



Wellbriety Indian Center News

Vol. 1, Issue 4

THE CAMP CRIER

March 2009

INDIAN CENTER NEWS

FYI

Welcome to the fourth issue of our WICCS newsletter. We have some changes with this issue that are explained a little later. Food news turned up big this month. Enjoy.



Photo by David Barela

Community Lunch

The community lunch on Feb. 21 was an outstanding success. Thanks to the WICCS' cultural committee for planning this event. The food was good, the attendance was over 50, the Medicine Bear program was great, there were several new people and everyone was doing a lot of meeting, greeting and networking.

Brandon Hartmann, Tohono O'odam, was recognized as the winner of the Youth logo contest prize. He submitted an eagle in flight that will be used on all the youth group material. Congratulations, Brandon.

Attendees at this lunch included a stock broker, a 2009 Grammy winner, an honorary doctor, competitive dancers, two families with foster children, a church pastor, a member of the Native American Committee of the Rocky Mt. United Methodist Church, a generous donor to the center, a medical student from Alaska, the President of White Bison, and some of the cutest kids you have ever seen.

Next month's community lunch will be on March 14th from 1 to 3 pm at Trinity United Methodist Church, one block north and 1/2 block west of 19th and Uintah. You are invited to come, bring a friend and find out who shows up at that lunch

Newsletter

Our newsletter committee consisting of Eva and David Barela and Eulala Pegram met in February and you will notice several changes we have made in this issue as a result of our discussions. We have put the **index** in boxes at the bottom of page two and we have moved the **Youth pages** to page 4 and 5 so they will be in the center of the newsletter.

We have taken out the calendar page and moved the **interview articles** to pages six and seven in order to have more room to tell about people and businesses in our community. We have also moved the **Ideas For Parents** article to the interview pages.

Page eight will contain permanent **resource information** that may be needed by our readers, along with the Native events calendar for the month.

We will continue to encourage all our youth to submit articles of interest to others. At the **Youth Group** monthly meetings, we will lead a group in discussing up-coming article ideas and news coverage of Native happenings in this area. This will include both researching, writing and photographing local news, and we will use the stories the youth write and the pictures they take to spread the word about WICCS's activities in the area.

We will work with the youth in the art group to create flyers promoting happenings and events offered at the Indian center so we can maximize our efforts to reach Native people in the community and invite them to be involved, too.

Steering Committee

By Eva Barela

The Steering Committee started working on the Center's Mission Statement and will continue with that at the March 5 meeting at 6 pm at White Bison, 6145 Leman Dr. Ste 200.

Cultural Committee

By Eva Barela

On Thursday, Feb. 18, the WICCS Cultural Committee met at White Bison. Brief reports

were given and discussed on the last monthly community meeting, the Elders' Gathering, and the youth group. Plans were discussed on scheduling future meetings. We are trying hard to schedule interesting speakers for all our events far enough ahead so we will be able to submit information about them to all local print and electronic media in the area.

eBay Fundraiser

We continue to sell donated fund raising items, and our sales are good enough that we need more donations now. Please contact White Bison at 548-1000 if you have something you would like to donate and receive a tax write off. A representative from the Center will call you back.

Elder's Gathering

The next gathering will be at 6 pm, March 10 in the parlor of Trinity United Methodist Church. Everyone is invited to come, share and talk during the meeting.

Youth Group

The youth group met in February and announced plans for some specific group activities that should be of interest to Native youth in the area. Flyers are being created and will be passed out with more information. These will be provided to the youth for their packets. Also see the Corn...er youth pages for more information about some of the new things planned.

Our Thanks

To all our hardworking **volunteers** for all they do to keep WICCS running and welcoming to everyone.... to the **youth parents** for keeping the ones on our mailing list in the loop.... to **Dr. Lynda Rogerson** for her efforts in writing a grant for our youth program....and to our newsletter **proof readers** for finding our typos, etc.



COMMUNITY NEWS

The Camp Crier

Published By
Wellbriety Indian Center
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www.wellbrietyindiancenter.org

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Illustrator: Arnetta Hartman, *Navajo*

Photography: Patience Low Dog

Legal: Sandra Mokine, *Potawatomi/Cherokee*

Camp Crier news is a monthly online newsletter for the Pikes Peak region. Long ago, Camp Criers were respected people who went through the camp announcing important news of interest to the people.

