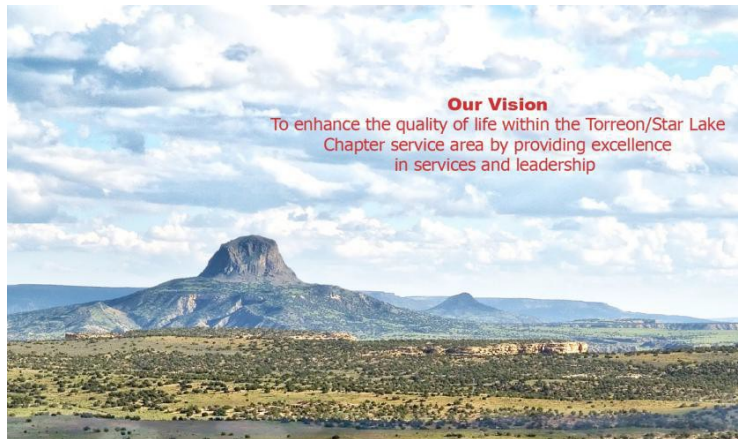


STUDENTS' TEN DAY SUMMER NAVAJO NATION VOLUNTEER PROGRAM

TORREON/STAR LAKE Chapter House

Land Restoration and Educational Leadership



STUDENTS' SUMMER NAVAJO NATION VOLUNTEER PROGRAM ITINERARY 2024

Organized by Sam McLaughlin, Founder,
CollegeConnection (collegeconnectiongroup.com),
and Wally Toledo, Chapter Coordinator, Torreón/Star Lake
Chapter of Navajo Reservation (retired after 35+ years)

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Sam McLaughlin: (646) 326-5117 sjm10025@aol.com

Bruce Bauer: (505) 795-2066 Sustainable Ecosystems, LLC

SUMMER PROGRAM DATES:

1ST SUMMER SESSION: SUN, JULY 28 - THURS, AUG 08

2ND SUMMER SESSION: SUN, AUG 18 - THURS, AUG 29

Please Note: The purpose of this trip is to broaden the students' cultural horizons, not only with respect to enhancing the students' appreciation and respect for the Navajo culture, but also, with respect to enhancing the students' appreciation and respect for the differing cultures of the other students attending this summer journey.

In the unlikely event that any potential conflicts arise during the trip, said conflicts will be resolved utilizing the time-honored Navajo custom of conflict resolution by means of respectful dialogue geared toward reaching a mutual peaceful resolution of the issue amongst the affected parties to the dispute.

Please Note: The total cost for the trip, excluding airfare to and from Albuquerque, N.M., is \$3500.

Space is limited: If you are interested in attending the trip, please message Sam McLaughlin directly at:

sjm10025@aol.com

DAY 1 - SUNDAY - STUDENTS' ARRIVAL:

- + Students fly into New Mexico's Albuquerque Airport on Sunday, arriving @ 11:00 am to 3:00 pm



- + Students will meet the trip chaperones inside the ALBUQUERQUE AIRPORT (ABQ)
- + (Please Note: The most popular airline serving The ABQ Airport is Southwest Airlines.)
- + After the students meet with the trip chaperones, the 'group' (the students and the trip chaperones) will make their first stop at the local Albuquerque **WALMART**, where the students will purchase any necessary gear for their ten day stay. In this regard, the students should purchase SPF 50+ sunscreen because, for the vast majority of the trip, the students will be residing in a desert terrain.



- + Afterwards, the group will travel three hours North to Cuba, New Mexico, the last United States town before the group, officially, enters the Navajo Nation Reservation.
- + Cuba, New Mexico will be the trip's designated place for the group to shop for basic necessities and to dine at the local restaurants.



+ Upon entering the Navajo Nation Reservation, the group will drive for an additional 50 minutes in order to reach the trip chaperones' home address -the venue for the students' summer trip.





