



**CHAPA-DE**  
INDIAN HEALTH

Passionate People.  
Compassionate Care.

AUGUST 2022

# CHAPA-DE News



## TWO-SPIRITS IN AMERICAN INDIAN CULTURE

For many generations, Native American communities have recognized that some individuals do not fit precisely into a category of strictly male or female genders. Many tribes understood and accepted that some individuals embody the characteristics and identity of both male and female sexes and believed there are actually three or even four genders. Different tribes had different names and roles for these individuals within the tribe but, in 1990, the term Two-Spirit was coined as the generic name for such individuals across all tribes. It is a contemporary English term to reflect the gender diversity that Indigenous people have always had.

To learn more about two-spirit individuals, we interviewed JJ Jones, who is from the Chumash/Yaqui/Opata tribes and openly identifies as two-spirit. JJ also shared some common misconceptions about people who identify as two-spirit. JJ shared, “I think a lot of times often people think that two-spirit means you’re trans (transgender), and that’s not always the case. Sometimes you’re not trans, and you’re still two-spirit. Sometimes you identify with the gender assigned to you at birth and you can still be two-spirit. Another misconception is that two-spirit and gay are one and the same, but that’s not the case either. Two-spirit is more about the embodiment of all genders within one person”.

Prior to colonization in America, many indigenous nations recognized the unique characteristics of two-spirit individuals. They assumed special roles in their communities, such as mediators, name-givers, ceremonial leaders, medicine people and match makers. They were often given very specific roles in their tribes, more specifically,

*Continued on page 4*

### INSIDE THIS ISSUE

Where to Find the Chapa-De News .....	2
Chapa-De Dental Services.....	3
Tribal Oaks Foster Care .....	5
Food is Medicine .....	6
The Teaching of the Eagle and the Mouse.....	8
Chapa-De’s Veggie Garden has Expanded .....	9
MMIW Quilt .....	10
Every Woman Counts .....	11
Events and Gatherings.....	12
Modoc: The Tribe That Wouldn’t Die .....	14

**Auburn Health Center**  
11670 Atwood Rd., Auburn, CA 95603  
**(530) 887-2800**

**Grass Valley Health Center**  
1350 E. Main St., Grass Valley, CA 95945  
**(530) 477-8545**



### MISSION STATEMENT

The mission of Chapa-De Indian Health is to advance the health and well-being of American Indians and low income individuals living in our communities by providing convenient access to high-quality, compassionate care.

### LIST OF SERVICES

- Dental
- Medical
- Behavioral Health
- Optometry
- Prenatal Care
- Pharmacy
- Diabetes Program
- Lab / Phlebotomy
- Substance Use Disorders
- Classes and Support Groups
- Telehealth

### BOARD OF DIRECTORS

Chapa-De's Board of Directors is made up of members from our sponsoring tribe, United Auburn Indian Community.



Brenda Adams,  
Chair



Gene Whitehouse,  
Secretary



David Keyser,  
Vice-Chair



Jason Camp,  
Member



John L. Williams,  
Member

## WHERE TO FIND THE CHAPA-DE NEWS

You may get our newsletter in the mail or by email, and did you know you can also find it on our website? On our Home Page at [www.chapa-de.org](http://www.chapa-de.org), click 'About Us' and then scroll down to 'Quarterly Newsletter'. Past and present Newsletters are listed by month and year. Enjoy!



### PHOTOS BY EILEEN LINSON

Our Telemedicine Coordinator, Eileen Linson, has taken on a voluntary position as our newsletter photographer. It wasn't entirely by accident that she fell into this role. Eileen has been using her break times and lunch hours to get out of her office, stretch her legs, and take pictures. She takes beautiful, nature-inspired photos as seen through the eyes of a true artist, and she has developed a reputation here for the quality of her work. So when we needed some photos taken onsite for our Newsletter, we knew who to ask. Eileen has been wonderfully accommodating and responsible for many beautiful images featured in our Patient Newsletter.

*Thank you, Eileen, for sharing your talent and time!*

# CHAPA-DE DENTAL SERVICES

Chapa-De's dental department has two locations providing general dentistry and orthodontics to our community. We are committed to providing high-quality care and to maintaining the oral health of our patients. We offer appointments Monday thru Friday and evening hygiene appointments on Tuesdays and Thursdays. If you have an urgent dental concern during the evening and weekends, we offer after-hours dental advice.

Each day, our Auburn location has up to six dentists and four hygienists, and our Grass Valley location has up to five dentists and three hygienists providing care to our patients. The dental services offered by our clinic are exams, x-rays, cleanings, fluoride treatments, scaling and root planning, restorative care (fillings), dental appliances (crowns, bridges, and dentures), limited root canals, and limited oral surgery. In Auburn, we also offer orthodontia (braces). For the work that cannot be done in our clinic, we have Referral Coordinators to assist patients with each step of finding a specialist and coordinating the appointments.

