

VOLUNTEER PROGRAM for NAVAJO NATION
CHAPTER HOUSE

TORREON-STARLAKE Chapter House

Land Restoration and Educational Leadership



WELCOME to the NAVAJO NATION 2019

Organized by Bart Capuano and Sam McLaughlin

Hosted by Kati Walters (Mother) and Monti Walters (Son)

With the co operation of Torreon-Starlake Chapter Coordinator Wally Toledo

Bart Capuano: (619) 961-5195

Monti Walters: (505) 701-7188 (Cell) / (505) 701-1789 (Ranch)

Wally Toledo: (505) 516-9732

Sam McLaughlin: (646) 326-5117



DAY 1 ARRIVAL

JUNE 22- SATURDAY

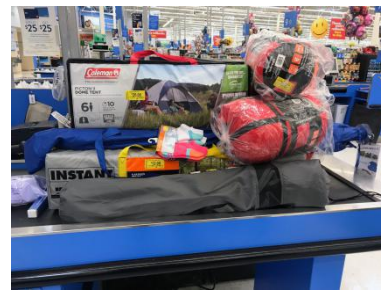
- + Fly to New Mexico's Albuquerque Airport.
(time of arrival based on tickets acquired)



- + 11 am- Meet BART at ALBUQUERQUE Airport. (Ideal to start a day like this at 11am)

+ 12 pm- Car rental Processing

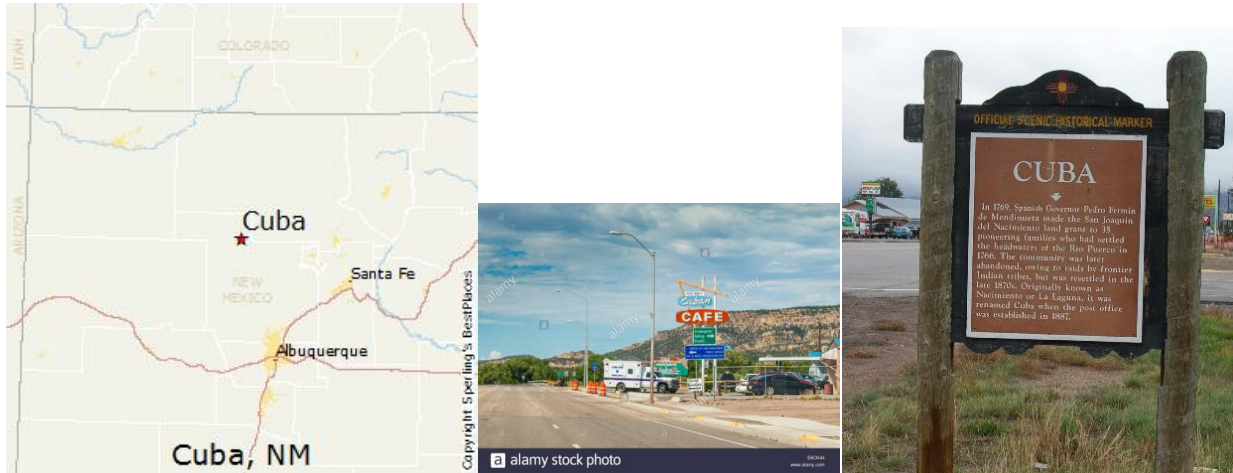
+ 1 pm- It is in Albuquerque we will find the best prices for gear for the volunteers and chaperons. I recommend **WALMART** for its low costs and wide selection. It is critical the volunteers and chaperons understand GEAR is a MUST !



+ 2pm- Bart will carpool volunteers, family and chaperons 3 hours North to CUBA, New Mexico which is the last formal town with stores before entering the Navajo Nation.



+ 4pm- Cuba will be the place for shopping on a as-needed basis. Basic groceries, tools, repairs, gasoline and clean water.



+ Once on the reservation the roads are hazardous so drive slow and with a watchful eye on the pavement the entire time. The drive to the ranch will be an additional 50 minutes driving time as a result of the slowness and care required to traverse the distance.



+ Remember you do not have the same constitutional rights as in the "Main States of the USA". It is best to practice courtesy beyond the norm in your own country.

+ The Navajo Nation is an organized and prominent leader of Native affairs and contributor to US economy and government affairs. Remain respectful of their laws. Become familiar with Navajo laws online before arriving.



+ **6pm-** At a critical road juncture that separates tribal chapter houses, Monti will meet us on the road. This will be the first time the parents and volunteers will meet Monti Walters.



+ Monti will drive his truck and we will follow him to the Kati Walters Ranch.



