

# Clubnotes

Newsletter for Native Youth



2010 vol. 3



## The United National Indian Tribal Youth, Inc. (UNITY)

Every year UNITY, the United National Indian Tribal Youth, Inc. hosts a mid-year conference to bring youth together from Indian communities from all over the country. UNITY promotes cultural heritage, community service, and leadership among Native American youth. This year, 20 students and advisors were invited to sit down with Kim Teehee, Senior Policy Advisor for Native American Affairs and Jodi Archambault Gillette, Deputy Associate Director of Intergovernmental Affairs to President Barack Obama. They were able to talk to Kim and Jodi about their lives and ask them questions about how they became the first two Native Americans to work at such a high level. The meeting happened only a few hundred yards away from the White House!

The students learned that Kim and Jodi were also involved with UNITY as kids. Kim, who is Cherokee and Jodi, who is Standing Rock Sioux told the students to appreciate and learn from the good and bad experiences in their lives and to grow from them. They wanted the students to know that it is important to be surrounded by people that have similar goals and



UNITY youth meet with advisors to the White House Kim Teehee and Jodi Archambault Gillette.

dreams and will give their support to them when they need it. One student asked a question about being successful when you don't have two parents at home and Jodi encouraged the students to reach out to their extended family or people in the Indian community who care about young people. Kim pointed out that groups like UNITY were a good support system to her but to also seek out mentors and counselors. At the end of the day, they talked about the open door policy the White House has for Native American youth. Kim and Jodi reminded them that when talking about challenges they face in their communities, to also think about solutions.

## Under One Roof

On May 5, 2010 tribal members and the Red Lake Nation Boys & Girls Club board members and staff attended the groundbreaking for the new **Ponemah Branch of the Red Lake Boys & Girls Club**. Everyone got the chance to see the blueprint plans for the inside and outside of the building. When the building is finished the Boys & Girls Club and many other community departments will share the same building. The Club, Ponemah Community Center, Library, Head Start, Social Services, Elderly Nutrition, Day Care and even a Judicial Court will all be in one building! The community is very excited. The first part to be built will be the gym and the Boys & Girls Club will be completed next. The Ponemah Branch opened its doors two years ago and serves nearly 150 kids.

Congrats to the Ponemah Community!

EXTRA,  
EXTRA,  
READ ALL  
ABOUT  
THEM!!

## Youth Doing Very Special Things: Flood Alert!

Rain can be a very good thing. Rain makes our plants grow, gives us water to drink when we are thirsty, and all life on earth needs it. Who doesn't love jumping in big rain puddles? But sometimes rain can be very scary!

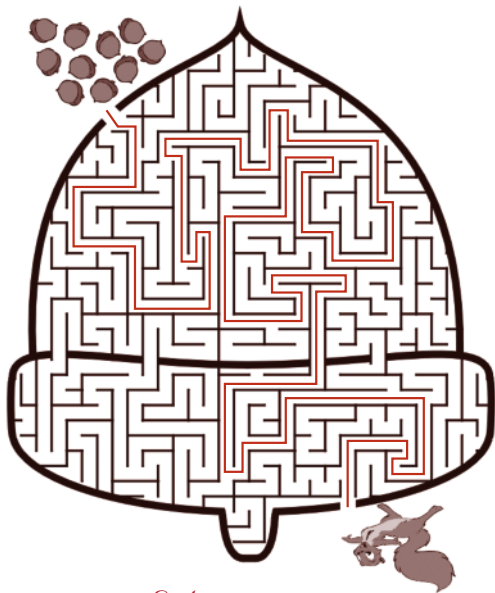
In June 2010, the community of Marty, SD found this out the hard way after their town got attacked by a dangerous flash flood. Marty is located on the Yankton Sioux Reservation, and the flooding in this area caused major disasters over the summer. No lives were lost, but many families were left homeless, with no electricity or access to clean water for almost 5 days!



*Local youth helping with flood relief*

Luckily for the citizens of Marty, and the nearby regions, the Boys & Girls Club staff members came to the rescue. The Club stayed open many hours, provided food and shelter for children left homeless after the flood, and came up with fun games for the kids to play. They also partnered with the National Relief Charities who offered quick help during the emergency. National Relief Charities donated over 11,000 pounds of clean drinking water, clothes, and flood kits. Everyone pitched in and helped with the delivery of the emergency items.

It is so important to remember what a big impact your can make in your community. The boys, girls, and Club staff who helped out during the flood should be very proud!



Answer key for Maze  
Fun on back page.

