



CHAPA-DE  
INDIAN HEALTH

Passionate People.  
Compassionate Care.

FEBRUARY 2023

# CHAPA-DE News



## THE FIRST FIRE AND KANANE'SKI AMAI'YEHI (THE WATER SPIDER)

*From History, Myths, and Sacred Formulas of the Cherokees, by James Mooney*

In the beginning there was no fire, and the world was cold, until the Thunders (Ani'-Hyun'tikwala'ski), who lived up in Galun'lati, sent their lightning and put fire into the bottom of a hollow sycamore tree which grew on an island. The animals knew it was there, because they could see the smoke coming out at the top, but they could not get to it on account of the water, so they held a council to decide what to do. This was a long time ago.

Every animal that could fly or swim was anxious to go after the fire. The Raven offered, and because he was so large and strong they thought he could surely do the work, so he was sent first. He flew high and far across the water and alighted on the sycamore tree, but while he was wondering what to do next, the heat had scorched all his feathers black, and he was frightened and came back without the fire. The little Screech-owl (Wa'huhu') volunteered to go, and reached the place safely, but while he was looking down into the hollow tree a blast of hot air came up and nearly burned out his eyes. He managed to fly home as best he could, but it was a long time before he could see well, and his eyes are red to this day. Then the hooting Owl (U'guku') and the Horned Owl (Tskili') went, but by the time they got to the hollow tree the fire was burning so fiercely that the smoke nearly blinded them, and the ashes carried up by the wind made white rings about their eyes. They had to come home again without the fire, but with all their rubbing they were never able to get rid of the white rings.

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**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

## INDIAN HEALTH SERVICE DIRECTOR VISITS CHAPA-DE



In October, the new Indian Health Service Director, Roselyn Tso, toured Chapa-De as part of her 45-day trip across the United States where she visited other tribal clinics, urban programs and tribal leaders along the way. The purpose of the trip was to gain a better understanding of national and regional issues facing American Indians and Alaska Natives served by the Indian Health Service. Director Tso also thanked the staff at Chapa-De for their dedication and commitment to the people we serve.

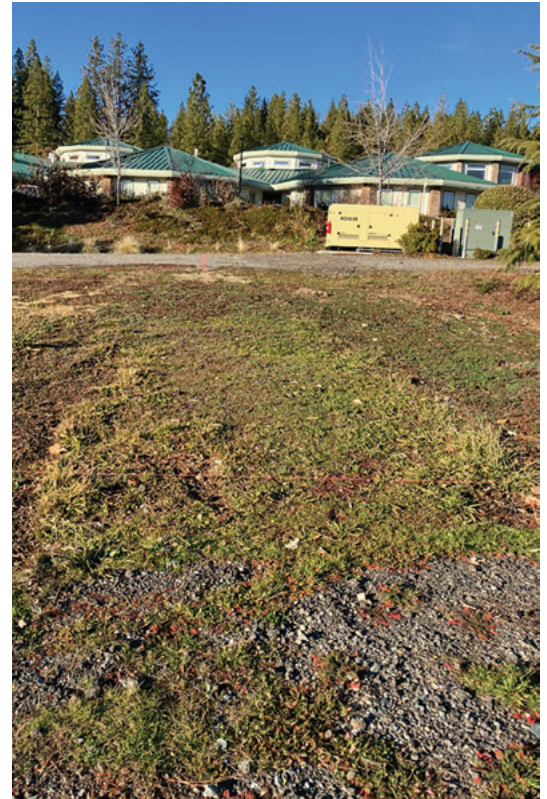
Roselyn Tso was formally appointed as the Director of the Indian Health Service by President Biden and sworn in on September 27, 2022 by Xavier Becerra, the Secretary of the U.S. Department of Health and Human Services. Prior to her appointment as IHS Director, Tso served in various roles with the IHS for nearly 40 years. As a member of the Navajo Nation, and with her years of experience with IHS from the Navajo Area to the Portland Area to Yakima, Washington, Director Tso will bring a broad and first-hand perspective to the role.