How to submit material:

If you are interested in submitting news to us for publication consideration, we would be glad to hear from you. Our email address is thecamp-crier@wellbrietyindiancenter.org

Due to lack of space, we will be able to cover local news only and powwow information will be a link that lists upcoming regional powwows.

Youth Newsletter Section:

Youth Editors:

James Low Dog, *Assiniboine*
Patience Low Dog, *Assiniboine*
Alicia Chavez, *Navajo/Apache*

The youth articles and art section of the newsletter will be created and edited by Native youth in the area and they will be the sole creators of this section. The adult editors and staff will check for good journalistic taste, standards and procedures. Young writers and artists are encouraged to submit their articles, jokes, reviews, news and other material of interest to their Native peers. We hope to have regular information from different schools, as well as good stories, interviews, etc. We will feature a different school in each issue for a while and we have a form for you to fill out to give your ideas about what to tell about your school. If you are interested in seeing the form, call or write us to receive a copy.

UCCS

Congratulations to UCCS Professor **Marguerite Cantu** who has been nominated to receive an award in recognition for her sustained contributions to diversity and inclusiveness in teaching, scholarship and/or community engagement. The recognition would include the award and \$1,000. Our condolences to Professor Cantu and her family on the recent death of her mother, **Jessie Lou Amanda Jones**, Cherokee/So. Ute.

Professor **Michelle Companion**, Mohawk, is the subject one of the interviews in this issue. See page six.

Alvin Chee, Navajo, received the Rising Leader Award at the recent American Indian Science and Engineering Society conference in NM. He attended the conference with Sarah Batty, Muscogee, as representative of the UCCS AISES group.

Crystal Rizzo was selected to be a teaching assistant for the Introduction to Race and Gender course in the Women's Ethnic Studies program at UCCS.

Colorado College

Taa Dixon, the subject of our business interview in the February Camp Crier, has organized a **panel discussion with Colorado College grads** who went on to become entrepreneurs by starting their own business. The panel will be from **7-8 pm March 3 in Bemis Hall**, 902 N. Cascade Ave. Taa will be one of the panelists. She is the current Board Chair for the Colorado College Community & Business Alliance.

White Bison's 2009 Journey of Forgiveness



Map of the Forgiveness Journey

On May 16th, 2009, White Bison will begin their 5th healing journey at Chemawa School, Salem, OR. This 6,800 mile Journey of Forgiveness across America in 40 days will make stops at 23 present and former Indian school sites and end June 21 at Carlisle, PA, the site of the first Indian boarding school.

The journey will focus on healing intergenerational trauma and unresolved grief as a result of what happened to Indian people in many of the 25 BIA boarding schools and 450 government funded boarding and day schools run by churches through their years of operation from 1879 to 1940.

White Bison will focus on community issues regarding boarding schools and perform ceremonies at each of the 25 school sites using the Medicine Wheel circle of healing: recognition, acknowledgement, forgiveness and change. Don Coyhis, president of White Bison, will be teaching that there should be no law suits, whether the government apologizes or not. At each site, a ceremony will be performed at the gravesite of the children who died in these schools, apologizing for leaving them there and telling them we have come to take them home.

From Carlisle, the group will

go to the National Museum of the American Indian in Washington, D.C. on June 24 for final ceremonies.

For more information, you can visit the following sites: For a brief explanation and a **short video** about the journey, as well as how you can help with this journey, if you want, go to: <http://www.wellbrietyjourney.org/> For a **map and dates** of scheduled stops, go to: <http://www.wellbrietyjourney.org/route.htm>

PPCC

There is no meeting scheduled for the Native American Student Alliance at PPCC for the month of March. If you have questions, call Carisa Yazzie Gonzales at 238-7200

Red Road in 4 Directions

Anita Pino from Red Road in 4 Directions is the subject of one of the interviews in this issue. See page seven.

NAWA News

The next Native American Women's Association meeting will be from 1-3 pm, Sunday, March 8. The program will include both **Sandra Mokine**, Potawatomi/Cherokee, giving brief instructions on using Roberts Rules of Order to conduct a business meeting of interest to anyone involved in any organization, and recent Grammy winner **Allen Mose, Jr**, who will speak about his experiences with his music career.