At Chapa-De, American Indian and Alaskan Native (AI/AN) patients are our top priority. In our Dental Departments, AI/AN patients are offered available appointments first, and we never close to new American Indian patients. Native Americans also receive many of our services for free or at a reduced cost.

We accept Medi-Cal and some private dental insurance plans for patients who are American Indian, Alaskan Native or non-native family and community members. We also offer a sliding fee scale program that reduces our rates by up to fifty percent for qualifying patients who are uninsured or underinsured.

We believe in providing integrated, whole-person care. Our goal is to support good oral and overall health. Some examples of how we do this are by providing diabetes and tobacco use screenings during dental appointments. This way, we can connect patients with medical care and other resources when it is needed for the patient.

Chapa-De has implemented several layers of expanded precautions during the pandemic to ensure the health and safety of our patients and staff. This includes:

- We screen all patients for COVID-19 symptoms when booking appointments and during appointments. Each staff member is also screened daily for symptoms.
- Added equipment to capture aerosols in the dental departments and HVAC filtration throughout the health centers.
- Physical distancing and more frequent disinfection of commonly touched surfaces.
- Universal face masking and other personal protective equipment based on the type of work being done, including Plexi shields or face shields when interacting with patients.





## TWO-SPIRITS IN AMERICAN INDIAN CULTURE

*Continued from page 1*

as the healers in their tribes. In some tribes, they were also allowed to transcend traditional male and female roles within the community, such as a two-spirit woman riding with a war party or a two-spirit man being allowed into a female-only camp.

Unfortunately, when non-Native people arrived in America, they brought different ideas, religions, and cultures that generally did not accept or acknowledge gender as anything other than assigned at birth. This led to more targeted violence and murder of two-spirit individuals, in addition to the already prevalent hostility towards American Indians from non-Native groups. Many Native communities were forced to suppress and hide two-spirit individuals to avoid additional ridicule and violence.

Only recently have Native communities felt safe enough to begin acknowledging this traditional idea that one's gender is more diverse than just male or female. "It's like a medicine that has unfortunately gotten lost over time," JJ said. And she asserts that there are some roles and responsibilities that come with being two-spirit. "It's up to two-spirit people to be able to rebirth some of that medicine." JJ always knew she was different and recalls the isolation and confusion early in life. Learning that there were others that were like her that she could connect with helped overcome her confusion and shame. She also acknowledges that shame and stigma still exist in many communities.

At Chapa-De, all medical providers and staff have had training and provide gender-affirming care. This training taught staff how to recognize, acknowledge and support each person's perception of their identity, regardless of their sex at birth. We asked one of Chapa-De's family medicine doctors, Dr. Marlowe Dieckmann,

how she would encourage someone struggling to speak about being two-spirit to their care provider. Dr. Dieckmann said she advises to be honest. "Your doctor's goal is to be helpful and give you the best care possible. They have your best interest at heart but they do not know how to assist you if they do not have all the information."

JJ and Dr. Dieckmann acknowledged that providing more education and awareness is key to eliminating the stigma. "We can only start to heal by talking about it and acknowledging it," JJ said. "If you can allow yourself to be vulnerable in that sense, without judgment of yourself, there will be so many doors that will open up for you, so many opportunities, so many understandings about your quality of life that will open up. And you're not alone."

### Sources:

- *Trans and Native: Meet The Indigenous Doctor Giving Them Hope*  
<https://youtu.be/MSnvtj0G3cA>
- *LGBTQ2 Well-Being Education, Two Spirit People: Now and Then, Harlan Pruden, Community Organizer and Beverly Gorman, UNM CRCBH, February 2014.*  
[www.ihs.gov/sites/lgbt/themes/responsive2017/display\\_objects/documents/lgbttwospirithistory.pdf](http://www.ihs.gov/sites/lgbt/themes/responsive2017/display_objects/documents/lgbttwospirithistory.pdf)



# TRIBAL OAKS FOSTER CARE

The following is from an interview with Keri Knight-Nurge with Tribal Oak Tree Foster Family Agency about the current need and importance of having American Indian resource families for foster youth.

## What is your name?

My name is Keri Knight-Nurge.

## What agency do you work with?

I work for Ileihno Bopachemihn Inc., which translates to "Caring for Children". We are also known as Tribal Oak Tree Foster Family Agency.

## How long have you been with this agency?

I am the foster family recruiter and have been with Tribal Oak Tree since February 2022.

