

Native Sons and Daughters Programs™



Smoke Signals Two Feathers Longhouse



January 2009

Chief's Talk from Dan "Big Big Wolf" Drellishak

What a way to start the New Year! The January swim event at the Westlake Recreation Center certainly was a great success! Two Feathers Longhouse had 125 members and their families take a dip in a warm pool on a very cold day! What a treat it was to be looking out the window at the blowing snow while standing in the warm confines of the pool area in a bathing suit! I did see a few "graceful" dives (more like belly flops) from a few crazy dads in our group... I am happy for them that there were not too many spectators! A BIG "Thank You" goes out to the Apache Tribe for organizing the great afternoon of fun!

Just a reminder that the *Camp Fitch weekend* is right around the corner! **REGISTRATION DEADLINE IS FRIDAY JANUARY 23rd**. Camp Fitch is one of the nicest camps around! Modern facilities and plenty of activities to keep everyone busy! Don't let the cold weather deter you from attending. You have the choice of enjoying the day outdoors playing in the snow, or spend sometime indoors-playing games in the dining hall area by the fireplace! One of the highlights is the snow snake race that will take place Saturday morning on the tubing hill. See the rules and instructions on how to make a snow snake included in this newsletter. The "Custom Patch" contest will also take place at Camp Fitch. This is a new tradition that was started this year at Camp Y-Noah and the winning design was made into a real patch that will be given to all members attending Camp Fitch. A blank entry form has been added to this newsletter to give all members a chance to get a head start on creating their unique design to be submitted at camp. The winning entry will again be made into a patch that will be distributed next fall at Camp Y-Noah. We expect a large turnout for this event, so please register ASAP.

On your Mark, Get Set, Go! Pinewood Derby cars can be purchased for our annual Pinewood Derby Race being held on March 7th at the Avon Heritage North School Gym. Two Feathers has one of the best racing tracks in the entire U.S.! Car kits can be purchased while attending Camp Fitch or stop by Marty's Cycle Center located in the center of Avon Lake, at the NE corner of Walker Rd. & Avon Belden Rd. (Rt. 83).

This is the time of the year that we begin to ask if you would consider giving back to the organization by volunteering for one of the officer or committee positions for the 2009-2010 program year. Please consider getting involved so we can continue to offer great activities to all of our members! Thank you for your consideration.

See you at Camp Fitch!

Chief Big Wolf Dan Drellishak

Camp Fitch



2009

Sponsored by the Seminole & Lakota Tribes

Date: Friday, January 30, 2009 to Sunday, February 1, 2009

Time: Friday 6:00pm to Sunday 11:30am

Location: 12600 Ables Rd. North Springfield, Pennsylvania 16430 <http://www.campfitch.com/>

Directions: Follow I – 90E to exit 6 (old exit 2) in PA., then North on Route 215 to the camp site. Camp Fitch North Springfield PA 16430 Follow signs into camp!

Camp Fitch is situated on the shore of Lake Erie about 2 hours from Avon / Avon Lake. Everyone, especially new members or first time campers, are encouraged to experience a great weekend with your children and fellow Longhouse members. The camp is fully staffed by the YMCA and provides our meals and coordinates the activities; except for the famous Snow Snake Race, which will be organized and run by the Lakota Tribe.

Sleeping accommodations are heated buildings (with indoor plumbing) throughout the camp. There is a large dining hall where we will be checking in, eating our meals and holding the Induction ceremony for first time campers. Remember as you are driving; if you are absolutely sure that you are lost and have gone way too far, relax and keep going - you are almost there!

Activities: Fun things to enjoy at Camp Fitch include:

Archery, riflery, horseback riding, indoor wall climbing, crafts (candle making), ice skating on Lake MVIMA, tubing, sledding, indoor floor hockey, scavenger hunt, nature center, pony rides, hiking and of course,

the famous Snow Snake race – instructions attached.