+ 6pm- At the ranch volunteers will meet Kati Walters, the ranch owner, and her daughter, Maryanne. KATI (MOTHER) and MARYANNE (SISTER) will spend the MOST time with the volunteers. The volunteers will unpack their gear from the car and SET UP CAMP in the HOGAN with Bart, Parents and Chaperon.



+7pm- For their first night, volunteers will enjoy Native Cooking and hospitality as they settle in for their first night of HIGH ALTITUDE SLEEP*

(This means drink MORE WATER than EVER before)



+ 9pm- Compose Journal log entry # 1 of 14... and maintain journal regularly



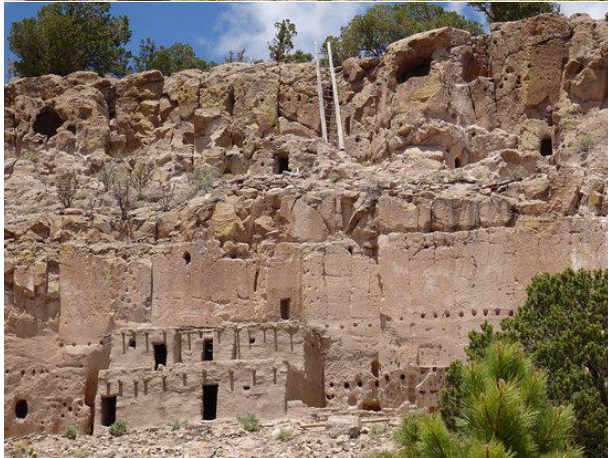
DAY 2 PUEBLO BUFFALO DANCES and PUYE Cliff Dwellings Tour

JUNE 23- SUNDAY

+ 8 am- Wake UP

+ 8:30 am- Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 9:30pm- Drive to Ancient Pueblo Cliff Dwellings, "The Puye Cliff Dwellings" in Espanola, New Mexico (2 hours drive south. Next to Santa Fe.)



+ 12pm- Explore a mile of vacated cliff dwellings once used by the natives of the land 1,000 years ago. The residents of these cliffs moved closer to the Rio Grande for better hunting only 1,000 years ago and they are still here today living a modern life.

+ 2 pm -LUNCH TIME. Genuine Pueblo Food tasting.



+ Enjoy the music and festive celebration of the Pueblo BUFFALO Dances, a seasonal dance that , in their own words is *“The festival traditionally coincided with the return of the buffalo herds, and included a feast and a dance with a number of men wearing buffalo and other animal skins.*

As the buffalo, or bison, was so central to society, it was important to assure the return of the herd and an abundance of food and resources.”

+ 3 pm - Eat Late SECOND LUNCH. And begin drive back to Navajo Nation.

+ 6 pm - Return to Navajo Nation Reservation and Set Camp for the Night

+ 8 pm - Journal ENTRIES #2 of 14

DAY 3 NAVAJO RANCH PREP and LOCAL LAND TOUR

JUNE 24- MONDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - Meet with Monti and Kati at ranch in morning.



+ 9 am - Monti will begin to TRAIN the Volunteers on how to take down the fence pen formerly belonging to goats. It must be deconstructed and taken away. Intensive labor, be prepared, rest well, eat hearty and drink copious water rations.

Must Have:

- 1 WORK GLOVES
- 2 BALL CAP or COWBOY, BOWLER/BRIM HAT of any sort for SUN PROTECTION
- 3 ASCOT or HANDKERCHIEF
- 4 TOUGH DENIM JEANS
- 5 SUNSCREEN

+ 12 pm - Navajo Lunch. Drink Water with ELECTROLYTES.

+ 6 pm - Complete First 10 hour Rancher's Work Day!

+ 6:30 - Put Gear and Tools Away, Clean gear, Hydrate.

+ 6:30 pm - Wash and Shower in Kati's house.

+ 7:30 pm - Supper time/ Cooking/ Navajo Servings of Food

+ 9 pm - Journal and bedtime.

DAY 4 NAVAJO RANCH- Job Training and Fence Demolition

JUNE 25- TUESDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - Meet with Monti and Kati at ranch in morning.



+ Maryanne and Kati will continue to TRAIN the Volunteers on how to take down the fence pen formerly belonging to goats. Intensive labor, be prepared, rest well, eat hearty and drink copious water rations.

Must Have:

- 1 WORK GLOVES
- 2 BALL CAP or COWBOY, BOWLER/BRIM HAT of any sort for SUN PROTECTION
- 3 ASCOT or HANDKERCHIEF
- 4 TOUGH DENIM JEANS
- 5 SUNSCREEN

+ 12 pm - Navajo Lunch. Drink Water with ELECTROLYTES.

