



PATHWAYS TO SPIRIT

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ONE HEART ONE MIND Nurturing New Generations

Young teenage girls living on the Rosebud Reservation in South Dakota need encouragement and support to find confidence and believe in themselves as they become new mothers. This is especially so if the pregnancy is high risk, which unfortunately, is so often the case with these young women. A hat and booties or socks, mittens, or a knitted teddy bear for her newborn is a bright and touching gift for a young mother learning parenting skills for the first time. Receiving a handmade gift from someone who has never met the mother and her baby is a gift that says, "You and your baby are very special to me and to the world."

Pathways to Spirit invites you to join us in our newest project, knitting hats, booties and socks for newborn Lakota babies. These infants are born to 15-17 year old mothers at the Lakota Tiwahe (family) Center in Rosebud, South Dakota. The Tiwahe Center is an early intervention center working with parents and their newborn to 5 year old children.

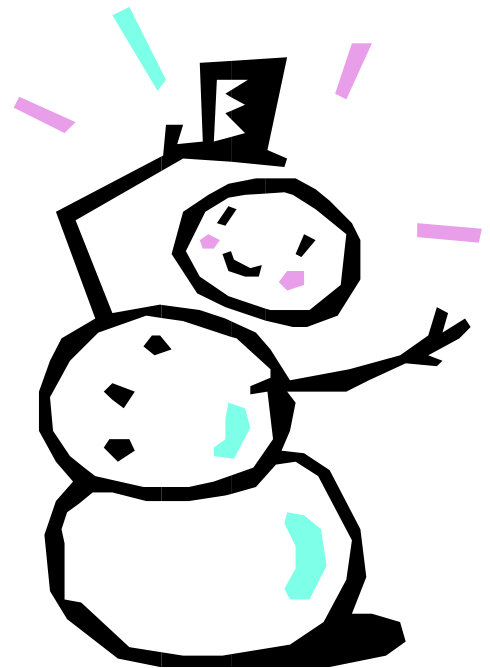
If you would like to participate in this loving project we recommend Kristin Spurkland's book, "*Knits From the Heart: Quick projects for Generous Giving*", for baby hat and other patterns. It is a book dedicated to knitting for charities. Or, if you have your own favorite knitted baby hat, booties or socks pattern, feel free to send us those. See the ONE HEART ONE MIND project on our website at : www.pathwaystospirit.org for photos of some of the caps and other items we have received for these newborns.

To mail us your knitted item, please place it in a zip lock bag. Feel free to enclose a note to the mother if your wish and mail to Pathways to Spirit.

If you belong to a knitting group or program and wish to knit as a group for this project, but lack the funding to purchase this book, or knitting needles and yarn, please contact us. We have a small supplies fund for groups that would like to knit for these mothers and their newborns. If you are not a knitter but feel this is a worthwhile project, we ask for your financial support to donate supplies to nursing homes, assisted living homes, etc. We have flyers available if you need them.

We are grateful to Cathryn Cunningham, from Boulder, Colorado, for bringing this project to the table at this time.

Please call us at (970) 282-8573 if you have any questions or suggestions to get the most people knitting our the winter months and beyond.



Oh, the weather outside is frightful.....

And in our homes it's quite delightful. A winter night on the reservations of South Dakota is quite different. Often the temperature is way below zero and there is no crackling fireplace or the smell of cookies and holiday food baking to warm the hearts and hearths.

We have often visited elders in the winter where they sit bundled on their beds with snow coming in through the windows and rafters.

As you know from our New Beginnings program, the housing situation on the reserva-

tion is not up to proper standards. We cannot get everyone a home but we can do our best to join forces this holiday season and send financial donations for propane to help families stay warm. We are not able to insulate and repair all the homes in need and many homes should probably be destroyed....but we cannot control those things. This is the time of year we receive 10 to 20 calls a day for help with propane.

Also, another way is to send \$40 for the purchase of an oil filled electric heater. We have a great number of requests for this type of

heater as it is much safer and more efficient.

The more heaters we buy, the more elders and families with small children there will be who stay warm this winter.

We ask you to please share the warmth of your hearts this winter season for those less fortunate than ourselves.

Remember, we are all volunteer and depend totally on your help and support for the requests that coming pouring in each day.



RECYCLE FOR PATHWAYS

We are participating in an environmental partnership fundraising program that is designed to help raise money for our organization. We are asking you, your company or organization to send us your empty laser, toner and inkjet cartridges.

Just like aluminum cans, empty laser, toner and inkjet cartridges have value, but a much greater value. For each cartridge collected our organization can earn much needed funding. It's simple, and it's good for the environment as well, since most of the cartridges we collect can be re-manufactured.