## Write Now! In Green Country

Write Now! is a program where you can participate in journal writing, poetry and journalism to develop writing and critical thinking skills. This program was started by Lacey Masterson who was a teen employee at the **Boys & Girls Clubs of Green Country** when she came up with the idea more than eight years ago. The idea was to get kids ages 8-18 to work towards starting a mini-magazine while improving their writing skills in a fun way.

This program takes place 6-8 weeks during the summer. They meet for one hour, four days a week. Each session starts with journal writing or picking current events to use as writing prompts. The kids that join in Write Now learn how to conduct an interview, write a story, conduct research and publish articles.

The Write Now! Program has been implemented all around the country and has been recognized by the Boys & Girls Clubs of America.

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## Athlete Profile: Sam Bradford

There are many things that quarterback Sam Bradford is known for; Heisman Trophy winner and Cherokee Nation citizen are just a few of them. Now, Sam can list professional football player on his resumé. On April 22, 2010, Sam was selected as the first overall pick in the 2010 NFL Draft by the St. Louis Rams.

Sam played football, basketball and golf for Putnam City North High School in Oklahoma City. He went on to attend the University of Oklahoma (OU) and become their starting quarterback. During his sophomore year at OU, Sam beat a school record for the number of passing yards in a game and also helped his team to win their third straight Big 12 Championship game. That same year, Sam's accomplishments were recognized and he won the Davey O'Brien National Quarterback Award and the Heisman Trophy! Sam is the very first Native American to win the Heisman.

As the starting quarterback for the St. Louis Rams, Sam will be wearing #8 on his jersey in honor of Troy Aikman, a fellow OU alumni.

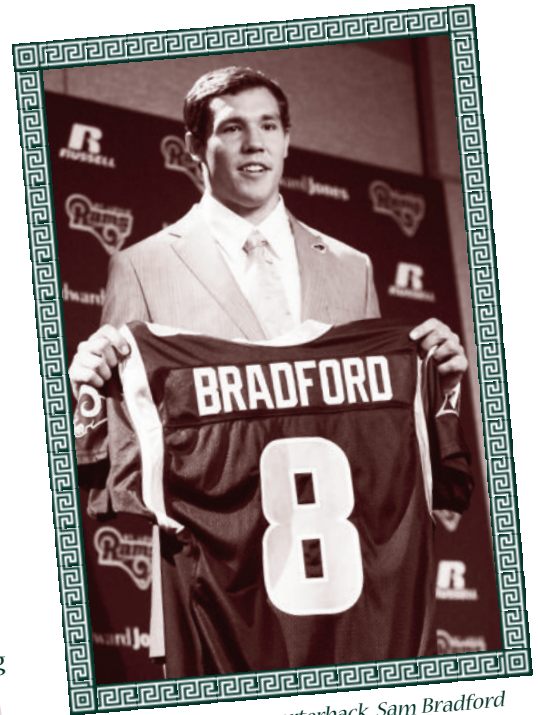
## Ancient Games

The game of lacrosse began with Native Americans from southern Canada and the Great Lakes area a long time ago. When Europeans came to America, they saw the Huron and Iroquois tribes playing a game with long netted sticks and a ball. French missionaries wrote about the game in 1637 and called it la crosse.

Back when lacrosse was first discovered, Native players would make the balls from animal skins, clay, stones, and wood. Hundreds of men would play lacrosse at a time for many days. Lacrosse may have been played as part of a religious ritual, or a way for people to get ready for battle. The fields had no boundaries and could go on for miles. Some historical writings even say that the tribes would play to the death.

Today, lacrosse has changed a lot! Kids from all over the world play this ancient game that was started by Native Americans. Now, balls are made of rubber, most sticks are made of plastic, and playing fields have a standard size of 60 yards wide and 110 yards long. On most lacrosse fields there are only 10 players from each team. Imagine playing with 100!

Lacrosse has become a very popular sport in many high schools and colleges all over the United States and around the world. Boys and girls teams are popping up