- + Remember, upon entering the Navajo Nation Reservation, the students will be under the direct auspices of the Navajo Nation. As such, the students must obey all Navajo Nation customs, rules, and laws.
- + Prior to the summer trip, all students will be provided with “Summer Trip Welcome Packets,” outlining all the relevant information the students will need throughout the trip.
- + Once the students arrive at the trip chaperones’ property, the students will set up their respective campsites inside the students’ respective traditional Navajo Hogans.
- + After the students set up their campsites, the students will be treated to Traditional Navajo Hospitality and a Traditional Navajo Meal, with special dinner guest Mr. Wally Toledo, the summer trip’s Program Coordinator.



Please Note: Throughout the trip, the students will be residing at higher altitude levels, as such, there will be less oxygen in the students' ambient environment. Therefore, in order to avoid any potential deleterious effects of altitude sickness, the students will be reminded to consume enormous quantities of water with electrolytes, all throughout the trip. Further, since the students will, for the most part, be residing under desert conditions, every morning, and during the day, on an as need basis, the students will apply SPF 50+ sunscreen, so as to avoid potential over-exposure to the sun.



+ **9:00 pm** - All throughout the trip, at the conclusion of each day, the students will maintain a daily journal, documenting all relevant trip experiences and the impact those experiences have had upon the students. In prior years, these student journal entries have helped formed the crux of part of the students' subsequent, respective Main and Supplemental College Essays, as well as their Short Question Answers. At the conclusion of Day 1, the students will, therefore, compose Journal Entry One of Ten Entries in their respective Student Journals before bedtime.



DAY 2 - MONDAY - PUEBLO BUFFALO DANCES & PUYE CLIFF DWELLINGS TOUR:

- + **8:00 am** - Wake up time
- + **8:30 am** - Cook breakfast / Shower / Hydrate / Apply Sunscreen / Morning Constitutional
- + **9:30 am** - Drive to Ancient Pueblo Cliff Dwellings - "The Puye Cliff Dwellings," located in Espanola, New Mexico (Two hours South - Near Santa Fe, N.M.)
- + **11:30 am to 2:00 pm** - Explore a mile of vacated cliff dwellings once used by the original inhabitants of the land, over 1,000 years ago. The original inhabitants of these cliff dwellings, subsequently, moved closer to the Rio Grande Valley in order to access better hunting grounds. The descendants of the original inhabitants of these cliff dwellings have remained in the Rio Grande Valley until the present time.





+ Top Photos: Puye Cliff Dwellings

+ Bottom Photo: Students touring the Puye Cliff Dwellings

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



+ Above Photos: Pueblo Buffalo Dances

+ 2:30 pm to 4:00 pm: The students will be treated to enjoying the music and festive celebration of the Pueblo Buffalo Dances, a seasonal dance, described, in the following manner, by the Pueblo People, as:

+ *“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.”*

+ 4:00 pm - The group will return to the Navajo Nation Reservation to set up camp for the evening.

+ 6:00 pm to 8:00 pm - The students will rest/relax/shower/hydrate/socialize; afterwards, they will be served a Traditional Navajo Meal. Thereafter, the students will compose Journal Entry Two before bedtime.