NAWA will participate in the **March of Dimes walk/donation** on April 25 and NAWA Princess Aliyah Gonzalez, Dineh, is collecting aluminum cans until April 24 to benefit the March of Dimes for Babies. Contact Carisa at 238-7200 for pickup. Cans can also be dropped off at a NAWA meeting, youth meeting or the community lunch (see calendar on page 8.)

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NATIVE NEWS FROM HERE AND THERE

Obama Appointee Jody Archambault Gillette, Standing Rock Sioux, has been appointed by President Obama to be his Office of Governmental Affairs Deputy Associate Director.



Jody Gillette

She has previously served as his First American Vote Director for the Obama Campaign for Change, and had served before that as Director of the Native American Training Institute.

Gillette earned her undergraduate degree from Dartmouth College and in 2002, was awarded both a Bush Foundation Leadership Fellowship and her Masters Degree in Public Administration from the University of Minnesota.

!REZKAST IS HERE!

The Coeur d'Alene Tribe in Idaho has created a website called RezKast for sharing any Native info with the rest of Indian country. The YouTube/MySpace type website that has been up since November. It features Native material only.

RezKast has many categories. Browse through the "Member" category where people post profiles, photos, friends and blogs. The "Videos" section is where you can submit your own material or view other's videos, and it has further divisions for such things as culture and language, Native art, sports, education, etc.

A "Comedy" section is for Native comedians, amateurs and professionals; an "Activity and Politics" section; a section to post audio material or your music; a "Community" section for people with common interests - and, best of all, you can set up your own community group! See page 8 for more info on possibilities for us.



Proposed Embassy of Tribal Nations, Washington

The **National Congress of American Indians** is close to signing a deal to purchase this building at 1514 P St., NW, Washington, D.C., for the proposed headquarters for the long planned Embassy of Tribal Nations of Washington, D.C. It is in the Dupont Circle area near Embassy Row, where many foreign embassies and diplomatic office are located.

Jacqueline Pata is NCAI's executive director. Joe Garcia is NCAI's president.

AWARDS APLENTY

CONTRATULATIONS!



On An Emmy Award Missy Upham, Blackfeet, played a leading role in *Frozen River*, the Sundance Film Festival winner and Oscar nominated movie set on the Mohawk Reservation. Missy is a multi-talented

actress and scriptwriter who is gaining some notice lately. She began acting at age thirteen and began writing scripts when she was dissatisfied with Native roles written by others: See the video of an interview with Missy at:

<http://www.youtube.com/watch?v=B7EZZHj6CL8>

And a Grammy Award

Our own **Allen Mose, Jr.**, Navajo, of Colorado Springs who won a 2009 Grammy for his contribution to Silver Wave's *Come To Me Great Mystery*, a CD collection of traditional Native American healing songs. He soloed on the *Beauty Way* cut for the CD and contributed backup voice on several of the other cuts.

Allen also contributed to **Arvel Bird's** Tribal Music Suite, *Journey of the Paiute* CD that was just recently released on Singing Wolf records. It is a Ford Foundation First Nations Composer initiative project of the American Composers Forum.

Historic Tables Are Turned

Historic tables were turned recently when an Arizona culinary arts school started a course teaching European dishes using Native American ingredients. For centuries, other countries around the world have been creating their own cultural dishes using ingredients first cultivated by Native peoples throughout the western hemisphere. Now a new culinary arts school in Arizona is adapting some European dishes using their own local and Native ingredients.

In the *Spirit of the Harvest* article in their January/February issue, *Native Peoples Magazine* has an article on the new Classic Cooking Academy in Scottsdale, AZ, who recently welcomed **Bertina Cadman**, Dine', as the assistant director at the school. She has a BA degree in history and Native American studies from Dartmouth College and a culinary arts degree from the Scottsdale Culinary Institute.

Classic Cooking Academy has a first-of-its-kind six month program featuring a curriculum developed by a team that includes Chef Dionot, a classically trained French chef; **Chef Nephi Craig**, Dine'/White Mountain Apache and founder of the Native American Culinary Association, **Cadman**, and newest member **Freddie Bitsoie**, Dine', who also

attended the Scottsdale Culinary Institute.

The course is designed for high school graduates to serve the growing need for Native culinary professionals to fill the developing demand for Native chefs in casinos and other hospitality-oriented businesses run by tribes.

