



Seattle Clear Sky Newsletter

Thriving Through Education. Culture and Tradition



CONVERGENCE OF ANCESTRAL KNOWLEDGE

By Asia G

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A nationally respected Indigenous researcher named Dr. Michael Yellow Bird has successfully used science to link traditional practices and ancestral knowledge with decolonizing strategies and approaches for healing intergenerational trauma and restoring wellness and health. In a recently released webinar titled 'Mindfulness and neuro-decolonization'. Dr. Yellow Bird talks about how Indigenous people's way of life was inherently an everyday exercise of mindfulness. It was a daily practice and an every moment practice. A mindful person is aware of their thoughts as they come and go in each moment. They think about what's just passing through and what is really important, like gratefulness and intention. When we experience gratitude, we are fulfilled, and when we are not grateful, we are constantly looking outside ourselves for fulfillment. Intention is choosing what feels right to you. When we are anxious or caring about how we're being perceived, alternatively not present in the moment. If our energy goes to thinking about how we are being perceived, we take away from our contribution to the universe: being ourselves.



When we sing and drum in unison, we are all on the same beat and being in the moment together. We share the intention of the song. Dr. Yellow Bird has shown that singing "improves mood, reduces stress and anxiety, enhances memory, protects brain function, and reduces pain." In the same way, Native people also use humor and laughter to heal and to get through difficult times.

At Clear Sky, we build mindfulness by setting intentions with rituals like the blessing and land acknowledgement. Every session has a purpose. We can be ourselves while growing, and singing and laughing. It is so important to have an environment and a place where we are surrounded by gratitude and where we are welcome to be ourselves and part of a greater purpose.



SAVE YOUR FOODS FROM BACTERIA

By Junior V

On May 5, 2022, people from Public Health were teaching Clear Sky that instead of getting rid of the germs in your body what are ways to prevent it from happening. This class session was helpful cause lots of people get sick and they don't even know how they got it in the first place. So here are some of the things I was taught during this class session.

Here are at least 5 simple step's I was taught to prevent it

1) Wash your hands!

Everyone knows you need to wash your hands but that's extra important for food, as anything you touched throughout the day will go into people's mouths. Handwashing is even an easy way to prevent infection. If your hands washed correctly, you could get rid of any bacteria or viruses on your hands.

2) Wear gloves!

Gloves help by having the bacteria on your hands go on the food you are serving too. It is also important to wear gloves when working with hazardous chemicals and other materials because they protect our hands from infection and contamination. Gloves can help in many ways.

3) Throw away expired foods!

If you have expired foods still in your fridge and a person digest it, it can cause a person to be sick. According to the FDA Food Code, all perishable foods that are opened or prepared should be thrown out after 7 days, maximum. No leftovers should survive in your fridge for longer than that.

4) Properly defrost meat before eating!

Never keep meat at room temperature for more than two hours if so, bacteria will grow on the surface of the meat. The absolute best way to thaw frozen meats is by leaving it in the fridge until it's completely thawed.

5) Cook with the right temperature!

Cooking with the right temperature can help defeat any bacteria on any kinds of foods. Use a thermometer to check the internal temperature of foods during the cooking process. Cook mince, sausages, whole chickens, or stuffed meats right through to the Centre.

These simple steps will not only help the person become sick but will also help others from preventing it!



FUN RESUME WRITING AND JOB READINESS

By Jah'Lene Armes

On May 21st 2022, Clear Sky held a Resume Workshop instructed by Megan Castillo and UNEA Board Member Marcus Shriver. They taught us how to create our own resume and job readiness skills. I learned useful skills such as planning my transportation beforehand, checking my notifications, regularly having good posture, and using a speaker voice. I have witnessed the downside effects of when someone does not practice certain professionalism that are key to job success. An example I can name is when my sister applied to be a waitress. When she did her resume she missed a couple of key things. To list those factors, she did not include her contact information in her resume. A factor that also worked against her was lack of experience. This taught me to have at least one page of my personal information and specific reasons why I want my future job position. I plan to use the job readiness skills I gained from this workshop for any jobs I apply to in the future. This workshop also had me complete my own resume, which I now have as another tool for success in applying for a job in the future.





