



**CHAPA-DE**  
INDIAN HEALTH

**Passionate People.  
Compassionate Care.**

**AUGUST 2023**

# CHAPA-DE News



IMAGE BY DAVID MARK

## COMING HOME: BRINGING BISON BACK FROM THE BRINK OF EXTINCTION

It was estimated that more than 60 million bison once inhabited North America. They roamed from Mexico through the Great Plains into Canada. By 1885, they had reached the brink of extinction. In an effort to control and eliminate the Native People, the U.S. Military spearheaded the mass killing of bison to cut off their primary food source. The plan was to deprive American Indians of their freedom, force them onto reservations, and create a dependency on government food subsidies. Other factors like the price

paid for their hides and campaigns by the railroad to eliminate them contributed to the annihilation of this majestic mammal. It is estimated that less than 600 of the animals were left on earth. The trauma of losing these life-sustaining animals devastated the tribes that coexisted with them. That trauma can still be felt today.



*1892 Photo Michigan Carbon Works, Burton Historical Collection, Detroit Public Library.*

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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, the United Auburn Indian Community.



Brenda Adams,  
Chair



Gene Whitehouse,  
Secretary



David Keyser,  
Vice-Chair



Jason Camp,  
Member



John L. Williams,  
Member

## MEETING A HERO

### My Visit With American Indian Olympian Billy Mills

I recently was given an opportunity to attend an event that featured Native American Olympian Billy Mills. It was great to finally meet a hero that has always been the pride of the Oglala Lakota (Sioux) and other tribal nations. Billy Mills won the gold medal in the 10,000 meter race in 1964. I encourage you to see the movie "Running Brave" to learn about Billy's journey. His story is emotional and resilient. He has used his status to help his reservation and other populations across the country. He is the co-founder of Running Strong for the American Indian Youth. Running Strong invests in the future of native youth by supporting education, mentorship, and dreams. I was excited and nervous but so grateful to have met a hero from my people the Oglala Lakota (Sioux) nation.



### Chapa-De In The Community: VISIT TO UAIC TRIBAL SCHOOL

On April 17 and April 24th, Jay Sanchez, Sherri Mac Millan and Katy Ellis from the Chapa-De Diabetes Department taught 5-8th graders at the UAIC Tribal school about the importance of exercise and eating healthy foods. Demonstrations included the amount of sugar we drink in our cold coffee drinks, and healthy options for snacks.





# PEEK INSIDE THE NEW GARDEN AT CHAPA-DE'S GRASS VALLEY CAMPUS

After a cool wet spring, the new garden at our Grass Valley Health Center was planted May 10, 2023. Tomatoes, peppers, squash, cucumbers, sunflowers, sweet basil, and eggplant now fill the beds. Deer tolerant herbs like rosemary, thyme, oregano, and marjoram were planted outside the gate. Lavender and catmint were added to attract pollinators. Our Diabetes Department gives the vegetables to patients to encourage healthy eating.



## ATTENTION AMERICAN INDIAN SINGERS AND DANCERS

Chapa-De would like to feature local American Indian singers and dancers at our annual Honored Elders Christmas Party in December.

If you or someone you know would be interested, please contact Sami Enos at [senos@chapa-de.org](mailto:senos@chapa-de.org) or 530-863-4682 for more information.





# RECOVERY HAPPENS: HELP IS AVAILABLE FOR ALCOHOL USE DISORDERS

We all have seen the devastation of alcohol in our communities. It has been a thorn in the side of native people for hundreds of years. It was documented as a concern as far back as 1722. That year, Mohican Chief Aupaumut spoke to the European leaders in his region (which is now the Hudson Valley of New York) in an attempt to stem the flow of alcohol to his people.

“When our people come from hunting to the town or plantations and acquaint the traders and people that we want powder and shot and clothing, they first give us a large cup of rum. And after we get the taste of it, crave for more so that all the beaver and peltry we have hunted goes for drink, and we are left destitute either of clothing or ammunition. Therefore we desire our father to order the tap to be shut and to prohibit selling of rum; for as long as the Christians will sell rum, our people will drink it.”

— Chief Aupaumut

Alcohol is not indigenous to First Nation people. It was brought here to Turtle Island from across the sea. It has been the downfall of many good people and has impacted us in more ways than we can conceive. Yet, there is hope. Help is available to those of us who suffer with alcohol use disorders. Recently, Chapa-De added a new program that offers support from a medical and mental health viewpoint.