Pathfinder activities (4th Grade and older) from 1:00 p.m. to 2:30 p.m. Saturday may include Firebuilding, Shelter Building or Low Impact Camping.

****Be conscious of the times of events so you don't schedule more than one activity at the same time.*****

Items To Bring: Dress in layers for winter weather. Extra socks, shoes, boots and gloves are highly recommended. Other things to bring are Longhouse vest, sleeping bags, pillow, toiletries, towels, ice skates (snow shovel for lake), sleds (plastic only allowed on little hills not for use on tubing hill, no runners allowed at all), snacks, slippers or shoes for inside, cameras and film, tribe table display, flashlight and don't forget the **Snow Snake!**

Sometimes we have to get creative when there is little or no snow for the snow snake race.

Please make your snow snake with a wide blunt head so that it does not pierce the "artificial" snow. Spears or pointed sticks are not allowed.

We will continue the tradition of last year and have an open division to provide the kid in all of us to compete!!!

*****Rules for open division...must use wood (for at least the part that touches the snow!)*****

CAMP FITCH RESERVATION FORM (MEMBERS ONLY)

LAST NAME _____ PARENT FIRST _____

CHILD _____ CHILD _____ CHILD _____ CHILD _____

TRIBE(S) _____

PARENT AND CHILD (\$150)..... \$ _____

EXTRA CAMPER (\$38)..... \$ _____

TOTAL FEE..... \$ _____

**** Custom "Camp Fitch" patch included in registration fee and will be distributed at camp!****

****MAKE CHECK PAYABLE TO: "TWO FEATHERS LONGHOUSE"**

Drop Off / Mail Check with Registration Sheet to:
Kent Zeman
2235 Violet Court
Avon, Ohio 44011
Home: (440) 934-4289 Cell: (440) 864-7515

Will have envelope inside storm door for drop off also!

REGISTRATION IS DUE NO LATER THAN THURSDAY, JANUARY 22nd

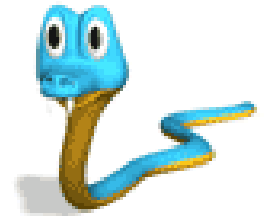
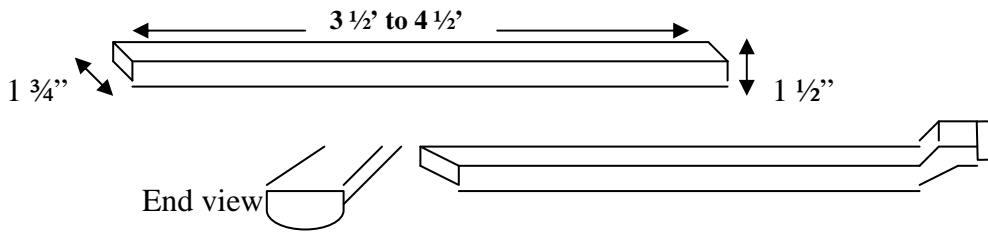
*Please Note: Due to insurance and liability issues you must be a Current Member of Two Feathers Longhouse for the 2008-2009 Program Year prior to participation in the event. Please do not hesitate and sign-up now.

www.nationallonghouse.clubexpress.com



See you at Camp Fitch!

Snow Snake



Height = 1 and 1/2 inches (Minimum) **Unrestricted Head Height**
Length = 3 and 1/2 feet (Minimum), and 4 and 1/2 feet (Maximum)
Width = 1 and 1/2 inches (Minimum), 1 and 3/4 inches (Maximum)

During the winter months of heavy snow and cold weather, Indians had several ways to keep themselves amused. One way involved contests with snow snakes. A snow snake is a long, straight piece of wood carved to resemble a snake. The Indians would throw this snow snake down a long trough made of snow and ice. The Indian who threw the snow snake the farthest was the winner. The game inspired great competitions among the tribes and gave the Indians some of the basic skills they needed to survive in the wilderness. It has been reported that some Indians could throw their snow snakes as far as a mile down this iced track.