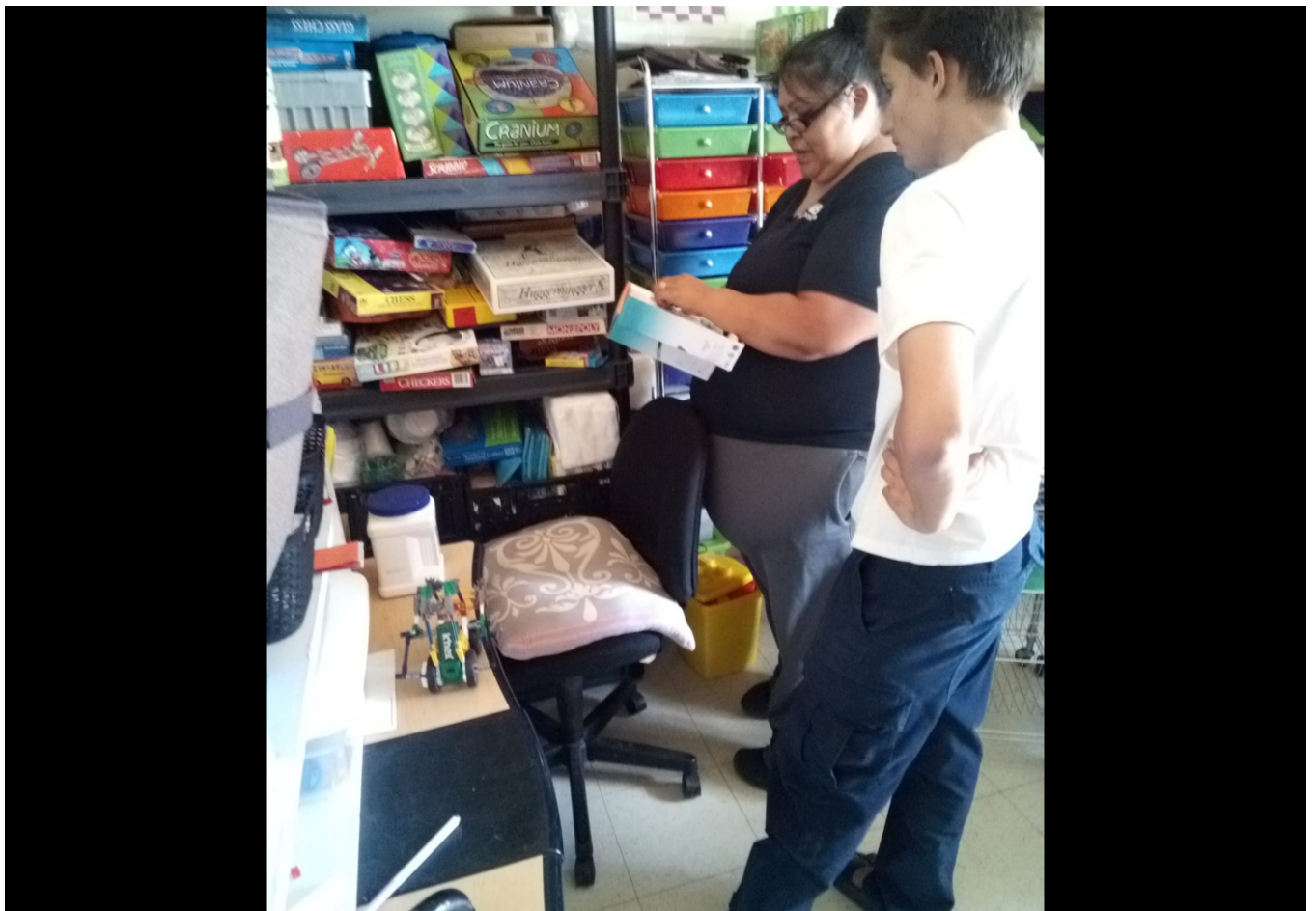
+DAYS 3 to 5 -TUESDAY to THURSDAY- STUDENTS' FIRST THREE INDIVIDUALIZED VOLUNTEER WORK DAYS:

+ 8:00 am - Wake up time

+ 8:30 am to 9:00 am - Cook Breakfast / Shower / Hydrate / Apply Sunscreen / Morning Constitutional

+ 9:00 am to 9:30 am - Travel to the students' chosen individualized volunteer work experiences: Navajo Dental Clinic, Navajo Health Center, Navajo Learning Center, Navajo Library, Navajo Council Chapter Meetings, etc.

+ 9:30 am to 12:30 pm - Students will spend the first 3 hours of Day 3 training for their individualized volunteer work experiences. Students will spend the first 3 hours of Days 4 and 5 performing their individualized volunteer work experiences.





