

SAN DIEGO AMERICAN INDIAN HEALTH YOUTH CENTER NEWS



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Fall 2017

Welcome to the Youth Center!

We welcome young people ages 10 to 24 of any background, and offer a wide-range of programs from cultural exploration to wellness activities, social interaction, and college preparation. The past few months have been incredibly busy and we are proud to share some of what our youth have accomplished. There are plenty of new events planned for the near future so read the back to find out

Urban Rez Youth Gathering in Oakland

This September we attended the Urban Rez Youth Gathering at the Intertribal Friendship House in Oakland. It was an adventure travelling together and many of our youth members first time on an airplane. We met other Native youth from across the country and learned about other Indigenous Nations and cultures. We enjoyed a performance by Supaman, a MTV Music Award winning Crow hip-hop artist, got to learn traditional Washoe games, make arts and crafts, and participate in leadership building exercises.



SDAIHYC with Apsáalooke (Crow)
hip-hop artist Supaman



Drum making workshop at Harrahs Resort

Lipsync Battle at Rincon

Our SDAIHYC Youth Council hosted a Leadership and Lip Sync Conference the second to last weekend of September at Harrahs Resort in Rincon. We focused on the GONA values: Belonging, Mastery, Interdependence, and Generosity. We enjoyed workshops on hand drum making, bead work and leadership. We ended with quiet affirmations and a Lip Sync Battle. It was a great success and participants even got some time for swimming in the resort pool and the lazy river.

Sa'mall Lly Hapsh Community Garden Days

Every month we have a Community Garden day to bring our SDAIHYC family together and take care of the Sa'mall Lly Hapsh "Flowers that bloom" garden just a few blocks from the youth center. On October 21st we will have another community garden day so bring your family on Saturday and join us from 10 to 12! Everyone is welcome and encouraged to come!



Upcoming Events

October 21th

Community Garden Day!

October 27th

**Halloween Party at the
Ballard Center**

October 28th

Out of the Darkness Walk

November 4th

**American Indian and
Indigenous Film Festival**

November 8th

**Honoring Our Native
Veterans**

November 18th

**Fall Family Gathering at
the Sa'mall Lly Hapsh
Garden**

December 2nd

Robert Sundance Summer Camp

In August our youth participated in the annual Robert Sundance Camp in Descanso. We spent two weeks with other Native youth from all over California, hiked through the Cuyamacas, took traditional Kumeyaay tule boats out to the ocean, and participated in team building exercises.



Native STEAM Camp

In July we took part in the Native STEAM (Science, Technology, Engineering, Art and Mathematics) Camp. Participants learned about the ecology of the plants and animals in Kumeyaay territory, traditional foods, geology and ocean life. They also learned many skills like how to make a willow bark skirt, halma or gourd rattle, and tule boats.



Native American Night at Petco Park

The first week of September we attended the Padres vs. Dodgers game for Native American night at Petco Park, sponsored by Sycuan. We watched the game enjoyed traditional bird singing, and spent quality time together.