UNEA AND BISHOP BLANCHET MULTICULTURAL EVENT

By Jazell (Unaangan)

UNEA interns shared drumming/Singing at Blanchet High School a private Catholic high school located north of Green Lake in Seattle. The special event was hosted by Bishop Blanchet Legacy Club and Multicultural Affairs Council (MAC), a celebration of solidarity with our community at UNEA along with many other diverse communities. This celebration took place on a sunshiny Friday evening of May 20th UNEA's youth interns along with Sarah Sense-Wilson were invited by the Blanchet Legacy Council to sing/drum 3 traditional songs and Clear Sky Land Acknowledgement a formal statement to recognize and respect Indigenous Peoples as traditional stewards of land we all occupy. Youth interns Kayla Harstad, Joseph Aleck, Junior Victor, UNEA program coordinator Gia Tran, and I sang and drum to the crowd at Blanchet. On this rare sunny day in Seattle, we gathered in our Clear Sky gear to sing and drum, we opened Blanchet's MAC FUN event with Junior Victor offering the Clear Sky Land Acknowledgment, which was followed by all of us singing "The Eagle Spirit Calling Song" a traditional Cherokee song to call up to the skies to our scared eagles and the spirits of our ancestors, a song taught and gifted by my uncle WaakaaDup Monger (Tulalip).

After the first song we continued with the "The Women's Warrior Song" a song from Martina Pier and the 13 grandmothers of the First Nations brought to her in sweat lodge. We learned the Women's Warrior from educator and MMIWP activist Roxanne White (Nez Perce/ Yakama). The MMIW theme song is to honor our indigenous women and to call our Missing & Murdered suffering woman back to their loved ones. We all received compensation compliments of Bishop Blanchet, free meals/drinks from the food trucks available at the Blanchet that included bubba tea drinks, Korean food bowls, Latinx foods with popcorn and Latinxcandies as snacks. This event also had included a large raffle as it did last year, and my brother was lucky enough to win a free dinner for 2 at Anthony's Pier 66 & Bell Street Diner! Blanchet had also set up many interactive activities, for example they had a scavenger hunt booth game to earn even more raffle tickets as well as yard games like giant janga, bubble machine, and face painting. We closed the event with another traditional song called "The Bear Spirit Song" a lullaby song taught by our drumming and singing treasured Elder WaakaaDup Monger. Overall, it was a wonderful event, that was very well put together, gratitude to Jesse and the Legacy Council for inviting us for another year





MY TRUTH

By Kayla H

On Friday, May 13th at Ingraham Highschool, all of the organized cultural clubs had the opportunity to share and embrace their culture at the Multicultural assembly, in front of the whole school. Usually, many clubs sing, dance, and perform poems during the assembly, but the Urban Native American Club felt that we can not embrace our culture without recognizing our trauma. So, we decided that we should have our portion of the assembly be focused on MMIWP awareness and our experiences with the Ingraham community as Indigenous students in Seattle Public Schools.

“Over the past four years, I have attempted and pushed for the acknowledgement, acceptance and education of my culture at Ingraham. I have done so by creating and co-leading Native Student Union with Jazzell Jenkins (Aleut). We have co-created a land acknowledgment for Ingraham that involved community work and tribal connection that took 5 months to write, get approved, and presented. And throughout all of this work, we have received and observed first hand the deep-rooted colonization that has been inflicted upon us by European settlers. We have experienced ignorance to a disturbing degree from the people at this school that are hired and respected to be our “educators.”

I am taking the time to explain this to you all, not to attack anyone but to try and describe a portion of what Indigenous people are forced to deal with every day. We had a prior presentation that covered MMIWP, which we touched on slightly in an advisory lesson a few weeks ago. Previous to this presentation I'm giving now, we had a lot of it censored due to the discomfort others felt while listening to it. I understand that this assembly is here to celebrate our beautiful cultures that we have here at Ingraham, but I feel that I cannot succumb myself or my people to dance and present happily to you all without also voicing the realities that I and other Native people face.

Sexual assault and murder are highly uncomfortable, triggering topics; yes. They are also not only the fear but the expectation for Native women all over the world. With what is happening currently in our country, we see and know that women are hardly protected as is. For Indigenous women, it's less than that. We are alone.

If my existence makes you uncomfortable then I suggest you look within your privilege and script to see where you have purposefully excluded my voice, my experience, and my life. I stand here today as a survivor; a brave, talented, brilliant, Indigenous leader and a proud Assiniboine Sioux, Turtle Mt. Chippewa woman.”