- + Top Photo: Student helping organize the Navajo Learning Center
 - + Middle Photo: Students receiving tutorial regarding The History of the Navajo Nation from a Navajo Perspective
 - + Bottom Photo: Students attending a Navajo Council Meeting at the Torreon/Star Lake Chapter House
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- + 12:30 pm - 5:30 pm - On Tuesday, Day 3, and on Thursday, Day 5, the students will have a working Lunch.
 - + (Please Note: On Wednesday, Day 4, the students will depart from their respective volunteer work assignments and be treated to lunch at Chaco Grill in Cuba, N.M. Afterwards, the students will be brought to the Torreon/Star Lake Chapter House Library on the Navajo Nation Reservation, for a three hour comprehensive discussion, led by our Program Coordinator Mr. Wally Toledo, exposing the students to the History of the Navajo Nation, as told from a Navajo perspective.)
 - + (TOTAL ACCUMULATED STUDENT VOLUNTEER HOURS FOR DAYS 3 - 5: 24 HOURS.)
 - + 6:00 pm to 7:30 pm - Rest / Relax / Shower / Hydrate / Socialize
 - + (Please Note: On Thursday, Day 5, the students will depart from their respective volunteer work assignments and be treated to dinner at El Bruno's Restaurante y Cantina in Cuba, N.M.)
 - + 7:30 pm to 9:00 pm - The students will be served a Traditional Navajo Meal -except on Thursday- with added exposure, each evening, to Traditional Navajo Customs: On Tuesday, Day 3, the students will be culturally exposed to Traditional Navajo Basket Weaving Techniques; on Wednesday, Day 4, the students will be culturally exposed to Traditional Navajo Drum Making Techniques; and, on Thursday, Day 5, the students will be exposed to Traditional Navajo Story Telling Techniques.
 - + 9:00 pm - Thereafter, the students will relax, each evening, composing their respective Journal Entries Three to Five before bedtime.

DAYS 6 - 8 (FRIDAY to SUNDAY)

DAY 6 - FRIDAY - NAVAJO DAM TOUR / DAY 1 OF STUDENTS' VOLUNTEER FORESTRY WORK WITH BRUCE BAUER

- + 8:00 am - Wake up time
- + 8:30 am to 9:00 am - Cook Breakfast / Shower / Hydrate / Apply Sunscreen / Morning Constitutional
- + 10:00 am to 2:00 pm - Group Trip to Local Navajo Dam



Above Photo: Student Enjoying Navajo Dam Tour

- + 12:00 pm to 12:30 pm - Lunch
- + 2:00 pm to 3:00 pm - Trip chaperones will take the students up to the local forest to meet with Bruce Bauer and his crew of Navajo and Puebla Native American workers.



- + Top Photo: Students receiving tutorial from Bruce Bauer, upon their arrival in the forest
- + Bottom Photo: Example of a diseased tree the students will help to identify

- + 3:00 pm to 5:00 pm - Upon their arrival at the campsite, after the students have set up their respective campsites, the students will receive practical training, from Bruce Bauer, owner/operator of Sustainable Ecosystems, LLP regarding the various techniques used to test the viability of the nearby trees and waterways which encompass the forest's ecosystem.
- + 5:00 pm to 6:00 pm - Dinner
- + 6:00 pm to 9:00 pm - Rest / Relax / Shower / Hydrate / Socialize
- + 9:00 pm - Students will compose Journal Entry Six before bedtime.

DAY 7 - SATURDAY - STUDENTS' VOLUNTEER FORESTRY FIELDWORK (cont'd)

- + 8:00 am - Wake up time
- + 8:30 am to 9:00 am - Cook Breakfast / Shower / Hydrate / Apply Sunscreen / Morning Constitutional
- + 9:00 am to 12:00 pm - Students will start their volunteer work in the forest, testing the viability of the forest's nearby trees and waterways.
- + 12:00 pm to 1:00 pm - Lunch
- + 1:00 pm to 5:00 pm - Students will continue their volunteer work in the forest.
- + 5:00 pm to 6:00 pm - Dinner
- + 6:00 pm to 9:00 pm - Rest / Relax / Shower / Hydrate / Socialize
- + 9:00 pm - Students will compose Journal Entry Seven before bedtime.

DAY 8 - SUNDAY - STUDENTS' VOLUNTEER FORESTRY FIELDWORK (cont'd)

- + 8:00 am - Wake up time
- + 8:30 am to 9:00 am - Cook Breakfast / Shower / Hydrate / Apply Sunscreen / Morning Constitutional
- + 9:00 am to 12 pm - Students will continue their volunteer work in the forest.
- + (TOTAL ACCUMULATED STUDENT VOLUNTEER HOURS FOR FORESTRY FIELDWORK DAYS 6 - 8: 12 HOURS)
- + 12:00 pm to 1:00 pm - Lunch
- + 1:00 pm to 2:00 pm - Trip Chaperones will pick up students and return the students to their respective living quarters.
- + 2:00 pm to 4:00 pm - Well deserved free time for the students to rest/ relax/shower/hydrate/socialize.
- + 4:00 pm to 8:00 pm - Students -under the supervision of the trip chaperones- will cook a Traditional Navajo Meal for the Trip Chaperones, Wally Toledo, and Bruce Bauer.
- + 9:00 pm - Students will compose Journal Entry Eight before bedtime.

