



Chaneeg Chaneesch

June 1, 2006

Volume 7, Issue 4

Moonfire: Our Sister Circle on Long Island, NY

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At the end of April through part of May, I visited our sister circle on Long Island in New York. This was the fourth year I had been invited to lead sweat for them. MoonFire Meeting House is the circle of Deep Arrow Woman, my heart sister with whom I co-facilitate the Journey of the Waters with Oh-Shinnah Fastwolf. We had met many years ago as we are both accomplished with Oh-Shinnah. Doing the Journey together is such a transforming experience, a fast friendship and sister developed easily. Moonfire people often come on Journey, so when I go out there to lead sweat, it feels like a reunion with folks I already know.

This year, another circle asked for a sweat experience, so I was out there for two weekends, leading a total of 3 sweats. The people are very good hearted and enjoy the community that gathers very much.

I look around my home on the Tulalip res, and I can think of 3 other sweat lodges within a mile of our own...within a few more miles, I can thank of two others. Long Island used to have TeePee Ted, but he no longer leads sweats. I was told that Moonfire has no other sweat leader available except me. You can imagine it is a bit of a big deal for them to bring me out to lead sweat. They need to

pay for my plane fare and my time off work. You know I do not charge for ceremony, so I have told Deep Arrow to tell her people my needs and then make it all voluntary and I credit Goddess for taking care of me each time I have gone.

We have had Moonfire as a Sister circle for many years. Many of the white rocks on our moon altar came from the beaches on Long Island. I always take a suitcase of volcanic rocks from the Northwest when I go. You may have heard me mention them in the prayers we do, and they always mention us. Our people love meeting them when we go on Journey together. See Pictures on P. 2 →

March Intensive Equinox Celebration

By BuhMuh

Theresa and her son Sid Allen came on Saturday and together we honored Earth Mother at the Earth Mound and moved the Turtle head to Spring.

We also awakened the Medicine Wheel with Corn Meal and did our Rainbow Crystal Earth Healing Meditation.

Moon was put off because of the weather (a rare occurrence) and lack of attendance. We

smoked a pipe instead. Sweat the next morning was powerful. Sid said he loved Sweat.

Spending time intensively in ceremony really feels good! Join Us!

*Life only asks of you
what it thinks you
can handle.*

—Martha Kevl

NY Moonfire Pictures



Building the Sweat Lodge



Above quote sent to us from Jessica in Ireland



Fires Alight

Men's Sweat Lodge News

"The world
was not left to
us by our
parents; it was
lent to us by
our children"
—unknown

By Britt

With the changes happening it is good for our men to get together for ceremony, and it helps the men support each other in this walk of Life.

Gray Otter's leadership continues in the Lodge, and when we had Lodge here, Barry felt the energy where he was in Idaho. The Lodge helped me prepare for Tom Brown's school, and I definitely felt that strength and benefit there.

Richard introduced a modified structure to the sweat

fire that he learned from a Blackfoot Sweat. It uses less wood and it is more efficient. It has worked very well and it is good to learn ways of using less resources from our brothers and sisters in the Standing Tall nation. [note: no changes to the ceremony were made. It is only a change to how thick the wood is piled on the fire.]

We continue to come together in a good way to offer up these strong prayers. We take care of ourselves so that we can take care of others...so we

can be there for our families and our community.

I want to thank Gray Otter for his sacrifice, and his dedication. I also want to thank Barry and Richard for their example, and for the lessons I've learned from them.

We are also working on learning some new songs for the lodge, and although it is a slow process, we are coming along well.

I enjoy the Men's Circle more than words can say, and I hope to see you men there!

Journey of the Waters Update

(From Deep Arrow's website)

Website:
<http://www.moonfiremeetinghouse.com/journey/>

The Journey of The Waters is one of the ceremonies that Changing Woman left to Her People. It is a 400 mile sojourn through New Mexico and Colorado into healing waters; some of which have now been incorporated into modern health spa facilities, while others still maintain their rugged natural environment. This journey is an ancient quest for purification and transformation ultimately culminating in an initiation to Changing Woman. These healing ceremonies of the Journey of the Waters are available to non-native people today due to the vision and persistence of Oh Shinnáh Fast Wolf who pleaded with her elders and teachers for fifteen years before granting her permission to share these sacred healing ceremonies with

the world.