## What does your agency provide?

Tribal Oak Tree Foster Family Agency is a nonprofit organization designed to provide American Indian/Alaska Native youth a safe and culturally relevant home that will nurture their growth as individuals and Tribal/community members. We assist counties in complying with the federal law, ICWA. We recruit, train, and certify qualified AI/AN families as resource parents and offer 24-hour support, provide financial compensation, and help facilitate cultural events for foster youth.

## Where is your agency located and what areas does your agency work with?

Our organization has two agencies located in Sacramento and Escondido, California. Our agencies service their respective counties and adjoining counties within two hours of the offices.

## Why is it important to get the information out to the public?

There is a great need for Native resource homes. Native children are currently being placed in non-Native homes because there are not enough Native homes. We are trying to change that! We must share our information with the public and spread awareness so we can find those special families who can help children in need. If not you, then who?

## What obstacles do you face in your line of work?

We have received an abundance of feedback that most people don't know our agency exists. We opened our agency during the height of the COVID-19 Pandemic



**NATIVE RESOURCE (FOSTER) PARENTS NEEDED!**

**TRIBAL OAK TREE FOSTER FAMILY AGENCY**

**KERI KNIGHT-NURGE, RECRUITER**  
916-407-7925 KNURGE@IBPRIMARY.ORG

**VANESSA JOE, MSW, SACTO CO.**  
916-407-9349 VJOE@IBPRIMARY.ORG

**RACHAEL YOUNG, MSW, BUTTE CO.**  
916-340-4087 RYOUNG@IBPRIMARY.ORG

**"IF NOT YOU, THEN WHO?"**

**WWW.TRIBALOAKTREE.ORG**

*Support, training and compensation available*

and have had difficulties with outreach and obtaining new resource parents. Many individuals are unaware of the deficit of Native resource families/parent. Many potential resource parents have misconceptions about becoming a foster parent that stops them from signing up. Some of these misconceptions include fostering children is expensive, that one must be married and or own a home for example, these are inaccurate. Becoming a resource parent can be a process, but the result is heart-filling and rewarding!

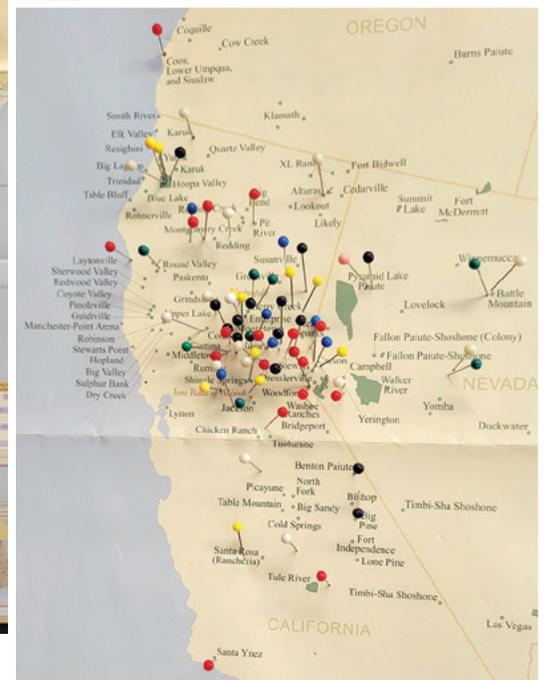
## What is the contact information?

Our address is  
4616 El Camino Ave., Suite B, Sacramento CA 95821  
Office: 916-571-5060 • Cell: 916-407-7925  
[www.tribaloaktree.org](http://www.tribaloaktree.org)



## FOOD IS MEDICINE

There is an interesting version of a United States map on the wall of Registered Dietitian Kristen Bradley's office. There are many different colored pins scattered across the map, depicting areas of tribal lands and reservations. We asked Kristen to explain the map and her important work with the patients at Chapa-De Indian Health.



### Could you describe, Kristen, what these pins represent?

Each pin represents the tribal lands of an American Indian or Alaskan Native individual who has come to my office for nutrition counseling and/or diabetes support over the last 9 years here at Chapa-De. It often seems to bring joy to our patients to be able to represent their families, ancestors, and heritage. It is also enlightening to see just how far so many have traveled to end up here in Northern California at Chapa-De.

As a Registered Dietitian, Kristen Bradley fills an important role at Chapa-De, working with our medical department and diabetes team to provide nutritional counseling for our patients. It is part of Chapa-De's holistic approach to health through prevention and lifestyle changes.

### Can you describe what you do for your patients, Kristen?

First and foremost, I meet each person where they are in the moment to help determine individual needs, goals, and challenges. With this information, I provide education as needed and we work together to modify food choices and habits to accommodate health goals such as improved blood sugar, blood pressure and cholesterol levels. In addition, I help people with desires for weight loss and other medical conditions such as food allergies or gastrointestinal disorders. Outside of nutrition, I also support people with diabetes in securing the technology they need to decrease the burden of diabetes and best manage their disease (such as insulin pumps and continuous glucose monitors). I also offer support with medication titration as needed. I like to think of myself as a guide on the side who sees the big picture and provides assistance in making lifestyle changes a little bit easier.