Our new Alcohol Use Disorder Group is now available in Grass Valley. The group is led by a Doctor, Nurse and Therapist. We are using SMART recovery workbooks and the content helps us to look at our thoughts, feelings and behaviors. It brings attention to how our thinking impacts our life. It's about everyday life, the way our thoughts contribute to it and how to return to health. Since there is no spiritual component there is no competition with Alcoholics Anonymous (AA) or Red Road to Wellbriety.

If you or someone you know is struggling, please know that Chapa-De is here to help. Addiction is a no fault illness and there are many good resources in our communities. There are also medications that may be helpful and your Chapa-De medical provider can help you join the Alcohol Use Disorder Group. Our team can also help connect you with other programs and resources like the native recovery facilities listed below. Please feel free to reach out to us if you are interested in learning more.

## Native recovery facilities:

### Friendship House

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

### Native Directions

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

### Sierra Tribal Consortium

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

### Tule River Alcohol Program

<https://tulerivertribe-nsn.gov/trap/>

### Desert Sage Youth Program

<https://www.ihs.gov/california/index.cfm/yrtc-project/>







## ADISTIIN: SIGNIFICANCE AND USE OF NAVAJO STIRRING STICKS

Traditionally, cornmeal mush was prepared by the Navajo people using a cooking utensil called stirring sticks, mush sticks, or adistsiin. The sticks are a common household item in Navajo homes, where they are hung in the kitchen. They are made from the stems of the greasewood plant (*Sarcobatus vermiculatus*) and are used to make Navajo corn cake (alkaad) during a girl's kinaalda or coming of age ceremony. The sticks, usually tied in a bundle of five or seven and used like a whisk, represent comfort and abundance. When a person has them, it is said that your household will never be without food. They can be passed down through generations during kinaalda, given as wedding gifts, or as a gift for a new home.

### Sources and learn more:

- <https://www.youtube.com/watch?v=AleXNvLurec>
- <https://www.facebook.com/HIPNativeAmericanIndians/posts/4490848217623375/>

## Fancy Navajo Blue Corn Mush Recipe *Yields: 2-4 servings*

### Ingredients:

- 1 cup roasted blue cornmeal
- 1 teaspoon juniper ash\*
- 3 cups water
- Optional toppings – honey, chia seeds, fruits, butter, salt

### Directions:

1. In a medium sized saucepan, boil 2 cups of water with juniper ash.
2. In a medium sized cup, add in blue corn meal and 1 cup water and mix thoroughly
3. Turn heat down to medium low and slowly add in blue corn mixture into boiling water and stir until fully combined
4. Continue to stir blue corn mush for 3 minutes to make sure there aren't any lumps. Let it boil for another 5-10 minutes stirring occasionally.
5. Remove from heat and top with your favorite toppings



Ancient people discovered how to get the most nutrition out of corn. By mixing corn with an alkaline solution of lime or ash, then the niacin, also known as vitamin B3, becomes available for digestion and the amino acid profile and calcium of the corn is improved. The process is called nixtamalization.

### Sources and more information:

- <https://thefancynavajo.com/2020/07/14/fancy-navajo-blue-corn-mush-recipe/>
- <https://thekidshouldseethis.com/post/blue-corn-mush-indigenous-science-recipe-video>

\* Juniper ash can be found online at: Gad bee leeshch'iih (Juniper Ash) – Navajo Agricultural Products Industry (<https://napi.navajoprize.com/product/gad-bee-leeshchiih-juniper-ash/>)

## COMING HOME: BRINGING BISON BACK FROM THE BRINK OF EXTINCTION

Continued from page 1



IMAGE BY BERNHARD JAECK

**“A cold wind blew across the prairie when the last buffalo fell, a death wind for my people.”**

**– Sitting Bull (Lakota)**

Finally, after 130 years, bison are once again populating the land. The bison are coming home. Native tribes along with partners like the National Wildlife Federation, NGO Defenders of Wildlife, the Wildlife Conservation Society, and even the U.S. Department of the Interior are working to restore bison herds to their land. LeRoy Little Bear, a professor at the University of Lethbridge explains, “The buffalo”, as Native Americans call them, “are not just sustenance, they play an integrated role in the spiritual and cultural lives of Native People.”