This spiritual sojourn has transformed the lives of countless people seeking release from cellular patterns of thought and behavior that trapped them in unhappy, unhealthy lives.

Oh Shinnáh and Deep Arrow Woman and Bright Owl, the two apprentices she chose by way of a prophetic dream to carry on this work, will once again take a group of international, non-native men and women on this life affirming and life altering journey from Ojo Caliente, New Mexico to Ouray, Colorado.

For more information contact Deep Arrow Woman at Moonfire Meeting House, 631-287-9000 (phone/fax). Subsequent phone interviews and an Open House for would be participants will be scheduled.

Follow your bliss and don't be afraid, and
doors will open

— Joseph Campbell - The Power of Myth

**A big Welcome
goes out to our new land-mate
Phil! He's been a great help
here working on the land, and
it's good to have him with us.**

**Some days there aren't any
trumpets, just lots of dragons.
Courage doesn't always roar.
Sometimes courage is the quiet
voice at the end of the day saying,
I will try again tomorrow**

-- Mary Anne Radmacher

Heart Walking

By Britt

This Spring I spent five weeks at Tom Brown Jr's Tracker School. The courses I took were: Standard, Advanced Standard, Advanced Tracking and Awareness, Philosophy 1, Philosophy 2. I learned much. The classes are set at a high level of intensity. Usually breakfast was at 7am, and after breakfast we began classes and workshops that sometimes lasted until 10pm.

By far the most important classes were the Philosophy courses. In those courses we learned spiritual skills, and about

Grandfather Stalking Wolf's philosophy.

Tom Brown told us that he does not care what religion or philosophy you come from; what he teaches will only deepen and strengthen whatever path you are on. "This will set it on fire" he said.

One example of the skills he taught us is called the Force-walk. This is where you enter a relaxed state, and then get up out of your body, to travel down a trail you have never walked before. Taking note of what you see, you then return to your body. Then you go investigate that trail in the physical reality to

verify what you saw. It was amazing. He said Apache scouts did this often to check out the trail ahead for dangers. For those of you who are unfamiliar with Tom Brown's story, he spent over 10 years studying with Grandfather Stalking Wolf, a Lipan Apache Scout and Medicine Man.

I agree with Tom when he relates that humans so easily destroy our Earth Mother because they have become disconnected with Her. To stop the destruction people need to truly reconnect with the Earth, and become Children of the Earth again.

I feel strongly that young people today have fewer, and fewer opportunities to connect with Earth Mother and with the wilderness. That's why I'm

starting a youth program called Wolf Trax. The primary goal of this program is to pass on the skills I learned in Tom Brown's courses to young people.

Initially the program will focus on skills I learned in Tom's Standard course; these are basic survival and awareness skills. I'd like to build on that foundation, but in a way that gives young people in a suburban setting access to practicing these skills here locally.

I don't know what Spirit has for me, but I intend to follow what has been laid on my heart. The rapid pace of personal spiritual change and learning just in the past year is truly astounding when I look back. I'm sure this year will bring even greater changes.

"There is no such thing as 'part-Cherokee.'
Either you're Cherokee or you're not.

It isn't the quantity of Cherokee blood in your veins that is important, but the quality of it . . . your pride in it. I have seen full-bloods who have virtually no idea of the great legacy entrusted to their care. Yet, I have seen people with as little as 1/500th blood quantum who inspire the spirits of their ancestors because they make being Cherokee a proud part of their everyday life."

~Jim Pell: Principal Chief of the North Alabama Cherokee Tribe



"We learned to be patient observers like the owl. We learned cleverness from the crow, and courage from the jay, who will attack an owl ten times its size to drive it off its territory. But above all of them ranked the chickadee because of its indomitable spirit."

Tom Brown, Jr., The Tracker

Professor prodded students to excel

Teacher helped Native Americans find their roots

OBITUARY |

BY ERIK LACITIS
Seattle Times staff reporter

Twenty years ago, about 40 Shoreline Community College students lined up outside an administrator's office to complain about their professor, Ken LaFontaine.

He had given all their papers back to be redone.

Later, some of those same students, who thought Mr. LaFontaine was too tough a teacher, would thank him for all he had done for them, said the administrator, Andrea Rye,



Ken LaFontaine died April 24 of pancreatic cancer. The college professor was 56.

who is now SCC's vice president of student services.

Mr. LaFontaine, 56, died April 24 of pancreatic cancer at his Shoreline home.