Though it was a quick trip, Chapa-De was honored to meet Director Tso in person and share our successes and challenges here in Northern California. We were excited for her to take our stories with her back to IHS Headquarters.

## NEW VEGGIE GARDEN COMING TO GRASS VALLEY HEALTH CENTER

We are excited to announce plans to build a vegetable garden at our Grass Valley location. Chapa-De has had a vegetable garden in Auburn for many years. It has been a part of our commitment to treat the whole body starting with good nutrition. The produce is offered free of charge to patients participating in our Diabetes Wellness and Prevention Programs. There has often been enough to share with other patients and staff too. The Auburn garden has been popular and appreciated especially with the rising costs of fresh fruits and vegetables.

We have identified space to build a veggie garden in Grass Valley now that construction for our expansion is complete. The goal is to have the garden ready for planting this spring. The garden will offer healthy organic nutrition and opportunities to get outside, enjoy nature, and get exercise. We hope it will become a beautiful space enjoyed by patients, visitors, and staff. We will keep you updated as our project progresses!



*Future site of our Grass Valley Veggie Garden.*

## NEW CHAPA-DE ROCKLIN LOCATION IN PLANNING PHASES



The year 2024 will mark the 50th anniversary of Chapa-De Indian Health and it may also be the birthdate of a third Chapa-De Health Center in Rocklin, CA.

With patient care areas and parking still limited in Auburn despite a recent remodel, Chapa-De's Board of Directors decided it was time to look for another location to build an additional campus. In 2022, Chapa-De purchased a parcel of land in Rocklin off Highway 65. This new location will be more convenient for patients who travel from the southern end of Placer County or beyond to get care at our current sites in Auburn or Grass Valley.

The project is in the early planning stages, but the new facility is slated to offer Medical, Dental, Behavioral Health and pharmacy services. We will share more details on this exciting project as they become available.



## NEW ARTWORK SERIES AT CHAPA-DE FEATURE LIZZIE ENOS' BASKETS

Chapa-De proudly features a new artwork series featuring baskets made by Lizzie Enos. The art, which is on display at our Grass Valley Health Center and in our Administration Building located on Bell Road in Auburn, is the work of two local American Indian photographers, Leigh Anne Moore and Brooklyn Shinabargar.

Leigh Anne Moore is from the Tanku Nisenan and Te me Ti Washoe people of Northern California and Nevada. Leigh was born and raised in the Auburn area surrounded by family and taught early on how important her heritage is. She passed that knowledge down to her children, Cody, Brooklyn, and (Caden) Ely. Her daughter Brooklyn developed a love of photography as well and is pursuing a career in Indigenous art photography. Brooklyn was taught to harness her creativity at an early age by her parents and learned a lot from her family. Together, they utilize their Nisenan heritage, traditions and customs in their photography and art. They both often use family members in their images.

Leigh is the daughter of April Pamela Moore who was a chairperson for Chapa-De's Board of Directors and was a member of that board for 26 years before she lost her battle with cancer in 2015. Chapa-De meant a lot to April, she worked very hard to make Chapa-De what it is today. She taught her children, grandchildren,

nieces and nephews to dance, sing, make regalia, chase their dreams, and never give up. April taught her family everything they know about what it means to be Nisenan and what it means to be family. She inspires her whole family to do everything they do to preserve the Nisenan culture. Sharing knowledge and creating culturally inspired art. April was the great granddaughter of Lizzie Enos.

Lizzie Enos is regarded as "the reason we are who we are". She was the last fluent speaker of the Tanku Nisenan language, talented traditional Big Time dancer, singer, extraordinary basket weaver and so much more. The baskets and necklace in some of the pictures were made by Lizzie herself using red and yellow willow. They have been passed down from generation to generation. The baskets were traditionally used for many tasks like collecting, storing, and cooking acorn. They are cherished relics of the family's history and reminders of their deep rooted connection to the earth and their ancestors.

