



# NATIONAL LONGHOUSE DRUM BEATS

THE NATIONAL NEWSLETTER OF NATIVE SONS & DAUGHTERS PROGRAMS



July – August 2020

Raspberry/Halfway through  
Summer Moon  
aabita-niibino-giizis (Ojibwa)

Welcome to the latest edition of National Longhouse Drum Beats, the national newsletter of Native Sons & Daughters Programs. The purpose of this newsletter is to broadcast news and information, both fun and important, to the membership in all Longhouses across this great program of ours. Be proud in knowing that you belong to a growing program that is coast-to-coast across our great country.

## From the Teepee of your Outgoing National Chief and New National Sachem

### TONKAHAY!

I want to thank all our tribes, RALs and members for your support over the past two years. It's been an honor to represent you and our great organization as your National Chief and I look forward to serving as your National Sachem.

Our organization continues to grow, and I hope you all share your stories and memories with others in order to keep that growth moving ahead. It YOU who make this organization so special and YOU who are the driving force behind our recruiting and strength.

2020 has been a very challenging and unprecedented year. But we will pull through this stronger than ever. Stay safe, but continue to remember and live out...

#### The 6 AIMS of Native Sons & Daughters Programs:

- ALWAYS BE FRIENDS WITH YOUR SON/DAUGHTER
- BE CLEAN IN BODY AND PURE IN HEART
- LOVE THE SACRED CIRCLE OF YOUR FAMILY
- LOVE YOUR NEIGHBOR AS YOURSELF
- BE ATTENTIVE WHILE OTHERS SPEAK
- TO SEEK AND PRESERVE THE BEAUTY OF THE GREAT SPIRITS WORK IN FOREST, FIELD AND STREAM



JJ "Howling Wolf" Sutphin  
NS&D National Sachem  
nationalsachem@nationallonghouse.org

#### Highlights In This Issue

- Letter from the Outgoing National Chief
- Letter from the New National Chief
- Zoom Tribe Meetings
- Kids Korner – Picture story telling
- Ideas to stay connected during the pandemic
- NSD Heritage-An Indian Prayer

# From the Teepee of your New National Chief

## “Yahatay” Native Sons and Daughters!

My name is Ray Junk, but my Native Sons and Daughters friends call me Creaking Oak. I am honored by, and want to thank you all for the opportunity to spend the next two years working for this amazing parent-child program as your National Chief.

In 2010, my daughter Silver Sky and I discovered this program and attended our first Fall Longhouse with the Timucuan Longhouse in North Florida. Her little sister, Golden Meadow tagged along for all of the campouts, events and meetings that first year and officially joined the program the year after. Silver Sky and Golden Meadow eventually moved on to the Pathfinders program for older children. I have relished our time in this program and thank the Great Spirit for the lifetime of memories and new friends that we have made. But while 10 years may seem like a long time and though my two princesses have aged out of the program now, we welcomed a new baby girl, Ella Atsena Junk into our family just a month ago, in May. Yes, Creaking Oak is going to be around for a good, long while. You might say I have a vested interest in preserving the well-being of the Native Sons and Daughters programs for many years to come.



For those of you who have just joined the organization, or are in year 2 or 3, let me share with you some of the reasons I have grown so passionate about Native Sons and Daughters over the years:

For starters, I became a single father in 2009. As I looked around for ways to spend quality time with my daughters in a program in which they could learn life skills, expand their appreciation for the outdoors, develop socially, attain milestones through their work and progress, and earn patches and awards for their efforts, we attended an Informational Night hosted by the Timucuan Longhouse. The program had everything I was looking for and the personal stories and reflections of the longtime members in attendance grabbed me by the heartstrings. “You only get 18 summers to make a difference in your child’s life”, they said. ...and I was hooked.

Our first couple of years were just an exciting time for all of us. Over time, I watched with humility and amazement as my girls ran off when we arrived at a campout to explore and play on their own and with their friends. Watching them grow and being there with them as they matured through year after year of campouts and other bonding experiences was for me, perhaps the single experience in my life for which I am most grateful. My girls made lifelong memories and lifelong friends, and so did their dad. I may not have expected such, but this many years later I know that the relationships I have made with the other dads in the program will be strong and lasting for many years to come.

