

**LaVonne Peck**  
Tribal Chair



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## **LA JOLLA BAND OF LUISEÑO INDIANS**

**22000 Hwy 76 \* Pauma Valley, CA. 92061**

**(760) 742-3771 \* Fax (760) 742-1704**

January 3, 2012  
Rincon Tribal Council  
P.O. Box 68  
Valley Center, CA 92082

Dear Rincon Council,

The La Jolla Band of Luiseño Indians would like to extend this invitation to you and your Tribal members to join us in making a Luiseno traditional exercise video. My position as Community Facilitator is to coordinate community members, facilitate the music planning and handle filming logistics.

La Jolla has joined with UCLA Reach U.S. Legacy Project in making this traditional musical video called an *Instant Recess*. UCLA will send a professional choreographer to work with our people in making up the dance steps. The La Jolla Tribal Council and Instant Recess Project staff have identified the beat of our traditional rattles as being an option for the background music for the video.

I would like to encourage you to go on line and watch a You Tube video called, "Moving With Tradition, Instant Recess". Link to video <http://www.youtube.com/watch?v=7wp2aGliBiE> This will give you a better idea of what our video could look like. It is a video that was made in Montana, with the Fort Peck Tribe. We will be including elders who would like to speak on how they grew up, their source of exercise or speak to encourage our young and old to exercise and about the dangers of diabetes and cancer that has been the death of so many of our people.

Reservation residents of the local Luiseno Tribes will be the primary target of the video. My letter today is to ask the Council or a representative appointed by the Council for a meeting so we can go over more of the specifics and answer any questions you may have on making our video. This will be great exposure for our tribes but most importantly introduce the fun of exercising to everyone.

Please email me at your earliest convenience to set up a meeting with your Tribal Council or you may call me.

Doris Beresford, (email), [luisenowoman@hotmail.com](mailto:luisenowoman@hotmail.com) or call, (760) 533-9539.

Since this is our busy time of the year with all the holidays, I will call to follow up within two to three weeks. I look forward to hearing your input on this project.

Sincerely,

Doris Beresford,  
Community Facilitator