The track is a long, straight, narrow bank of snow about 2' high, 1' wide and as long as needed. The top of the bank is flattened and a chain link is dragged over the flat surface of the bank to make a trough or track in the snow. This trough is then iced to make it as slippery as possible.

Before you can play this old Indian game, you must make a snow snake. Carve your piece of wood into a shape similar to the one in the illustration. Round the bottom corners. If the head is *too high* the snake will roll over when tossed. Make sure it is not top-heavy. This is important so the snake can fit into the icy trough.

Use your imagination to make unique heads. Put upholstery tacks in for eyes. Paint your snake with Indian designs and last of all, varnish the wood.

Regulations for Snow-Snake Derby

- The snow snake must be made of wood.
- Regulation size is 4 1/2' maximum length, 3 1/2' minimum length; 1 3/4" maximum width; 1 1/2" body height and unrestricted head height.
- The snow snake must be similar in shape to the one shown in the instructions above. Spears or pointed sticks are not allowed.
- The snow snake must be painted.
- Any kind of wax, ice or snow may be added to the snow snake.
- There are no restrictions on weight.
- The snow snake must be thrown underhand.
- Competition is divided according to age and sex.
- Runners are not allowed on the snow snake.
- This is a parent-child project – both should be involved in making the snow snake and playing the game.

Camp Fitch Snow Snake Race Rules



For new

“EXTREME OPEN CLASS!!!”

(IMPORTANT: These rules apply to new “Extreme Open Class” only. All other established rules for standard age classes still apply to those age class brackets.)

- 1) Entry may be sponsored by a parent/child team or teams, or may be a Tribe entry.
- 2) With the exception of purely cosmetic modifications; snake must be constructed completely of wood including but not limited to any runners, front or rear spoilers, and any other item that effects performance. (i.e. metal runners, or fiberglass/plastic modifications or “gas or electric powered” additions to enhance performance **are not** allowed. Violations will be subject to disqualification as determined by the race committee.)
- 3) Snakes **will not** be subject to any length limit!
- 4) Snakes **will not** be subject to any weight limit!
- 5) Snakes **are not** limited to any cosmetic design limitations!
- 6) For safety purposes, the snake **should not** be constructed in a manner to allow riders! (Yeah it sounds like fun! But let’s not.)
- 7) **BE EXTREME!!! AND BRING IT ON!!!**

