

# PATHWAYS TO SPIRIT

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## THE SEASON FOR GIVING!

Winter approaches and the call for help is coming from the reservation. How fortunate we are to know that when the cold arrives, we can walk to our thermostat and turn up the heat. For most of us moving from air conditioning to heat is little more than a walk across the room. Not so on the reservations in South Dakota. Winter brings an additional set of worries.

With unemployment at 85% and an average yearly income of \$3500, the basics in life are a worrisome struggle every day. So, once again, we reach out and ask you to reach into your heart and help us keep the families on the reservation warm this year.

Last year was our greatest success in assistance. Our fundraising efforts netted \$65,000 for propane and electricity. \$60,000 of that came from the Sunshine Lady Foundation and we are so grateful to them for their

caring hearts. So far this year we were awarded another \$30,000 from the Sunshine Lady Foundation. We must raise those additional funds with your help.

Some of our supporters have pledged \$150 a month until March. Your donation, large or small, is most welcome and appreciated.

All of you can be volunteers for Pathways in your own communities. Use your creativity to raise some funds with your personal friendships, clubs, religious affiliations, garage sales, etc.

The Diabetes Clinic in the town of Porcupine on the Pine Ridge Reser-

vation in South Dakota has asked if we could also bring them electric heaters for the elderly dialysis patients.

We purchase safe heaters that look like old fashioned radiators. They are very effective and cost efficient. The cost is \$45 for each heater.

When families run out of propane, many times they turn on the kitchen electric stove tops and the ovens for heat. That is very dangerous and fires can break out.

In this season of thanks and giving, we hope our work and dedication to assist our nation's First People will touch your hearts. Please join us in the good feeling of helping those in need that, very often, have no where else to turn except to us.



An elderly Lakota woman told us, "I was raised in a traditional Indian home. I did not speak English until, like many of my generation, I was sent to a boarding school where we were called "big bucks", "savages", or "squaws" and were taught to be ashamed of our culture and heritage. Now I realize that I can be proud of my Lakota heritage, despite what others did to diminish us."

## RUNNING SHOES FOR ROSEBUD RESERVATION

Mike Sandrock, founder of **One World Running.com**, has donated 200 pairs of running shoes to the youth program administrated by Sam High Crane in Spring Creek. Earlier this year, Mike donated 20 those pairs of running shoes to a team of Lakota women who train and run together in marathons. Thanks to Mike and **One World Running**, we'll deliver the running shoes a to a very committed group

of young people ages 5 through high school in Sam's program on the Rosebud Reservation.

This kind of partnership fits perfectly with our mission statement. Maybe you know another group that we could partner with to bring more help to our reservation friends.

### Mission Statement

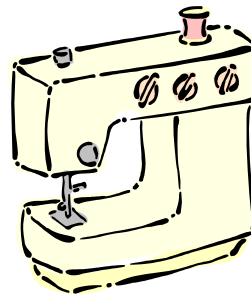
Pathways to Spirit is a 501 C 3 non-profit organization formed for the purpose of providing financial and physical assistance to Native Americans on the reservations of South Dakota and along the Front Range of Colorado. We do this through direct provision of goods & services, education, and evolving partnerships with other organizations.

# THE NATIVE AMERICAN SEWING PROJECT

by Cynthia Cunningham

Thank you to our sewing project founder Susan Igou and daughter Vanessa of Studio Bernina, and to the many students of Studio Bernina who have, over the past 16 years, given valuable gifts of sewing tools, sewing machines, quilting frames, fabrics and technical support for people sewing on the Lakota reservations. My husband John and I are the delivery arm for the many sewing tools and the endless gifts of equipment given by Susan and her students who have been the backbone of this program since the first donated used sewing machine we received and taken to the Rosebud Reservation in 1994.