Holding his hand was his wife, Beth LaFontaine, and alongside were a sister, Ramona Menish, and a longtime family friend, Carol Seslar.

Mr. LaFontaine, a member of the Turtle Mountain Cree-Chippewa Band in North Dakota, was well-known for his

work on Native American history, and for continually prodding tribal students to do their best.

In 1974, he earned a bachelor's degree in Native American Studies, and in 2004, a master's degree in Tribal Governance, both from Evergreen State College.

He taught at Shoreline Community College for 34 years, even teaching a class last fall quarter as he was undergoing cancer treatment.

"He said he was bored being at home," said Rye, who remembers Mr. LaFontaine as simply a nice man.

"He'd walk in the office and say, 'Don't worry, boss, I have your back.'" Rye said. "That's really reassuring working in a college setting. He was there to

support you."

Beth LaFontaine remembers her husband's mission to help Native American students connect with their roots.

"They knew they were Indian, but they didn't know a whole lot about how to find out who their ancestors were," his wife said. "He'd find contacts for them, resources in libraries, museums, in some cases taking the students to those places."

A former student, Towana Peltier, 34, remembers some of the things she took away from Mr. LaFontaine's teachings: "To enjoy your roots. Not to allow people to put you in any kind of box. To expand your horizons."

And, of course, how to write a proper term paper, which meant knowing about foot-

Goodbye Professor:
I just wanted to say that this man made a big impact on my life when I was taking his classes at Shoreline. He opened my eyes to another view of the history of this continent. He helped develop my understanding of Native American culture, and helped me look at history with new eyes. I watched him inspire the young Native Americans in his class. He will truly be missed. —Britt

notes and proper grammar.

Besides his wife and sister Ramona of Bellingham, Mr. LaFontaine is survived by another sister, Kathleen Gilbo of Mukilteo; and his father, Peter, and brother, Allan, both of Woodinville.

Today at 1 p.m., there will a memorial service for Mr. LaFontaine at the Shoreline Community College gym, 16101 Greenwood Avenue N., Shoreline.

The school said there would be a chance for his former students to speak at the service, and tell their stories about the professor who was tough academically but also made sure to write letters of recommendation for them.

Erik Lacitis: 206-464-2237 or elacitis@seattletimes.com

Announcing Wolf Trax youth workshop!



A new program, located in Western Washington, centered on wilderness and nature awareness skills taught to children between the ages of 9 and 14 teaches:

- Lost-proofing , and aidless navigation
- Fire by Friction and campfire safety skills
- Basic Shelter building
- Finding safe drinking water
- Environmental Awareness and Nature Observation skills

Interested in having us do a workshop in your area? Contact us to make arrangements. Email: staff@wolftraxyouth.org OR, for more information go to: www.wolftraxyouth.org

Where

“Where shall I look for Enlightenment?” the disciple asked.

“Here” the elder said.

“When will it happen? the disciple asked.

“It is happening right now,” the elder answered.

“Then why don’t I experience it?” the disciple continued.

“Because you do not look” the elder said.

“But what should I look for?” the disciple continued.

“Nothing. Just look,” the elder said.

“But at what?” the disciple asked again.

“At anything your eyes alight upon,” the elder answered.

“But must I look in a special kind of way?” the disciple went on.

“No. The ordinary way will do,” the elder said.

“But don’t I always look in the ordinary way?” the disciple said.

“No, you don’t,” the elder said.

“But why ever not?” the disciple asked.

“Because to look you must be here. You’re mostly somewhere else,” the elder said.

—From “There is a Season”



Classifieds and Announcements

ANNOUNCEMENT:
 Journey of the Waters has been postponed until September 13th—22nd. Contact Bright Owl for details if you are interested in participating in this amazing, life-changing journey.

ANNOUNCEMENT
 Our classified listing are available to ANYONE who is actively participating in ceremony at CC at no charge, though donations are appreciated. Please support your local tribe and avail yourselves of our talented membership often and even frequently!

"The old Lakota was wise. He knew that man's heart away from nature becomes hard."
 ~Luther Standing Bear, Oglala Sioux~

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Chaneeg Chaneesch Classifieds

Rev - Bright Owl

Consultations, Weddings, Birthings, Crossing Over Ceremonies, Coming of Age Rites, Eldering Rites, Pipe Ceremony, House Blessings, Bundles and much more!