Shifting back to the present day, I am super excited to get started as National Chief this program year. Obviously, it is with some trepidation, as this coming year will undoubtedly be the most interesting and trying year for the program since I have been involved. The virus continues to ravage communities and shut down social gatherings like those that have traditionally been a huge driver of this great organization. But don’t get discouraged! Out of crisis comes opportunity. Native Sons and Daughters is strong and is going to come out of this even stronger.

Over the past few months we have all learned some things about resilience; about preparedness; about what and whom is truly important in our lives. If you ask me, that is what Harold Keltner and Joe Friday set out to achieve when they originally built this program nearly 100 years ago. I encourage you all to use some of the lessons you’ve learned in this time to build additional value in your local Longhouse programs.

Thank you all again for this opportunity to make a difference in the greatest parent-child organization in the U.S.A.



**“Yahatay”,  
Creaking Oak  
NS&D National Chief**  
nationalchief@nationallonghouse.org



# National Longhouse

National Council of Officers



These are your 2020-22 National Council of Officers.

Name	Position	Email
Ray "Creaking Oak" Junk	National Chief	<a href="mailto:nationalchief@nationallonghouse.org">nationalchief@nationallonghouse.org</a>
Michael "Wild Eagle" Ryan	Nat'l Assistant Chief	<a href="mailto:nationalassistant@nationallonghouse.org">nationalassistant@nationallonghouse.org</a>
Aaron "Fishing Bear" Olson	Nat'l Wampum Bearer	<a href="mailto:nationalwampumbearer@nationallonghouse.org">nationalwampumbearer@nationallonghouse.org</a>
Jeff "Tall Cedar" Huston	Nat'l Talley Keeper	<a href="mailto:nationaltalleykeeper@nationallonghouse.org">nationaltalleykeeper@nationallonghouse.org</a>
Stewart "Running Wombat" Morris	Nat'l Web Spinner	<a href="mailto:nationalwebspinner@nationallonghouse.org">nationalwebspinner@nationallonghouse.org</a>
JJ "Howling Wolf" Sutphin	National Sachem	<a href="mailto:nationalsachem@nationallonghouse.org">nationalsachem@nationallonghouse.org</a>

Thank You for your service to Native Sons & Daughters Programs!!



## Visit the National Longhouse Website and Facebook Page

Check out the National Longhouse website for beneficial resources and information.

Find us on Facebook! Go to and "like" our page to get frequent updates from National Longhouse and featured articles about our program's activity nationwide.

National Longhouse

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Native Sons & Daughters Programs®

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PROGRAM MANUALS

DRUM BEATS NEWSLETTER

COMMUNITY SERVICE PROJECT

RESOURCES

TRADING POST

SITE MAP

COMMUNITY SERVICE PROJECT

The Native Sons And Daughters Programs® seek to strengthen the foundations for a positive lifelong relationship between parent and child.

PALS FOREVER  
*Friends Always®*

TELLING OUR STORIES

Native Sons and Daughters are meeting regularly across the country to take on new challenges, seek adventure, serve their communities, and have loads of fun. With [Our Stories](#), we spotlight individual programs and report on their recent activity.

<http://www.nationallonghouse.org>

<https://www.facebook.com/nationallonghouse>



# Thoughts & Ideas to Keep your Tribes & Longhouses Active during the Pandemic

Submitted by Ray Junk & JJ Sutphin

Capture these moments... Learn from them. Build your programs from them. If your favorite parks and venues are currently closed, come up with something creative and exciting for the kids that is a unique fit.

In one great example, Scott Klueppel, (Timucuan Longhouse) suggested that his Longhouse host a "Build something with your dad" event, where dads and kids design and build something together... anything! Once completed, they receive a patch. That is a patch that both father and child will always remember.

Who in your organization is a gardener? A beekeeper? A farmer? A woodworker? What other valuable knowledge and skills exist within the treasure trove of the minds and experiences of your local membership and local neighborhoods? What can you and your sons & daughters learn from them? What projects, events and contests can you design into your local Longhouse that will capitalize on this valuable information in your community and benefit your Native Sons and Daughters families? Put them to use building your local program, your local community and your own sons and daughters.

