

Native Youth Wellness Warrior Camp

Uyxat Pow Wow Grounds

Grand Ronde, Oregon

June 24 - 27, 2019



Hosted by the Confederated Tribes of Grand Ronde



NATIVE WELLNESS
Institute

Training provided by the Native Wellness Institute
www.NativeWellness.com

The Native Wellness Institute exists to promote the well-being of Native people through programs and trainings that embrace the teachings and traditions of our ancestors.

Native Youth Wellness Warrior Camp

Day One

1:00 pm - 3:00 pm	REGISTRATION Youth arrive at Pow Wow Grounds Set up camp/ Check into hotel	Camping Area Under NWI Awning
3:00 pm	Welcome and Intro to Staff Group Intros/Norms	Pow Wow Arbor Seating
4:00 pm	Clan Assignments Team Building	
5:30 pm	Dinner	Behind Plank House
6:30 pm	Medicine Tie Ceremony Clan Sharing	Behind Plank House
9:30 pm	Free Time	
10:30 pm	Lights Out	

Native Youth Wellness Warrior Camp

Day Two

8:00 am	Breakfast	Behind Plank House
8:30 am	Opening Ceremony Introductions, Check-in, Overview, Ice-breaker	Plank House
9:30 am	Introduction to Wellness and Healing	
10:30 am	Break	
10:45 am	Collective Healing Clan Work	
Noon	Lunch	
1:00 pm	Tools for Wellness and Healing	
	Connecting with Horses (John Spence)	State Park Field
	Connecting with the Land (Josh Cocker)	Meet at Restrooms
	Connecting with Traditional Games (Charles Tail Feathers/Martin Sensmeier)	Perimeter of Pow Wow Arbor
	Connecting with Native Movement (Thosh Collins/Chelsey Luger)	Pow Wow Arbor
	Connecting to the Canoe (Bobby Mercier/Cristina Lara)	Meet at Restrooms
	Connecting to Letting Go (LoVina Louie)	Plank House
2:30 pm	Break/Rotate	
2:50 pm	Tools for Wellness and Healing Rotation II	
4:30 pm	Closing	Plank House

Native Youth Wellness Warrior Camp

Day Two Continued

5:00 pm	Adjourn/Free Time	
6:00 pm	Dinner	Plank House
7:00 pm	Village Life: 3 on 3 Basketball Tourney Crafts Traditional Games	Tribal Gym (main campus) Plank House Pow Wow Arbor Perimeter
10:30 pm	Lights Out	

Day Three

8:00 am	Breakfast	Plank House
9:00 am	Opening Ceremony	Plank House
9:30 am	Tools for Wellness and Healing Rotation III	
11:00 am	Tools for Wellness and Healing Rotation IV	
12:30 pm	Lunch	Plank House
1:30 pm	Tribal Museum Tour/Craft	Tribal Museum
3:15 pm	Break	
3:30 pm	Healthy Relationships - females Healthy Relationships - males	Plank House Pow Wow Arbor Perimeter
5:00 pm	Closing/free time	
6:00 pm	Traditioinal Meal	Behind Plank House
7:00 pm	Cultural Sharing Night	Plank House
10:00 pm	Free Time	
10:30 pm	Lights Out	

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Day Four

8:00 am	Breakfast	Plank House
9:00 am	Opening Ceremony Review, Check-in, Healthy Relationships Follow Up Finding Your Voice	Plank House
Noon	Lunch/Check Out/Break Down Camp	
1:00 pm	Closing	Plank House
2:00 pm	Adjourn	

About the Wellness Warrior Camp

The Native Youth Wellness Warrior Camp will take place on the beautiful homelands of the Confederated Tribes of Grand Ronde. The Camp is a time for young people to further develop their leadership skills and learn ways to get and stay on a wellness path in order to be positive contributing members to their families, schools and communities.

Please plan on arriving between 1:00 pm and 3:00 pm on Monday, June 24th. The first session will begin at 3:00 pm. Registration and the Camp will be at the Pow wow Grounds and the registration table will be in the camping area under the NWI awning. Directions and a map are included. Watch for signs off of Highway 18. Please let Jillene know if you will be arriving later than 3:00 pm or before 1:00 pm.

Your group will have the choice to camp in a tent or tipi which is included in the registration fee. Indoor toilets and showers will be available. Campers will be responsible for bringing their own bedding, towels, toiletries, etc. Extra sleeping bags will be available if needed.

If you would rather stay in a hotel, the tribe has offered a discounted rate at Spirit Mountain Lodge. Room reservations and payment will need to be made on your own if you choose this option. When making reservations at the hotel, let them know you are with the Native Wellness Institute for the discounted rate.

All meals and snacks are included in the registration fee. The first meal provided will be dinner on Monday, June 24th and the final meal will be lunch on Thursday, June 27th.

This Camp will be very interactive and hands-on. We will have both fun and educational sessions throughout the day and into the evening. Participants will have an opportunity to participate in clan games and activities and meet new people from other tribes and areas. Workout clothes and shoes are expected to be worn throughout the Camp.

Closing Giveaway

The Camp will conclude with a closing giveaway ceremony on Thursday, June 27th. Please bring an item from your home territory for the ceremony- a t-shirt, mug, traditional craft item or even something as simple as a rock.

Cultural Sharing Night

You are asked to bring something from home to share with the group as well- a song, dance, story or item. We will have a cultural sharing night one of the evenings and each group will have an opportunity to share.

The schedule will be filled so we suggest that if you wish to shop or site-see that you do so before registration on Monday or wait until we conclude on Thursday. We will be finished by no later than 2:30 pm. If you'd like suggestions on local attractions or shopping please let us know.