The school also teaches traditional Native dishes and also modern dishes using the same Native ingredients used through the centuries. Classes offer in-depth study of indigenous foods and Native cooking traditions, in addition to the technical skills, knowledge and appreciation of Native culinary heritage, especially local Southwest foods and ingredients.

For some recipes the team has developed, visit the magazine's website at <http://www.nativepeoples.com/article/articles/314/1/2009-JanuaryFebruary-Spirit-of-the-Harvest/Page1.html>



Chef Dionot, Bertina Cadman and Freddie Bitsoie

THE CORNER

March

Speak your Peace Pipe

We received no submission for last month's question, so here is the one for March.

What would you want to do for Native Americans if you were the U.S. President.

— Inauguration —



Jana

Seven time Native American Music Award winner **Jana Mashonee**, Lumbee, performed her new song "A Change is Gonna Come" live for the first time at the 2009 Inaugural Ball in

Washington DC on January 20th. It is from her new album "New Moon Born."

Jana awards Native American Kids scholarships in academics, artistic and athletic achievement. Apply!

<http://www.janamashonee.com/>

JOKE: The momma pig was sitting in the mud pile with her baby pigs and yelled -- "Who tracked mud out of the house?"

**Brockton "Warriors" High School
Brockton, Montana 1936 State Champions**

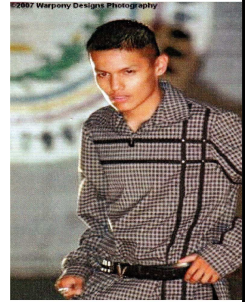


Front (l-r): coach Thompson, 35 **Dilbert Brown**-Forward, 37 **Louie Boyd**-Guard, 32 **Tom Dempsey**, 38 **Alpheus Bighorn**-Forward, Back Row: 31 **Leonard Bighorn**-Guard, 30 **Ernie Bighorn**-forward, 33 **Philip Red Eagle**-Center, 36 **Joe Lyons**-Guard, Robert "B" Mattlin-Manager.

Native Fashion

By Patience Low Dog

Fashion isn't just for Native females. The ever popular ribbon shirt for everyone often takes a turn in a different directions. Here is one of the newer, more modern looking ones that may catch on. The ribbon work is attractively asymmetrical, but easily identifiable as a ribbon shirt. Be one of the first to show off one of these.



Men's Contemporary Ribbon Shirt
Photo by Warpony Designs Photography.

GET INVOLVED,
MAKE A DIFFERENCE

JOIN ONE OF
OUR
YOUTH GROUP TEAMS

COMPETITIVE BASKETBALL TEAM

COOL ART TEAM

NEWS MEDIA TEAM

See Detail Below

AND THE WINNER IS...

Brandon Hartmann, Tohono O'odam, is the winner of our logo contest. He won the \$25 gift certificate from Best Buy, a beautiful, signed art print by award winning Native artist Sam English, Turtle Mt. Chippewa, and an award certificate.



Photo by David Barela

Brandon's logo features a circle with an eagle in flight. He is student at Lincoln Elementary School in District 11 this year.

Let's Play Ball!

At the Feb. 28th youth group meeting, adult leaders introduced some important information about forming three activity youth teams to meet during part of the monthly Youth Group meetings.

-One team will be for those high school students who want to be part of an **all-Indian competitive basketball team** to play against other local teams.

-One team will be for those interesting in doing fun **art activities** to use

in our youth program.

-One team will be for those interested in being part of a **news media team** to work with covering Native news events, either as a writer, or a digital camera or video photographer. These articles will be used in both these youth pages and other publications to get the word out about our group and the Indian Center.

Have fun, make a difference!

TEEN TOPICS PAGE

The Month of March

There is certainly enough coming up in March to keep us all busy. Here are just a few things you may want to remember:

The Youth Group is starting some **new programs**. The meeting for February started some new things in the group. See page four.

Our meeting in March is not until March 28th and we want to plan in February whether we will have a regular meeting or our first field trip together on that date.

Spring break for the schools will be the week of March 21 to 28. The first weekend of spring break is the **Denver March Powwow** on March 20th-22nd. The parents will try to organize how we can find each other to sit together there.

<http://www.denvermarchpowwow.org/>
That same weekend is the **Native American Basketball Tournament** on Friday and Saturday, March 21-22, in the PE Building on the University of Colorado, Auraria Campus, 900 Auraria Parkway, in downtown Denver, CO. This is this groups first tournament and there should be some good teams playing for the trophy.