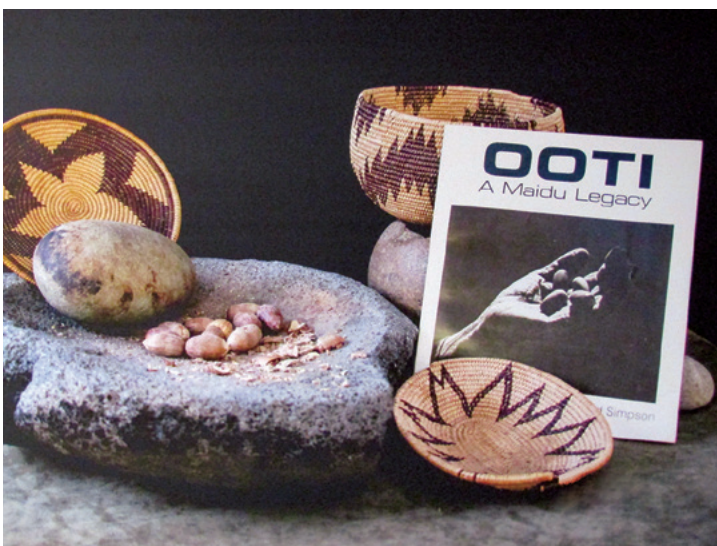
A lot of Leigh's work comes from wanting to document the younger generations as they grow. Brooklyn focuses more on documenting the cultural tools, artifacts and traditions. Taking these photos is very important. It helps show people that the Nisenan are still here, proud and thriving. That message is not only important to them, but it's important to every indigenous





person in Nevada City, Auburn and Sacramento area. They hope to one day see their work throughout the state of California, starting from home, from where April passionately worked for decades. It means a lot to Leigh and Brooklyn to have their pictures of Lizzie's baskets be a part of Chapa-De, a place that April loved and was proud to be a part of.

**A note about the Nisenan word for Acorn.** Per Brooklyn Shinabargar the spelling for acorn used by ethnographers was Ooti. As it is the title of the book about Lizzie Enos, her baskets and preparing and cooking acorn. Based on the Nisenan dictionary used by the Lizzie Enos Family Foundation acorn is spelled Uti.



## HEALTH TIP

# A STRONG HEART = MORE DAYS DOING WHAT YOU LOVE

Our hearts play a huge role in our health. It is constantly working to deliver blood, oxygen, and nutrients to our bodies, even while we sleep. Since our hearts cannot afford to take a day off, it is important to keep them in tip top condition!

### HOW TO KEEP OUR HEARTS HEALTHY:

- **Give it a regular workout:** Exercise is important to keep our hearts strong. Cardiovascular exercise such as walking, swimming, or bike riding are good choices to exercise our heart.
- **Our food choices play an important part:** Choose heart healthy cooking oil, such as olive oil and avocado oil are full of heart healthy unsaturated fat. Eating less deep fried food is also good for our hearts. Try to limit salt and eat more fiber from fruits and vegetables.
- **Keep blood pressure under control:** Our food and movement can be our medicine, however if our medical provider feels you need medication, take it as prescribed.
- **If you smoke, consider quitting.** Your chances of having a heart attack goes down within one day of quitting.
- **Don't stress out:** Stress is a silent killer. Find things that make you happy and remember the good things in life.





## THE FIRST FIRE AND KANANE'SKI AMAI'YEHI (THE WATER SPIDER)

Continued from page 1



WHIXALL MOSS, SHROPSHIRE.