If you need local transportation from the Portland airport to Grand Ronde please let us know and we can help to coordinate. Grand Ronde is a 1.5 hour – 2 hour drive from the Portland Airport. Contact Jillene Joseph 503-666-7669 if you need help with transportation.

What to Bring

- ◇ Appropriate clothing for warm to hot weather (no short shorts, tube tops or halter tops please!)
- ◇ Casual and work-out clothes and shoes
- ◇ A light to medium jacket or sweater
- ◇ Personal items: shampoo, soap, toothpaste, toothbrush, brush/comb, medications, etc...
- ◇ Your Respect and Parental Consent forms
- ◇ Give away item
- ◇ A traditional sharing dance, song, story or item
- ◇ A good attitude!
- ◇ Bedding (sleeping bag, pillow, and other amenities you might want/need- sleeping pad, air mattress, etc). We will provide tarps and extra bedding for those that might need it.

Note: Please do not bring valuables to the camp with you.

Weather

Weather is unpredictable! It will probably be warm during the day and cool in the evenings. Check out the weather forecast before you travel to get the most up-to-date weather forecast for this week! You're best bet is to come prepared for both kinds of weather- sunny to rainy! Indoor meeting and sleeping space will be available.

Medical Information

Participants and their chaperones will be responsible for storing and dispensing all medications. Medical attention, as needed, will be provided by the Confederated Tribes of Grand Ronde tribal clinic, located a few miles from the campsite. A standard first aid kit will be available at all times as well as a designated first aid and safety person. Please do not travel to the Camp if you are ill.

Contact Information

Jillene Joseph can be contacted at 503-313-8443 (cell) during the camp. Please feel free to leave this number with parents or guardians back home. Leave a message in case the voice mail comes on and we will check them frequently.

Chaperone Guidelines

1. Participate, have fun!
2. If your group has more than one chaperone, it is fine for other chaperones to run errands, etc as long as the entire group of chaperones does not leave the camp at once.
3. Chaperones are responsible to make sure your youth are up on time in the morning and in their beds on time at night.
4. Chaperones are responsible to make sure your youth are in the sessions at all times and not wondering the campsite. (periodic checks while sessions are going on are suggested).
5. Chaperones must stay in the tipi, tent, plank house throughout the night.
6. No drinking, doing drugs or fighting. If you smoke please do it away from the youth/training areas.
7. In case of a natural disaster/emergency, direct all youth to the plank house.
8. Absolutely no boys in the girls sleeping area, no girls in the boys sleeping area, including chaperones unless an emergency.
9. NWI staff and trainers are available to assist you in any matter with your youth, please call upon us as needed.
10. If you take your youth off-site, please do it during the free time and not during sessions or curfew time.
11. If leaving the camp for errands, etc with your youth, please notify NWI staff.
12. Please accompany your youth if medications are dispensed.

NWI Onsite Contacts:

Jillene Joseph cell: 503-313-8443

Shalene Joseph: 971-221-9226

Respect Pledge

By signing this respect pledge, I, _____, understand that I will display respectful behaviors while I am attending the Native Youth Wellness Warrior Camp. I know that some examples of showing respect are listening while others are talking, not drinking or smoking, being on time, not hitting, pushing or shoving other people, by participating, by having a positive attitude, by treating the facility and grounds like I would in my own home, and by treating people the way I want to be treated. I understand that if I cannot behave in a way that would make my parents and grandparents proud that I will be sent home at my parent/guardian's expense. I look forward to attending the camp where I will meet new people and learn how to find my path!

Signed: _____ Date: _____

Parental/Guardian Consent Form

My child, _____, has my permission to attend and participate in the Native Wellness Institute's (NWI) Native Youth Wellness Warrior Camp at the Confederated Tribes of Grand Ronde. I will allow my child to participate in the educational sessions as well as the other activities will hold NWI and the Confederated Tribes of Grand Ronde, harmless if an accident occurs. In case of an emergency I can be reached at _____ (daytime) or _____ (evenings). My child has my permission to be treated for injury or illness at the local tribal clinic or local hospital if need be. I understand that if my child chooses to misbehave in a serious manner that he/she may be sent home at my expense.

Signed: _____ Date: _____

Photo Release

Permission to Use image(s)

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I grant to the Native Wellness Institute, its representatives and employees the right to take photographs and/or video of me and my property in connection with the above-identified subject. I authorize the Native Wellness Institute, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that the Native Wellness Institute may use such image(s) of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and web content.

I have read and understand the above:

Signature _____

Printed name _____

Organization Name (if applicable) _____

Address _____

Date _____

Signature, parent or guardian _____
(if under age 18)

Directions

Directions to Grand Ronde by Car

Portland International Airport

Portland, OR 97218

- > Get on I-205 S from NE Airport Way

7 min (2.9 mi)

- > Follow I-205 S and I-5 S to OR-99EBUS S/Salem Expy in Keizer. Take exit 260A from I-5 S

51 min (52.5 mi)

- > Follow OR-99EBUS S and OR-22 W to your destination in Polk County

43 min (35.7 mi)

Uyxat Powwow Grounds

Hebo Rd, Willamina, OR 97396

Eugene

Oregon

- > Get on I-105 E

2 min (1.1 mi)

- > Follow I-5 N to OR-22 W in Salem. Take exit 253 from I-5 N

56 min (61.3 mi)

- > Continue on OR-22 W to your destination in Polk County

44 min (35.0 mi)

Uyxat Powwow Grounds

Hebo Rd, Willamina, OR 97396