## JUST A FEW POSSIBILITIES...

### VIRTUAL ROCKET LEAGUE TOURNAMENT

Rocket League is a multiplatform video game where you play soccer, but as a vehicle.

### SOCIAL DISTANCE NATURE HIKE

This one is pretty straight forward. Get together at an outdoor park and go for a walk/hike but maintain proper distancing. (\*please follow your local/state guidelines)

### MAKE AND DONATE FACEMASKS

There are many places to find instructions on how to make facemasks. Get your members to participate on their own at home with their families. Either make the custom masks for themselves, or find a local recipient to donate to. See Zoom Tribe Meeting below.

### WRITE THANK YOU NOTES/CARDS TO FRONT LINE WORKERS

This is a great one that can be done by members at home. Have them write THANK YOU notes to our first responders (Doctors, Nurses, Fireman, Police, even local grocery workers). This greatly raises the spirits of all involved. Do this as a tribe meeting craft. See Zoom Tribe Meeting below.

### PARADE

I've seen several forms of the parade and it makes me smile each time. Decorate your cars/trucks, all get together and simply wave and send out love to the people you see on your "parade route".

### ZOOM TRIBE MEETING

Get your tribe together on ZOOM (see next page) and conduct a virtual meeting. Let the kids see/talk to each other and have activities. Perform your tribal rituals for all to participate. **Keep those traditions alive!!**

***We invite you all to share your own family's shutdown stories with our national Native Sons and Daughters community. We all have an interesting story to tell about our time in isolation; what we've learned, how we've grown, what we've done together with our families without all of the distractions of modern life. Send us a quick story and a few pics of what shutdown life has been like in your homes for publication in the National Drumbeats newsletter.***

Email your stories to [NSDNewsletter@nationallonghouse.org](mailto:NSDNewsletter@nationallonghouse.org).

# Have a Zoom Tribe Meeting



## How to sign up to Zoom

Signing up to Zoom is free and easy.

You just need a valid email address, and the willingness to accept Zoom's privacy policy and terms, which are fairly standard.

Anyone can sign up to Zoom by downloading the app, or going to the official website.

You can find the Zoom sign-up page here: <https://zoom.us/signup>



## How to Host & Join a Zoom meeting

To host a video meeting, load the website or app.

Make sure you're logged in, then click New Meeting and Start-With Video.

You can then share a link to invite other people.

If you receive a link to join a meeting, simply click it and you'll be taken to the right video conference.

There are some limitations to the free version of the app so be sure to understand those before you host a meeting.

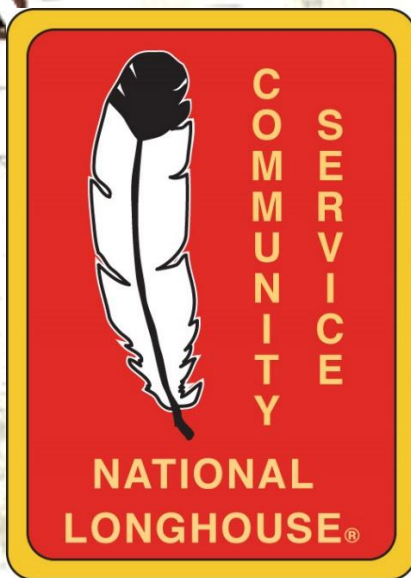


# Native American Traditions

## The Dream Catcher



Originally, the dream catcher was used by the Canadian and North American Sioux and the Ojibway peoples. The Ojibway believe that dreams have magical qualities and the ability to change or direct their path in life. The night air is filled with good and bad dreams. The dream catcher is hung above the bed. Bad dreams are captured, and become tangled in the webbing, similar to the way a spider web catches insects. The bad dreams disappear or perish with the first light of day. The good dreams know the way, and are allowed to pass through the net, gently falling off the feathers to the sleeper below. The net of the dream catcher can take different shapes. Some have a hole in the center, some do not. Some have beads and feathers fastened to both sides and at the lowest point of the ring. Traditionally crafted by the elder women of the tribe. The eternal circle is fashioned using willow tree branches.



