



THE INDIGENOUS YOUTH FOUNDATION, INC

A Cultural and Environmental Education Non-Profit Organization

News Letter for May 2007

'AKU UASHICH
CHUSHANA
HELLO GOOD DAY

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

Chumash Word

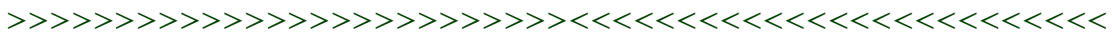
soo – tobacco



Indigenous Youth KICK BUTTS ! at UCSB over 600 butts were collected in 30 min. At Allen Hancock College in SM, over 400 butts were collected. Our youth are learning Important lessons about health and the environment.

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.



Traditional Tobacco

MotherEarth has given us many gifts. These gifts must be respected and used in their proper way. Tobacco is one of those gifts and has always been used by Native Americans in a Sacred way. We pray with Tobacco and it provides us with spiritual strength, guidance discipline and protection. It is offered to Mother Earth, the fire, to an Elder or Indian Doctor. It is smoked in traditional ceremonies and not inhaled. This Medicine is for one's health and wellbeing.

All Medicine has a positive and negative side. Tobacco also has a negative side. Tobacco can make you sick if not used properly. The non-traditional use of Tobacco is through smoking, chewing or snuff. Using Tobacco in this way makes your clothes and breath stink. It can lead to gum disease, tooth decay and addiction. It can also cause cancers of the mouth, throat and/or lungs that can lead to death. If you or someone you love needs help to stop smoking please call 1-800-NO-BUTTS.

Monthly Arts and Crafts Classes



Left: Field Trip to the Santa Barbara Sea Center during our Washoe Exchange Program.



Right: Parent Jodi Dozier helping out with our info table at Xmas party in Santa Maria.

Schedule for Crafts Classes

May	3rd	Santa Maria Crafts Class	17 th	Santa Maria Crafts Class
	5 th	Booth at West Coast Martial Arts	24 th	Santa Maria Crafts Class
	10 th	Santa Maria Crafts Class	27 th	HBO 9pm Native Movie "Wounded Knee"
	13 th	Santa Barbara Spring Day Camp	31 st	Santa Maria Crafts Class
	10 th	Little Hawk Drummers at UCSB		

Traditional Foods and Medicines

Santa Barbara is still rich with Traditional Foods and Medicines of our Chumash Ancestors. Spring is here. There are lots of flowers blooming. This is the time to gather flowers that can be used for healing common ailments. When you gather, only gather enough for you and your family. Be careful to not step on or over gather a plant or area, other people maybe sharing the same place, that includes animals and birds. Place your flowers in a dry area and then store in glass jars or mesh bags (like potato sack).

If buying in bulk, simply boil about a teaspoon of herb 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 apply a poultice (herb in cloth) to affected areas.

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

Cornsilk – For 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.



News and Events

HEALTH AND FITNESS

Two North County youth ran their first track meet at Lompoc High School. Jordan Dozier placed 1st in the 50 and 100 yard dash and 5th in the baseball throw. Myka Gonzales placed 2nd in the 220, 3rd in the relay and 4th in the 440. We are all proud of our youth in their determination and commitment to this physical fitness activity and encourage all youth and their families to find a sport or activity that promotes good health.

FREE TUTORING

We have one volunteer for tutoring in Santa Maria, Alysia Ruiz, 17. If you have a teenager that would like community credit please have them contact Monique at 805-403-6744. If your student is struggling academically at any school or any grade level, please take the time to ask your school and encourage a tutorial program or work study group. Education is the key to the future.

WOMENS GATHERING

Our First Annual Indigenous Womens Gathering will be held Sunday, June 10th, at the Pilgrims Terrace in Santa Barbara, 8am to 8pm. There will be several sessions on tradition, health and healing. Cost is \$30 to cover 3 meals. Contact Monique to RSVP at 805-403-6744.

NATIVE TV

NATIVE is a locally produced 30 min. show on Channel 17, that airs Sundays at 4:30. *Red Rocks*, a Native Music Television Series and other Native videos and films premier here bi-monthly. *Red Rocks* is also programmed on an internet webcast station at www.cccsat.com, under Affiliates-Native schedule. Please tune in and support Native TV and the Arts!

CALIFORNIA INDIAN BASKETWEAVERS ASSOCIATION (CIBA)

The CIBA Basketweavers Gathering is June 22nd at Robinson's Rancheria in Northern California. The event includes basket classes and exhibits. The gathering is free with an annual membership of \$25.00 which includes a newsletter. www.ciba.com.

INDIGENOUS WOMENS CONFERENCE

The Indigenous Youth Foundation is having its 1st Annual Indigenous Womens Conference on Sunday, May 10th, 2007. Workshops will be held on Womens Medicines -Puberty Rites to Clan Mothers, Traditional Foods and Medicines, Traditional Songs, Healthy Communication, Financial Literacy, Healing Arts, and a Panel on Physical Safety. There will also be raffles and giveaways.

Event will be held at Pilgrims Terrace Activities Center, at 649 Modoc Street, Santa Barbara, CA. There is limited enrollment at \$30 per person to cover three meals. RSVP Monique Sonoquie at 805-403-6744, sonoquie@hotmail.com.

Project/Fundraisers



BOOK SALES

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! By one for your child's classroom or for holiday gifts.

In the Classroom

There is a new California Indian Curriculum in the school system. Please make sure your child's teacher is following this guide, it is written by the California India Education Center. The Indigenous Youth Foundation will also go into your children's classroom to do Cultural Presentations. We cover Chumash history, storytelling, and show videos. And donate a copy of *The Beginning of the Chumash*.

TOBACCO VIDEOS

The Indigenous Youth Foundation has several Traditional Tobacco Videos in our Video Library, and information on how to cease Tobacco addiction. Please call us to borrow these great family videos.

LIBRARY

We also have a large book library where youth And families can borrow books for homework Assignments, history research and art ideas.

WE NEED!!

Donated OFFICE SPACE in Santa Barbara, big enough to hold craft classes for 20 people, a small library, computer desks, crafts storage and more. Please assist us in looking around for a new home. And **GRANT WRITERS** for several projects in the works, as well as for our office space.

THE INDIGENOUS YOUTH FOUNDATION, INC.

BOARD OF DIRECTORS

Monique Sonoquie (Chumash/Apache), Toni Ann Rivera (Chumash)
Corine GreenSky (Lakota)

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