Our goal, at this time, is to raise money to recondition sewing machines that have already been donated. They will then be given to women, students, youth, traditional dancers and powwow participants who sew on the reservations. **The amount needed to recondition the machines already donated is \$600.** Please earmark your cash donation for the Native American Sewing Project.



Also needed are 100% cotton fabric and poly/cotton mix fabrics in plain colors, calicos and batiks, and quilt batting that are all highly valued for quilt making on the reservations. Fabric donation may be sent to us or we can often pick them up in the Boulder area. New Queen and King sized sheets make great backings for quilts, and we appreciate receiving them.

Remember, all donations are tax deductible. Thank you for your support.

## WHAT I DID ON MY SUMMER VACATION

by Tarey Lea and Nora McCray

How many years do you remember writing such an essay? How excited we all were to share some of our summer adventures with friends and family.

This summer took us away from life's routines into a culture within our American culture and a chance to enlarge our sense of community. Through connections made with Pathways to Spirit and an invitation from Sam High Crane of the Spring Creek Community Center, we two sisters spent a week on the Rosebud Reservation in South Dakota. Nora, from Colorado, shared her passion and skills for sewing and Tarey, from Virginia, hers for art. Our experience with the Lakota people opened our hearts and has now become an intimate part of who we are.

After driving the 8 hours from Colorado to the reservation we were already captivated by the beauty of the plains. Rolling grasslands speckled with cattle and round bales of fresh hay, tree filled ravines and valleys often hiding a creek began to give the mind great rest from the traffic filled streets and busy urban life. We arrived in the small settlement of Spring Creek in the afternoon.

We can never really know the results of

the seeds we sow in life, but there were many children, teens, and some mothers and grandmothers who we met during the week that were eager to receive what we offered. We had very little expectations and so were happily surprised at our accommodations and how graciously we were received by these small communities. Though outwardly our lives may have appeared different, the more we connected the more we saw how similar we are; just humans together, concerned for our family, saddened by the apparent disintegration of traditional values, and the increasing illnesses and destructive forces at work with our tribes.

Our summer vacation brought even more clearly into focus what we both believe about creativity. Success in small creative endeavors such as sewing a pot holder or drawing a bird, has the potential to awaken in us all the sense that we have options to handle other of life's challenges with that same creative spirit. Whether the

loss of a job or a teen to suicide, whether drought and storm, destruction or diabetes or gang violence, we can approach our problems with inner courageous creativity when supported by family and community.

On our drive we were able to read aloud a wonderful book about the Lakota culture, *"Waterlily"* by Ella Cara Deloria. This is a narrative written in the 1930's describing the traditional ways of the Lakota. Bound together by their kinship to each other and respect for the Spirit that gives life to all, the Lakota culture (Wolakota) is worth preserving.

Now, as then, it is not proper for a person to openly express a need. Through our connection with those around us we do not see "the other" as one who is in need, but as part of our family for whom we are responsible. As we become aware of our shared vulnerability, we value each person as precious and belonging to us.

*"We can never really know the results of the seeds we sow in life".....*

## LAKOTA WISDOM AND CULTURE

Severt Young Bear, from Pine Ridge Reservation, gave his explanation of the stages of life. He said, "When a child is born, he called the translation of it *slippery*. The child is a toddler. The next step is *knee deep in mud*. This is the clumsy awkward stage of 2 thru 6. The next step he called *cold*; this refers to the child's searching for identity.

The child must then pass through adolescence, or *walk on thorns*. This is when everything in life is difficult to understand. The fifth step Severt called *walks among swarming bees*. This is where one begins their own life, starts a family, and begins to express what they are thinking. Some get jealous and talk behind your back. Hence the

swarming bees. The next stage is *walk over the body of relatives*. This stage is hard and requires a strong mind and body as our relatives begin to leave us. The last step completes the soul and is called *loneliness*. Our spouse leaves us for the other side and our parents are long there".

