



INTERTRIBAL FRIENDSHIP HOUSE

"OUR URBAN REZ, SINCE 1955"

Spring 2014 Newsletter

A fiscally-sponsored project of Community Initiatives

www.ifhurbanrez.org

Special Events at IFH

IFH Community Dinner

Thursday, May 29th 6-7:30 pm
Celebration of IFH's New Mural & The Wall of
Heroes Exhibit

IFH is Partnering with Alameda County Dept. of Health - RSVP 510-836-1955

Saturday, May 31st 2-6 pm
dialogue on the health needs of the Native
Americans in Alameda County. We invite you to
join us in this important conversation.

Native American High School Graduation Celebration

Tuesday, June 17th 6-9 pm
Dinner and honoring of Native high school
graduates

Urban Family A love poem to IFH

The turtle barrette was so high on her head
As her old time stories tumbled out along with
our laughter.

His tattooed hand on the mop handle told tales
too—

New life, same Dakota drum.

Hands young and old snapped twigs of cedar
Boil some for your cough

Others tried the sewing machines
Take your time, she'll stay late for you

Awaiting the golden green chile stew moment
When we'd forget the fog altogether.

In this unexpected place, a concrete refuge,
The ancient love of the People is rekindled so
boldly

We are free to be our own great masters,
Filling our brushes with possibility instead of
pain.

Painting ourselves wrapped in blankets

Side by Side
Relishing that twinkling eye of Relatives

In the family portrait of our dreams.

-Bonney Hartley, Stockbridge-Munsee
Mohican



GREETINGS FROM THE EXECUTIVE DIRECTOR, CAROL WAHPEPAH

A Powerful Community

This has been an amazing year with several old community members returning to the Bay Area and many new families joining us. With over 8,000 participants representing more than 100 tribes and over 136 events, workshops and activities we were very busy and yet there is so much more to do. We could not have done this without all the wonderful community volunteers and staff.

IFH provided several cultural events, community gatherings, health & wellness convening's, art workshops, silkscreen trainings, community gardening, cooking classes, drum and dance, language classes, and a Native AA program. IFHs' Native Youth Leadership program focused on personal development, peace promotion, community involvement, civic engagement and youth leadership development. We were blessed with several ceremonies under the direction of Richard Moves Camp, a Lakota spiritual leader. Many of our young men and women are now taking on the responsibility of helping with these ceremonies. Culture is prevention! The power of the community is so evident at IFH; people working together, giving, sharing, and caring for each other.

As we move forward, and continue to grow, we realize that in order to do so we need to address the financial challenges to achieve the goals and visions. IFH Board and staff ask you to lovingly "support the home you belong to" by giving to the First Annual IFH People's Campaign. In doing so you, the People, are helping keep IFH sovereign and not dependent on outside agencies. If we have more freedom in our funding, we can strengthen the level of freedom in our decision-making that is so central to IFH and allow us to build our programs from the grassroots instead of the top-down. The Board has set a goal for our first year and will be conducting several special fundraising events. YOUR support will help a great deal. Donations can be made on the IFH website www.ifhurbanrez.org, on our Facebook page, or mail donation check to IFH, 523 International Blvd. Oakland, CA 94606. Please make checks payable to CI/IFH and in the memo indicate "People's Campaign."

Thank you for Keeping IFH Sovereign! ❖

Elder & Childhood Ceremonies Bring Spiritual Wellness

On March 15th and 16th, IFH was fortunate to host a two-day ceremony with the guidance of a Lakota spiritual leader Richard Moves Camp. These ceremonies honored two important elements in our community: Elders and Children.

The ceremonies began with a blessing and the set-up of an altar, and included a traditional meal. Day One honored the Elders. They entered from the other room toward the altar, sitting on two sides; men were on one side and women on the other. One by one, members of the community spoke about the importance of Elders. Everyone's story came from their own personal experiences, but their words gave a powerful message of how elders should be cherished and the wisdom that illuminates from them. The children from the community came into the circle and touched the hands of elders. It connected the two sacred spirits, sharing their medicine and showing respect.

Day Two honored the Children. Richard called upon more speakers to share their stories and talk about the role of children. The stories demonstrated how children change the way parents look and do certain things, and give strength and faith. Richard also explained that this ceremony was also to serve as a welcoming for their young spirits to our world. Children are the closest being to the spirit world, because many believe that is where they come from. They are sacred, however only for a little while until they become adults. A lot of the community was surprised that the children were well behaved and sat still for so long.

Our ceremonies are vital to our community wellness. They keep us connected to our ancestors. Many members said they felt good and rejuvenated after the ceremonies. Our goal is to make this an annual event so more members of the community can participate. ❖



IFH New Mural

The IFH community is incredibly fortunate and grateful to have the outstanding mural work of artist Vanessa Yava (Dineh, Hopi, Tewa) displayed in the main community room. Vanessa Yava and her team have been working since April 2013 on the piece and expect it to be completed this month in time for the Community Mural Dedication Ceremony on Thursday May 29, 2014. Vanessa has been attending IFH events her entire life and as an adult has dedicated volunteer hours teaching powwow dancing to the youth. She sincerely values the strong sense of community that IFH embodies and wanted to contribute to it with a gift in the form of her artistic talents. Her main ideas for the mural were to commemorate what IFH stands for, highlight its history and portray the community that sustains IFH year after year.

Wall of Heroes

IFH Wall of Heroes photo project recognizes the particular contributions of several legendary figures who stepped in throughout IFH's 57 year history and—through their activism, leadership, or other extraordinary efforts—hold a special place of esteem. The Heroes to be featured are: Alice Carnes, Wilma Mankiller, Floyd Redcrow Westerman, Bill Wahpepah, and CeCe Marin

On May 29, 2014 at the IFH Community Dinner we are going have a celebration of the newly completed Mural and the Wall of Heroes Project. Please join us in celebrating these two beautiful additions to IFH. ❖



Voices from a Healthy Urban Rez on the Rise

Whether it is a ceremony, the garden, or a community feast, community members at IFH express a profound sense that they can take control of their own wellbeing:

“I think we are all eating better now. IFH is teaching us this is what you should eat, what is healthy for you. Everybody will come together and live a healthy life,” one community member described.

Another shared, “At our dinners, there has been more than once that I say I have an announcement to make—the zucchini, onion, squash, tomatoes all came from our garden. And people started cheering.”

IFH shows that an urban setting does not have to be a scene of cultural loss or invisibility. In fact, it demonstrates something Native peoples do so well: make relatives and form extended family networks wherever they move camp. In that way, a whole community rises. ❖