Since empty cartridges are found in homes,

businesses, hospitals and schools, we would like this to be a nationwide collection effort.



Any place of business can participate by calling and asking for our free boxes for collection purposes. We will receive cash for each cartridge collected. It's that simple. Individuals can participate also. Every cartridge counts. You help us and the environment and financially donate to us without spending a penny.

Look on the web at:

www.pathwaystospirit.org

or inkjet cartridge is on the list. It most likely will be. Then send it off to us.

If you know of any businesses that you think would like to participate, please send us the names and how to contact and we will take care of the rest.

We would greatly appreciate your support in our cartridge collection effort. All we ask is that if you are not already involved in a cartridge collection program, that you please save your empty cartridges and donate them to our organization.

If you would like any additional information regarding this program or if you have any questions, please feel free to call us at:

(970) 282-8573 or email us at:

pathways@webaccess.net

Check the list to see if your toner, laser

CALL/ E-MAIL FOR A "FREE" ALBERTSON'S COMMUNITY CARD. YOUR PHARMACY/GROCERY PURCHASES GET US A DONATION .

NEW BEGINNINGS

Pathways to Spirit recognizes the need for housing on the Pine Ridge Reservation. The Bureau of Indian Affairs on Pine Ridge has indicated that as many as 80% of the people are homeless. This does not mean they are living on the streets, although some are. But many live in overcrowded situations with relatives and friends. That can mean up to 25-30 people living in one small home.

Long ago, things were different for the Lakota Nation. It was a time as the medicine men say, when every thing was free- food, medicine and a place to sleep at night. Now all that is gone.

The Lakota now live in the reality of homelessness, joblessness and the daily fight against despair and hopelessness. We are happy to say that many good things are starting to happen for people on the reservations. Families are fighting their way back to dignity. Programs for new mothers, college opportunities, and with this program a chance for a family to own their own home.

The picture you see here was taken from the Lakota Journal out of Rapid City, SD. It came from a story about Pathways bringing Jackie Short Bull a home. The article said, "Until recently, Jackie Short Bull and her children were living in an abandoned van outside her grand-

mother's home near the community of Oglala.

Thanks to a program called "Pathways to Spirit", based out of Fort Collins, Colorado, Jackie and her children now have a permanent place to call home.

Toby Big Boy, former Tenant Service Representative for the Oglala Sioux Tribal Housing Authority recommend that Short Bull be placed into a home immediately but was ignored. Big Boy took matters into his own

hands. He brought Short Bull's situation to the attention of "Pathways to Spirit". Big Boy told the reporter he traveled down to Fort Collins himself and handed her application to the organization personally. The family waited about a month and a half before the trailer was donated. Short Bull said, "Having this trailer has helped me out a lot. Before

we were moving around a lot from place to place and now my kids have a stable place to live. They are much happier now." Short Bull now has her G.E.D. and is working

towards getting her drivers license. She said she is very happy to have a permanent place to live.

Homeless family receives gift to grow in



Home sweet home: This trailer was donated to Jackie Short Bull's family.

Photo By Estella Claymon

Donated trailer provides shelter, stability

To help the family the community is collecting food and furnishings for her trailer. Now that Short Bull and her family are safe and sound, they look forward to a future full of new opportunities."

Your donations to help these needy families has made it

possible for Pathways to bring a total now of 165 used mobile homes. There are still 500 on the waiting list. A donation of \$900 from you, your church or civic organization can bring hope and "new opportunities" for hundreds of other families in urgent need.



THE NATIVE AMERICAN SEWING PROJECT

Congratulations to Denise One Star, Marla Bull Bear, Christine Valandra, and the student of the Bonesteel School in the Milks Camp community on the Rosebud Reservation for their highly successful school sewing project. These students learned how to sew on Bernina machines given to Sinte Gleska (Spotted Tail) University by Pathways to Spirit. At the end of the school year the students were graded for designing and sewing their own traditional or contemporary dance outfits. These outfits enabled the students to learn about and participate in different styles of Lakota dance, such as jingle dress, grass dance, traditional, fancy bustle, and fancy shawl dancing.

With the help of a grant received by the Native American Advocacy Program (NAAP), Native American program director for the Bonesteel School, Marla Bull Bear, was able to purchase several sewing machines and supplies for the school. The students have formed their own powwow dance club, "Oyate Teca Okolakiciye", and as one of the group's fundraising projects they are now sewing for the children of other families in

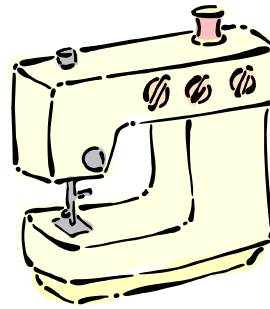
their community. The money is then used to help defray the cost of traveling to powwows.