UNEA CORNER

By Sarah Sense-Wilson (Oglala)

Summer Opportunities and Events

This summer we will be offering a variety of exciting learning and employment opportunities for Indigenous youth. We will kick off the summer with our NWA Basketball training event 'Ball-Up Skillz training for youth ages 7-13. Trainers and brothers George Hill (Suquamish/Ojibwa) and Dietreich Rios (Ojibwa) will lead in basic and intermediate basketball conditioning, ball handling, passing and shooting drills. After a 2.5 year break from the court our youth need intensive laser focused effort to gain back what was lost due to covid conditions. This is a two day event June 30th/July 1st at NSC Wellness gymnasium. Our next academic oriented learning experience titled 'Inspiring Native Journalism' is a 6 session (Tuesdays/Thursdays starting June 28th 6:00-8:00pm @ NSC) intensive journalism camp led by Micheal Rios (Tulalip Tribes). Indigenous youth ages 13-19 can earn \$1,000 for completing all sessions, and assignments. Another opportunity is our volunteer internship where students of high school age can develop professional skills and learn about non-profits while earning high school service learning hours. In addition, these volunteer students will have personal life coaching support and establish stronger networking both within our community and with entities and agencies throughout the greater Puget sound area. Our summer finale will be capped off with our annual Billy Mills Run/Walk for Life event on August 28th 1:00pm at Greenlake. These events all require community volunteers to help plan, organize and attend for the greater purpose of lifting our community to health, wellness and overall solidarity in our support of one another. For more information, please contact Sarah Sense-Wilson (206) 941-0338 or uneachair@gmail.com





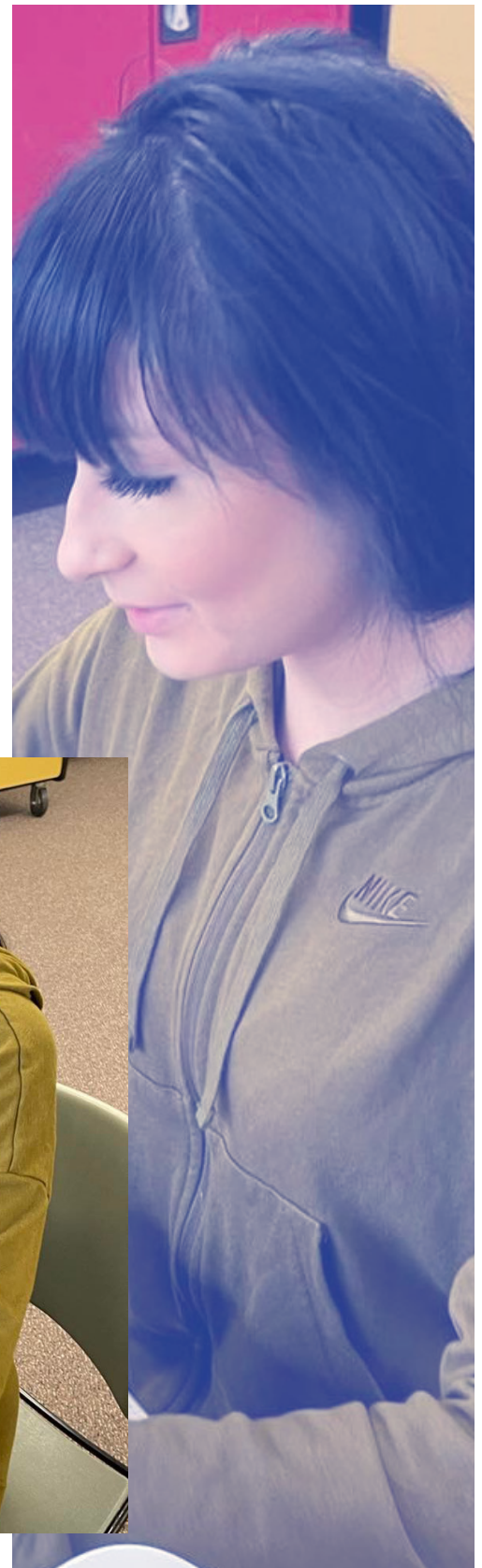
SEWING WITH INTENTION

By Joseph Aleck

For the past two weeks UNEA participants had the opportunity to learn traditional bags to ribbon skirts. Our instructors Alice Oligario, Karen, and Lanelle provided hands-on guidance and support to all sewing students. Some of us learned from Alice from our last experience with ribbon skirts in November 2021, but the vast majority of students this past few weeks were new to sewing. Learning sewing techniques from traditional women offered us insights and new cultural understandings and teachings. Such as sew with intention, sew with care and love and sew with prayer.