<http://nativeamericanbasketball.com/>

Also look for the 2009 DJ and hand drum contest then. You and your family will have to decide which event you to attend.

DOHERTY HIGH SCHOOL

By Brandon Tsosie, Navajo

Doherty High School is District 11's largest school, with an annual enrollment of around 2,000 students. They also have been awarded many honors and awards for the classes and other programs they offer. To check these recognitions out, visit the school's website. One of the outstanding programs they offer is a college prep class called AVID (Advancement Via Individual Determination) which has been featured in a national educational publication this year for the third year in a row, the only AVID school in Colorado to do so.

Students and parents are kept well informed with two news sources, the Spectrum, the student created newspaper published once a month, and an online newsletter called Spartan News where students and parents can keep up on activities and important dates and doings. Some other helpful thing to know about Doherty includes a Home Work Help link on the school's website. And, for those who need it, there is a night school called Success First that offers one class at a time for 12 nights, M-Th from 4 to 9:45 pm. You can take three classes each quarter this way. The class meets in Room 110 at Doherty.

Doherty's Spartan 300 consists of 300 exceptional students in academics, sports and community.

The school is named for Thomas B. Doherty, a respected D11 superintendent from 1964 to 1977 when he retired. He was very proud and supportive of the school until he died in 1992. The school's colors are royal blue, kelly green and silver and the mascot is a Spartan warrior.

At Doherty High School, I am involved in the art club that meets after school this year. The instructor is Mrs. Stevens. In the class, we are currently creating ceramic bowls that we hope to sell and give the proceeds to charity. Art allows me to work with friends and have fun. I am a junior this year, but I'm still undecided about college or what I am interested in studying.

I am also a "sandwich artist" at Black Forest Subway, so come by for a \$5 foot long.

Definition of a Spartan
Infuse commitment into everything we stand for and what we do.



Doherty Spartan Mascot

Out and About

At the community lunch on Feb. 21 we met **Precious Cross**, Sioux, a new student at Widefield High School. We learned that she is interested in art and is taking a class this semester called original design. Sounds interesting....**Patience Low Dog** and **Precious Cross** both celebrated birthdays in February. Happy belated birthday, ladiesand an early Happy Birthday wish to Youth Editor **Alicia Chavez**, Navajo/Apache, who will celebrate a birthday on April 21....**Halley Tsosie** has been doing some traveling around the state selling Girl Scout cookies. If you are interested in buying a box, see Halley. She will also be going to Norman, OK, soon to play in the national softball tournament held there. Good luck!!!

AN EXPERT AT GROWING GOOD FOOD

Michèle Companion, is a sociology professor at the University of Colorado at Colorado Springs. She brings serious education credentials to the classes she teaches such as Native Communities, Social Problems, Law and Society, Social Movements, and a freshman seminar in Crime and Punishment. She also brings just as serious a commitment to community service instilled in her by her parents.

Her undergraduate sociology degree is from the University of Massachusetts and both her Master's and her Ph.D. were earned from the University of Arizona. In addition to all her work toward earning her degrees, she has done personal research in tribal health care management and finding ways to apply projects beneficial to promote change in food and health issues in those communities.

Her background is also in law before she became interested in teaching. Her activism in Native issues includes law, federal Indian policy and Native communities, opportunity for tribes resulting from public policy laws resulting from changes in the law, and the tribal participation impact on reservation health outcomes. She is also a food security consultant for several international humanitarian aid organizations. She is currently working on increasing local sensitivity to food crisis triggers and expanding knowledge of food security indicators.

Michèle was born in Providence, RI, into a family with Mohawk and

Mic Mac heritage where she was taught about community service from an early age. She grew up in the Boston area and relates that, although, they had little material wealth, her father took the family to work at the local homeless shelter about every other weekend to help make beds and sweep floors.

According to Michèle, her grandparents gave mixed messages about being Native. Her grandfather had very bad racist experiences and grew up trying to deny his heritage. Her grandmother took Michèle on wonderful nature walks gathering and teaching about medicinal and other plants.

Although her family had limited money, her parents saw that the family attended public schools with excellent educational programs and opportunities. She has fond memories of visiting the library on weekends. While it helped to save on their utility bills, it was a great learning experience for the children.