Now no more of the birds would venture, and so the little Uksu'hi snake, the black racer, said he would go through the water and bring back some fire. He swam across to the island and crawled through the grass to the tree, and went in by a small hole at the bottom. The heat and smoke were too much for him, too, and after dodging about blindly over the hot ashes until he was almost on fire himself he managed by good luck to get out again at the same hole, but his body had been scorched black, and he has ever since had the habit of darting and doubling on his track as if trying to escape

from close quarters. He came back, and the great blacksnake, Gule'gi, "The Climber," offered to go for fire. He swam over to the island and climbed up the tree on the outside, as the blacksnake always does, but when he put his head down into the hole the smoke choked him so that he fell into the burning stump, and before he could climb out again he was as black as the Uksu'hi.

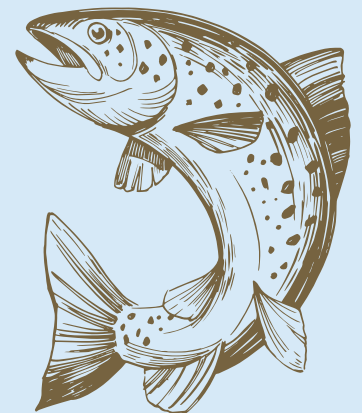
Now they held another council, for still there was no fire, and the world was cold, but birds, snakes, and four footed animals, all had some excuse for not going, because they were all afraid to venture near the burning sycamore, until at last Kanane'ski Amai'yehi (the Water Spider) said she would go. This is not the water spider that looks like a mosquito, but the other one, with black downy hair and red stripes on her body. She can run on top of the water or dive to the bottom, so there would be no trouble to get over to the island, but the question was, how could she bring back the fire? "I'll manage that," said the Water Spider; so she spun a thread from her body and wove it into a tusti bowl, which she fastened on her back. Then she crossed over to the island and through the grass to where the fire was still burning. She put one little coal of fire into her bowl, and came back with it, and ever since we have had fire, and the Water Spider still keeps her tusti bowl.

**Note:** Thank you to Mike Webb for submitting this story excerpt to the Chapa-De News. You can find this story on page 240 of "History, Myths, and Sacred Formulas of the Cherokees."

## BRINGING BACK THE SALMON

The largest river restoration project in American history will begin this year. Four dams on over 400 miles along the Klamath River, which runs along the California and Oregon border, will be removed. Tribal leaders from the Yurok and Karuk tribes have been working with the Biden Administration and Governors Newsom (CA) and Brown (OR) to return the river basin back to its natural state. Salmon and steelhead populations have plunged in recent years and restoring river habitat is crucial to the survival of the species.

For more information, please see: <https://www.gov.ca.gov/2022/12/08/75829/>



# PATHSTAR RETURNS TO THE SAN FRANCISCO BAY!

**PATHSTAR's 2023 Alcatraz Swim Week will be October 1-9, 2023, with the swim from Alcatraz to the shore on Monday, October 9.**

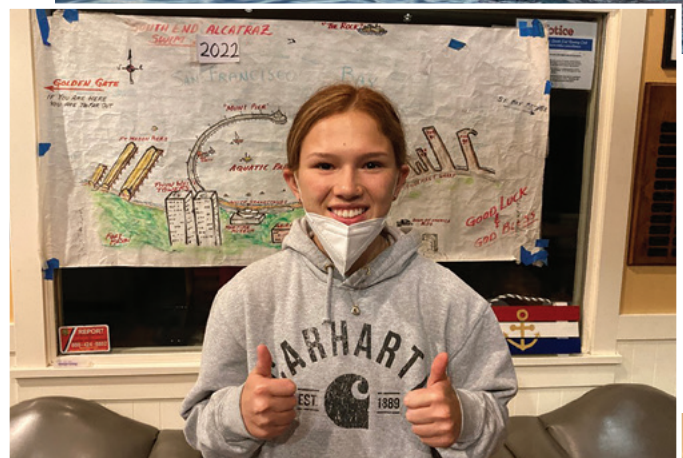
Dedicated to inspiring and revitalizing healthy nutrition and lifestyles, PATHSTAR offers a rich experience to a select group of tribal and community members. This includes talking circles, life coaching, mindfulness, yoga, Pilates, gardening, menu planning, meal and snack prep, kayaking, and Alcatraz experiences. Chapa-De's involvement with PATHSTAR started in 2014.