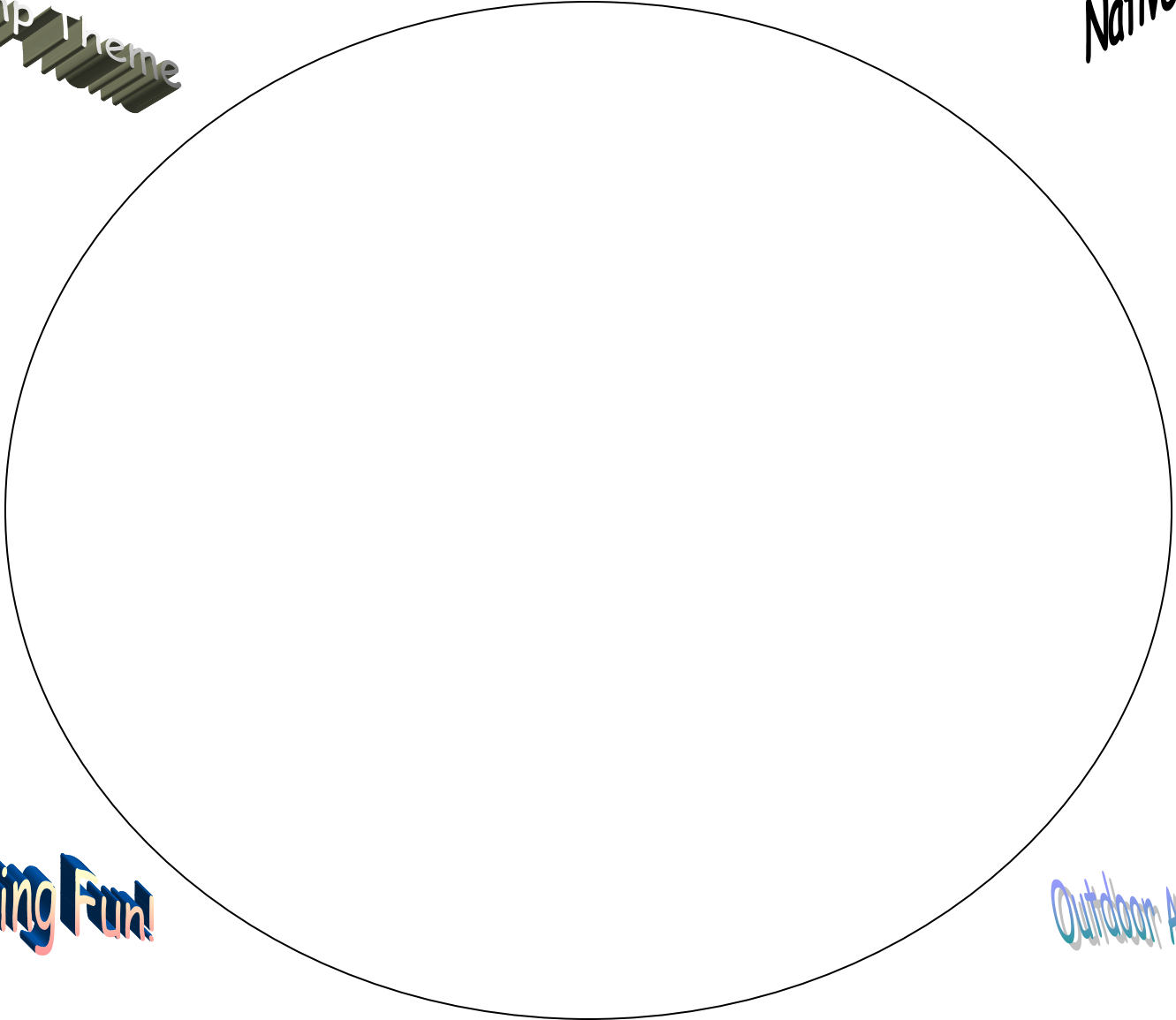
patch Design Contest

This is your chance to put your artistic talents to work!

Design a "custom" patch that will be distributed at our Fall campout at Camp Y-Noah next year October

Camp Theme

Native Theme



Having Fun

Outdoor Activities

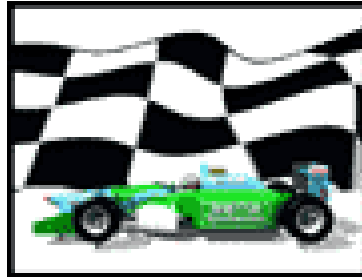
Winning design will be chosen by Two Feathers Longhouse Officer's

NAME _____

AGE _____

TRIBE _____

Native Sons and Daughters Programs



Two Feathers Longhouse

Pinewood Derby

Sponsored by Shawnee Tribe

- Race Date:** Saturday, March 7th, 2009
- Times:** 11:00A-5:00P. Race schedule to be published after registration
- Car Kit Costs:** \$10.00 – first kit
\$9.00 – additional car kits (within same family)
- Where to Buy:** Will be available for sale at Swimming Event (Jan-17th) and Camp Fitch (Jan-30th thru Feb-2nd)

After Camp Fitch kits will also be available at:

Marty's Cycle Center / Avon Lake, (440) 933-4204, located in the center of Avon Lake at the corner of Walker Rd. & Avon Beldon Rd. (Rt. 83). Website for Marty's is:

<http://www.martyscycle.com>

A weigh scale will also be available at Marty's for you to fine-tune your car(s) prior to the official weigh-in dates of March 3rd and 4th.

