



INTERTRIBAL FRIENDSHIP HOUSE

Summer 2011 Newsletter

A fiscally-sponsored project of Community Initiatives

www.ifhurbanrez.org

EVENTS AT IFH

Ongoing

Come each week for these happenings:

Monday:

Lakota Language Class
6:30-8:30 p.m.

Tuesday:

Gardening with Maggie
1-4 p.m.

Beading Circle
7-9 p.m.

Thursday:

Gardening with Maggie
1-4 p.m.

Medicine Warriors Dance and All Nations Drum 7-9 p.m.

3rd Thursday: 6:30 p.m.

IFH Board Meetings:

Saturday:

All Nations Parenting Circle/Children's Play Group
12-2 p.m.

Gardening & lunch with Maggie
12- 2 p.m.

Sunday:

4 Directions Recovery Group
2:00-3:00 p.m.

Cherokee Language Class
11:30:00 to 1:30 pm
(Every other Sunday)

Monthly:

Native Elders Luncheon

Last Tuesday of the month
11:00-2 p.m.

Community Dinner & Presentation

Last Thursday of the month
5:30-7:00 p.m.

Check the IFH website for Special Events & Activities

IFH Circle of Friends and Programs are Growing



IFH Youth Camp Members



Elders Luncheon

Greetings from the Executive Director Carol Wahpepah

This has been an exciting year for IFH as we continue to experience new life—literally! Our community has grown with many new babies being born, the IFH spring garden is sprouting, flowers are blooming, and the bees, humming birds, and the lady bugs are back.

Our Programming has emerged this year with two Native language classes, a 4 Directions Recovery Group, Beading Circle, Drum & Dance, Native Parent Circle/Children's Play Group, Community Garden activities, Nutrition and Cooking classes, Native History, monthly Community dinners & presentations, and a Native Elders Luncheon. Community participation in all these programs and our many special events is always on the rise, and food from our garden is regularly used in our meals and given out to the community.

Our events room has received a fresher look with the support of community volunteers: a new ceiling was installed, wooden benches were built, the walls are painted a warm yellow, and the tile on the floor that had been cracking was removed. There are still several other remodeling changes planned, and our goal is to have it all completed by the fall when IFH celebrates—remarkably—its *56th Birthday!*

Outside of our own walls, IFH has built and strengthened existing bridges to external organizations. We have increased our visibility and advocated for Native community issues, while also broadening our influence. Articles on IFH's health initiative were featured locally, statewide, and even nationally in News from Native California Magazine, Indian Country Today, Cultural Survival Magazine, and Edible East Bay Communities Magazine. We have been looking into having a voice at policy tables such as Oakland Food Policy Council. We have built capacity to be able to conduct more outreach and represent our IFH interests at various gatherings such as Mills Powwow, Running is My High, and Bioneers.

Our IFH family is blossoming with pride. Thank you for the many ways you help sustain it.

IFH COMMUNITY HISTORY CLASS

The Intertribal Friendship House and the Native American Health Center have been focused on creating successful collaborations to best meet the needs of our community. The Community History Class is an example of a very successful collaboration. Janet King (Lumbee) had a vision to create a history class where Native people could learn their history from a Native perspective and through community voices. She had grown increasingly disappointed in the Westernized education system we have all been subjected to and wanted a space where community stories were honored in the same way that we honor academic knowledge. She also envisioned this space to provide a safe healing environment so that as we learn about some of the atrocities that are often left out in mainstream settings, we could then find comfort and support in one another and promote community healing.

In October of 2010, Janet would finally see her vision come to light. NAHC's One with All initiative partnered with Carol Wahpepah and IFH to provide a history class facilitated by Dr. Melinda Micco (Seminole) and the support services came from Janet King (Lumbee) and Martha Martinez (Lakota) to learn history from Native people. The first six week segment was focused on relearning Native history through a Native lens, using film as a teaching tool, but something happened beyond even Janet's expectations. We found that through this process, not only were people learning history, but they were also sharing experiences, supporting one another in their grief processes, strengthening their community connections, and for some reconnecting them to their culture. It became a very important healing space.

The diversity of the first segment encouraged the development of a second focus, which was on identity and identity formation. This class was dedicated to honoring the diversity of our community...the curriculum changed slightly to include films, a reader, and the opportunity for the participants to write their stories. Based upon the feedback, the participants absolutely love this class! We are looking forward to the next segment and to the next IFH-NAHC collaboration!

INTERTRIBAL FRIENDSHIP HOUSE 2010/2011 BOARD MEMBERS

Mindy Woolbert is the board Chair and from the White Earth Chippewa tribe. Mindy has been in the community for 54 years. Her mother Rose (Emerson) Anderson also served on the board in 1970. She is proud to be giving back to our community.

Marie Garcia is the Board Treasurer, and is from the Hoopa, Yakima, Dine and Yankton Sioux Tribes. The reason why she is dedicated to IFH is because she is proud of her Native American background and giving back to the community is an important action she feels everyone should be a part of.

Iona Mad Plume is the Vice Chair, is from the Blackfeet Nation in Browning Montana. She has been a community member since 1975. She loved IFH then and still does. She is very honored to be part of the board and is respectfully giving back what was given to her. She believes that each one of us makes a big difference.

Esther Lucero is Dine and is Co-Secretary of the board. She works at the Native American Health Center and teaches at the American Indian Studies Department at SFSU. She is grateful to serve the community in this capacity and looks forward to meeting all of you.

Janet King is the board Secretary and is a member of the Lumbee Tribe in North Carolina. She has lived and worked in the Bay Area Native Community since 1976. She currently works at Native American Health Center in Oakland. She is grateful that IFH is a place where community can gather, enjoy activities together and be a place where the next generation is cared for and can learn culture.

Mary Jean Robertson is a member of the Cherokee Nation in Oklahoma and believes that we should all remain connected with our home communities to bring that culture and language to the places that we live. She will be voting in the current Cherokee election and is participating in the Cherokee language classes at Intertribal. IFH was here for her when she moved here in 1969 and she is grateful that she can help out and give back to the community.



FOUNDATION GRANTS

With gratitude for your gifts in fiscal year 2010/11

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