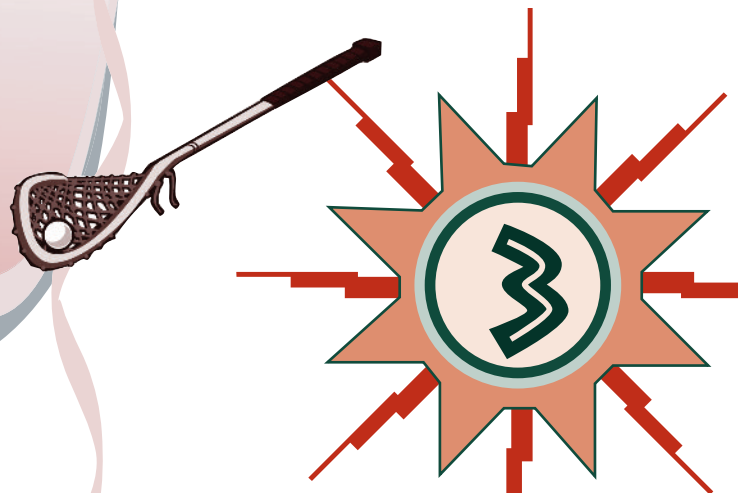


St. Louis Rams quarterback, Sam Bradford

*Picture taken from [www.nfl.com](http://www.nfl.com).*

all over the country. The coolest part is that many Native players are becoming known as top college athletes! Some of the biggest players at the college level are Native: Jeremy Thompson is from Onondaga Nation, and Cody Jamieson and Sid Smith are from Mohawk Nation. On the Syracuse University's 2010 men's and women's lacrosse teams, two of the Six Nations of the Iroquois are represented by one or more athletes!

So go grab a lacrosse stick, some friends and go out and play!



# Summer Camp at Lehi!

Summer camp at the **Boys & Girls Clubs of Greater Scottsdale Lehi Branch** resulted in loads of fun and learning for local youth. Three new programs were introduced at the Club.

The program Journeys utilizes the Summer Success reading and math curriculum to combat summer brain drain. Youth met Monday thru Thursday three hours a day doing group reading and math assignments. Group reading discussions were often lively and full of debate. Math assignments encouraged teamwork. On Fridays, Journeys participants went on field trips to the local attractions like the Challenger Space Center, Broadway Palms Theater, Mesa Public Library, Grand Canyon University, Arizona State University, and Biosphere 2. One staff member remarked, "Journeys was a good way to delve into reading. The program allowed us to discuss material in depth which created engaging discussions that will prepare many of these members for school in the fall. It kept their minds active."



*The Robotics Club hard at work*

The Movie Boot Camp provided members with an intensive 10-week movie making program that involved storyboarding, scriptwriting, casting, filming and editing. Three Lehi Branch films were featured during the organization's Red Carpet Week at MadCap Theater in Tempe to an enthusiastic crowd of members, parents and supporters!

The Robotics Club, utilizing the Lego Mindstorms NXT Robotics kit, built an all terrain vehicle which they programmed not to pass certain colors. Additionally, the group, through a request from the Movie Boot Camp members, built a humanoid for one of the films.

A total of 51 youth members participated in Journeys, the Movie Boot Camp and the Robotics Club. The program was funded by the Bright Spot Reading.



## Laugh Out Loud!

What's the key to a great Thanksgiving?

Answer: A Tur-key!

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## RED LAKE NATION BOYS & GIRLS CLUB

RED LAKE, MINNESOTA



Club youth with Big Ben

The **Red Lake Nation Boys & Girls Club** is currently running a Summer Food Services program. The purpose of the program is to teach youth to make better food choices in order to prevent obesity and diabetes. Since the start of summer, the Club has served over 4,000 meals! As an incentive, Keystone Club members are treated to a pizza and bowling party if they meet their weekly meal goal. The Club also took part in Big Bens 5th annual basketball camp hosted by "Big Ben" Strong, a native of Red Lake and a semi-professional basketball player for Israel. After practice, everyone enjoyed a meal with Big Ben.

## MASHKISIBI BOYS & GIRLS CLUB ODANAH, WISCONSIN



Youth enjoying their nature hike

Youth from the **Mashkisibi Boys & Girls Club** have been having a lot of fun participating in the Take a Hike program. This year-round program focuses on teamwork, physical fitness and nutrition. Any youth between the ages of 5 and 18 are allowed to participate. Youth go on a total of eight day hikes. They start out with shorter hikes and work their way up. During these hikes, youth learn how to prepare healthy snacks during an on-trail cooking class, how to dress for hiking, and wild edible plant identification. Each hike is followed by a cool swim in the lake. The Club rewards youth that complete the most hikes with a two-night camping trip where they learn the basics of responsible camping such as how to build a fire, how to cook on a campfire and how to set up a tent. Since 2005, the Club has had 85 youth complete the hiking program.

