



Del Norte Indian Education Center

SUMMER REFLECTIONS
NEWSLETTER



Above center: Leann Babcock-McCullum and Autumn Rose preparing swamp tea at DNIEC Summer Program

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Cultural Activities at Summer Program 2025

DNIEC Summer Program students enjoyed a variety of weekly cultural enrichment activities, such as preparing swamp tea, gathering shells, and visiting a local Tolowa Fish Camp.

Swamp Tea Preparation

Leann Babcock-McCullum and Amber Rose introduced DNIEC to swamp tea, highlighting its cultural significance, medicinal benefits, sustainable harvesting practices, and preparation methods before crafting a tea from it.

After the students processed the tea leaves, they placed them into reusable tea bags and labeled them appropriately. The completed tea was then distributed to local Native elders.



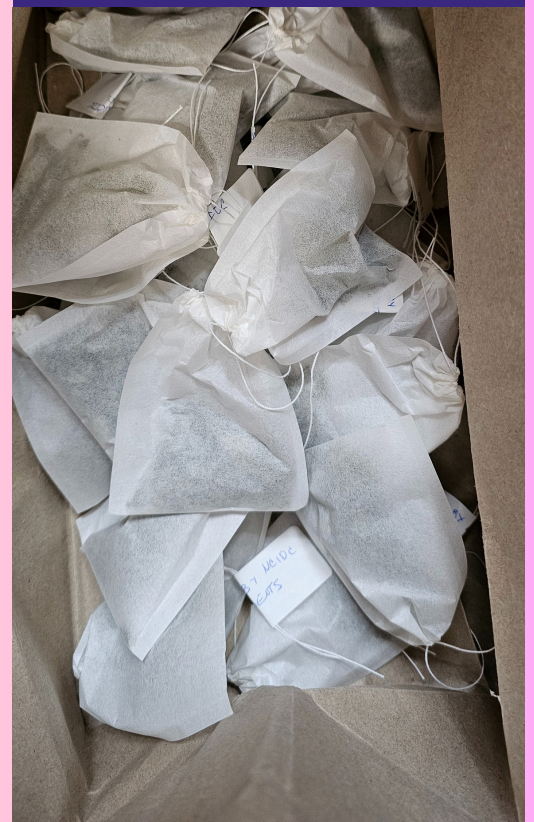
Above: Leann sharing what swamp tea leaves look like to DNIEC Program Assistant Pennie Roberts and student, Delilah Santos



Above: Swamp tea prepared by DNIEC students

DNIEC Goals:

- Improve academic achievement of Native American students with an emphasis on reading, language arts, and mathematics
- Improve the self-concept of American Indian students
- Establish and maintain liaison relationships between parents, schools, and communities
- Provide educational, training, and leadership opportunities for parents.
- Serve as a resource center for the community.
- Provide the school district with support for staff training and curriculum development.



Reusable swamp tea bags made for local Native Elders



Above: a bowl of smelt at a fish camp



Above: Smelt drying at Tolowa Fish Camp

Tolowa Fish Camp Fun

Students from the DNIEC Summer Program recently visited a Tolowa camp hosted by the Lopez family in Smith River. During this enriching experience, they explored traditional Native foods, such as smelt and seaweed.

Participants observed how Tolowa men utilized A-framed nets to catch smelt, as well as the traditional methods of cleaning, drying, and cooking the fish. The DNIEC students actively participated by cleaning sand off the fish and flipping them over to dry on both sides.

Additionally, the students learned about various Tolowa baskets used for holding fish and woven trays designed for serving seaweed. They were treated to a smelt cooking demonstration at the fish camp and had the opportunity to listen to an esteemed tribal elder share her knowledge about Tolowa culture.



Above: Woven basket trays holding seaweed

TUPE at the Salmon Festival

The DNIEC TUPE program's presence at the 2025 Salmon Festival marked a significant outreach effort, successfully engaging 80 attendees and distributing 60 tobacco cessation kits. TUPE, which stands for Tobacco Use Prevention Education, aims to inform and educate communities about the dangers of tobacco use and promote healthier lifestyle choices. By participating in events like the Salmon Festival, DNIEC TUPE is able to reach diverse audiences, offering valuable resources and information in an accessible setting. The interaction with festival-goers not only helps in spreading awareness but also encourages community involvement in tobacco prevention initiatives. This kind of engagement is crucial in fostering a healthier, informed society and underscores the importance of public health education in community events.



FREE TOBACCO CESSATION KITS FROM DNIEC

DNIEC provides complimentary, culturally relevant tobacco cessation kits, commonly referred to as "quit kits," to residents of Del Norte County.

Each kit can be customized to include information on vaping, smoking, chewing, and other nicotine products.

For further details about these free quit kits, please reach out to angeladavis@ncidc.org.