After modifying programs and meeting virtually in 2020 and 2021 due to the pandemic, participants and volunteers gathered in person for the 2022 PATHSTAR Alcatraz Swim Week, celebrating being back in the bay with the October 18 Alcatraz swim. Lora Catches (Oglala Lakota from Pine Ridge, South Dakota), a 2019 and 2022 PATHSTAR Alcatraz swimmer, wrote:

"Thank you all for the genuine support! We swam in that big scary ocean to pray for the health and healing of our people, Oglala Lakota Nation, and all Indigenous people! For those who sacrificed for us to be here today, for those who can't, and for the next seven generations of our people. We are grateful and blessed for the important, loving relationships we received and hold you all close to our hearts! All the education, life skills, coaching, love, and support will continue to ripple!!! — Philámaya"

PATHSTAR is currently offering individual conversations and coaching to interested candidates. We encourage you to learn more about this life-changing program by visiting their website at [www.pathstar.org](http://www.pathstar.org) and to request a conversation with a member of the PATHSTAR team by emailing [info@pathstar.org](mailto:info@pathstar.org).

**There is a fee to participate in PATHSTAR and Chapa-De can help!** If you or a family member are interested in applying, please contact the Chapa-De Diabetes Department at (530) 889-3765. Chapa-De is dedicated to preventing type 2 diabetes and this program is a great way to challenge your body mind and soul, by changing your eating habits and being more active wherever you are in your health journey.







## AUBURN BIG TIME POW WOW

In October, Dancers from all over the United States and even some from Canada attended the Auburn Big Time Pow Wow, which was organized by Sierra Native Alliance.

Chapa-De's Diabetes and Substance Use Disorder teams worked together to have a booth at the event. They handed out posters, reusable water bottles, and information to the community. They talked with attendees about services and programs available at Chapa-De. Chapa-De also helped to sponsor the Elder's and Dancer's Dinner. For this gathering, a Native Chef prepared a delicious meal using traditional Native foods. They made salmon, wild rice and seasonal squash for dinner. It was an amazing treat!

We'd like to extend our gratitude to Sierra Native Alliance for their hard work in organizing such a successful and meaningful event!





## CHAPA-DE HONORS ORANGE SHIRT DAY

On Friday, September 30th, the Chapa-De Team participated in Orange Shirt Day. This international day of support was started by the Orange Shirt Society in Canada and is also known as Canada's National Day for Truth and Reconciliation. Orange Shirt Day, and its important purpose, has spread to the United States and other countries over the years. Now, people throughout the world wear orange on September 30th each year in recognition of the harm the residential school system did to children's sense of self-esteem and wellbeing and as an affirmation of our commitment to ensure everyone matters.

To learn more about Orange Shirt Day or to purchase an official orange shirt, please visit: [orangeshirtday.org](https://www.orangeshirtday.org)



## ALCATRAZ UNTHANKSGIVING GATHERING

Each year, on what is commonly known as Thanksgiving Day, there is a ceremony on Alcatraz Island to remember the Indigenous nations of the Americas. The gathering started back in 1975 when the occupiers stood to voice their rights. The Unthanksgiving gathering has grown over the years and has become a symbol of the strength, resilience, and unity of Native People. The ceremony is open to everyone and starts at sunrise with singing, dancing and prayer.



*Photos provided by Sam Lopez who attended the 2022 gathering.*



## SQUASH AND APPLE SOUP WITH FRESH CRANBERRY SAUCE

This rich flavorful soup has a creamy texture without the cream.