+ 6 pm - Accumulated 20 hours Rancher's Work Day!

+ 6:30 - Put Gear and Tools Away, Clean gear, Hydrate.

+ 6:30 pm - Wash and Shower in Kati's house.

+ 7:30 pm - Supper time/ Cooking/ Navajo Servings of Food

+ 9 pm - Journal and bedtime.

DAY 5 Fence Demolition Continued

JUNE 26- WEDNESDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - Meet with Kati at ranch in morning.



+ Monti will be gone and the Volunteers will be expected to perform adequately. Bart will maintain supervision continuously. Kati and Maryanne will be on site. Intensive labor, be prepared, rest well, eat hearty and drink copious water rations.

Must Have:

- 1 WORK GLOVES
- 2 BALL CAP or COWBOY, BOWLER/BRIM HAT of any sort for SUN PROTECTION
- 3 ASCOT or HANDKERCHIEF
- 4 TOUGH DENIM JEANS
- 5 SUNSCREEN

+ 12 pm - Navajo Lunch. Drink Water with ELECTROLYTES.

+ 6 pm - Accumulated 30 hours Rancher's Work Day!

+ 6:30 - Put Gear and Tools Away, Clean gear, Hydrate.

+ 6:30 pm - Wash and Shower in Kati's house.

+ 7:30 pm - Supper time/ Cooking/ Navajo Servings of Food

+ 9 pm - Journal and bedtime.

DAY 6 FENCE BUILDING TRAINING- Fence Construction

JUNE 27- THURSDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - Meet with Monti and Kati at ranch in morning.



+ Monti will NOW train the Volunteers on how to CONSTRUCT a new fence pen formerly belonging to goats. Now for SHEEP. Intensive labor, be prepared, rest well, eat hearty and drink copious water rations.

Must Have:

- 1 WORK GLOVES
- 2 BALL CAP or COWBOY, BOWLER/BRIM HAT of any sort for SUN PROTECTION
- 3 ASCOT or HANDKERCHIEF
- 4 TOUGH DENIM JEANS
- 5 SUNSCREEN

+ 12 pm - Navajo Lunch. Drink Water with ELECTROLYTES.

+ 6 pm - Accumulated 40 hours Rancher's Work Day!

+ 6:30 - Put Gear and Tools Away, Clean gear, Hydrate.

+ 6:30 pm - Wash and Shower in Kati's house.

+ 7:30 pm - Supper time/ Cooking/ Navajo Servings of Food

+ 9 pm - Journal and bedtime.

DAY 7 Fence Construction Completion

JUNE 28- FRIDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - Meet with Monti and Kati at ranch in morning.



- 1 WORK GLOVES
- 2 BALL CAP or COWBOY, BOWLER/BRIM HAT of any sort for SUN PROTECTION
- 3 ASCOT or HANDKERCHIEF
- 4 TOUGH DENIM JEANS
- 5 SUNSCREEN

+ 12 pm - Navajo Lunch. Drink Water with ELECTROLYTES.

+ 6 pm - Complete 50 hours Rancher's Work week!

+ 6:30 - Put Gear and Tools Away, Clean gear, Hydrate.

+ 6:30 pm - Wash and Shower in Kati's house.

+ 7:30 pm - Supper time/ Cooking/ Navajo Servings of Food

+ 9 pm - Journal and bedtime.

DAY 8 CHACO CANYON Sacred Site Visit and Tour

JUNE 29- SATURDAY



+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8 am- Gather ALL CAMPING GEAR

SUNSCREEN

WATER

+ 9 am - Bart and Monti Drive Volunteers to Chaco Canyon (2 Hours DRIVE TIME)

+ 11 am - ARRIVE at CHACO Canyon. Hike 3-6 miles in desert, examine ruins and unusual geology. Sacred sites and visitor center museum.

+ 12 pm - Lunch. Drink Water with ELECTROLYTES.

+ 6 pm - Complete hike back to car. SET CAMP for OVERNIGHT Camping

+ 7:30 pm - Supper time/ Cooking/ Navajo Servings of Food

+ 9 pm - Journal and bedtime.

DAY 9 CHACO CANYON Sacred Site Visit and Tour

JUNE 30- SUNDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am -Explore Ruins of the PUEBLO BONITO hiking trails (2 miles HIKING) and the history and ghost stories behind them. Listen to Monte and other natives of this magnificent landscape tell stories of what this place was and continues to be in 2019.