## ROSEBUD RESERVATION FOSTER CHILDREN

Nora McCray and her friends and volunteers at Sew Fresh Studio have sewn beautiful warm baby and children's blankets and quilts in polar fleece and bright prints for the infants and children in the Sicangu Child and Family Services in Mission, SD.

Thanks to the volunteers who came

together to sew these quilts and also for the generous donation of fabrics, polar fleece, and batting for these quilts.

The Sicangu Center also needs donation of Pampers in all sizes.

Pathways receives calls on a daily basis for Pampers. This is an easy way to help a great need. We are

pleased to accept your donation of Pampers that will be passed on to the Sicangu Center for the little ones.

Sometimes we don't realize the simplest and most basic of needs are hard to meet on the reservations.

We appreciate your help with either Pampers or earmarking your donation for this cause.

### URGENT NEED FOR PROPANE FUNDS

**PLEASE SEND YOUR TAX DEDUCTIBLE DONATIONS SOON!**

**THANKS TO ALL OUR PARTNERS AND DONORS FOR YOUR KIND AND GENEROUS HEARTS!**

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

4307 Goldeneye Drive, Ft. Collins, CO. 80526 (970) 282-3819 [www.pathwaystospirit.org](http://www.pathwaystospirit.org) email: [pathwaystospirit@comcast.net](mailto:pathwaystospirit@comcast.net)

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

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Enclosed is my contribution of \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ Other

Earmark my contribution for: General Operating Budget \_\_\_\_\_

Native American Sewing Project \_\_\_\_\_ Propane \_\_\_\_\_ Electric Heater \_\_\_\_\_ Pampers \_\_\_\_\_

**PLEASE NOTIFY US OF ANY ADDRESS CHANGE.**  
**BULK MAIL IS NOT FORWARDED.**

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4307 Goldeneye Drive  
Ft. Collins, Colorado 80526

Phone: 970-282-3819  
E-mail: [pathwaystospirit@comcast.net](mailto:pathwaystospirit@comcast.net)  
[www.pathwaystospirit.org](http://www.pathwaystospirit.org)

# SINTE GLESKA UNIVERSITY YOUTH & FAMILY TRADITIONAL ARTS AND MENTORING CENTER

by Cynthia Cunningham

When we recently visited, this youth mentoring center was abuzz with activities of several young people sewing their projects under the watchful eyes of their sewing teacher, Marilyn Parker. The quality of their sewing was impressive, both from tailoring standards and from traditional Lakota values. One young man was working from a guide book on the protocol for sewing traditional Lakota pow wow regalia as he made his own grass dance outfit. A young woman was sewing a jingle dance dress. An intern was learning to make the jingles for the dresses. Several very young children had pulled up chairs around a drum and were playing and singing traditional songs. It was a hot day in July, and one mom had gone out to get popsicles for all the children. This wonderful center is the manifestation of the dreams of many

staff members of the wellness programs on the Rosebud Reservation as well as teachers and families on the reservation. The public is always welcome to visit the center and it is really a joy to see what is taking place there.

Programs throughout the reservation are incorporating sewing as a way of working teacher to student. The **Wanbli Wiconi Tipi Youth Wellness Center** traditional arts and craft program has been very successful. The initiative for the creative arts program is called Teca iglukinipi - *“The young bringing themselves to a new beginning.”* It is an exciting and innovative entrepreneurial project initiated within the confines of a juvenile detention center. The most recent items made by the youth detained in the center were immediately sold

by Linda Szabo, owner of the Soldier Woman Gallery in Mission, SD, the day they arrived at the store. The youth there have embraced sewing and traditional craft making with great enthusiasm thanks to the support of dedicated staff and teacher Denise One Star.

Making these beautiful sewn and beaded traditional items gives the youth a way to create a business that teaches traditional Lakota arts and crafts, cultural knowledge, work ethics, money management and home based business skills.

Pathways to Spirit has been able to provide many of the materials needed for the youth to have this program.

We appreciate your continued support as we partner with this youth center.