### INGREDIENTS:

2 tablespoons sunflower oil

1 wild onion, chopped, or ¼ cup chopped shallot

2 pounds winter squash, seeded, peeled, and cut into 1-inch cubes

1 tart apple, cored and chopped

1 cup cider

3 cups Corn Stock, or vegetable stock

1 tablespoon maple syrup or more to taste

Salt to taste

Sumac to taste

Cranberry sauce, or chopped fresh cranberries for garnish

Heat the oil in a deep, heavy saucepan over medium heat and sauté the onion, squash, and apple until the onion is translucent, about 5 minutes. Stir in the cider and stock, increase the heat, and bring to a boil. Reduce the heat and simmer until the squash is very tender, about 20 minutes. With an immersion blender or working in batches with a blender, puree the soup and return to the pot to warm. Season to taste with maple syrup, salt, and sumac. Serve with a dollop of Cranberry Sauce.





## CHAPA-DE ELDER'S CHRISTMAS PARTY

It was a drizzly December morning here in beautiful Northern California at the Ridge Golf Course, and we set the day off right with a Prayer. The room was decorated with festive holiday music playing in the background, and our Elder's laughter and conversations filled the room. It was technically a Holiday Party, but it felt more like a family reunion.

KC Fallon, our very talented Master of Ceremonies, raffled off gifts with charm and charisma. I, Holly Castro from the Chapa-De SUD Team, personally couldn't help but be completely distracted by all the beaded jewelry that was being worn and thinking of the hands that made them. Our people's rich history and the stories that were being shared were priceless. I heard stories of early Chapa-De, some who have been there since our beginning. They witnessed our growing pains and shared how it affected so many lives for the better (even if the phone systems sometimes give them headaches!).

There were many people who hadn't gotten together since before the pandemic and were able to reconnect. Some of us got to share stories about ones that we lost and honor them. The conversations that were had felt rich and warm. The room had a spot that was decorated for picture taking and we were graced by Santa; because everyone there was surely on "The Good List" (insert hearty laugh please)! Gifts were passed out at the end and our bellies were filled with delicious food. Being able to reconnect, hug each other, and share stories honors our people in a good way. It is in our DNA to connect just like this and I know myself and many others I spoke with were honored to be a part of this. Thank you to all of you wonderful people who showed up. I hope you know today and every day how important you are, not only to us, but future generations. With you all around sharing your stories and wisdom, it just keeps getting passed on. We hope you have a blessed New Year. A'ho all my relations.



# CHAPA-DE'S DIABETES PREVENTION PROGRAM RECOGNIZED

Chapa-De's Diabetes Prevention Program (also known as DPP) has been awarded Full Plus Recognition from the Centers for Disease Control and Prevention (CDC). This recognition means our program is effective and has met strict requirements and outcomes as required by the CDC.

The Diabetes Prevention Program has been available to Chapa-De patients for over 10 years. It is a year-long program that focuses on improving health by becoming physically active and losing a moderate amount of weight. These lifestyle changes have been proven to reduce or delay the risk of diabetes by up to 58% and this increases to 71% for those over age 60.

Our Diabetes Prevention classes start throughout the year, with our next groups starting in February 2023!