## BOYS & GIRLS CLUB OF BAY MILLS (BRIMLEY, MICHIGAN)

AND

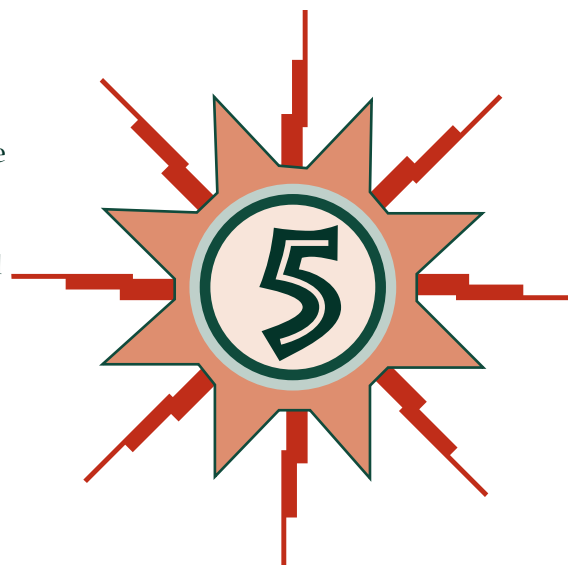
## BOYS & GIRLS CLUBS OF THE MISSISSIPPI BAND OF CHOCTAW INDIANS (PHILADELPHIA, MISSISSIPPI)

The **Boys & Girls Clubs of Bay Mills and Mississippi Band of Choctaw Indians** recently attended From the Four Directions: A Journey to Leadership, a youth leadership camp at the University of Minnesota. During the five day camp, youth learned about how to be independent, be good citizens, and have healthy relationships. Youth also attended group sessions about the importance of cultural tradition, dealing with peer pressure and building self-esteem. The week wasn't all business though; youth had a lot of fun during activities such as creating Clan shields, performing skits based on issues in their community and a talent show on the last night of camp.

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## Keystone Club Members Feed the Hungry

Throughout the past year and a half, Keystone Club members from the **Lehi Branch of the Boys & Girls Clubs of Greater Scottsdale** have been working with the United Food Bank to distribute food to those in need. On the second Monday of each month, the United Food Bank brings out pallets of fruit, veggies, bread and beverages to the Club. Keystone members pre-bag the produce items so that it will be easier to distribute. In addition, Keystoners assist families by carrying the food packages to their vehicles. The food distribution has become popular amongst American Indian families in the Phoenix area. Keystoners look forward to the monthly neighborhood food distribution nights as they get rewarded with many smiles and words of appreciation. They enjoy partnering with the United Food Bank in their efforts to end hunger in America.



## WOODLAND BOYS & GIRLS CLUB

### NEOPIT, WISCONSIN



*A work in progress!*

The **Woodland Boys & Girls Club** was the recipient of a very generous gift from some local college students – a Club makeover! Students from the College of Menominee Nation donated their time between classes to help spruce up the Club. For eight weeks, carpentry, electrician and heating and air conditioning students worked tirelessly to get the Club back in shape for the kids. New walls were put up, lighting fixtures were repaired and new floors and paneling were put in. Some students even returned after class to donate more of their time! Community members, Club staff and board members chipped in as well. To thank everyone for their time and commitment, the Club held a grand reopening feast and celebration. Volunteers received awards and the crowd was treated to a special performance of drum and honor songs.



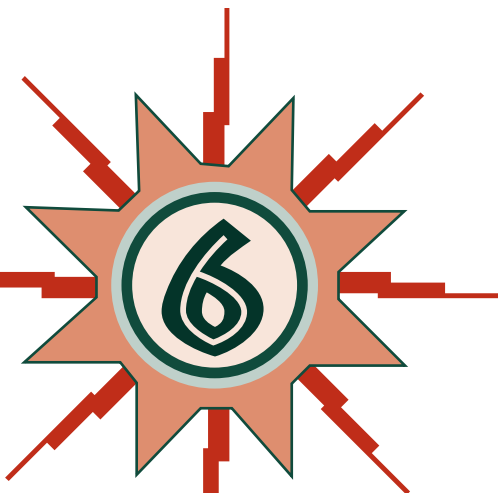
## BGCA Missouri River Area Family PLUS Cook-off

The **Boys & Girls Club of the Missouri River Area** (Wagner, SD) held a Family PLUS Cook-off in August. At the Cook-Off event three teams participated in an exciting cook-off. Teams included family members and local chefs. Each team was assigned to a cooking station -- stocked with the foods. The goal for each team was to make the yummiest dish. The teams had one hour to prepare and cook their dishes for a panel of judges. Judging was based on presentation, taste and originality. In the end, the members of the Patty Irons Family prevailed as the 2010 Family Cook-off winners. When asked about her secret cooking talents Patty stated, "It's all my grandma, she taught me everything I know".