**At Chapa-De, what is the process for getting an appointment for nutritional counseling from our Registered Dietitians?**

Patients may ask their Primary Care Provider for a referral to see a Registered Dietitian at Chapa-De. They may also ask a Diabetes Case Manager, Lifestyle Coach, or Diabetes Program Assistant to schedule an appointment if they are seeing one of the Diabetes/ Diabetes Prevention Team Members.

**How long have you worked at Chapa-De Indian Health? What do you like about working here?**

I have worked at Chapa-De for 9.5 years. Time has flown by! There are so many things I like about working here. First, is the genuine relationships formed and time spent with our patients. They teach me something new each day. I also appreciate the team approach, working together with other diabetes team members, the medical providers, behavioral health providers, optometry, dental providers and pharmacy to provide the best care possible for our patients. I love walking outside and looking at our landscaping and all of the beautiful flowers. And it brings me so much joy to offer patients healthy food from the Chapa-De garden.

**There is an impressive 2018 plaque of recognition in your office. Can you tell us about it?**

In 2018, I was nominated and selected as one of the Top 10 Registered Dietitians of the year by Today's Dietitian magazine. The award is given to RDs devoted to their practice, helping clients craft healthful lifestyles, engaging in their communities and eager to take on new challenges. I suspect I was selected as one of the Top 10 because I participated in the Alcatraz PATHSTAR Swim Week with two of my clients. The goal of the program included nutrition education, goal setting, meal preparation, physical activities and culminated with a swim from Alcatraz to San Francisco. I did not know how to swim so I had to take swimming lessons for a few months prior to make sure I could put my head in the water and stay afloat without having a panic attack. The day we arrived in San Francisco for the week long program, a seal had been attacked by a shark right off of Alcatraz Island, so we had to evaluate if this was something we really wanted to do. We all decided yes, it was worth the risk. It all worked out (we still have all of our fingers and toes!), all three of us were successful and swam in that chilly water from Alcatraz to San Francisco. Years following,

**“The food you eat can be the safest and most powerful form of medicine. Or the slowest form of poison.”**

*- Ann Wigmore*

additional Chapa-De employees and clients also took part in PATHSTAR Swim Weeks. It was a wonderful experience, especially to swim with clients who mean the world to me!

**If you could give us all a word of advice about dietary habits, what would you say?**

We have only one body and it is literally the only place we have to live. We eat and drink every day. How many times a day? The impact of our food choices can affect our energy, our moods, protect our nerves, blood vessels, kidneys, eyes and prevent heart attack or stroke. They can allow us to live life fully or live life on the sideline. The choice is up to us. If we can step out of habitual patterns, step into awareness and take notice of: How does this taste? How does it smell? How does it feel when I eat it? How is my energy level after eating it? Does it affect my sleep or my ability to be active? How does it affect my blood sugar or blood pressure or gastrointestinal tract? By gaining awareness of what has a favorable effect on our life moment by moment, we can make small changes daily that add up positively in ways we had never suspected possible.

Often less is more and choosing whole foods over highly processed foods can make a world of difference to most health conditions. With each new sunrise we have another opportunity to nourish our body and mind.

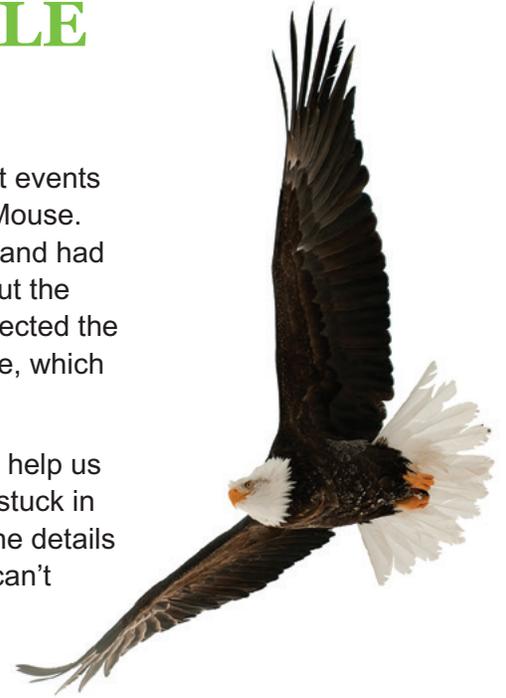
As the saying goes, “an ounce of prevention is worth a pound of cure”, and this is especially true for Native Americans suffering from diet-related health problems. Studies show a combination of factors contributing to the high rate of diabetes, heart disease, obesity, and cancer in Native Americans. Loss of traditional food sources, poverty, historical trauma, food deserts, lack of physical movement, improper diets, and even genetic predisposition all play a part. Lifestyle changes have been proven to slow, stop, and even reverse negative health outcomes. Chapa-De is here to help!



