



INTERTRIBAL FRIENDSHIP HOUSE

"OUR URBAN REZ, SINCE 1955"

Summer 2015 Newsletter

www.ifhurbanrez.org

Special Events & Activities

Tule Demonstration

Saturday, August 1st
10:30 - 4:30 pm
Diana Almendariz teaching
Tule basketry, she is of Maidu,
Wintun, Hupa, Yurok and
Cherokee descent. She is a
Cultural Interpreter, a consultant
in ethno-biology and a Cultural
Demonstratin Specialist.

Traditional Hawaiian Kākau (tattoo) & Revival of California Indian Tattoo Traditions

Saturday, October 3rd
Presentation 3:00 - 5:30 pm
Community Feed Following
Presenters: Keone Nunes, Kahuna
ka kākau (expert tattoist)
& Artist, L. Frank Manriquez,
Tongva-Achachemen

Beading Circle

Weekly, Starting Saturday, July 11
1:00 - 4:00 pm
Taught by Leanna Carlson

Pow Wow Drum & Dance

Every Thursday Evening
6:00 - 8:30 pm
Drumming boys 7 years +
Dance all ages

Four Directions Native AA Group

1st, 2nd, & 3rd Sunday of Month
2:00 - 3:00 pm

Native Elders Gathering

Last Tuesday, of the month
11:00 - 2:00 pm
Food Distribution

Native Gardening

Tuesday & Thursday
12:00 - 5:00 pm
Some Saturdays
10:00 - 3:00 pm
Pot Luck lunch

ON THE STEPS OF THE FIRST INTERTRIBAL FRIENDSHIP HOUSE ON TELEGRAPH AVENUE, ABOUT 1956



60 Years of Memories

This year marks the 60th Anniversary of Intertribal Friendship House (IFH). Though times have changed, what has remained constant is that IFH has always been a place to build community, to maintain connection with traditions, to share cultural values, and to be at home with other Native peoples. Many of our younger generation are the 4th generation of the original people who came here on relocation in the 50's, 60's and 70's and are the founders of IFH. Whether someone has walked through our doors hundreds of times or it is their first time, I often hear the same sentiments—that IFH is a safe place, a place where we all can share and learn from each other, and feel welcome. It is home.

People often come to IFH seeking a connection to community and their culture. Though they may bring family or come alone, everyone establishes new friends and extended family. Native peoples have a true gift of forming kinship circles, of making relatives. I love hearing the children say "They are my cousins", or calling the adults their aunties, uncles, grandmas and grandfathers. This is truly community building.

We would like to take this opportunity to invite you to share your memoirs, pictures, and stories of 60 Years of Memories at Intertribal Friendship House to be placed in a Journal. Please submit your articles, photos, and/or stories online at the IFH website www.ifhurbanrez.org or by email to ifhoakland@gmail.com, or mail them to Intertribal Friendship House at 523 International Blvd., Oakland, CA 94606. The journal will also be located in the front room at IFH if you would like to record your thoughts when you are at the house.



Thanks for the memories we have had, and those yet to come!

Carol Wahpepah, Executive Director



Urban Rez Reclaiming Traditions Youth Gathering

On March 28, 2015 IFH Native youth planning committee hosted a youth gathering called “Urban Rez Reclaiming Traditions”. This gathering was Youth Initiated, Youth Organized and Youth Led to create a circle for bay area Native brothers and sisters of their generation. The gathering goal was to bring Native youth together to experience their basic traditional healing stories, reconnect, and learn more about their rich cultural heritage. So many Native youth are facing difficulties and outside influences in their daily lives such as violence against young people, alcohol and drug use, and other conditions of poverty, and urban life. Native traditions have always been there for us, and we need to pay attention to them and learn together. The gathering gave the youth an opportunity to learn together. Elders and young people brought their experiences, their teachings, which will help them through the challenges of Urban Native Life. The gathering was a huge success, and the planning committee was amazing. ❖



Frank Waln and Tanaya Spoken Word Workshop and Performance

On Saturday, June 20, Intertribal Friendship House presented a very special multi-generational, creative and healing spoken word/poetry workshop for the Bay Area Native community led by Frank Waln and Tanaya Winder. These spoken word/poetry workshops are to heal our people and our communities through creative expression

Tanaya Winder is a poet, writer, educator, and motivational speaker from the Southern Ute, Duckworth Shoshone and Pyramid Lake Paiute Nations. Frank Waln is a Sicangu Lakota award winning poet, performer and producer who chooses to tell his personal story and the history of the Lakota people in the form of music and song. He is an enrolled member of the Rosebud Sioux Nation, where he was born and raised.

Frank and Tanaya stated that it is important to reach out to youth and make cross generational connections in order to strengthen community,” After the writing workshop Frank Waln and Tanaya Winder gave a performance of their tremendous spoken word/poetry and music.. ❖



Highlighting IFH Youth

Jessica Lindemulder is an enrolled member of the Blackfeet Nation. Jessica graduated in June from Fremont High School in Oakland.

Jessica applied to and was accepted at several colleges. She decided on attending the University of California Santa Cruz, majoring in Physical and Biological Sciences. She plans on studying natural medicine and hopes to study abroad.

Jessica stated that the community helped shape who she is today, and would love to give back by teaching others what she has learned. Jessica participated in the Intertribal Friendship House Leadership Academy, and is an IFH volunteer. This past year Jessica volunteered with the Oakland City Council, working closely with City Council member Noel Gallo.