__****

Mahala

Shamanic Healing, Nikken Wellness Consultant, Products for Air, Water, Sleep, Nutrition and Fitness.

__****

See Bright Owl about Bowen Work!

Candace Anello LMD, RC

Energize!
 Massage – Energetic Body Work

__****

Jorgen Embreus

Real Estate Associate
 Lynnwood & Beyond

Authentic Brain Tanning

Leather, Elk, Deer, Tanned sheep skin. Chainsaw construction projects or other rough land needs

Barry ***_***_****

Rev - Luann 'Open Heart'

Reiki Master
 Beads & Craft Supplies

Richard Kasden

Plumbing, Drywall, Electrical, Painting, Tile work and more.
 Computer Services, Database Building, and Training. ***_***_****

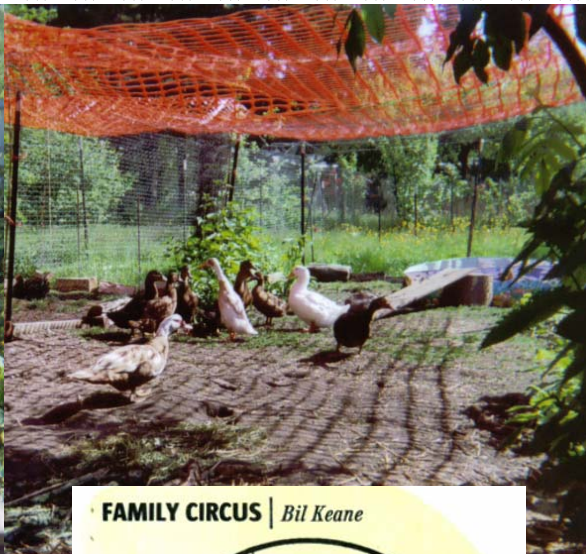
Ask Bright Owl

Mountain T-Shirts \$10 each
 Ask Bright Owl for more info

Land Photos



Bright Owl in the Garden, and the new ducks!



Weeks of Sun kicked off a good start in the garden!



Greenhouse worked great for starts.



Barry and Phil working in the Barn

on the Land

by Bright Owl

Summer is nearly here! Spring was a bit wet and chilly... the new greenhouse is really a help this year as many vegetables and flowers got an early start! Especially the Maya/Inca corn!! It is staying in the greenhouse in a really big pot with hopes it won't be contaminated when it sets ears. (IF) I also sent some of this seed that Mahala had brought us from Peru to friends in high altitude places in hopes we can all benefit from this beautiful large kernel corn Mahala told us was absolutely delicious. This week of sun has seen Barry and I out in the garden every day, and the beds are nearly all planted, the lettuce is coming up all over and needs harvesting (WANT LETTUCE? COME) peas are seeking the fence, beets and radishes are great, melons are thriving, blue and yellow corn is doing great—it will be more than knee high by the fourth of July (do you know that old saying?) there is so much life out there that the stumps we set

around the Earth Mound are sprouting branches!!

The chickens are also doing well, after 2 flocks were destroyed this winter by



Hands in the soil

neighbor dogs, we think we have a predator—proof chicken yard, and the babies are looking more like adults! The five survivors are laying and we have eggs for land use again. I never want to buy another egg after having these ones for breakfast!!

The ducks have gotten their adult feathers, the two that

were out on the land (survivors also when their fellow ducks were slain in Feb) Muscovy ducks, are in with the Roens, and the Indian runner and the Peking duck. They all love the new duck pond Barry and I found in Idaho, they swim often and make the water very dirty fast.

The baby turkeys are growing fast... this year we will have white turkey feathers and brown turkey feathers for all our ceremonial work.

the yard was so overgrown when Barry and I got back he kept saying he lost his dog in the grass! Then he mowed, and it all looks really great. I also have been grooming the walkway and planting flowers with some help from Britt. Looks like we are home again and eating lunch at the picnic table today really, really felt great, in the shade of the huge Maple tree that was bare when Barry left in late April.

