



I BE POWERFUL

Monthly Newsletter

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A FILMMAKER'S JOURNEY

There was a series of films performed and directed by many talented Indigenous filmmakers. p. 03

FINAL UNCR BABY DAY

At the finale of a year-long effort to keep families of infants and toddlers at home to flatten the curve.. p. 04

TEENS COLLECT ART SUPPLIES

The "Baby Day" was the finale of a year-long effort to keep families of infants and toddlers at home to flatten the curve. p. 04

A TAIL OF FRIENDSHIP AND SUPPORT

by *Tiana Sam*

Getting a pet could help you through the hardest times and they are bound to be your furry friend for life.

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JUNE EVENTS

THE 1ST ANNUAL
REEL IINA FILM FESTIVAL
MAY 28, 2021 7PM

Theme: the Creative Native
Past, Present, and Future

Film Contest For Utah
Navajo and White Mesa
Ute Mountain Ute teens
and Young Adults:
1st Place: \$300
2nd Place: \$200
3rd Place: \$100

NOW ACCEPTING SHORT FILM SUBMISSIONS
DEADLINE TO ENTER MAY 25

FOR MORE INFORMATION CONTACT SAHAR: 435-478-0240

@inabihooahh @inabihooahh @IBPowerful

REEL IINA FILM FESTIVAL 03

A newsletter is a regularly distributed publication that is generally about one main topic of interest to its subscribers. Newspapers and leaflets are types of newsletters. For example, newsletters

09-10

BASKETBALL CLINIC

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BASKETBALL CLINIC
JUNE 09 & 10, 2021

FEATURING:
NICK "MOTIVATOR" MOORE

Learn drills using jump ropes, cones, basketballs, and chairs with:
smalltownathletes.com
Author of "Never Too Late"

09:30-10:30AM KINDERGARTEN- 3RD GRADE
10:45-11:45 AM 4-6TH GRADE
12:00-01:00PM LUNCH
01:15-02:15 PM JR HIGH 7-8TH GRADE
02:30-03:30PM HIGH SCHOOL 9-12TH GRADE

WHITE MESA RECREATION CENTER GYMNASIUM
WHITE MESA, UT

SPONSORED BY:
IINA BIHOO'AAH PROGRAM

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FOR MORE INFORMATION CONTACT GRISELDA ROGERS 435-678-3621

Baby Day
JUNE 09, 2021

UTAH NAVAJO HEALTH SYSTEM
UTAH NAVAJO COVID-19 RELIEF

WEDNESDAY, JUNE 09 AT 2:00 PM
OLD MONTEZUMA CREEK CLINIC
Parents of infants/children of Utah Navajo communities
are invited to pick up diapers and supplies

PLEASE STAY IN CARS AND WEAR MASKS FOR THE SAFETY OF THE COMMUNITY
GIFTS & SUPPLIES FROM:

UNHS

FINAL BABY DAY COMMUNITY CARE

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09

07.08

REMIX: CREATIVE KIT DRIVE THRU

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THE IINA BIHOO'AAH PROGRAM PRESENTS
REMIX: CREATIVE KIT DRIVE THRU

We welcome all Youth and Teens to pick up a Summer Art/Creative kit

THURSDAY, JUNE 24, 2021
MONTEZUMA CREEK OLD CLINIC PARKING LOT
2:30 PM

For drive-thru/event inquiries,
please call 435.678.0240
Please have local student ID card or report card, etc

IINA BIHOO'AAH

@inabihooahh @inabihooahh @inabihooahh @IBPowerful



Post Apocalyptic artwork (poster art contest winner): Jaden Ahtsosie

THE 1ST ANNUAL UTAH NAVAJO FILM FESTIVAL

by Sahar Khadjenoury

Throughout 2020, both community members and IBP interns were invited to participate in hands-on filmmaking workshops. The first series of instructional workshops were given in Montezuma Creek at the IBP Office, followed by a tour that covered Navajo Mountain, Monument Valley, and White Mesa with Sahar Khadjenoury and Pete Sands. These introductory courses were the foundations of the films submitted to the 1st Annual Reel Iina Film Festival. In addition to the local teens and young adult first-time filmmakers, fellow filmmaker and instructor Angelo Baca contributed films from a group of Indigenous, aspiring filmmakers ranging in age from 10-16 years old from the state of Washington.

The festival showcased a total of 19 films during the outdoor screening. This is an annual event and projected to grow for 2022.



A FILMMAKER'S JOURNEY TO THE REEL IINA FILM FESTIVAL

by Kami, 18

On a windy Thursday evening, IBP held its first drive-through film festival. There was a series of films performed and directed by many talented Indigenous filmmakers. The different genres of films consisted of PSAs, comedies, documentaries, and experimental.

Despite the wind and rain, the film festival was a success and the guests seemed to enjoy the films by the amounts of laughter and smiles each guest provided.

“ Despite the wind and rain, the film festival was a success ”

The filmmaking process according to Kami Atcitty is “interesting and awakening.” To create her film Kami used Adobe Premier Rush which is a video editing application that allows users to be creative. Her film “Kami yinishyé,” focused on the mutual reciprocity between the land and the Navajo people. Kami created this film for her dance class at Bowdoin College which then in turn was used for the IBP film festival.

Kami believes that her film fits in perfectly with the message of IBP and what the program advocates and stands for.

WRAPPING UP COMMUNITY CARE DRIVE THRU WITH A BABY DAY

by Mia, 19

The Utah Navajo Covid-19 Relief Program hosted an event for babies who are in need of diapers, wipes, and baby supplies. The Baby Day Drive-Thru takes place in front of the Montezuma Creek Clinic on Wednesday afternoon on June 9th 2021. The day was extremely hot and a bit humid so the interns and IBP facilities stayed hydrated through the event.