## THE TEACHING OF THE EAGLE AND THE MOUSE

Recently, two members of our newsletter committee were discussing current events in the world. As they spoke, one realized that the other had the view of the Mouse. She was hyper-focused on the problems and obstacles that she was facing and had very raw emotions of frustration. The other coworker was thinking more about the problem from a bigger picture perspective and wondered how the events affected the rest of the people involved. At that moment, she had the Eagle's perspective, which is a wide view of the overall picture.

The story of the Eagle and Mouse, when applied on a day-to-day basis, can help us refocus on the bigger picture. It also reminds us that while we shouldn't get stuck in the Mouse view, it too has a place. The Mouse view is needed to help see the details of each problem or obstacle. While the Eagle sees the problems below, he can't always see the small details that are vital. While both views are different, both are needed. They balance each other out; while one sees every little blade of grass, one can see the field.



### Below is the tale of the Eagle and Mouse as told by Jeremy Cholm.

The Field Mouse went throughout its day, rapidly running to and fro, always looking for a crumb here, a morsel there. The Mouse strained its ears to hear of any danger, its heart racing with fear about all the bad things that could happen. He frequently complained about running into obstacles that had to be scurried around or burrowed under. Life, for the Mouse, felt desperate, challenge-filled, a daily struggle for basic sustenance, and at the end of the day, the poor Mouse believed that the Creator had made him for suffering and strife.



The Eagle, on the other hand, spent his days soaring majestically through the clouds. His elevated height gave him a greater perspective on his surroundings which provided him more opportunities to both progress and avoid the problems that the field Mouse so frequently cried against. When a sharp gust

appeared, the Eagle rode the drafts and used them to rise higher in the sky. His keen eyes looked at all the Creator had made for him and he spent hours each day studying the beautiful mountains, the green trees, the brightly colored flowers, the flowing streams and lakes, and the vast meadows.

Both these animals were the work of the Great Creator. Both lived in the same environment, although they lived there very differently. The Field Mouse passed his days in fear, scrambling from place to place with little foresight or planning. He was too busy crying about his problems to notice all the blessings the Creator had given him. He was focused only on the basics, never dreaming of a bigger life because he believed that the obstacles that stood in his way would never allow him to be more.

The Eagle, however, spent his days confident in his place in the world and his heritage as one of the Creator's masterpieces. He passed his time at greater heights, elevating his perspective and attitude to match the station of life that he wanted. He faced the adverse winds and used them to rise even higher and fly even faster. He looked at and for the beauty around him and kept his sharp eyes open for anything that might bring him down to a lower plane and endanger his well-being.

Attitude and perspective can make all the difference in this world. I have seen scrappy athletes become champions while naturally-gifted individuals let poor decisions ruin their careers. Powerful CEOs who appeared like Eagles on the outside let their spirits fester and wither away through fear and selfishness. Happy marriages get bogged down in the natural challenges of life.

I want to challenge you to soar like The Eagle and not live in the mud, scurrying around like The Field Mouse. Set goals, learn from your mistakes, and embrace the life's adversities. Know that you are of the Creator and

that there is beauty all around you. Take a moment to take a breath, let your eyes see the good in your life, and do not become so focused on the challenges that you forget how amazing life is and how incredible your future can be.

**Soar High, Dream Big,  
and Love Intensely.**

**Source:**

<http://www.jeremyholm.com/blog/item/189-the-eagle-and-the-mouse-a-lesson-on-perspective>

## CHAPA-DE'S VEGGIE GARDEN HAS EXPANDED!

The Chapa-De Vegetable Garden has provided free fresh, seasonal vegetables to our diabetes department patients for many years. This year we expanded our Auburn garden from two planting beds to five! It is part of our commitment to treat the whole body and encourage healthy food choices for our patients. We have expanded our plantings of Native American vegetable varieties and feature a traditional three sisters' garden bed. These gardens are made possible with generous grant funding from Indian Health Service and positive support from the Chapa-De Diabetes, Administration, and Facilities Departments.

If you are attending an appointment for diabetes, nutritional counseling, or lifestyle coaching, please ask staff if there are any fresh vegetables from the garden available to take home. Supplies vary from week to week and season to season.





## MMIW QUILT



Hundreds of indigenous women are taken from their communities each year. The Murdered and Missing Indigenous Women (MMIW) movement is helping to bring awareness and resources to this devastating issue. Locally, Sierra Native Alliance's Youth Leadership group hand-made a memorial quilt. Chapa-De was honored to display the quilt at each of our health centers during June and July.

