



THE INDIGENOUS YOUTH FOUNDATION, INC.

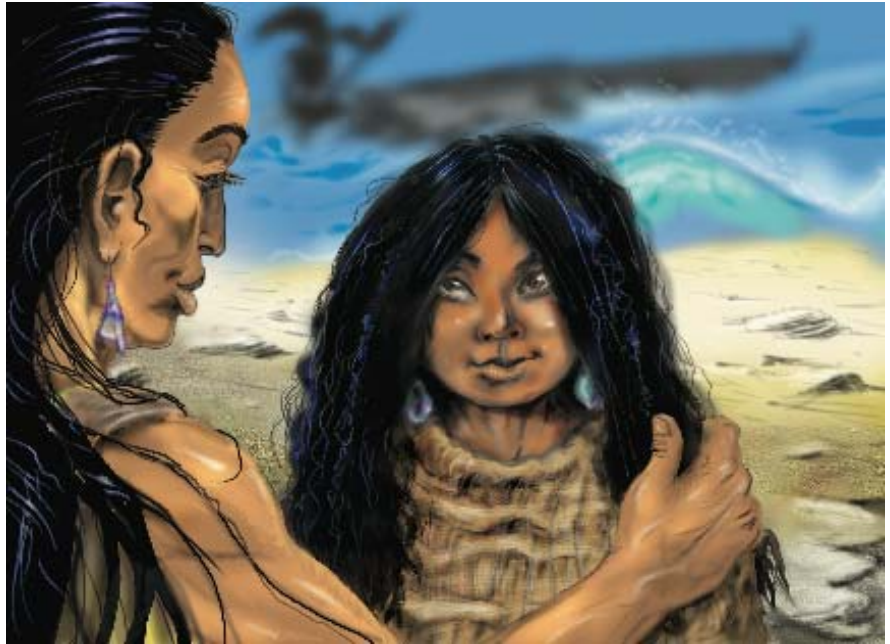
A Cultural and Environmental Education Non-Profit Organization
News Letter for February/March 2005

'AKU UASHICH
CHUSHANA
HELLO GOOD DAY

The Board of Directors of the Indigenous Youth Foundation would like to invite all youth and families to participate in our classes and events.

BOARD OF DIRECTORS

Rosie Uribe (Chumash)
Monique Sonoquie (Chumash/Apache)
Toni Ann Rivera (Chumash)
Corine Greensky (Lakota)
Liz Garcia (Chumash)
Norah Gavara (Chumash)



"The Beginning of the Chumash"

PURPOSE STATEMENT

The Indigenous Youth Foundation, Inc. is a non-profit organization whose purpose is to preserve, restore and teach Chumash (and other tribal) culture(s) through the recognition of history and tradition, preservation and reclamation of traditional land bases and environmental resources, and through the transmission to and honoring of Youth and Elders. The Indigenous Youth Foundation seeks to empower Native youth to become active participants in community building by educating them through their own cultural experiences. These activities

have included: field trips to gather traditional foods and medicines; traditional crafts classes; meeting with elders to relate oral histories; audio and video documentation; mentoring and tutoring; classroom presentations; research and archival activities; and the distribution of data collected (language, songs, oral and written histories, audio and video projects) to youth and their families. As well as, community presentations for local classrooms, universities, events and organizations.

The Beginning of the Chumash

*Very long ago, before the Human Race, the Animal People were plentiful. One day a Spirit from the Island in the West was looking around. He was admiring the beautiful Ocean. The Spirit saw in it many different peoples, such as the Starfish People, the Whale People, the Fish People, and even the Abalone People, who were sometimes hiding under large rocks. The Spirit came across the Dolphin People, swimming and playing in the water. The Spirit thought how good it would be to be Dolphin. So the Spirit turned into a Dolphin for a time. Soon the Spirit fell in love with a Dolphin. They had two children. The first was a Dolphin. But the second was from the human race. And that's when the first human was born, from the Dolphin. And the first human was the Woman...
to be continued...*

Monthly Arts and Crafts Classes



Each Month we hold several Arts and Crafts Classes for our youth and their families. We use many traditional materials such as: Acorns for necklaces; Tule Reeds for dolls and boats and; Olivera Shells for bracelets.

We also do beadwork and create art for t-shirts, hats, posters, and other projects. Our youth have participated in making gifts for our Elders at various gatherings and giveaways.

Seasonally we have field trips to the beaches and mountains to gather our materials, learn about and give thanks for the gifts the Mother Earth provides for us.

Schedule for Crafts Classes

March	SB Crafts	April	SB Crafts
	SB Crafts		SB Crafts
	SB Traditional Foods and Medicines		SB Traditional Foods and Medicines
	SM Crafts		SM Crafts

Traditional Foods and Medicines

Santa Barbara is still rich with Traditional Foods and Medicines of our Chumash Ancestors. During the cold and flu season there are a few key herbs that you can grow at home, gather, buy in tea bags or in bulk to aid in your families recovery.

If buying in bulk, simply boil about a teaspoon full in a pot of water. Pour into a cup then slowly breath in the steam until it cools down enough to drink. You can also use a towel over your head while inhaling the steam.

Note: Always drink a small amount and wait to test for any allergic reactions. For children, use twice as much water, and be very careful of the hot steam and liquid. Always research and ask questions if unsure of an herb.

