

Survival Skills Are Needed.....

By: Walt Klamath, Outpatient Counselor

When we, the Elders, went on the High Desert museum trip to bend. One of the attractions at the museum were the birds of prey. There were Eagles, Sparrow Hawks, Red Tail Hawks, and Falcons. When these birds, the Falcon or the Red Tail were out to be demonstrated, the other birds were terrified by their presence. However the hawks or falcons didn't seem to know that the other birds even existed.

These birds had food at different snags and places on the ground, they knew where the food was going to be. Had it not been there they probably would have been disgruntled enough to take a bite from the person handling them.

When these birds of prey would land at the food, they would spread their wings out to keep the other birds away, though there were no other birds. The persons with the birds said that these birds were over 10 years old, but still had their little chick behavior, because they were not trained to do any other way when young. These birds were brought in as very young chicks and had no guidance when growing up. They could not survive in the wild, they lack the skills to survive, they do not know what is their natural food. These other birds are scared of them, the birds of prey do not pay them any mind at all.

This kind of reminds me of our people that are coming out of Treatment Centers for Alcohol and Drug addictions. These people do not know how to cope with life on a reality basis. Most of us started using at a young age, and that is where life stops, right at a standstill locked at this particular age, though the body goes on to look mature enough, we do not grow in the living skills necessary in the world of today, just like those eagles and hawks, we do not really know how to cope. Unlike them though, we are survivors, but not really a good life like we want.

The same is true of those that are returning from prison. They do not know how to survive in the real world. They have been in a controlled atmosphere, some for a number of years, then all of a sudden they are out in the wild, so to speak. These people are full of fear, they will never admit it, well not very often anyway. But now what to do, they are branded, not trusted, people are not willing to take a chance on them. Many may not have the living skills needed today. Our lifestyles change so rapidly, that some of us have a hard time keeping up.

I think that we need desperately, transitional housing, somewhere that these returning people can go to receive the training to become citizens again, maybe for the first time. These people are not dummies by any means of the word, they can survive under the worst conditions, not really acceptable to society or humanity. They need the chance to learn how to get jobs, know what is expected of them in a meaningful life. Some will give up, it is just too much, it is better in prison, there they know how to cope.

Medicine Wheel

Submitted by: Walt Klamath

December 22 to January 19, is the EARTH RENEWAL MOON. People born under this moon are the SNOW GOOSE PEOPLE. They are compatible with the COUGAR, BEAVER and SNAKE PEOPLE. They compliment the FLICKER PEOPLE. Their plant is the BIRCH TREE, their color is WHITE, their mineral is QUARTZ, and their elemental clan is the TURTLE CLAN. Like the SNOWGOOSE, these people respect authority, home tradition, and are devoted to duty. They are quick to nip if provoked. They are discriminating, prudent, industrious, perfectness and excellent organizers. They must learn to be more humble and frivolous at times.

The mineral QUARTZ: one of the most common and widespread elements on EARTH, a fairly hard mineral with a vitrous luster. It can be most any color, but white is most common. People used to believe that QUARTZ was permanently frozen ice, because of the cool feel it has. This was given credence by some of the crystals having water trapped inside, while forming. Boy scout manuals tell men to suck on QUARTZ if they are thirsty. QUARTZ is a POWER stone. It is used in radio, radar, television, ultra sonic and other fields of transmitting force. INDIAN tribes used QUARTZ for their rainmaking ceremonies.

The plant of the SNOW GOOSE people, the BIRCH TREE: one of the most ancient and abundant trees. In the olden days most parts of the tree were used. The BARK, for writing. Some of the most important messages from the traditional people are preserved on BIRCH BARK scrolls. The SAP, used as a beverage, and syrup. Yellow BIRCH sap was combined with sassafras to make a root beer like drink. The BARK and LEAVES were made into teas, which were used to help cure digestive problems, and problems in the kidneys and bladder. Salicylic acid, forerunner of aspirin, was extracted from the inner BARK. Externally the tea was regarded helpful for skin conditions and swellings.

The LEAVES were sometimes placed on the rocks during the SWEAT Bath ceremony, to cleanse the body and to rid the body of excess electricity. Branches were bound together and used during the SWEATS, to thrash the body, to improve circulation and to help expel any toxins. Native people used to drag BIRCH branches around after planting to activate the microorganisms in the soil. The ROOTS also activate compost piles.

The SNOW GOOSE: a beautiful White Bird, with black wing tips. The scientific name, CHEN HYPERBOREA, MEANS "GOOSE FROM BEYOND THE NORTH WIND".

SNOWGOOSE people are cautious parents, wanting always to be certain their children are safe. They like their homes and children to be well organized, as close to perfect as possible. The children are sometimes like the gosling, very quiet for the first period of their lives.

Because of their TURTLE CLAN traits-stability, bordering stubbornness, and fear of anything except gradual change, added to the persistence that is inherent in their nature, it is difficult for SNOW GOOSE people to turn around when on an unbalanced course.

The Color of the SNOW GOOSE people;

WHITE, the color of snow itself. The color of perfection and purity. Balance of colors. It is the highest nature that people of this totem can aspire to.

The MOON: EARTH RENEWAL, the first MOON of the year. It brings people, as well as all the children of MOTHER EARTH to their time of rest and renewal. This MOON does not cause emotional activity, as some of the other MOONS. The MOON does not act in a way that allows a lot of emotions to show, rather it is a MOON that signals people to withdraw into themselves and rest. Review the actions of the past year and prepare for the year to come.

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Discouraged?

Submitted by: Walt Klamath

It was once announced that the Devil was going out of business and would offer all the tools for sale to whoever would pay the price.

On the night of the sale they were all attractively displayed, a bad looking lot. Malice, Hatred, Envy, Jealousy, Sensuality, and Deceit, and all other implements of evil were spread out, each marked with its price.

Apart from the rest lay a harmless looking wedge shaped tool, much worn and priced higher than any of them. Someone asked the Devil what it was.

"That's Discouragement," was the reply.

"Why do you have it priced so high?"

"Because," replied the Devil, "it is more useful to me than any of the others. I can pry open and get inside a man's conscience with that when I could not get near him with any of the others, and when once inside I can use him in whatever way suits me best. It is so much worn because I use it with nearly everybody, as very few people yet know it belongs to me."

It hardly needs to be added that the Devil's price for discouragement was so high that it was never sold. He still owns it and is still using it.

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