The sign hanging next to the quilt explains, "Inspired by the symbol of the Red Dress, the quilt squares honor the beauty and strength of indigenous women and are inclusive of the geographic and tribal diversity of women impacted by violence. The three figures in the center represent the heartbreaking statistic that more than 1 in 3 Native girls and women have been sexually assaulted. While the realities of the violence against Native women, which has been ongoing since the gold rush in California, is well known within tribal communities – this epidemic has been invisible within the mainstream media."

### The Coalition to Stop Violence Against Native Women report:

- 4 out of 5 Native Women have experienced some form of violence in their lifetime.
- Native women face murder rates of more than 10 times the national average.
- Homicide is the 3rd leading cause of death among Native girls and women aged 10 to 24, and the 5th leading cause of death for Native women aged 25 to 34.

**Resources:** *The National Indigenous Women's Resource Center offers an MMIW Toolkit for Families and Communities. It provides a starting point, tips, and important contact information that can be used when someone goes missing. It includes a pocket guide, a quick reference guide, and a missing person flyer template, and more. See: <https://www.niwrc.org/resources/toolkit/mmiw-toolkit-families-and-communities>*

*Missing and Murdered Indigenous Women on Facebook: <https://www.facebook.com/mmiwusa/>*

*Video: Understanding How the Laws Encourage Violence/History of MMIW: <https://youtu.be/1tyx1IFhVX0>*



# EVERY WOMAN COUNTS

Regular visits and screenings help keep you healthy and allow us to catch problems early when they are easier to treat with better outcomes. Breast Cancer Awareness month is coming up in October, and it's the perfect time to talk about programs that can help cover the cost of women's health services like breast and cervical cancer screenings.

The Every Woman Counts (EWC) program is great for those who don't have insurance. It will cover the cost of a mammogram for eligible women. EWC will also cover the cost of a well-woman exam and cervical cancer screening. This is especially helpful for native patients who do not qualify for free IHS services. IHS-eligible patients may also use this program if they qualify based on income. Utilizing this program allows us to reserve our IHS funds to serve even more native patients.



## EWC Eligibility Criteria

- Household income must be at or below 200 percent of the HHS poverty guidelines as shown below. EWC enrollment is valid only for one year and needs to be certified annually.

### EWC Income Eligibility Guidelines

Percent of the 2022 HHS Poverty Guidelines by Household Size (Effective April 1, 2022, through March 31, 2023)

Number of Persons Living in Household	Monthly Gross Household Income (In dollars)	Annual Gross Household Income (In dollars)
1	2,265	27,180
2	3,052	36,620
3	3,838	46,060
4	4,625	55,500
5	5,412	64,940
6	6,198	74,380
7	6,985	83,820
8	7,772	9,3260
For each additional person add:	787	9,440

- For Cervical Cancer Screening: Must be 21 years of age or older and due for the screening
- For Breast Cancer Screening: Must be 40 years of age or older and due for the screening OR any individual (women and men) of any age experiencing breast cancer symptoms



# EVENTS & GATHERINGS

## Virtual Gatherings

### Chapa-De Red Road Talking Circle

Thursdays 1:30 – 2:30 p.m.

Zoom ID: 331 869 6626

The recovery group is open to all Chapa-De patients seeking recovery and support. Based on native teachings from Red Road to Wellbriety of the White Bison Recovery Movement.

### Culture Is Wellness – Open Women’s/Men’s Support Groups offered by San Diego American Indian Health Center

More information:

(619) 234-2158 ext. 142

### Relapse Prevention Through Cultural Awareness

Mondays 10:00 – 11:30 a.m.

Zoom ID: 967 5126 3394

Passcode: REDROAD

### Red Road Recovery Group

Wednesdays 1:00 – 2:00 p.m.

Zoom ID: 974 7790 8930

Passcode: SAGE

### Medicine Wheel 12 Steps & Red Road to Wellbriety Book Study

Fridays 6:30 – 8:00 p.m.

Zoom ID: 957 6572 9370

Passcode: CEDAR

### Spiritual Solutions Talking Circle

Wednesdays 6:30 – 8:00 p.m.

Zoom ID: 971 7537 9598

Passcode: MEDICINE

## In-Person Gatherings

*Please look for event updates and COVID-19 restrictions before attending. Being fully vaccinated and boosted is the best protection against COVID-19. We also recommend wearing a well-fitted medical-grade mask when attending indoor or crowded outdoor gatherings.*

### Wilton Rancheria Men’s Talking Circle

Every other Friday at 5:30 p.m.

Open to all native men 18+ and dinner is provided.

Wilton Rancheria Tribal Office  
 9728 Kent Street, Elk Grove, CA  
 More information: (916) 206-0701

### 48th Annual Yosemite Big Time

August 13 – 14, 2022

Yosemite national park, Village Dr.

