in jumping right into the swing of things and have become very active in tribal events; we would not be the same without them. Unfortunately we have lost two sets of members over the summer. We

will be reinforcing our recruiting efforts this year so we can bring our numbers back to full strength.

Not unlike many other tribes, we meet once or twice during the summer break to stay in touch and plan an informal tribal event or two. Most of our tribe attended a NASCAR race during the break. Kyle, with the help of his mom and dad (Lucia and Ken), was instrumental in making sure that everything went as planned, without the slightest hitch. So a heart felt thank you to this family of racing fanatics.

We look forward to seeing the rest of the Nation at Skate Night.

Chief Howard

Chinooks

The Chinook are looking forward to another exciting year with our first meeting planned for late September. Departing Chief Big Weed has left us moccasins that will be impossible to fill, but luckily Hungry Bear is staying on as web page elder. Despite our mighty numbers, many of our Princesses are in their final year. Our founding class of kindergarteners – Sunflower, Bright Angel, Little Dancing Moccasins, Pocahantas, Red Stick, and Little Flower – has somehow survived the many trips up the mountain to Whittle and across the sea to Fox and has started third grade. We look forward to grooming new Princesses and Braves to carry on the rich social and Epicurean traditions established by this first generation of Chinooks!

Chief Star

Chippewa

The Chippewa tribe held their first pow wow of the new year and shared stories of their mighty adventures. Little Condor (Greg) hit the beaches of Maui. Thunder Cloud (Nikko) enjoyed the fun and sun of Orlando, while Little Bull (Patrick) braved the wilderness of Lake Arrowhead. Little Buffalo (Jason) scouted the deep blue seas of San Diego and Little Rattle Snake (Jonathan) climbed the treacherous rocks of Yosemite. A good time was had by all. We look forward to hosting Camp Whittle and bringing many new braves to the tribe, which is the undisputed aluminum tee pee tribe of the Family Campout.

Comanche

Greetings.

Hope you all had a great summer, we did. I hope you are all looking forward to a fun and exciting year.

I have spoken with the Great Spirit and he has told me that this year will be the best year yet. Star Gazer (myself) & Wildcat (Tony) are happy to welcome back Dream Weaver & Dream Catcher (Scott & Julian) Scott did such a wonderful job of being chief last year, I can only follow in his footsteps. A big welcome back also to Blackbear & Lil Bear with Lion Voice (Steve & Cole), Strong Bow & Straight Arrow (Dan & Ben), Big Star & Bright Star (Craig & Tyler), Standing Bull & Running Fox (Sebastian & Nicholas), Half Moon & Full Moon (Joe & Michael), as well as some new members we have yet to meet for this year.

I look forward to seeing you all at Skate Night.

Until then,

Chief Star Gazer (Jon)

UPCOMING EVENTS

Skate Night 10/5/00
El Torito Night 10/18/00
Pilgrim Feast 11/11/00

(see the attached flyers for more information)

CRAFT IDEA

Legend Of The Dreamcatcher

It is believed that dreams both good and bad float through the air all day and night searching for their destination. While sleeping under a Dreamcatcher, one may feel secure that bad dreams being confused and ill-intentioned get caught in the web to perish with the first light of day, while the good dreams, knowing the right way, easily slip through the center hole, work their way down the web catching all the good energies of the stones and adornment, floating down the feathers and onto the dreamers head. One never need fear bad dreams again while sleeping under a smudged or blessed Dreamcatcher.



I found a website with some great Native American craft ideas. Among them, were some neat dreamcatchers. Maybe your tribe could try putting some together as a craft at your monthly meeting. Here's the site:

<http://www.stampedetrading.com/artifacts.htm>

I'll be putting more craft ideas in the next Smoke Signals!

CONTACT INFORMATION

It is my hope that next month, I'll publish the entire Tribal Chief Roster. However, I haven't received their approval for that yet, so for now, here is contact information for some of the nation leadership:

<u>Name</u>	<u>Tribe</u>	<u>Email</u>
Joe Orr	Nation Chief	jorr31@aol.com
Joe Allegretti	Asst. Nation Chief	allegretti@msn.com
Josie Rea	Program Director	josierea@ymcala.org

STORY TELLING

Most Native American tribes have stories and legends that are passed from generation to generation that explain how many things in our world came to be. Here is a story from the Seneca tribe:

BEAR'S RACE WITH TURTLE

One fine snowy day, Bear was walking through the snow in the forest. When he walked up on a little hill and stood up on his hind legs, he was so much taller than anything else he could see, that he was very proud. Bear loved to brag about how splendid he was, so he thumped himself on the chest and roared, "I'M THE BIGGEST ANIMAL IN THE FOREST!" And nobody made a sound, because Bear really was awfully big.

Bear got an itchy spot on his back, so he walked through the snow to a little tree, leaned against it and wriggled around. While he was scratching, the whole tree broke with a snap! Bear was so impressed with how strong he was, once more he roared out, "I'M THE STRONGEST ANIMAL IN THE FOREST!" And nobody said anything, because Bear really was very strong.

Bear began to run down off that little hill. Now, every human child learns very early that you can run like the wind downhill. But Bear was so impressed with how fast he could run, he skidded to a halt by a little frozen lake and roared, "I'M THE

FASTEST ANIMAL IN THE FOREST!" Then Bear heard a little voice pipe up from the edge of the lake, "No you're not, Bear! I'm a lot faster than you!"