You can see the natural result of childhood experiences in the work that Michèle has chosen. She started out with an interest and background in Law where she enjoyed the process of law, but not the practice of law. She learned a lot and was successful, but felt unfulfilled in that work. She found her calling in working with grass root food and health issues in communities with survival and subsistence issues. Through this career process, she learned she was more temperamentally suited to work that had an impact beyond herself, and that satisfaction came with being able to

help make positive changes and supply simple but critical needs.

In addition to her work in this country, Michèle is a humanitarian aid response

consultant in several African nations, where her specialty is food and livelihood security. She is a strong proponent of participatory development – on many occasions in the face of strong opposition, both from the academic world and real world.

In fact, Companion says one of the challenges of higher education is finding courageous people who can encourage scholars whose skills and interests lie outside the perceived formulated context of academia.

Along those lines, UCCS has an excellent mentoring program where professors are paired with undergraduate students in various ways: culturally, field of study, positive retention, etc. Michèle is mentor to several such students. She expresses satisfaction with being involved this way with the students. Michèle states her philosophy is to contribute to making a better world and to send her students out to make their own contributions.



Michelle Companion, Mohawk

IDEAS FOR PARENTS

Two exciting bits of information in this issue are about our youth beginning to explore activities in three different areas for those interested: A competitive high school basketball team, a news gathering team of reporters and photographers, and students who are interested in creating art on their level. There will be many others things the youth group will be offering, but we want to concentrate on these specific skills until we see what the level of interest is.

We hope you and your youth come to the youth meeting on February 28 to find out more

about what we are thinking of offering in these fields and that both you and your student(s) can give us your ideas and input.

There are articles on several pages of this newsletter about what is planned for the students. And, along those lines, we would like to suggest that you take your family to Denver for both the Denver March Powwow at the Denver Coliseum to see the art and dancing, and the Native American Basketball Tournament in the gym at Colorado University Denver to see the best western Native teams compete for the tour-



nament trophy. See page five for information about these events.

I would also suggest that you check out the Great Kid articles of the Gazette's Your Hub supplement each Thursday. Anyone can turn in a story about a great kid. We surely have some outstanding students who could be written up, and we are in need of some visibility in the community as we move toward having our own local Indian Center. You can write about your own student, or you/your student can write about another great Indian kid. →

AND AN EXPERT AT COOKING GOOD FOOD

Anita Pino, Navajo, grew up loving to cook. She learned from her mom and grandmothers and is pursuing that love now in working toward a degree in culinary arts from Pikes Peak Community College. She loves to feed her family and is a very appreciated hostess who always welcomes guests at her table.

Many people in the community are encouraging Anita to begin her own catering business for special occasions. We all think she would be great – and successful at it.

She came to Colorado Springs from New Mexico in 1994 when her husband Darrell enrolled in the seminary program at the Nazarene Bible College here. Together, they have raised six children.

Darrell has finished his degree now, started on his master degree work, and Anita is about a year and a half away from receiving her degree. The couple celebrated 23 years of marriage in February of this year.

They have two children still at home. Joshua is fifteen and attends Sierra High School. Caleb is ten years old and attends Sand Creek Elementary. Darrell works in home construction during the week and Anita works in School District 11 food services feeding children at Emerson/Edison Charter School. She also is the official chauffeur for her two sons, getting them to all their school and outside activities. The family also attends a lot of powwows together around the state.

Darrell and Anita's two grown children are in the military. Their son Lawrence is in the army and is due to be deployed back to Iraq for his third tour of duty there. Their daughter Kristin is a Marine currently serving in Japan, but also scheduled to be sent to Iraq for her first tour of duty there. She is engaged to another Marine. Their son's home is in Colorado Springs where his family lives when he is on tour. This son has their one child, with another expected soon, so Anita says it is nice to have them living close.

Older sons Damon and Craig live and work in Albuquerque, NM.

From pictures on the wall of their home, it is very obvious they are a patriotic military family. Darrell is a Marine veteran. Joshua will probably be their third child to enter the military. He is active in a group called Young Marines associated with the downtown VFW post. This class meets every Saturday. Caleb is taking guitar lessons every other Saturday, so Anita has driving duty at least six days a week.

Darrell conducts an Indian Bible study class that meets in their home every Thursday at 7 pm. These classes are usually well attended and are open to the public. If you have questions or are interested in this class, call Anita on her cell phone 494-3058.