<https://calendar.powwows.com/events/48-annual-yosemite-big-time-pow-wow/>

### 4th Annual Colfax

#### Indian Big Time

August 27, 2022

10 a.m. – 4 p.m.

55 School St., Colfax, CA 95713

<https://colfaxrancheria.com/colfax-indian-big-time>

### Tuolumne Me-Wuk Acorn Festival

September 9, 4:00 p.m. to

September 11, 6:00 p.m.

19959 Mi Wu Street

Tuolumne, CA 95379

<https://mewuk.com/community/acorn-festival/>

### California Native American Day

September 23, 2022

California State Capital, Sacramento, CA

Activities and times to be announced at a later date

<https://californianativeamericanday.com/>

### Sierra Native Alliance Indian Taco Event

September 23, 2022

Time TBD

Mt Vernon Grange Hall

3185 Bell Road, Auburn, CA

<https://sierranativealliance.org/>

(530) 888-8767

### Orange Shirt Day

September 30, 2022

Wear orange to raise awareness about the Indian residential school system still impacting Native American communities in Canada and the United States. Known as National Day for Truth and Reconciliation, the day honors the children forced into Indian boarding schools.

<https://www.orangeshirtday.org/>

### Indigenous Peoples Day

October 10, 2022

Indigenous Peoples' Day is celebrated on the second Monday of October and recognizes the resilience and diversity of Indigenous Peoples in the United States.

<https://americanindian.si.edu/nk360/informational/columbus-day-myths>

### Alcatraz Indigenous People's Day October Sunrise Gathering

(tentative/not yet confirmed at the time of publishing)

October 10, 2022

Each year on the morning of Alcatraz Indigenous People's Day (an alternative celebration of historical Columbus Day), Alcatraz is closed for the day for regular visitors. At 5:00, 5:15, and 5:45 a.m., the ferry service brings people to the island to celebrate the Indigenous People's Sunrise Gathering. After the event, the ferries run from Pier 33 until the last sailing at 8:45 a.m., when all visitors must leave Alcatraz.

### Auburn Big Time-Pow Wow

October 15, 2022

10:00 a.m. – 9:00 p.m.

Gold Country Fairgrounds  
 209 Fairgate Road, Auburn, CA

<https://sierranativealliance.org/>  
 (530) 888-8767

### 47th annual American Indian Film Festival

November 4–12, 2022

San Francisco, CA

Films, workshops, receptions, and awards show – work to replace stereotypes with authentic representations of Native traditions, history, and present-day life.

AIFF47 showcases feature films, shorts, documentaries, animation, music videos, and public service works of and about (USA) Native American and Canadian First Nations peoples.

<https://newsfromnativecalifornia.com/event/2022-american-indian-film-festival/>

### Rock Your Mocs Week

November 13–19, 2022

Established in 2011, Rock Your Mocs is a worldwide Native American & Indigenous Peoples movement held annually during National Native American Heritage Month in November. It's easy to participate by wearing moccasins to school, work, or wherever your day takes you. If a person doesn't own mocs, can't wear mocs, or perhaps their tribe didn't, they are encouraged to wear a Turquoise Awareness Ribbon instead.

<https://rockyourmocs.org>

### Alcatraz Thanksgiving Indigenous People's Sunrise Gathering

November 24, 2022

Alcatraz Pier 33 Ferry Terminal  
 Each year on Thanksgiving morning, from 4:15 a.m. until 6:00 a.m., the ferries run every 15 minutes to the island to celebrate the Alcatraz Thanksgiving Indigenous People's Sunrise Gathering. After the event, the ferries run from Pier 33 until the last sailing at 8:45 a.m., when all visitors must leave Alcatraz.

The box office opens at 3:00 a.m. on Thanksgiving morning. You can also buy tickets in person in advance online, and at Pier 33. Tickets do sell out, so purchasing

tickets in advance is advised.  
<https://www.oursausalito.com/alcatraz/thanksgiving-alcatraz-indigenous-peoples-sunrise-gathering.html>

### Also, in November,

Chapa-De will start accepting reservations for our Annual Elders Holiday Party. Please watch for information and details on how to sign-up closer to that date.

### Other News:

In June, President Biden announced his intent to appoint Marilynn Malerba, Chief of Mohegan Tribe, as Treasurer of the United States. It will be the first time in history that a tribal leader and Native woman's signature will be on U.S. currency. See: <https://www.npr.org/2022/06/22/1106756322/marilynn-malerba-us-treasurer-native-american>

Recently released from the U.S. Mint is the Wilma Mankiller quarter. She was the first woman elected Principal Chief of Cherokee Nation and an activist for Native Americans and women's rights. See: <https://www.cnn.com/2022/06/06/us/wilma-mankiller-us-quarter-chokeee-chief-cec/index.html>





# MODOC: THE TRIBE THAT WOULDN'T DIE

*Community Submission from Cheewa James*

The two men faced each other in the freezing November dawn of 1872.