"WHAT?!" Bear couldn't believe his ears. Then he couldn't believe his eyes! Because that voice came from a little green water turtle, who was sticking his head up through a hole in the ice.. Turtle said it again, "Really, Bear, I'm a lot faster than you are." Bear and Turtle began to disagree, then to argue, and then they began to make so much noise that the other animals came to see what was going on. A great argument was in the making when it was decided that the only way to settle the question was to have a race between Bear and Turtle. The animals reached a general agreement: the race would be around the lake. But then Turtle said, "I am a water animal, so I'll have to race in the lake." Bear objected, "You must think I'm pretty stupid! You can just dive under the ice, then come back up and say you won!" Though the animals did think he was pretty stupid, he had a point. So a solution was agreed upon. Bear who was a land animal, would race around the lake, while Turtle would swim from one hole in the ice to another, put his head up and say something, then swim on. Fox, who had no reason to cheat in this case, was chosen to be the starter and judge, and the race was scheduled for the next day.

The next morning, Elk, who had the biggest feet, was chosen to punch holes in the ice every few feet.

All the animals had heard about the race and had come to see it. Almost all the spectators were making bets, and because most of them were so tired of listening to Bear brag, the bets were heavily in favor of Turtle.

Fox called the racers to his side. "Are you ready, Bear?" Now Bear had been warming up, doing exercises, and getting in some last minute bragging, so he yawned and said, "Yeah, I'm ready." Fox asked, "Are you ready Turtle?" And Turtle, at his first hole in the ice said, "I'm ready!" "Alright," said Fox, "once around the lake and back to me. Now RUN!"

Turtle dived under the water, and Bear began to just walk, waving casually to his friends, just to prove how easy this was going to be. But Bear had only taken a couple of steps when Turtle's head came up in the second hole in the ice. Turtle said, "Come on Bear, catch up with me!" And Turtle dived under and went on. Bear was flabbergasted! This turtle was faster than he thought, so Bear began to jog a little faster. But only three steps farther, Turtle's head popped up at the next hole. He said, "Come on, Bear, catch up with me!" then dived under and went on.

Now, Bear knew he had to run! He dropped to all fours and began to run as fast as he could. But before Bear passed the third hole, Turtle came up at the fourth hole and said, "come on, Bear, I'm way ahead of you!"

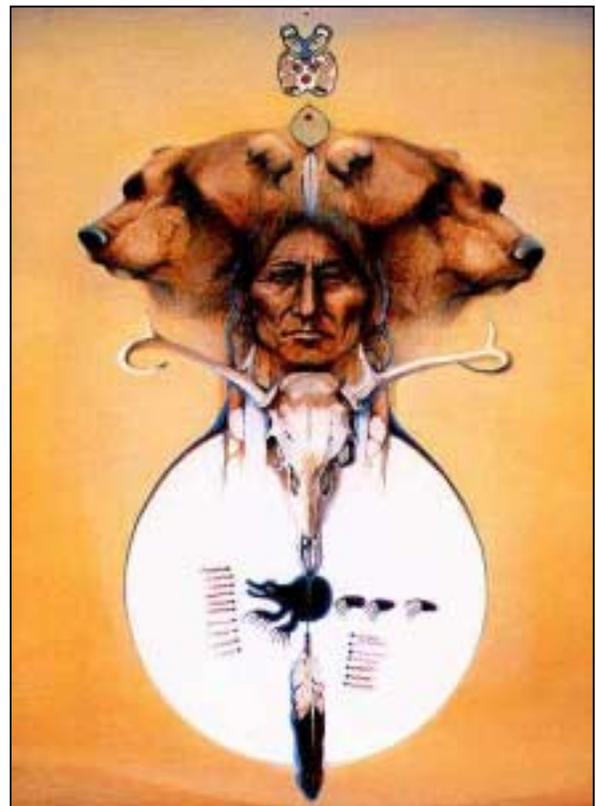
Bear ran and ran as fast, his tongue drooping further and further out of his mouth, so out of breath he thought he would drop. But, that turtle just kept getting farther and farther ahead, each time popping out of a hole to say, "Come on, Bear, catch up with me!" Until finally, when Bear was only half way around the lake, Turtle finished the race!

A great cheer went up from the other animals, "TURTLE IS THE FASTEST ANIMAL IN THE FOREST!" Even those that hadn't bet on Turtle came down to congratulate him and shake his clawed foot and pat his shell.

And Bear? Well, Bear was so exhausted, and so humiliated that he didn't even finish the race. He turned and went to his house, which was a cave, and slept the rest of the winter. And to this day, bears sleep all winter so they don't have to remember losing that race to a turtle!

There was a big party and feast in Turtle's honor, and then, finally, everyone went home.

Now, Turtle looked around carefully, making sure everyone was gone. Then he crawled down to the edge of the ice, stuck out his clawed foot and rapped three times on the ice. Suddenly, up through the holes in the ice came Turtle's brothers and sisters, his mom and dad, his aunts, uncles, cousins near and distant, even his grandma and grandpa turtles were there, and everyone of them looked exactly like Turtle! They nodded their heads at each other and said, "Yes, we are the fastest animals in the forest!" Turtle said, "Thank you, my kinfolks. Today we have proved that though we turtles may be slow of foot, we are not slow of wit!"



"Bear Power" - by Marie Buchfink