

Clubnotes

Newsletter for Native Youth



2006 vol. 4



Staying on Track

On October 28-30, 2006, twenty Club members from across the country traveled to the Atlanta Motor Speedway in Atlanta, GA. They took part in a special event for the Race Against Drugs program. Among the participants were Club members from the

Boys & Girl Club of the East Valley in Arizona, the **Kickapoo Boys & Girls Club** in Kansas and the **Boys & Girls Clubs of Tahlequah** in Oklahoma. The youth were chosen to attend because they completed the Race Against Drugs program at their Club. The program teaches young people the importance of

staying drug-free through teamwork and racing.

Most race car drivers have a pit crew. The pit crew uses teamwork to make sure the race car is in excellent condition and fixes anything that could cause a problem. The pit crew members must pay very close attention to their job. If they use drugs or alcohol they could make a mistake that could cause the race car driver to crash.

On the first night, the youth met other Club members from around the country who also participated in the program. They received awards for being leaders in the program. The group also shared what they had

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Members of the Boys & Girls Club of East Valley, Kickapoo Boys & Girls Club, and Boys & Girls Club of Tahlequah before the race

Live On Air

Tulalip Boys & Girls Club members are enjoying the newest Club program – Tulalip Youth Radio Club (TYRC). 12 teenagers, 2 mentors, and Club staff worked with Robin Carneen, a VISTA volunteer, to start the program. Radio programs and public service announcements can be heard on KSVR 91.7 FM, NAMAPAHH First People's Radio. Johnny, a Tulalip Youth Radio Club member said the Radio Club "has been a dream of our tribe for some time...I really wish that the tribe would keep this radio club in our community because it gives kids opportunities to do what they want when they get older." Club members share their ideas for upcoming shows, interview interesting people, and travel to special events. Gloria, a Warm Springs Tribal member who is part of the radio club added, "I enjoy being a part of this club

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Broadcasting live from the Tulalip Boys & Girls Club

EXTRA,
EXTRA,
READ ALL
ABOUT
THEM!!

Club Members Doing Very Special Things!

Kelly Williams a member of the **Boys & Girls Club of the Leech Lake Area** in Minnesota, was named the Club's Youth of the Year. Growing up, Kelly had a difficult family life. Her parents and later, her foster parents, used drugs and alcohol. During these hard times, Kelly took care of her three younger sisters. She made sure they were fed, bathed, and went to school. After some time, Kelly and her sisters moved into another home with new foster parents. In 2004, she was adopted by her foster mother. Now that her sisters are older, she still helps the girls with homework and gives them advice.

At the Club, Kelly is the Vice President of the Keystone Club. She is a peer leader for the SMART Girls program and volunteers at special events or other Club activities. Staff members have said that Kelly is always the first one to lend a hand. She goes out of her way to make people happy and feel welcomed. She is fun to have around and has helped us make our Club a better place."

Kelly has promised to stay drug and alcohol free. Her great example has made a difference in many lives. Kelly is also involved in PeaceJam. This is an educational program created by Nobel Peace Prize winners. The winners encourage young people to make positive changes in themselves, their communities, and the world. Kelly helped other youth leaders plan a peace project for their neighborhoods over the summer. Kelly is also active in the Minnesota Governor's Youth Council.

Kelly likes school and works to make good grades while also being part of the basketball team. Her teachers at school say she is a great leader and has good study skills. After graduating from high school, Kelly wants to attend the University of Minnesota. Her goal is to become a photographer. She looks forward to being the first person in her family to graduate from college!

Of the Club, Kelly says, "The Boys & Girls Club has shown me so much. They helped me through my struggles in school...The big reason I think so many Natives do not graduate or go to college is because they are not told how important an education is in life and this is why I am so grateful to the Club. The Club is here for me and teaches me different ways to get a good education."

Good luck in the future Kelly and keep staying positive!

Kelly Williams (left), Youth of the Year for the BGC of the Leech Lake Area



Danielle and Shanna show off their photo illustrations



The **Mashkisibi Boys & Girls Clubs** in Wisconsin recently held their Photo Illustration Festival as part of the Club Tech program. The theme this year was *In the News* and all photos were based on current events. Danielle, the Club's winner, chose alligators as her subject because of her interest in animals, especially endangered species. Danielle's picture will move on to the Regional Festival where it will be judged along with other winners from Boys & Girls Clubs in her area. Congratulations Danielle!

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Celebrating Native Americans



Club members dance in traditional regalia at the Boys & Girls Club of the Yankton Sioux

Boys & Girls Clubs across the country celebrated Native American Day this fall with traditional activities. The **Boys & Girls Club of Clarkdale Verde** in Arizona hosted a celebration along with the Yavapai Apache Recreation Department, Alcohol and Substance Abuse Department, and Bethany Baptist Church. More than 250 people took part in the day's events which included a Moon Bounce and inflatable boxing ring. A meal was provided for all participants. That evening, everyone enjoyed music from Bethany Baptist church and a special performance by

Native American rapper, AZ Chief and the Apache Crown Dancers.