All four Pinos still at home have been active in working on committees and gatherings for the new Wellbriety Indian Center in Colorado Springs. Everyone enjoys food she brings to

share at the potluck dinners.

Anita has fitted college classes around her busy family schedule, and getting all the required courses in has taken her nine years so far. She

is always willing to help with food booths at Indian gatherings and this is often where you will see her. She is a popular powwow cook and has led or helped with food booths at the Colorado College powwow last spring, the Red Road in 4 Direction Powwows held northeast of Monument, the past two years at the Christmas Powwow done by Project Lighthouse, and you will also see her helping out on Friday and Sunday at this year's 2009 Denver March Powwow.

Anita says her hobbies include making baby quilts, reading, doing puzzles of all kind, and helping to make her children's dance regalia. This is in her "spare time."

But her main focus now is her family, her job and working on her degree, as she has time for it, in between all the other things she and her family are involved in.

In the meantime, all of us fans who are hoping she will start a special occasion catering business, will just have to make as many powwows and meetings as we can where she is cooking food for the public to enjoy.



AND MORE IDEAS FOR PARENTS - FOR SPRING BREAK

If your family is going to Denver March Powwow during Spring break, be aware that there are two other contests in Denver that weekend you might want to drop by for. The All American Indian **Basketball Tournament** is on Saturday and Sunday, March 21-22 (See the Youth pages for more details and a link.)

If you have family interested in music, they might enjoy the 2009 **Battle of the DJs** and a **Hand Drum Competition** on March 21st from 9 pm to 2 am. It will be at 119 Park Ave. W. Phone 303-295-1759. **Bunky EchoHawk** and

Stevon Lucero are invited to attend. Admission is \$10 at the door. Proceeds benefit the National Transplant Assistance Fund in honor of Susan Yellow Horse Davis.

Since the Youth Group will be learning and practicing news writing and photography with both digital and video cameras, you may want to check into two library programs being offered during **Celebrate Teen Tech Week**. At East Branch ETC (East Teen Center), they will be teaching how to **shoot a mini film in a real video center** and to **upload the new video**

onto YouTube. Grades 6-12. Contact 389-8968.

And at the Old Colorado City branch on Friday 13th of March, they will offer **online video posting/production/ editing** as part of a teen all night lock-in. This branch is at 2418 West Pikes Peak. Contact Tiffany Paisley, 634-1698. Also offered during the night will be online gaming, Techno jewelry-making, a texting contest (bring your own phone), and compete in a "Five Freaky Things" game for a chance to win an MP3. Forms for this are available March 9.

Community Resources to Know About

Community Resources to Know About

2-1-1 Referrals for assistance:

The Wellbriety Indian Center is creating a resource list to help Native's in the area who need assistance. It is a long process and the finishing date for the project is not yet clear. However, in the meantime, we would like to furnish you with information about how to search online to get the help you may need.

First, follow these directions to reach an agency that may be able to help you.

Second, in the search box on your computer, type in <http://211colorado.org/>.

Click #5 area on the first two maps that appear.

Third, You should now be on the Pikes Peak United Way page. Click the words "Get Help With 2-1-1" on the top left side of the page.

Fourth, in the Get/Give Help With 2-1-1 area on the left side of the page, click the underlined word "search." Either type in the type of assistance you need in the top keyword box, or click the one of the quick topics choices in the quick search box below. This will bring up all the agencies in the area that can help you with the needed assistance.

If you need help with this, the contact person for El Paso County is Annette Blackhart at Pikes Peak United Way, or email tapestry@ppunitedway.org, or call the Call Center at 719-955-0742.

One Nation Walking Together:

Offers local Natives assistance through their Project Pride Program. Donated items available include **food, clothing, appliances, housewares, school supplies, medical supplies, hygiene products, building materials, furniture**... whatever they have in stock. No need for personal information, they just ask that recipients help them by working at their warehouse for an agreed amount of labor. They are located at 45-A Commerce St. Phone 329-0251, email onenationwt@qwestoffice.net, website www.onenationwt.org/

Recycling information

Televisions: Sony, Samsung and LG take back your used TV sets for free

Cell Phones: Greenphone.com will buy (and resell) your old handsets.

Or donate to cellphonesforsoldiers.com.