It feels like things are finding

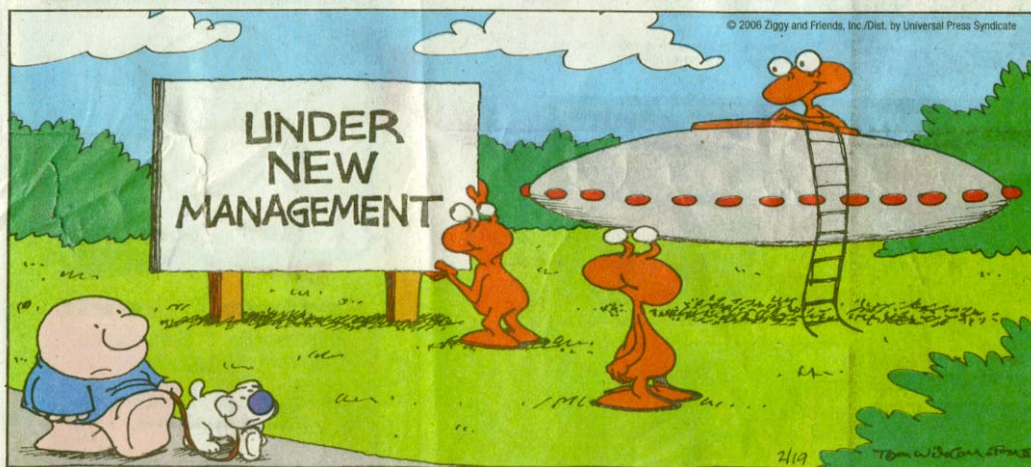
a normal way to be, and we look forward to Phillip, a 15 yr old, who is coming to help with all these things on the land. I bet he will enjoy going fishing with Barry, too. I know I do.

Ceremony also continues on the land, for this is the only way we know of to truly affect the energy of the changes on the Earth, and to take care of Her on a daily basis. Come work with us, and join us in ceremony. We would love to have you come to the Land.

“All children are my children. I teach them the songs and whatever else I can.

That's what Grandmothers are for - to teach songs and tell stories and show them the right berries to pick and roots to dig. And also to give them all the love they can stand. No better job in the world than being Grandmother.”
Leila Fisher Hoh

ZIGGY/ by Tom Wilson



Gray Otter's Words

PATTERNS:

Do you find yourself in a familiar pattern or process? Do you recognize the dynamics that engage you daily in your relationships? I Do. I've been here before. I remember this place, this lesson. I thought I moved beyond this need for the current drama I find myself engaged in. What happened to me. How did I get here again? How many times do I need to repeat this until I Learn what I need to get beyond this lesson.

PATTERNS:

Sometimes I think that I am at the same place I was before because there is so much that is familiar. But I am learning to remember that even though the situation may be similar I have changed from my life's experiences. Sometimes I forget this until I am knee deep in a new "situation".

In my daily meditations I am asking for the ability to see these things earlier in their patterns so I don't allow them to develop or manifest. I have been praying to Creator-Spirit for the ability to keep myself sharp and remember. I want to bring forward the patterns that supported me and let go of those that didn't.

This seems to be more important right now than ever before for me. The world is on the edge of the abyss and I find myself looking on. How can I make a difference? I remember something my good friend Bill use to tell me: " Sow your own garden" . What I got from this was, live what you believe! What do you believe? Is your life in alignment with your beliefs. If so I honor you. if not then I encourage you to look at what you believe and make the changes necessary to live your beliefs.

GrayOtter

Amy's Letter

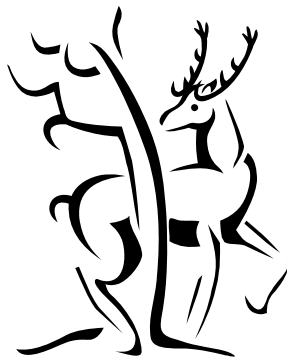
April 17, 2006

Barry & Bright Owl,

A thought from Sweat. When we were calling out qualities we wanted to have and own for ourselves, love was called out and went around the sweat. I called out "centering", and later when I came home it occurred to me that I've always thought that these two things were mutually exclusive. Love, even friendship love, I had always experienced as un-grounding and un-centering, because of my rampant co-dependence. And conversely, because it meant not people-pleasing, I always felt that the act of centering took me away from love. [I believed] That I could have one or the other but not both.

However, after sweat yesterday I realized that is ridiculous! And that at the right time and right place with the right people, love is profoundly centering; and centering is always has always been a loving act.

Thank you for providing the place and the teaching which lead to this Epiphany! —
Amy



"Peacekeeper of the Forest"

Walking the Path

Hi, Bright Owl asked me to write something, so here goes:

Walking on the path feels like one of those moving sidewalks at the airport; when I'm on it there's this incredible energy beneath my feet and everything is moving really fast and I'm passing people and getting where I need to go very quickly. When I step off it, I wind up glued to the window watching other people's planes arrive and depart, and thinking about

all of my missed connections and where I haven't gotten. My luggage feels heavy and I don't think I'll ever find my car.