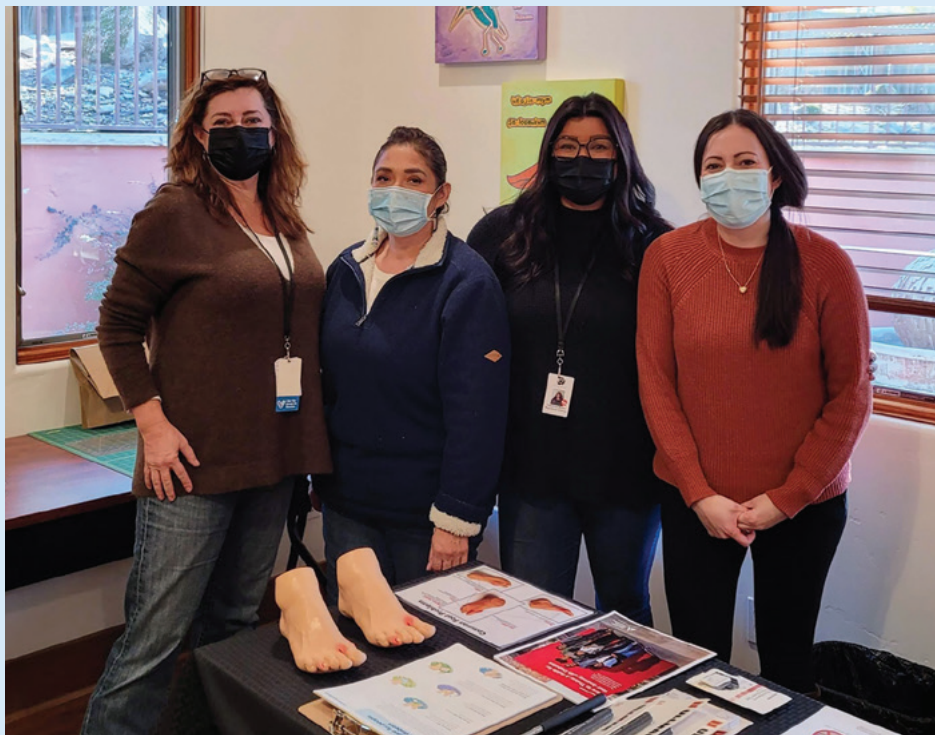
There are two options available: Wednesdays 10:00–11:00 a.m. or Thursdays 5:30–6:30 p.m.

**The program includes:**

- 10 weekly classes and 6 bi-weekly sessions followed by monthly classes
- Two Lifestyle Coaches (Sherri & Jay) to support you though the program
- Nutrition counseling to lose weight in a healthy way
- Exercise counseling modified to your needs and level
- Help with dealing with stress
- Group discussions to help you learn from others

*If you are interested in joining DPP, please call the Chapa-De Diabetes Department at (530) 889-3765.*

## FREE HEALTH SCREENINGS AT ELDER'S CENTER



On November 17th, members of Chapa-De's Diabetes Program provided free blood pressure checks, weight and height checks, A1C screenings, diabetic retinopathy screening, and foot checks to tribal members at the United Auburn Indian Community Elders Center.

*From Left: Chapa-De Diabetes Program Staff Members Sherri Mac Millan, Viola Lopez, Cheyenne Mulder, and Brenda Homan.*



# EVENTS & GATHERINGS

## Dates to Remember

### April Moore Memorial Scholarship Applications Are Due – February 28th

Chapa-De offers the April Moore Memorial Scholarship to local American Indian/Alaska Native students. Applications are being accepted for the 2022–2023 school year. This scholarship is in memory of April Moore. April served on the Chapa-De Board of Directors for 26 years. She dedicated her life to advancing the lives of AIAN people. The annual scholarship awards \$1,000 to a local AIAN student. The student must be attending or planning to attend college or a technical, trade, or vocational school.

For more details and the application form, visit <https://chapa-de.org/wp-content/uploads/2019/12/April-Moore-Memorial-Scholarship-Application-2019.pdf?x14164>

### Northern California Indian Development Council Scholarship Applications are Due – February 28th

NCIDC's objective is to support Native people in obtaining education or training so they can reach their full potential. This scholarship is intended to help American Indian, Alaskan Native, and Native Hawaiian students/trainees who live in California or are members of California Tribes. Learn more at:

<https://www.ncidc.org/ncidc-scholarship-program>

### Seeking Pre-1992 Chapa-De Photos and Memories Due March 1, 2023

The Chapa-De News Team is working on a project to tell the story of Chapa-De's origins and how it grew from a one-chair dental office in the 1970s to the busy health center we are today. We are also looking for photos of the old Chapa-De facility and staff. If you or someone you know has knowledge or photos of Chapa-De's early days (prior to 1992), please email us at [Newsletter@chapa-de.org](mailto:Newsletter@chapa-de.org) or call us at (530) 887-2847. You can also take pictures of your old photos and send them to the same email address. For each picture you send, your name will be entered in to raffle drawing to win a prize!