- Race Location:** Avon Heritage North School, 35575 Detroit Road, Avon (East of Rt. 83)
- Weigh-In:** Tues. March 3rd & Wed. March 4th – Avon Heritage North School (6:00PM-8:00P)

The Pinewood Derby are derby cars, built from kits, raced on a 12-foot high, 64-foot long, four-lane track. There will be different competition classes determined by child's grade and an open class for parents. Only Pinewood derby kits purchased from the Two Feathers Longhouse are eligible for the race in order to keep things fair for all participants. Complete rules are included in this newsletter.

Family members are welcome to come and watch the races. We do not run a single or double elimination competition like some other organizations. Each class of racers will run in about eight different heats and there could be over 20 heats per class depending on the number of entries. Times are recorded for each heat and the car with the fastest total time for all their heats is the winner in the class.

The cars are also judged for best design and each year there are some really creative and innovative designs. Use your imagination; going fast isn't the only way to bring home a trophy. This year we will once again be adding an additional chance to win a trophy for each race class for the slowest average time a car finishes the race. We will call this the "Turtle Award". If you are new to Pinewood Derby, ask a lot of questions. There are plenty of people in the longhouse that will offer advice and give you some pointers. Good luck and see you at the races.

Any questions please let me know.

Doug Isham / Shawnee
934-0834

2 Feathers Longhouse Pinewood Derby Manual



Rules

Please read carefully. Derby cars not meeting this specification may be disqualified at weigh-in.



General Rules

1. Cars cannot be reused from previous years races.
2. Only one car entry per contestant.
3. All derby kits must be purchased from 2 Feathers Longhouse.
4. All cars must be completed by weigh-in day, usually two days before the race.
5. All cars will be weighed, inspected and measured at the designated weigh-in site.
6. The race committee will keep all cars after weigh-in and hold them in a secure area until race day.
7. The race committee will assign a number to each car at weigh-in, numbered stickers will be used.
8. Over or under weight cars may be adjusted at weigh-in. Cars not meeting specifications must be returned to the weigh-in site for inspection and re-weighing on the designated nights.

Wheels and Axles

1. You must use the wheels and axles provided in the kit.
2. The tread on the wheels may be sanded smooth. Overall gross dimensions may not be changed (i.e., no "skinny" wheels).
3. No wheel bearings or bushings of any kind are permitted.
4. Axle length and position cannot be changed; burrs may be removed and axles may be polished.
5. Washers may be used on the axles.
6. Any type of lubricant may be used on the wheels. Cars must be race ready and lubricated prior to weigh-in; **no lubrication may be added once the car is turned in to the race committee, even on race day.**

Pine Block

1. You must use the pine block provided in the kit.
2. You cannot alter the wheelbase cut into the pine block.
3. The body of the car cannot be wider than the axles.
4. The body of the car may not be longer than the original pine block.

Completed Car

1. Weight may be added, the total weight cannot exceed 5 ounces (142 grams).
2. Maximum height of the car cannot exceed 2-1/2 inches or it will not fit under the finish line sensor.
3. Minimum clearance underneath the car cannot be less than 3/8 inches or it may drag on the guide strip.
4. Windshields, decals, numbers, etc., may be used to decorate the car. Please attach securely.

Building Suggestions

1. Weight should be added to bring the car up to the maximum 5-ounce limit. The car will go faster if it is at the maximum allowable weight.
2. Weigh your car before you bring it to the weigh-in (try local post office scale). Have an easy way to add or subtract weight at weigh-in so it can be fine tuned.
3. Weight added to the bottom of the car should be recessed to maintain 3/8-inch clearance or it may drag on the guide strip. *(This is one of the most common problems at weigh-in).*
4. If you're a novice, bring your car to the first weigh-in date so adjustments can be made by the second weigh-in night.
5. There is also a contest for best design, so try your hand at a theme based or innovative design. Going fast is not the only way to win a trophy.