Today more than 80 tribes are bringing the buffalo back to their way of life. It is an effort to restore natural ecosystems, reconnect to culture, and reduce food insecurity. Troy Heinart, Executive Director of the Intertribal Buffalo Council said the pandemic made many tribes aware of the vulnerability of their food supply. “When the trucks stopped coming in, it was rural and reservation communities that got hit the hardest. Our people don’t have the ability to travel long distances to find new food sources.” In my language there is a saying “Pte Oyate Zani hechi, Hu nupa ki Zani pi kte” which translates to “when the buffalo are healthy, the people are healthy.” A 2022 study by the American Society of Nutrition revealed almost 50% of American Indian households experienced food insecurity. The 2023 Farm Bill could provide more permanent stability by giving tribes the ability to purchase locally grown and tribally grown food products, including buffalo, for their people. Already positive changes are starting to take place.

U.S. Interior Secretary, Deb Haaland, says her agency will work to restore more large bison herds to Native American lands. Haaland, the first Native American to serve as a U.S. Cabinet Secretary, said the bison remain “functionally extinct” and more work is needed to return the animals to tribal lands and restore the grasslands they depend on. On March 3, 2023 she announced \$25 million in federal spending for bison conservation and asked the government to tap into indigenous knowledge to help conserve the animal. She said, “This holistic effort will ensure that this powerful sacred animal is reconnected to its natural habitat and the original stewards who know best how to care for it.”



This year the USDA is proud to offer a new grant program to improve tribal nations food resiliency and increase traditional indigenous meats like bison, reindeer, and salmon back to tribal members. The \$50 million Indigenous Animals Grant program will help fund projects that support the growing and harvesting of culturally appropriate foods. “This is a historic investment to support indigenous food supply chains by enhancing community food sovereignty and traditional harvesting methods” said USDA Office of Tribal Relations Director Heather Dawn Thompson.

Bison meat is lower in calories and saturated fat than beef. This makes it a more heart healthy choice. It also contains more protein, omega 3 fatty acids, and micronutrients like B-12, zinc, iron, and selenium. Bison meat does not contain the antibiotics or hormones often found in beef.

From beard to tail, all parts of buffalo were used by the Indians. Nothing was wasted.



Source: <https://storymaps.arcgis.com/stories/01cfd5704b3b45b48a55a596a88fb4d5>

Bringing the bison home also benefits the ecosystem. North America used to be covered in vast expanses of tallgrass prairie teeming with wildflowers and wildlife. Only 15% remains today. The bison evolved with that ecosystem and helped maintain the delicate balance. Bison are a keystone species. They are the largest mammal in North America. They only eat perennial

grasses and leave the slower growing wildflowers alone. “They are essentially giant lawnmowers,” says Holly Jones, an ecologist at Northern Illinois University. This creates habitat for pollinators and other fauna that need wildflowers to survive. Bison hooves are more pointed than cattle hooves and cut into the earth leaving indentations where seeds can grow. Their favorite food happens to be new grass growing after an area has burned. Native Americans regularly used controlled burns to manage habitat and game.

Today there are still fewer than half million bison in the United States. Hopefully those numbers will continue to increase. In 2016, the American Bison was declared the National Mammal of the United States. On December 9, 2021 Congress passed H.R. 2074 “Indian Buffalo Management Act” to assist tribal governments in the management of buffalo habitat and the reestablishment of buffalo on Indian land. Within that act it is noted that Congress finds:

- 1) Buffalo sustained a majority of Indian Tribes in North America for many centuries before buffalo were nearly exterminated by non-Indian hunters in the mid-1800’s.
- 2) The historical, cultural, and spiritual connection between buffalo and Indian Tribes has not diminished over time.
- 3) Indian Tribes have long desired the reestablishment of buffalo throughout Indian country for cultural, spiritual, and subsistence purposes; and

**It’s time for them to come home.**

### Sources and more information:

- [www.congress.gov/bills/117th-congress/house-bill/2074/text](http://www.congress.gov/bills/117th-congress/house-bill/2074/text)
- [www.usda.gov/iag](http://www.usda.gov/iag)
- <https://www.theguardian.com/environment/2018/dec/12/how-native-american-tribes-are-bringing-back-the-bison-from-brink-of-extinction>
- [storymaps.arcgis.com/stories/01cfd5704b3b45b48a55a596a88fb4d5](https://storymaps.arcgis.com/stories/01cfd5704b3b45b48a55a596a88fb4d5)
- [www.smithsonianmag.com/blogs/national-museum-american-indian/2022/09/13/return-national-icon/](http://www.smithsonianmag.com/blogs/national-museum-american-indian/2022/09/13/return-national-icon/)
- [www.doi.gov/pressreleases/interior-department-announces-significant-action-restore-bison-populations-part-new](http://www.doi.gov/pressreleases/interior-department-announces-significant-action-restore-bison-populations-part-new)