Computers: Dell recycles its equipment for free; Staples will accept any drop-offs.

Local Substance Abuse Treatment Centers

Go to <http://dasis3.samhsa.gov/>, click on state, fill in location info (you can just use the cities name or your zip code), click distance from your location (from 5 to 100 miles). The programs are displayed 10 at a time (there are 36 programs within 20 miles of downtown C/S).

Local Alcoholics Anonymous meetings

Visit here <http://www.coloradospringsaa.org/> and click on "meeting schedule" for a list of when and where meetings are going on each day of the week. One Native American meeting is "Down By the Creek" that meets Thursdays at 7 pm. All are welcome.

Education resources

Pikes Peak Community College

Multicultural Retention Program for Men at PPCC
Coach Eddie Hughes, Room A306, Centennial Campus,
Phone: 502-2265 office 494-7891 cell

Native American Student Alliance, Carisa Gonzales-Yazzie.
cerisegonz77@hotmail.com, or Prof. Joanna Grey, 502-3190.

UCCS

Pre-Collegiate Development Program (PCDP)

Middle school and beginning high school student preparation for college. <http://www.uccs.edu/~pcdp/> Rm. 303A, 262-3039, Main Hall, Josephine Benevidez Aragon.

American Indian Science and Engineering Society (AISES)

All Native American students, sponsor Marguerite Cantu, Rm. CoH 3042, phone 255-4124 ext. 302.

Colorado College

Native American Student Union

Sponsor **Susie Nashida**, Southwest Studies building, 389-6649. **Rochelle Mason** is Director of Minority Student Life, 389-6338. <http://www.coloradocollege.edu/students/nasu/index.htm> NASU website, audio on CC <http://www.tigerbca.com/2008/12/taa-dixon-speaks/> Face Space <http://www.coloradocollege.edu/students/nasu/NASU%20Face%20Space.htm> (info on current Native students.)

Ft. Lewis College, Durango, CO

Offers free tuition to any Native student. Has several Native student organizations, understanding instructors and lots of support. For Info http://www.fortlewis.edu/student_life/native_american_center/scholarships_internships.aspx (scholarships) http://www.fortlewis.edu/student_life/native_american_center/clubs_organizations.aspx (Native clubs) http://www.fortlewis.edu/student_life/native_american_center/gallery.aspx (link to video and slide show)

CPCD Free Preschool Program

Free pre-school education programs preschool and infant/toddlers prepare children for school. special needs children are welcome. Families must qualify, however income is not a limiting factor for programs. www.cpcdheadstart.org

REZKAST INFORMATION

Meant to serve Native communities nation-wide, browse Rezkast categories for things you are interested in. See page three for more about what they cover. You can check them out or submit your material by visiting www.rezkast.com.

This site seems tailor made for Indian centers and especially our Youth Group who will be covering WICCS events and stories, as well as creating a few of their own.

You can read more about this unique, all Native website in an Indian Country Today article at

www.indiancountrytoday.com/business/39316312.html

MARK YOUR CALENDAR

Mar. 5, 6 pm, WICCS Steering Committee at White Bison, 6145 Lehman, Ste. 200,

Mar. 8, 1-3 pm, NAWA meeting, Penrose Library, Cascade and Kiowa, speaker: **Sandra Mokine** and **Allen Mose, Jr.**

Mar. 10, 6 pm, WICCS Elders Gathering, Trinity United Methodist Church, 701 N. 20th St., Everyone invited. Speaker: TBA

Mar. 14, 1-3 pm, WICCS Community lunch. Trinity United Methodist Church, 701 N. 20th St.. Everyone is invited to bring a dish to share if you can. Come anyway if you can't. Program: TBA

Mar. 18, 6 pm, WICCS Cultural Committee meeting at White Bison, 6145 Lehman, Ste 200.

Mar. 20-22, Denver March Powwow, Denver Coliseum, <http://www.denvermarchpowwow.org/>

Mar. 21-22, Native American Basketball Tournament, University of Colorado Denver gym. <http://nativeamericanbasketball.com/>

Mar. 28, 10-12 am, WICCS Youth Group meeting, Trinity United Methodist Church, 701 N. 20th St. We will have fun art activities for everyone; and for those interested, either creating a basketball team discussion and scrimmage, or discussing and planning creating a fabulous youth media news team. If you are interested in Basketball, come prepared to scrimmage.