Traditionally, art has been a way of life for the Lakota people as it is one the most natural forms of communication and self-expression that portrays Lakota society from past to present times.

Teacher Denise One Star said, "I'm very proud of what the students have accomplished in one year. I know that the knowledge of making dance regalia will remain in the Milkscamp community because the students have developed wonderful skills in sewing, beading, and working together. I wish more youth could have these opportunities to learn. Creating something from a thought or vision makes you feel good when you see it complete and I believe the students

were able to experience this first hand."

Fostering self-sufficiency is one of our main goals at Pathways, and your contribution to The Native American Sewing Project will contribute directly to this. We would like to recondition 20 used, donated sewing machines for distribution on the reservations in South Dakota. The cost to recondition a machine is approximately \$20 per machine. Most of these machines are older Singer's, highly valued by the elder Lakota women on the reservation because they are simple and durable. A few of the donated machines are used Bernina's which are especially valued for their specialized quilting stitches. We hope to deliver these machines to the reservation before Christmas.



Thank you to each and every one of you who have donated a used sewing machine to us. It's a gift that keeps on giving.

NATIVE AMERICAN WOMEN'S EMPOWERMENT CIRCLE

This group in Denver is made up of Native American women who meet under the banner of the Four Winds Survival Project headed by Marlene Rouillard. Last year, in response to request from native families in Denver, NAWEC made and distributed Christmas gift baskets to these families. With help from many generous donors, they were able to fill each request and gave out 168 baskets. Each basket contained a ham, canned food, potatoes, fresh oranges and apples, and simple gifts for small children. The approximate cost of each basket is \$30. Can you fill a basket for a needy family?

TRY HOLIDAY SHOPPING ON THE INTERNET THROUGH OUR WEBSITE. CLICK ON "HOW YOU CAN HELP". PATHWAYS GETS A PERCENTAGE.

YES! PLEASE COUNT ME AS A SUPPORTER OF PATHWAYS TO SPIRIT

4307 Goldeneye Drive, Ft. Collins, CO. 80526 (970) 282-8573 www.pathwaystospirit.org email: pathways@webaccess.net

Please make your tax-deductible donations payable to: Pathways to Spirit

Name _____ Phone _____

Address _____

Enclosed is my contribution of _____ \$25 _____ \$50 _____ \$100 _____ Other / You can also donate through PayPal on the internet.

Earmark my contribution for : General Operating Budget _____ Moving Mobile Home _____ Native American Sewing Project _____

Library Building Fund _____ Propane _____ Electric Heater _____ \$40 Children's Library _____ Christmas Basket _____

PLEASE LET US KNOW YOUR NEW ADDRESS WHEN YOU MOVE AS BULK MAIL IS NOT FORWARDED!



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CHILDREN'S LIBRARY

We continue to work hard at preparing the way for the Children's Library to break ground. With the help of a Fort Collins, Colorado librarian, we are working on a questionnaire for a focus group. When it is completed, we will travel to the reservation and present this to the general population of the Porcupine District on the Pine Ridge Reservation. Once we have determined the exact desires of the people for their library, we will begin another phase of planning that will include finding four individuals from the community who would like to be trained as librarians.

Other librarians are working on the design of a very specific collection which will best serve the population involved. Many books on tape will be part of the collection.

The librarians met with the architect and changed the interior design of the library to better fit the needs.

Also, another architectural firm is being asked to join in the project to assist us in making the interior design changes.

Many of you have called or written asking if you could send books. We are not yet ready for any more books as we have no storage

site available and it makes it very difficult.

For those who are new to our mailings, we would like to say that at this time there are no libraries on the Pine Ridge Reservation



in South Dakota. The children have very low reading scores and there is a 60% drop out rate after 8th grade. Because Pathways to Spirit is eager to help find solutions to the problems on the reserva-

tions, we feel providing a library for the children can only encourage them to read and stay in school and even go on to college.

Back in the winter, a tribal representative said, "This library is a light at the end of the tunnel and is tied in directly to the survival of us as a people."

The little boy pictured here on his horse had a very different life and challenges than the Lakota children of today.

We hope that we can change the life of a child and send them on their way with all the tools for success in the 21st

century and at the same time maintain their cultural identity and pride.

Bless you all this Holiday Season!