## NLL Community Service Project

*The process for submitting reports and receiving awards is simple...*

- Project reports can be submitted at any time.
- Project reports are now submitted online with an "easy-to-use" form.
- Awards will be processed and distributed at that time.
- YEAR BARS NOW AWARDED FOR 2<sup>ND</sup>, 3<sup>RD</sup> & 4<sup>TH</sup> YEAR PARTICIPANTS. SEE THE EXAMPLES BELOW

See the full brochure, project detail and reporting form at...

<http://www.nationallonghouse.org/community-service-project/>

National Longhouse invites all Longhouses and tribes to participate in this worthy program-wide project. We are certain that many Longhouses are performing various service works in their communities.

**Report on your service works and be recognized!**

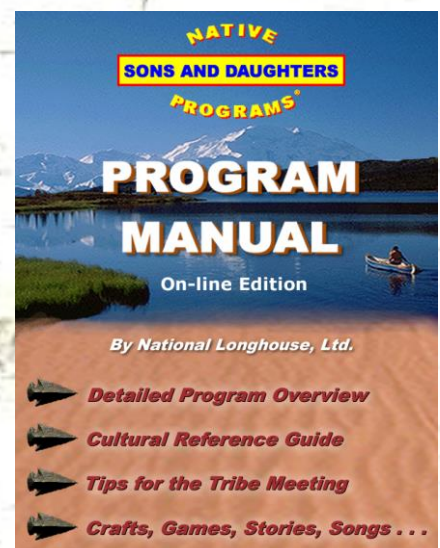


## **NSD PROGRAM MANUAL**

Download it from the NSD website.

Click on the Program Manual tab.

A vast resource of helpful materials for all membership. Program history, National Longhouse structure, Tribes, Awards, Campouts, Native American Program Theme, Culture, Crafts, Games, Stories, Songs, etc. View and/or print as you like!



# KIDS KORNER: NATIVE AMERICAN HERITAGE

PRINT THIS PAGE AND DO THIS ACTIVITY WITH YOUR CHILD

## A Picture Story

Native Americans of long ago did not have a written alphabet as we do today. Instead, they used symbols to communicate. Sample symbols are on this page and on the Picture Dictionary. You may create additional symbols as you need them.

Use symbols (no words) to rewrite this quote from *The Gift of the Sacred Dog*.

"The people were hungry. They had walked many days looking for buffalo herds...Even the .....crows circled, looking for something to eat.....wolves called out with hunger at night."

When you have finished, trace this skin pattern and make a neat copy of your picture story on it.



people



hungry



famine (no meat) empty  
rack outside tipi--



three days



many days



buffalo



many buffalo



look



crows



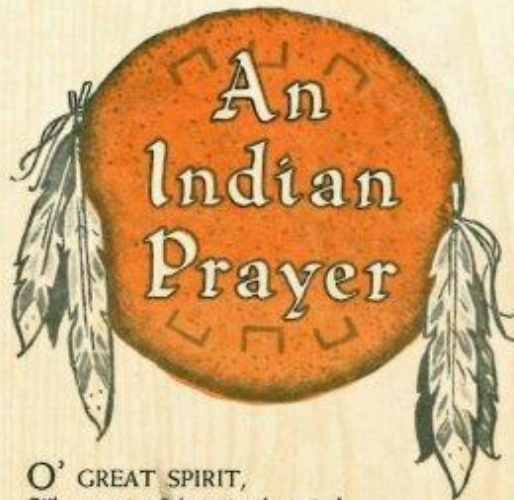
circling



no buffalo



# NSD Heritage



O' GREAT SPIRIT,  
*Whose voice I hear in the winds,  
And whose breath gives life to all the world,  
hear me! I am small and weak, I need your  
strength and wisdom.*

LET ME WALK IN BEAUTY, and make my eyes  
ever behold the red and purple sunset.

MAKE MY HANDS respect the things you have  
made and my ears sharp to hear your voice.

MAKE ME WISE so that I may understand the  
things you have taught my people.

LET ME LEARN the lessons you have hidden  
in every leaf and rock.

I SEEK STRENGTH, not to be greater than my  
brother, but to fight my greatest  
enemy — myself.

MAKE ME ALWAYS READY to come to you with  
clean hands and straight eyes.

SO WHEN LIFE FADES, as the fading sunset,  
my spirit may come to you  
without shame.