Across the country in Wagner, South Dakota, the **Boys & Girls Club of the Yankton Sioux** celebrated Native American Day at the local school. Students learned about dancing and its place in Native American culture. Students performed many types of dances including Fancy Shawl, Jingle Dress, Grass Dance, and Northern Traditional. Speakers talked about the need for youth to get an education. Other students played the Drum and sang as part of the Morning Star Singers. A poster and essay contest was also held, with the theme being "What Native American Day Means to Me."



Grand Openings

This just in...two new Boys & Girls Club buildings open for Native American Youth!

The Boys & Girls Club of the Leech Lake Area opened its third Club unit in Deer River, Minnesota. The Club is in Deer River High School. The grand opening celebration was held in October. Within two weeks, more than 70 youth became members! The three units of the Leech Lake Club serve over 800 Club members. "The kids, staff, and Board members truly enjoyed welcoming the community to our new *positive place for kids*," said

Unit Director, Ronna Treuer after opening the new Club.

This summer, members of the Lake Vermillion Reservation in Minnesota were excited to open the new **Boys & Girls Club of Duluth - Lake Vermillion** Clubhouse. Club programs were taking place in an old shed, but the space was too small, and the Club could not accept any new members. The new Clubhouse is attached to the Tribe's Wellness Center. Youth now enjoy a Learning Center, Arts Room, Cantina, Games Room, and Gymnasium. With this new and bigger Clubhouse, staff can now welcome all tribal members who want to join the Club.



Laugh Out Loud!

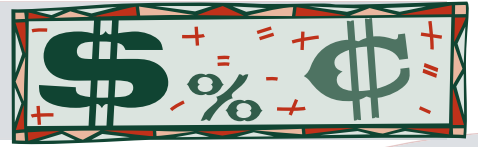
WHAT KIND OF SHIP NEVER SINKS?

Answer: Friendship!

Why are snakes so popular?

Answer: They have "poisonality"

3



Per Capita

Some Tribes make money from gaming and business activities and give it to adult tribal members in the form of per capita payments or trust accounts. These payments can be given to youth tribal members as well. If you were to receive a large per capita check would you buy that fancy new car or put it towards your education? The car might be really cool and exciting but they wear out and always have to be replaced. A college education is one of the best investments you can make! It can help you learn new skills and get hired for a full-time job. Even if you only receive a small amount of per capita money, it is good to save it for the future. Every penny can help! It can be very tempting to go out and buy something you want after receiving money, but wouldn't it be better to save the money for a larger goal down the road?

Here's What You Could Do With Your Money:

- Put it towards your college fund - Remember, you don't only need money for tuition. In college, you will have to buy books, have a place to live, buy food to eat, and have money for travel.
- Save for a house.
- Place your money in a Savings Account or Savings Bond to earn even more money. The bank will pay you interest (a small amount of money to thank you for keeping your account at their bank). The more money you have in the bank, the more money you will receive in interest!



Seminole youth learn about Native history and culture on two river trips

Many Tribes, One Camp

"...many of the Tribes that were located in what are now the states of Montana, Idaho, Washington, and Oregon would gather at the confluence [meeting place] of the Snake and Salmon Rivers and trade at certain times of the year...even if the Tribes were enemies, they would lay down their weapons and trade peacefully and share stories...because of the sacredness of the meeting of those two rivers...We can still learn from what our ancestors said and did."

- Toby Patrick, Confederated Tribes of the Umatilla Indian Reservation

In June and July, members of the **Boys & Girls Club of the Seminole Tribe of Florida** and their family members went on two river trips on the Salmon and Snake Rivers in Idaho. The rivers

are known for fishing and whitewater rapids. Seminole youth shared their culture with tribes from the states of Idaho, Oregon, and Washington. To make the most of the trip, Club members left behind all electronic gear like Gameboys, iPods, and Walkmans.

The first trip was to Hell's Canyon and the Snake River. Members of the Confederated Tribes of the Umatilla Indian Reservation in Oregon were invited. Old Native camps were visited and youth saw ancient pictographs (drawings) on rock formations. The group traveled about eight miles on the river each day. They enjoyed fishing and caught everything from

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ALASKA NATIVE JUNEAU, ALASKA



After a rafting trip, Juneau Club members pose outside the Clan House

The Boys & Girls Club of Juneau has been working with the school district on the *Transitions: Looking Both Ways* program. The goal of the program is to give new opportunities to Alaska Native students and to help more of them graduate. Classes and services are offered. The Club is providing scholarships to high school students who take part in the program.