+ 12 pm - Lunch. Drink Water with ELECTROLYTES.

+ 2 pm - Complete hike back to car. BEGIN Drive back to Kati's Ranch
(2 hours DRIVING TIME)

+ 4:30 pm - RETURN to RANCH. Unpack, unload and shower.

+ 6 pm - Supper time/ Cooking/ Servings of Food

+ 7 pm - Movie NIGHT and Self Meditation

+ 9 pm - Journal and bedtime.

DAY 10 ACADEMIC TUTORING at Community Center (K-8)

JULY 1- MONDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - BART drives Volunteers to Navajo Chapter House (TORREON-STARLAKE)

(50 Minutes DRIVE TIME- 100 Minutes ROUND TRIP)



+ 9:30 am - Meet with Wally Toledo, Chapter House Events Organizer and open up workspace in the community room for students interested in advancing their literacy in English (and French!) or advancing their GPA or test scores. **THIS DAY will be STUDENTS K thru 8th Grade**



+ 12 pm - Lunch. Drink Water with ELECTROLYTES.

+ 2 pm - Complete TUTORING.

+ 2:30 pm - Grocery and Supplies (For ZEER POT* lessons- two ceramic pots) and Fuel Run to CUBA

+ 3 pm - BEGIN Drive back to Kati's Ranch

(50 min DRIVING TIME)

+ 3:50 pm - RETURN to RANCH. Unpack, unload and shower.

+ 4 pm - PERSONAL TIME. Phone Calls to Family. READ and STUDY Native literature and historic information.

+ 6 pm - Supper time/ Cooking/ Servings of Food

+ 7 pm - Movie NIGHT and Self Healing Meditation

+ 9 pm - Journal and bedtime.

DAY 11 ACADEMIC TUTORING (Summer session)

JULY 2- TUESDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - BART drives Volunteers to Navajo Chapter House (TORREON-STARLAKE)

(50 Minutes DRIVE TIME- 100 Minutes ROUND TRIP)



+ 12 pm - Lunch. Drink Water with ELECTROLYTES.

+ 2 pm - Complete TUTORING.

+ 2:15 pm - BEGIN Drive back to Kati's Ranch

(50 min DRIVING TIME)

+ 3:15 pm - RETURN to RANCH. Unpack, unload and shower.

+ 4 pm - PERSONAL TIME. Phone Calls to Family. READ and STUDY Native literature and historic information.

+ 5pm - SPECIAL Instruction on how to create a ***ZEER POT***-- which is a Refrigerator that uses **NO ELECTRICITY**

+ 6 pm - Supper time/ Cooking/ Servings of Food

+ 7 pm - Movie NIGHT and Self Healing Meditation

+ 9 pm - Journal and bedtime.

DAY 12 NAVAJO Cultural Dances and Festival- ARIZONA

JULY 3- WEDNESDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - Meet with Monti, Maryanne (SISTER) and Kati (MOTHER) at ranch in morning. LEARN about Family Camps and Tribal PILGRIMAGES.

+ 9 am - Begin Driving to ARIZONA to the WALTERS FAMILY CAMP.

(4 HOUR "Driving Pilgrimage" with BART and MONTI and caravan of WALTERS FAMILY)

+ 1 pm - ARRIVE at WALTERS FAMILY CAMP in ARIZONA. Expect to see THOUSANDS of PEOPLE celebrating their nation and the history it has experienced here from the time of the Clovis people to the Navajo settlers who first found the land and later made it their home for many centuries until the present 2019.



+ 1:30 pm - LUNCH ! Navajo dishes of every VARIETY to choose from!

+ 2:15 pm - Explore and tour the various camps, displays, parades, dances and meal camps.

+ 4 pm - Small groups are chosen for Weaving, Historic Study and Lessons on Dancing and Cooking.

+ 5 pm - Small groups are formed into Fishing parties, small game hunting parties, and horse riding.

+ 6 pm - Prep and clean fish and game for SUPPER TIME. Wrap up days projects and activities and come together for stories and rest.

+ 7 pm - THE FEASTING HOUR - supper time!

+ 8 pm - Prayer and Healing Practices, dances and songs of the Navajo

+ 9 pm - FOURTH of JULY Fireworks SHOW exploding into the late night.



+ 12 am (MIDNIGHT) - Return to CAMP.

+ 12:30 am - Journal and bedtime.

DAY 13 Cultural Dances and Festival- ARIZONA Return

JULY 4- THURSDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - Meet with Monti and Kati at ranch in morning.