Sometimes I do the right thing and then all of the energy of it is so distracting that I revel in it and forget the hard work it took to get there, and then the energy crashes and I don't know where it went, until I backtrack and pick up whatever the work was I was doing when it got so high. That's where I am now.

I prayed in the sweat for strength and courage and focus, and all of a sudden I was walking Green lake four times a week and giving up foods that don't work for me and losing ten pounds. Which was so much fun that I forgot the rest of it-the drum, the pipe, everything else I was interested in besides vanity and physical strength. So now I get to go back and pick up what brought me to sweat in the first place. But nothing is lost; it is all part of the process.

Amy

LIVING WITH GREAT MYSTERY

Changes everyday and giving over seems to be the theme of now

Paths that cross and don't return

Footsteps echo, questions have no answer

Love remains the baseline, Love remains the only Truth.

Many have asked me over the years "When do I know what Spirit wants me to be doing?" and I have answered, "Listen to your life, Watch the signs. Give over any agenda you may be attached to. Trust that you will know when you need to. Creator has only the highest and best in Love,

for us all."

There have been many signs here at Chaneeg Chaneesch that I am no longer needed in the ways that I have become comfortable with. There is a move in the energy to allow other hands to be here to nurture the garden and steward the ceremonial places that have fed me and many others for many years. My partnership with Barry (my love of many lifetimes) has opened doors not there before. There is a pull for me to be doing a very different work in Idaho, and every move I make to allow this to be true in my

life is easy, whereas the moves I make to keep the old happening here is hard.

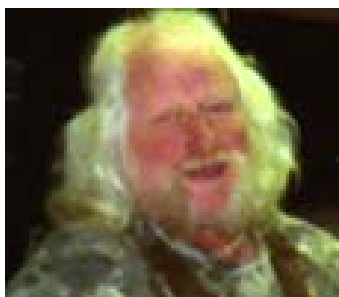
If you read this newsletter and see this writing, understand that the ways of the Earth move in their own timing and at their own pace. The Energy of what we all created here will remain as active and alive as we wish it to be. It has also been created in New York. And now, it seems, it is being created in Idaho. A need for the people to have a place to go to when the times become so chaotic sense can no longer be made in the usual ways, and that

place seems to be in Idaho. For a while, things will be as they have been and there will be enough time for things to be clear. Right now, the specifics need to define themselves better. If you have questions about this, write to me, or call, or come to the land.

Please know I love you and you will not be abandoned by me in the times to come.

*Kadeeschday,
grandmother bu-
hmuh*

Barry Returns From Idaho



Back from Idaho

by Barry

Yes it's true I am back from Idaho, and now Bright Owl and Britt getting fed again. ...Dutch Babies, Cake, Sour Dough hotcakes, and all the bad humor that goes with it.

My trip on the way back to Idaho was a good one. ...Rain, snow, sun... saw it ALL in 14 hour drive, and loved every minute of it. I stopped at the hot springs and took a swim for a half hour, and stepped out into 10" of snow that was still on the ground when I got home. (No green, just white)

Fishing was really good this year. Snatch became a Jet boat fishing dog, and wanted to go home with my brother, but came home with me anyway. My friend Stubby broke his arm and that ended my fun, but I got to play real cowboy for the next three weeks. And at night I even became a quilter with my Mom, who is doing well right now. We made one baby quilt, for my Niece. But just so you all know, I missed you all. I hope to see you soon, on the Land, and we'll talk about anything at that time. Good to be back!

MIMMmmm, it's got me hooked.
Barry sure knows how to fix up
good grub!



Summer 2006

Chaneeg Chaneesch

Phone: ***-***-****



We're on the Web!

<http://chaneegchaneesch.com/>

SPRING

Clarity, wisdom, illumination...

The energy of new beginnings, of

early childhood, of budding plants,

of affirming potential with

action...

SUMMER-

Chaos, hot sun, huge growth, out of control, and falling in love with the person bringing your next growth steps, whether you want them or not...

pathway is that of Trust (in the process, in Goddess in charge),

Growth , and Love

And give thanks to all our button pushers who teach us who we are...