Family PLUS (Parents Leading, Uniting, Serving) is a Boys & Girls Clubs of America (BGCA) initiative that helps Clubs work with families as partners in the growth of children and youth. This initiative is sponsored by Kimberly-Clark Corporation.



*Congratulations Irons family!*





## Boys & Girls Club of Moody County Hosts First Annual Triathlon

On August 6, 2010 the **Boys & Girls Club of Moody County** in Flandreau, SD held their first annual Club triathlon.

Club members trained for a month, following a training schedule created by the staff. Youth ages 6-8 were required to run for one mile, bike one and a half miles, and swim six laps. Youth ages 9-12 were to run one and a half miles, bike two miles, and swim seven laps.

The first part of the triathlon was the running race held on the high school track. Next, the bike ride was held on a path near the school. Finally, the swimming portion was at the Flandreau Aquatic Center.

Club Program Director Katie Rae said Education Coordinator Kaycee Headrick came up with the idea based on the Triple Play Running Club she implemented over the summer. Since the Club kids were already running and going to the local pool, they decided to add biking and create a triathlon. A big part of the event was the focus on setting a goal for physical activity.

The kids had a great time, cheering and supporting each other throughout the triathlon. They plan to make this an annual event held at the end of each summer. This year parents participated as volunteers, but perhaps in the future the event will grow and parents can participate with kids in the race, too.



*Ready, set, bike!*

## Turkey Treats

### GOBBLEDY COOK

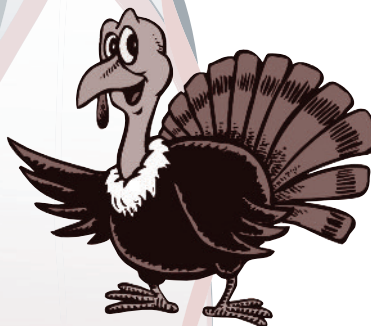
#### Ingredients:

- 4 cups oat or crispy rice cereal
- 1 cup chopped peanuts
- 1 cup raisins or chopped dried prunes or apricots
- 1 cup sunflower seeds
- 1 cup chopped pretzels
- 3 tbsp. margarine, melted (optional)

#### Instructions:

Place all ingredients in a 2-quart sealable plastic bag, seal and shake until mixed.

Serves 6 to 8

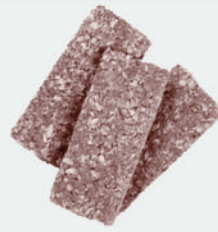


## Fun Fall Recipe

### Granola Bars

#### Ingredients:

- 2 cups granola
- 2 cups old-fashioned oatmeal
- 1 cup raisins or chopped dried apricots
- 1 cup sunflower or sesame seeds
- 1/2 cup peanuts, broken or chopped
- 1 cup honey
- 1/2 cup peanut butter
- 2 eggs, beaten
- 4 tbsp. margarine

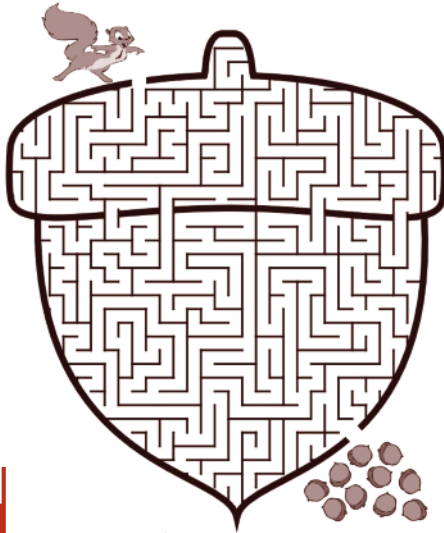


#### Directions:

1. Butter a 9-inch-square baking pan. Mix the dry ingredients in a bowl or brown paper bag. Combine the honey and peanut butter in a large saucepan over medium heat, stirring with a wooden spoon until smooth and liquid. Add the beaten eggs slowly (or they'll separate), stirring continuously until the mixture begins to boil. Remove from the heat, stir in the margarine, then let cool to room temperature.
2. Add the granola mixture to the saucepan and stir to coat evenly. Spoon into your prepared pan and smooth by using the back of a spoon or your hand. Refrigerate covered for at least two hours before cutting into squares. Wrap these individually in waxed paper, foil, or plastic wrap, and store in the refrigerator.

## Maze Fun

Help the Squirrel Find Acorns!



Answer on page: 2

## Club Notes

Let's hear from YOU!

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

## Club Notes

c/o FirstPic/HUD: ONAP  
2614 Chapel Lake Drive  
Gambrills, MD 21054  
clubnotes@firstpic.org