Diapers, pull-ups, baby wipes, formula, bath supplies, and toys were given to babies and to toddlers at the event. At the drive-thru, team members were given specific tasks on what to give to community members. These tasks include setting up tables, cones, while also arranging the baby supplies by size and type. The Baby Day Drive-Thru is organized and supplied through multiple organizations including, We Are Navajo, Utah Navajo COVID Relief Program, IBP, UNHS, and SLC Air Protectors.

The "Baby Day" was the finale of a year-long effort to keep families of infants and toddlers at home to flatten the curve. Ideally, by supplying families in need with basics like diapers and formula, fewer trips to public spaces like stores would be necessary and reducing the risk of COVID-19 exposure. Although the pandemic is still a risk to the community, habits, and efforts to practice things like safe distancing, masks, and frequent hand washing have taken precedence.

Community Care has proven a benefit to both those who receive these care packages and to the volunteers who distribute them as well. Sharing and healing together as a community will be something positive to take away from a scary year of isolation.

June 2021



UPCOMING COMMUNITY YOUTH CREATIVE KIT DRIVE THRU

by Vincent, 22

IBP will be distributing "Creative Kits" for community members from ages k-12 to the Montezuma Creek area, as they have already been distributed in Navajo Mountain, White Mesa, and Monument Valley. These kits will offer a wide variety of creative opportunities for children to explore. By encouraging children to explore new parts of their identity the kits will help with the process of self-expression and growth. It's no secret that exposing one to creativity and the arts will have a positive impact on one's development.

The art supplies were collected by two Navajo sisters, Izzy, 14, and Alyssa, 13 over a two-month span. The sisters wanted to create a creative outlet for Utah Navajo youth during the pandemic. They set up a collection booth and with the cooperation of the Salt Lake City community, they were able to collect one moving truck full of supplies in addition to monetary donations. With the money raised they purchased reusable supply boxes and assembled hundreds of creative kits. With the help of their teen volunteers, mother and aunt, they delivered the supplies from Salt Lake to Montezuma Creek.

Inside each Creative Kit there is a wide range of supplies including, notebooks, rulers, and writing materials. Every volunteer in the IBP Program will be responsible for helping and organizing the drive-thru to help the distribution process go by smoothly. With the help of We Are Navajo and the Iina Bihoo'ah Program, Utah Navajo Health System and the Navajo-Hopi Families Relief, the distribution would not have been made possible.



Issue 01

JUNE IS PRIDE MONTH, AND THE 2 SPIRIT MOVEMENT

by Shania, 21

June is Pride Month! There are many differences in how Indigenous communities/tribes saw or responded to gender diversity. Stories are passed down of individuals who had personal standing because they were LGBTQ or identified as Two Spirit. In other tribes, LGBTQ people had no special status and were ridiculed.

“ *Two-Spirit derives from niizh manidoowag (two spirits)* ”

Whereas, in other tribes, they were accepted and lived as equals in day-to-day life.



The term Two-Spirit derives from niizh manidoowag (two spirits) in the Anishinaabe (also known as Ojibwe) language, it refers to individuals who identify as lesbian, gay, bisexual, queer, transgender, transsexual, or gender-fluid.

The Diné people believed they were revered as holy beings. In our creation story, there is a time when the separation of sexes occurred. From that time, transgendered were referred to as naa'dleeh (men) and dił'bah (women). And in that creation story, they saved the people. This has been documented and recognized throughout indigenous communities in North and South America.

#PRIDEMONTH

IBP IN THE NEWS

Coverage of the Reel Iina Film Festival released 06.21.21 in the Navajo Times makes the "Top Stories" section. "...The uplifting program advocates behavioral health and wellness among community members, especially the youth. Nineteen filmmakers ranging in age from 10 to 24 created the short films."

link:
<https://navajotimes.com/ae/arts/young-filmmakers-showcased-at-the-reel-iina-film-festival/>

Navajo Times
Tuesday, June 22, 2021 89° Clear in Window Rock

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TOP STORIES

Young filmmakers showcased at the Reel Iina Film Festival

JUN 21, 2021 | ARTS
An outdoor inflatable movie screen with Montezuma Creek as a backdrop set the stage for the 1st annual Reel Iina Film Festival hosted by the Iina Bihoo'ah Program.

MAY OVERVIEW

- May is Mental Health Awareness Month Challenge
- Filmmaking Workshops
- EMS Appreciation Week Obstacle Challenge
- UNHS Women's Health Fair - Blanding, Montezuma Creek, and Monument Valley
- Daniel Josley, Diné Artist Interview
- IBP Support Group Survey launch

#MENTALHEALTHAWARENESS



JULY EVENTS

- Creative Kit Distribution
- I Be Powerful Podcast launch
- Utah NavajoBody Positivity Fashion Show Online launch
- IBP Support Group Survey drawing
- Ibepowerful.com website launch
- Navajo skirt making workshop
- Stop motion animation workshop

#POCMENTALHEALTHMONTH

LETTER FROM THE IBP DIRECTOR

by Kolenya Holly

Hello my name is Kolenya Dempsey and I am the Director of the Heathy Transitions Iina Bihoo'aah Program for UNHS Behavioral Health. I'm so excited to launch our IBePowerful's first newsletter which was composed by our youth coordinator and from the youth voice of our youth and young adults here from our local communities in along the Utah portion of the Navajo Nation and White Mesa community. We hope to showcase projects led by our youth and young adults and to announce upcoming events. We also like to highlight mental health and healthy transitions topics to help break the stigma. We also welcome you all to follow our social media pages for more announcements. Thank you, ahe'hee and I hope you are all just as excited as our IBP staff to continue into the year 2021 in a positive way. Ahe'hee.