Second Lt. Frazier Boutelle stood coatless in his blue U.S. Army uniform. He had taken off his coat an hour before, knowing that he might need the free movement of his arms. Forty U.S. Army men had ridden through the night from Ft. Klamath, Oregon, to remove Modoc Native people back to reservation life. By early morning they were numb with cold and exhaustion.

The Modoc man standing before Boutelle had a scar running across one cheek, giving him the name among soldiers and settlers of Scarface Charley. He and other Modocs had awakened to the alarming sight of soldiers in their Lost River village, just a couple of miles north of what is the California/Oregon state line today.

Suddenly both men lifted their weapons and simultaneously fired at each other. They both missed. Neither man could have known the great significance of the first two shots and the magnitude and sorrow of the Modoc War that followed.

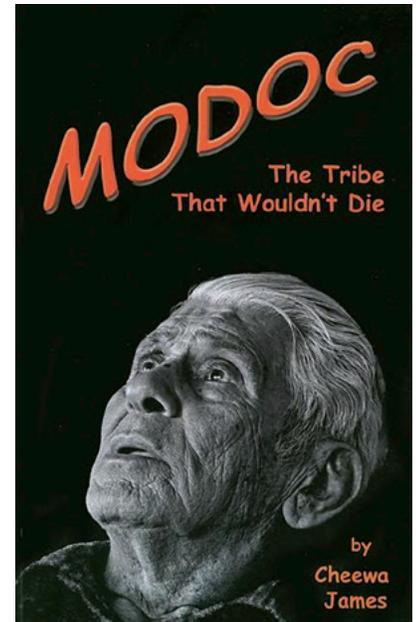
- The 1872-73 War was the most costly Indian war in United States military history, in terms of both lives and money, considering the small number of Natives involved.
- By the end of the six-month war, over 1,000 U.S. military troops were engaged in bringing 50 – 60 Modoc men, who had their families with them throughout the entire war, under control. Army troops outnumbered Modoc fighting men about 20 to 1.
- The Modoc War is the only Indian war in American history in which a full-ranking general was killed.

The Modoc did not live ancestrally as a tribe but in separate bands spread over a territory stretching from the mystical Mt. Shasta to the area known as Alturas today. They practiced a form of consensus, a vote of the people. The total population varied from 400-800 over the estimated 10,000 years they lived in this

area. The Modoc War was fought in what is known today as the Lava Beds National Monument, CA. Considering the small number of Modoc warriors, their success to a large extent was because of their expertise in the rugged, torturous lava land with yawning chasms. They knew the land.

The war involved two major soldier attacks on Captain Jack's Stronghold, named after Modoc leader Captain Jack. The Stronghold held not only fighting Modocs, but whole families lived in the caves and rock-build homes. The war lasted an amazing six months as the U.S. military fought to overcome the fighting expertise of the Modocs. But in time, the sheer power of numbers brought the Modocs to surrender in June of 1873 with Captain Jack's words: "Jack's legs give out." A trail followed with Jack and three others hanged at Ft. Klamath, Oregon. One hundred fifty Modoc men, women, and children were sent on a train as prisoners of war to Oklahoma Indian Territory. Their descendants live today in northeast Oklahoma as the Modoc Tribe of Oklahoma. Those who did not fight in the war or were released from POW status in 1909 were allowed to return to the Klamath Reservation in Oregon.

*This is an excerpt from the book, MODOC: The Tribe That Wouldn't Die written by Cheewa James. Available for purchase online at <http://www.naturegraph.com/native-american-titles>*



# COLORING

Bear in Cave





**Chapa-De Indian Health**  
 11670 Atwood Road  
 Auburn, CA 95603

If you no longer want to receive this newsletter, email us at [Newsletter@chapa-de.org](mailto:Newsletter@chapa-de.org) or call (530) 887-2800 ext. 2924



**CHAPA-DE**  
 INDIAN HEALTH

**Passionate People.  
 Compassionate Care.**

**AUGUST 2022**

# CHAPA-DE *News*



## INSIDE THIS ISSUE

Where to Find the Chapa-De News.....2	Tribal Oaks Foster Care.....5	Chapa-De's Veggie Garden has Expanded .....9	Events and Gatherings ..... 12
Chapa-De Dental Services.....3	Food is Medicine .....6	MMIW Quilt ..... 10	Modoc: The Tribe That Wouldn't Die ..... 14
	The Teaching of the Eagle and the Mouse.....8	Every Woman Counts..... 11	