YUPIK NEW STUYAHOK, ALASKA

The Boys & Girls Club of New Stuyahok is hosting a bi-cultural program with Elders and the local school. Elders are teaching youth the traditional ways of the Yupik culture, especially how to live off the land. Activities include tool-making; sled-building; skinning game; fish net-making; fur-stretching; preparing fur for clothes, footwear, and other uses; and sewing. Club members are also learning traditional dance, drum-making, and the Yupik language. Elders teach youth how to live in both the Western and Yupik worlds. They teach children to stay in school and to get an education. They also tell the youth to remember their culture and where they came from.

CHEROKEE NATION TAHLEQUAH, OKLAHOMA

Each year, the Northeastern State University (NSU) Athletics host Club members as part of their school's Homecoming. Nearly 500 Boys & Girls Clubs of Tahlequah members took part in this year's student-athlete sponsored skills activities. Before leaving, all participants took a photo in the shape of the NSU logo on the school's football field. "Our hope is the program with Boys & Girls Club of Tahlequah will continue to grow and we can add more activities with them in the future," said Matt Cochran, Associate Director of Athletics.



Tahlequah Club members and NSU athletes form the shape of the NSU logo on the football field

CHICKASAW WILSON, OKLAHOMA

On September 28, the Boys & Girls Club of Wilson's Keystone Leadership Club hosted a *Let's Just Play Day*. The annual event was started by Nickelodeon in 2003 and encourages kids to take part in active, healthy, and fun play. Keystone members led games for Club members, ages 5-12. Activities included Toothpick Construction Projects, Red Rover, Mother May I?, and Ship Captain. Keystone members had a great time planning the day and leading activities for younger Club members.

SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY SCOTTSDALE, ARIZONA



Club members from the Boys & Girls Club of Greater Scottsdale attend the Mesa Symphony Orchestra Performance

Music can inspire feelings of excitement, joy, passion, and sadness. On Saturday, October 7, a small group from the Boys & Girls Clubs of Greater Scottsdale - Red Mountain Branch attended the first performance of the Mesa Symphony Orchestra's 50th season. The evening concert was called *The Three B's* because musicians played music by Bach, Beethoven, and Brahm. Rachele, a Club member who attended, later said, "The first thing I loved about the symphony is that some of it was gentle and nice and some of it was like really loud and scary."

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Healthy Snack Idea

After you play these traditional games, head back into the Club to make this healthy snack!

CRANBERRY MUFFINS

Servings: 12

Serving Size: 1 muffin

Calories per serving: 200

Prep Time: 20 minutes

Cook Time: 25-30 minutes

Ingredients:

- 1 cup of sugar
- 1/4 cup of unsalted butter, softened
- 2 large eggs
- 2 cups of all-purpose flour
- 1/2 cup of low-fat milk
- 1/4 teaspoon baking powder
- 2 cups of frozen cranberries, chopped

Utensils:

- 1 large bowl
- Mixer
- Measuring cup
- 1 small bowl
- Spoon
- Muffin tins

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Being Traditionally Active!

There are many ways to be active. Today we walk, run, do aerobics, play basketball, and work out in gyms. Our ancestors were able to get good work outs by doing everyday activities and playing traditional games. We can still get good workouts today through these activities. In fact, there is a large tournament called the Indigenous Games that helps to bring back the sports and games of our ancestors. At the Indigenous Games each year they have Rifle Shooting, Archery, Canoeing, Athletics (Track and Field), Wrestling and Field Lacrosse. Not everyone can participate in the Indigenous Games but there are many other ways that you can play traditional games and be active. Traditional games are becoming so popular that the **Boys & Girls Club of North Central Montana** has decided to host an International Traditional Games Teacher (and peer teacher) class in January. The goal of the training is to teach the correct traditional ways of gathering, crafting, playing and teaching physically active traditional American Indian games. Below are directions on how to play two traditional games.

RUN AND SCREAM The youth start running, sucking in a big breath of air; then, at a designated mark on the ground, they start screaming while running. When the scream is finished, the spot is marked with each person's own marker stick (4 to 6 inch long peg, sharpened to go into the ground). The youth try to pass each other's marks. The one who runs the farthest while screaming is the winner.

SHINNY

MATERIALS:

- A slim, flexible stick (from the woods) for each player
- 4 sheets of newspaper
- 4 strong sticks, 15" long
- red paint
- string
- masking tape

PREPARATION:

Bend each slim stick so that it has a crook on the end. If you cannot find a stick that bends, tape two sticks together. Tie the stick so that it will stay bent. Roll the newspaper into a ball. Cover it with tape. Paint a design on it in red.