DAY 9 - MONDAY - STUDENTS' FINAL INDIVIDUALIZED VOLUNTEER WORK DAY:

- + 8:00 am - Wake up time
- + 8:30 am to 9:00 am - Cook Breakfast / Shower / Hydrate / Apply Sunscreen / Morning Constitutional
- + 9:00 am to 9:30 am - Travel to the students' chosen individualized volunteer work experiences: Navajo Dental Clinic, Navajo Health Center, Navajo Learning Center, Navajo Library, Navajo Chapter Council Meetings, etc.
- + 9:30 am to 5:30 am - The students will have a Working Lunch, spending 8 hours engaged in performing their chosen individualized volunteer work experiences.
- + (TOTAL ACCUMULATED STUDENT VOLUNTEER HOURS FOR DAY 9: 8 HOURS)
- + (TOTAL ACCUMULATED STUDENT VOLUNTEER TRIP HOURS: 44 HOURS.)
- + 5:30 pm to 7:30 pm - Students will be taken back to Cuba, N.M. and treated to dinner at a 'students' choice' restaurant.
- + 8:30 pm to 9:00 pm - Rest / Relax / Shower / Hydrate
- + 9:00 pm - Students will compose Journal Entry Nine before bedtime.

DAY 10 - TUESDAY - CHACO CANYON SACRED SITE VISIT AND TOUR:



- + 8 am - Wake up time
- + 8:30 am - Cook Breakfast / Shower / Hydrate / Apply Sunscreen / Morning Constitutional
- + 9 am - Gather all camping gear
- + 9:30 am - Trip Chaperones will drive students to Chaco Canyon (Drive Time: Two hours)
- + 11:30 am to 2 pm - Arrive at Chaco Canyon. Hike 3-6 miles in the desert, examining ancient ruins and unusual geology. Visit Sacred Sites and the Chaco Canyon Visitor Center Museum.
- + 2 pm - Lunch
- + 6:00 pm - Complete hike back to the car. Set up camp nearby for overnight camping.
- + 6:00 pm to 7:30 pm - Rest / Relax / Shower / Hydrate
- + 7:30 pm - Dinner
- + 9 pm - Journal Entry Ten before bedtime.

DAY 11 - WEDNESDAY - CHACO CANYON SACRED SITE VISIT AND TOUR

+ 8 am - Wake up time

+ 8:30 am to 9:00 am - Cook Breakfast / Shower/ Hydrate/ Apply Sunscreen / Morning Constitutional

+ 9:00 am to 12:00 pm - Explore Ruins of the Pueblo Bonito hiking trails (2 mile hike) and the history and ghost stories behind them. Listen to Native Americans' various descriptions of the magnificent landscape, as well as, commentaries regarding the original, and present day, symbolic meaning of this sacred site for Native Americans.



+ 12 pm to 12:00 pm - Lunch

+ 12:30 pm to 2:30 pm - Complete hike back to car

+ 2:30 pm to 4:30 pm - Drive back to students' living quarters.

+ 4:30 pm to 6:00 pm - Rest / Relax / Shower / Hydrate

+ 6:00 pm to 7 pm - Dinner

+ 7 pm to 9:00 pm - Students' Self Meditation Guided by a local Navajo Shaman

+ 9:00 pm - Journal Entry Eleven before bedtime.

DAY 12 -THURSDAY- DEPARTURE to ALBUQUERQUE

+ 8:00 am - Wake up time

+ 8:30 am to 9:00 am - Cook Breakfast / Shower / Hydrate / Morning Constitutional

+ 9am to 11 am - Trip Chaperones will drive students to Albuquerque.



Starting @ 8 pm (and afterward) - Students will arrive home.