Chumash/English/Spanish

Spearmint/Yerba Buena	–For sinus, stomach and resting.
Bears Weed/Yerba Santa	– For respiratory system, cold or cough (lungs) to expel mucus.
Kaias/Elder Flower	– This small yellowish flower is utilized for sinus problems and fever.
Cinnamon	– For stomach and colds.
	– Is also used to lower blood sugar in diabetics (1/4 teaspoon in the am.)



Some of Last Years Events

Summer Solstice Gathering	In collaboration with the DVS at Goleta Beach. Over 75 people attended. We made crafts and had a BBQ. Toni Ann and others sang Chumash songs.
Teen Retreat	In collaboration with the DVS at Manning Park., 36 teens attended. We played baseball, did crafts and learned about healthy relationships.
Long Beach Aquarium	To learn about sea life with our younger youth and their parents. 35 people attended.
Museum of Art Presentation and Film	Our first collaboration with the Santa Barbara Museum of Art. We did a presentation where 150 school kids attended. And showed a documentary on “Allen Houser” an Apache sculptor.
Fund for Santa Barbara	For the Fund for Santa Barbara Bread and Roses event Monique made a Chumash Gift Basket that auctioned off for \$85 to benefit The Fund for Santa Barbara who has funded our programs in the past. Documentary presentation of “In the Light of Reverence”, on Native American Sacred Site struggles.
Grandfather Semu’s Memorial	Kwili and Amua organized the event and Toby cooked. Monique made 100 Tule dolls with sage for giveaway. Two boxes of Chumash books were given to family members. Over 100 people attended.
Winter Solstice Dinner	In collaboration with the DVS and CBCN. Rosie did the table decorations. Several of our youth and parents made gifts for the Elders. We donated books for the giveaway.

COLLABORATIONS

This last year the Indigenous Youth Foundation has had the pleasure of collaborating with several other organizations in Santa Barbara that are working towards educating and contributing to our community. In this new year we plan to continue our work with the following organizations: Domestic Violence Solutions, Return to the Circle; The Fund for Santa Barbara; The Santa Barbara Museum of Art and the Coastal Band of the Chumash Nation.

The Coalition to Save Husahkiw - Chumash Wind Caves

The Sacred Chumash “ Husahkiw- Wind Caves” is a cultural landscape that houses rock paintings, ceremonial area and is now occupied by the Winchester Canyon Gun Club. It is an internationally recognized archaeological site qualified for the National Historic Register.

Risk of fire danger in the Los Padres Forest is increased due to the discharge of weapons and non-authorized shooters discard large quantities of broken glass and trash. The gun club activities create a dangerous risk of harm, and exposure to lead and otherwise interferes with the rights of the Indigenous peoples to access, and to express and exercise traditional religious and cultural practices. The noise impact affects not only cultural practitioners but also the sanctity of this Sacred area. In addition, the discharge of weapons has caused serious and irreparable damage to the sacred rock paintings where bullet holes deface the rocks, The continued operation of the gun club and extension of the special use permit for 10 years will continue to depreciate the environment, and is incompatible with the long-term preservation of the adjacent Sacred Chumash rock paintings and the cultural landscape of the canyon. The Coalition demands that the gun club be relocated to an area that is not culturally or environmentally sensitive.

The Indigenous Youth Foundation and Coalition to Save Husahkiw considers environmental and social justice issues regarding the preservation of Chumash cultural landscapes to be a priority. For more information or to assist, please call Monique Sonoquie at 805-403-6744.



How you can help Fundraise for our Youth Projects

BOOK SALES

The Beginning of the Chumash is our first published Children's Book on the Creation of the Chumash Woman from the Dolphins and Chumash Man from the Sharks as the Island People. This oral history was passed down to us from Grandfather Semu Huaute in 1999. At his memorial service in November 2004 we presented his family with these books to honor his legacy. This part of Chumash history has never been published before and we are proud to share it with our community.

The Beginning of the Chumash serves as a fundraiser for our non-profit and is available with a \$10.00 donation. Youth that attend three crafts classes will receive one book for their family. It is now in all of Santa Barbara's school libraries.

Fund It.Org On Line Purchases =

www.fundit.org is a grassroots-funding source that helps non-profits raise money through local service contracts and internet purchases. Sign up in line and each month a portion of your monthly payment will go to the Indigenous Youth Foundation, such as:

Local/Long Distance 7.5% of your monthly bill, **Internet Service** 15% of your monthly bill, **Cellular Phone** \$40 on sign up, **Dish Satellite TV** \$ 6 on sign up + \$3 a month.

Or purchase items from local stores and a percentage of your purchase will be donated to our organization. Some stores are: **Target, Pet Co, Home Depot, and Orbitz.**

WHAT WE NEED

Donate your time or resources. We need crafts supplies, computer service and programs, Native American books and videos for our library. We need a large screen TV to watch cultural videos. We like to offer meals during our classes, so food and utensils would be great. We are looking for community events and venues to sell our book. We will need an office space in June big enough to hold classes in. Just ask!

Grants and Grant Writers

Sometime the company you or a family member work for offers grant monies for referred non-profits. Please inquire about this status, as we are always looking for donations to fund our events, classes and projects.

Also, if you know of anyone that is a grant writer and would like to assist us please have them contact us.

THE INDIGENOUS YOUTH FOUNDATION, INC.

State Id # 77-0106624 Federal Id # 1291142

P.O. Box 4403, Santa Barbara, CA 93140
Website: www.chumash.org

Phone: 805-962-8293
E-Mail: youth@chumash.org