### To be released Spring 2023: *Killer of the Flower Moon*

Directed by Martin Scorsese starring Leonardo DiCaprio, Robert DeNiro, and Lily Gladstone. Based on the best seller by author David Grann about numerous suspicious deaths of the Osage people (1910s–1930s) that ultimately led to the creation of the FBI.

## 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

### Chapa-De Alcohol Use Disorder Group – Coming to our Grass Valley location in February

Please call (530) 477-8545 for more information.

### Yuba-Sutter Winter Pow Wow

February 18, 2023 • 11:00 a.m. – 6:00 p.m.

Marysville Youth Center, 1830 B Street, Marysville, CA

All drums welcome, all dancers welcome, public welcome, no admission fee. For more information please call (530) 749-6196 or email [pbennett@mjusd.k12.ca.us](mailto:pbennett@mjusd.k12.ca.us)

### 13th Annual Cal Poly Humboldt California Indian Big Time & Social Gathering

April 8, 2023 • 11:00 a.m. – 6:00 p.m.

Humboldt State University, West Gym  
1 Harpst St, Arcata, CA 95521

For more information, please see <https://newsfromnativecalifornia.com/event/2023-california-indian-big-time-social-gathering/>

## Murdered and Missing Indigenous Women Awareness Day

May 5, 2023

Every year, there are marches, protests, bike rides, fundraisers, and more to raise awareness for the MMIW cause and fight against the injustice that's happening to Native women and their families every day. Join Chapa-De in wearing red and find other ways to support the movement at <https://www.nativehope.org/missing-and-murdered-indigenous-women-mmiw>.

## 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.

### Resilience Radio with Miss Jiff

Thursdays 10:00 – 11:00 a.m.

KVMR Radio 89.5 FM in Grass Valley region

Native American and Indigenous Peoples Music

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

For more information call (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

## TAKE A HIKE!

Cooler temperatures in the winter and spring make it a great time to get out and see some of our local hiking trails. [AllTrails.com](https://www.alltrails.com) and its free mobile app are good resources for finding hiking routes throughout North America. Be sure to check with local resources about weather conditions or safety alerts before setting out. Take a fully charged phone, water, snacks, and wear proper clothing and footwear. It's always a good idea to let a friend or family member know where you are going and when you are expected to return.

### Here are two local trails that we recommend and that you can find on All Trails:

#### Hidden Falls Trail • Moderate – Newcastle, CA

Get to know this 3.3-mile loop trail near Newcastle, California. Generally considered a moderately challenging route. This open year-round trail is a very popular area for hiking, so you'll likely encounter other adventurers. Dogs are welcome but must be on a leash.

#### Note:

- A parking permit is required, and they often sell out days in advance.
- As of April 2021, a reservation is required for weekend and holiday visits. Please see the park website for more information: <https://www.placer.ca.gov/6106/Hidden-Falls-Regional-Park>  
[www.alltrails.com/trail/us/california/hidden-falls-trails?u=i](https://www.alltrails.com/trail/us/california/hidden-falls-trails?u=i)

#### Litton Trail • Easy – Grass Valley, CA

Sweeping along the north side of the Chapa-De property in Grass Valley is an easy loop trail under 2 miles long. It is a well-loved gem in the community and is used by walkers and runners. The trail is open year round and is even pleasantly cool in the summer under the canopy of large oaks and pines.

[www.alltrails.com/trail/us/california/litton-trail?u=i](https://www.alltrails.com/trail/us/california/litton-trail?u=i)



**Chapa-De Indian Health**  
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 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.**

**FEBRUARY 2023**

# CHAPA-DE *News*



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