+ 9 am - Attend Festival Rodeo and Parade. (Drink Water with ELECTROLYTES.)

+ 11 am - Witness and take notes on Navajo Homesteading practices. Homesteading practices are demonstrated including the weaving of clothes, the skinning and tanning of animal hides for clothing, pickling vegetables for long winters, tool making, wood chopping and competitions of personal strength and valour.

+ 12:30 pm - LUNCH

+1 pm - BEGIN Drive back to Kati's Ranch

(2 hours DRIVING TIME)

+ 4:30 pm - RETURN to RANCH. Unpack, unload and shower.

+ 6 pm - Supper time/ Cooking/ Servings of Food

+ 7 pm - Movie NIGHT and Self Healing Meditation

+ 9 pm - Journal and bedtime.

DAY 14 CATTLE WATCH, CENSUS & PERIMETER REPAIR

JULY 5- FRIDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - Meet with Monti and Kati at ranch in morning.

+ 9 am - PACK Hiking and camping GEAR for 1 overnight back packing trip to the mountains. PREPARE for COLD ! Be prepared for 2 days to be a total of **about 20 miles hiking !!!**



+ 10 am - Volunteers, along with Bart and Monti will HIKE and **alternate riding HORSEBACK (Monti owns 2 HORSES only)** into the mountain high plains country to follow along a CATTLE FENCE that is over 20 miles around. The CREW will INSPECT and REPAIR any damages that COWS have done to the fences.



+ 1 pm - Traditional Cowboy LUNCH - pork n beans, sandwiches, root stews, and meat.

+ 2 pm - Continue to inspect fence and make repairs as needed, using horses to traverse the extensive miles of landscape.



+ 6 pm - Settle down and rest from the work day. Start Camp and wash off with WET WIPES and bottled water. USE SOAP.

+ 7 pm - Supper time/ Cooking/ Servings of Food

+ 8 pm - Stories and information by Monti at Camp. Read, relax, make phone calls where service is available.

+ 9 pm - Journal and bedtime.



DAY 15 CATTLE WATCH, CENSUS & PERIMETER REPAIR

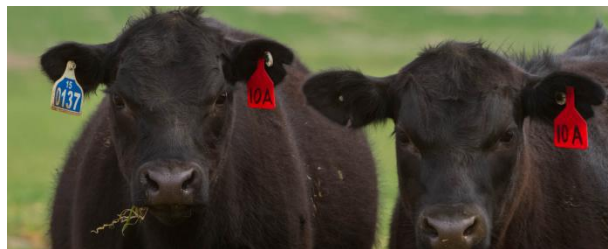
JULY 6 - SATURDAY

+ 7 am - Wake UP

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+8 am - Crew comes together and NOW begins the census task... KEEPING INVENTORY of CATTLE. This process involves a few steps:

- 1- FIND CATTLE within the fence perimeter
- 2- COUNT and RECORD all CATTLE
- 3- WRITE Down the TAG TYPE of each cow
- 4- Write down the TAG NUMBERS of each cow
- 5- In some instances ATTACH a NEW TAG with a TAG GUN



+ 12:30 pm - LUNCH

+ 1 pm - Native SURVIVAL LESSON: Foraging for TREE BARK and making a noodle LUNCH MEAL out of the inner bark of local edible PINE TREES. Volunteers will learn how to identify the inner CAMBIUM LAYER of tree bark, shave out strips which are full of enough nutrients to restore a body to vigor and health. During massive famines, whole tribes survived and stayed healthy without growing ill through harsh winter months.

+ 6 pm - Complete Cattle Census. This procedure is continuous throughout the long day of a Cowboy/ Cowgirl/Native Rancher



+ 7 pm - RETURN to RANCH. Unpack, unload and shower.

+ 8 pm - Pack and deconstruct CAMP. "BREAK CAMP". Back bags and luggage for next day travel

+ 9 pm - Journal and bedtime.

DAY 16 DEPARTURE to ALBUQUERQUE

JULY 7 - SUNDAY

+ 7 am - Wake UP !

+ 7:30 am - Cook BREAKFAST Make Coffee/ Shower/ Morning Constitutional

+ 8:30 am - Meet with Monti and Kati at ranch in morning. Say goodbyes, thank yous and make any last minute trades of goods if desired.

+ 9am - (Depending on FLIGHT TIME) BART will drive Volunteers to Albuquerque.



+ 11:30 am - Bart will Supervise and see that Volunteers board their planes on time for a SAFE RETURN back to NEW YORK CITY !



+ 8 pm - Volunteers arrive in NYC Airport and get rides home from Parents or arranged rides.