HOW TO PLAY:

Shinny is like hockey, except that there is no net. Make a goal by putting two of the strong sticks into the ground, 3 feet apart at each end of the playing field. (The field should be pretty big because there is a lot of running around in this game.) To begin, set the ball in the middle of the field. Each team stands by the goal. On the signal, both teams run to the ball. The idea is to get the ball through the other team's goal markers. Do not touch the ball with your hands or feet, only with the sticks. You can throw the ball with your shinny stick, but you cannot hit the other player with your stick. One point is scored for each goal. There is no limit to how many people can play, but there must be the same number on each side.

Staying on Track —
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learned. The youth participated in a race around the room while wearing fatal vision goggles. These special goggles allow you to see how it feels after drinking alcohol. Almost everyone who tried the goggles stumbled or fell down, but no one was hurt!

During the racing event, the group rode in large Army National Guard trucks in the pre-race parade around the track, while waving to the crowd. Then they took a private tour of the speedway and pit areas. The group saw the pit crews working together to prepare the cars for the race. Finally, the youth sat in the grandstands to watch the Bass Pro Shops 500 race. They were able to experience the sights, sounds and speed of the race cars zipping around the track in front of them.

Congratulations to the boys and girls in Arizona, Kansas and Oklahoma, for making a commitment to stay drug free!

Live on Air —
continued from page 1

because we get to learn more about other youth and radio, meet new people, and learn new techniques. The part I like about it the most is when we get to travel.” The Club recently received \$10,000 from the Tulalip tribe. They will use it to buy equipment, conduct learning sessions, go on field trips, and much more.

Answer: Steal its chair!



How do you
make a
hotdog stand??

Many Tribes, One Camp —
continued from page 4

large-mouth bass to sturgeon. In the evening, the group took part in traditional activities, like beading, Native cooking, searching for herbs, and artifact identification. They even held a fry bread making contest!

The second trip took youth along the Salmon River in Idaho. Seminole, Umatilla, and Walla Walla tribal members traveled on the river together. They enjoyed listening to stories and legends, and learning about the life of Americans who lived on the land long ago. Linda Sampson of the Walla Walla tribe taught the group how to identify herbs that could be used for medicine.

On both of these trips, young tribal members learned more about the culture of other Indian people. They enjoyed the same experience as some of their ancestors – gathering together with members of different tribes to live in one camp community.

Healthy Snack Idea —
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Directions:

- Preheat oven to 350 degrees.
- In large bowl, cream together butter and sugar.
- Add eggs and mix until creamy.
- In other bowl, sift flour, and baking powder.
- Slowly add flour mixture into creamed sugar mixture, while adding the milk.
- Stir in chopped cranberries.
- Spoon into 12 paper lined muffin tins about 1/2 full.
- Bake for 25-30 minutes. Makes 12 muffins.
- Enjoy!

From Healthy Recipes, Simple Foods: A Collection of Recipes from the Nutrition Calendar Series by: Jackie Martorano, MS, LN, CDE

News from the Nations —
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PENOBSCOT NATION
INDIAN ISLAND, MAINE

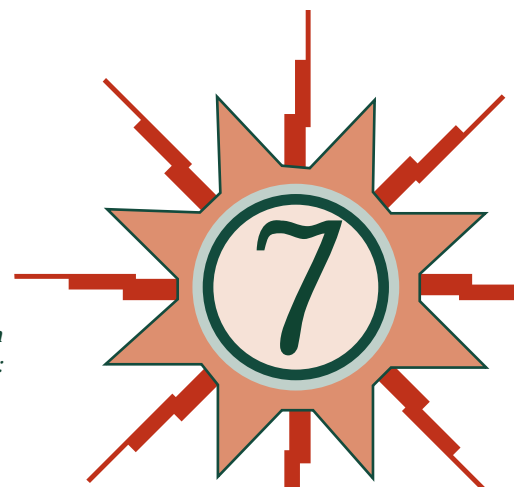


Club members and Chochoe tribal members aboard the Pajaro Jai

August brought some special visitors to the Penobscot Nation. Members of the Chochoe Tribe in Panama sailed aboard the Pajaro Jai to meet other Native people of the world. Tribal members hoped to make people aware of environmental problems and other issues. Topics discussed were water quality, tribal businesses, and politics. Some members of the **Boys & Girls Club of the Penobscot Nation** were able to visit with the Chochoe tribal members. Club youth and staff shared traditional Penobscot songs and offerings such as tobacco and sweet grass.

Sudoku solution

2	1	3	4
3	4	2	1
4	3	1	2
1	2	4	3



Fun Stuff

Draw this picture and send it to us at the address at the bottom of this page. We will print some drawings in the next Club Notes. Include your name, age and Club on the back of the drawing.



		3	
	4		
		1	
	2		

Answer on page 7

Sudoku

Every row, column and mini-grid must contain the numbers 1 through 4. Don't guess - use logic!

Club Notes

Let's hear from YOU!

Send your artwork, letters, pictures, articles, and any other exciting Club news to:

Club Notes

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