Overall, I appreciated the clear example and directions which helped me with making the special giveaway traditional bags. I gained confidence in sewing by observing, following by example and encouragement. We all worked together from start to finish with cutting the fabric and materials, and adding the ribbon and beads. Each step was supported with kind words, and caring encouragement. So, when it came down to sewing, I felt good to see my finished product. It was nice to sew and share good intentions, care and prayers. These bags will be the great gifts for our upcoming Rite of Passage Graduation ceremony.

One of the takeaways I have is the positive affirmations and productivity because it felt important to my mental health. In a way, I've learned that when it comes down to working on something it doesn't have to be perfect, especially when it's my first time sewing but also that gifts are all the more special when made with a community who had prayer, intention and caring hands. I feel grateful to share gifts from a cultural space of community, and learning from our cultural teachers.

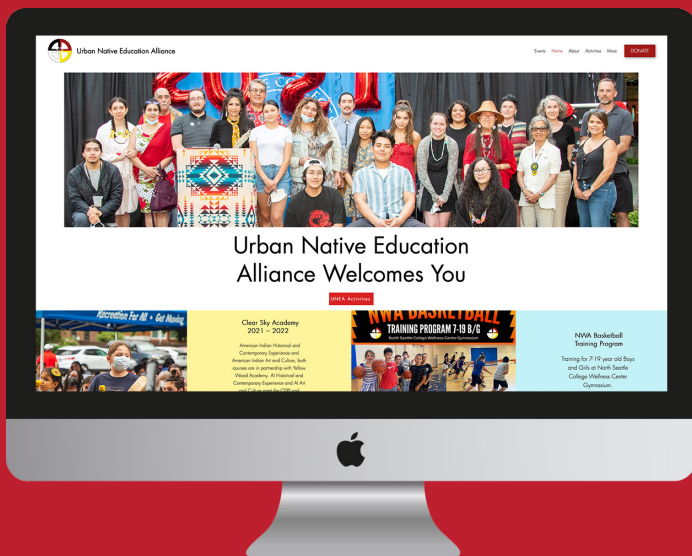


About Us!
Seattle Clear Sky Native Youth Council (SCSNYC) provides:

- **Academic Support:**
Instructional tutoring and mentoring.
- **Cultural Learning Activities:**
Song and drum instruction, beading, talking circle, mural painting, storytelling, and art projects.
- **Individual Recognition:** Student of the month, monthly birthdays, and Native graduation acknowledgments.
- **Community Involvement:**
Spirit Walk, social justice rallies, and field trips.
- **Leadership Opportunities:**
Circle discussions, fund-raisers, community organizing, and leadership building projects.
- **Basketball Program.**
- **Student Service Learning.**



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UNEA Volunteer of the Month
Nali Gabbert

Nali has been a passionate leader and educator working with programs in environmental and outdoor education, youth leadership, and cultural exchange for over 10 years. She is currently the Program Director of Wa-Ya Outdoor Institute which is a Native women led non-profit working to combine environmental science with Indigenous knowledge and make outdoor education more accessible for all! She feels so inspired by all the bright young interns at Clear Sky and the work that UNEA does to provide support, learning, and action for our urban Indigenous communities. She would like to thank all the people she has met through UNEA for all the teachings, gifts, and smiles they have shared with her so far!



March Student of the Month
Junior Victor

Junior V. is a 9th grade student at Nathan Hale HS. Junior started internship two months ago and has embraced the UNEA Internship Leadership Council with full gusto. Junior participates with interest, curiosity and enthusiasm while contributing with a quiet but impactful voice. Junior shows a strong interest in developing their advocacy skills to strengthen visibility and voice of all students at NHHS. Despite the many challenges Junior has encountered at NHHS, Junior has determination, commitment, loyalty and a passion for social justice and educational achievement. We are all very impressed with Junior's level of awareness and interest in advancing their community and celebrating successes in solidarity of Indigenous people across all communities.