## CONGRATULATIONS TO OUR 2023 APRIL MOORE MEMORIAL SCHOLARSHIP RECIPIENTS!

Chapa-De is proud to award five scholarships this year as part of the April Moore Memorial Scholarship program. Each recipient will receive \$1,000.00 for the 2023-2024 school year.

**Blake McMillan** graduated from Del Oro High School and is attending the Welding Technology Program at Butte College. He hopes to run his own construction company one day, where he plans to give back to his American Indian community by employing them and giving them opportunities to grow.

**Leah Ellis** recently graduated from the University of Nevada, Reno with a bachelor's degree in psychology and is now pursuing a master's degree. Her career goals include becoming a Licensed Professional Counselor to provide services to the Native American community as well as other underserved populations. She plans on practicing therapy in her hometown of Grass Valley.

**Molly Briggs** will be attending Baylor University this fall, majoring in Business Finance and minoring in Economics. After graduating college, Molly hopes to work in investment banking for a Native American tribe. Her mom and aunt both do investments for their tribe and she would like to follow in their footsteps.

**Zachary Hatten** attends Sierra College and is studying Nursing. He plans on becoming a Registered Nurse in either the Emergency or ICU departments. Knowing that minorities often face healthcare disparities, he hopes to use his career to save lives in the American Indian community. As a descendant of the Karuk Tribe, it is part of his life's mission to ensure good health for his fellow tribal members.

**Zoey Hatten** will be attending Sierra College this August with hopes of one day entering the medical field. Her career ambitions include becoming a nurse, inspired by both her grandmother and her brother who is also currently pursuing nursing. Zoey plans to use her education and career as a nurse to give back to her Native people.

### What is the April Moore Memorial Scholarship Program?

April Moore served 26 years as a Board Member and Chair of Chapa-De Indian Health before passing away in 2015. She spent her life working to advance the American Indian Community and helped make Chapa-De the compassionate and robust healthcare system that we are today. One of the ways April Moore's memory and legacy lives on at Chapa-De is through this scholarship program. American Indian students who are attending or planning to attend college or a technical, trade, or vocational school are eligible to apply each year.

Visit [chapa-de.org](https://chapa-de.org) for more information on how to apply.





## MEDICINE WHEEL TEACHING ON STAYING IN BALANCE

There are many teachings around the medicine wheel that have been handed down throughout the generations and various tribes. There are teachings around the directions, seasons, people, animals... the list could go on and on. Please know they are all wonderful teachings and worth learning! This is just one of the many teachings on the Medicine Wheel that may be helpful to you.

There are four quadrants on the medicine wheel. The colors on the wheel are red, yellow, black and white. In this teaching, the colors represent the four aspects that make up humans; **mental, physical, spiritual and emotional**. We are always striving to maintain harmony and balance in life. As we all know, issues arise and we can find ourselves in disharmony. Here is one example of how we get off balance and how to find our way back.

Imagine, if you will, you get an unexpected bill in the mail and begin to think, "how am I going to pay this?" Your thoughts (**mental**) are captivated with worrying and concern over this bill. When our thoughts are happening, it begins to flood the body with stress hormones. We feel tension (**physical**) in our shoulders, get stomach aches, raised blood pressure and headaches etc.. Once this happens, we experience anxiety, worry and stress (**emotional**). After the cascade of things that our mind, body and emotions just experienced over this bill we can lose faith (**spiritual**) that it is going to be ok, have a loss of hope and can feel spiritually disconnected.

This is just one example of countless ways our "medicine wheel" can get out of balance. However, here's the good news! We can find our way back to harmony.

### We find ourselves out of balance and decide to;

- a. Go for a walk and call a friend to talk about what's happening (**physical and emotional**)
- b. Take a bath and relax your body while imagining the stress leaving your body (**physical and spiritual**)



- c. Go to Yoga and have a guided meditation at the end (**physical and spiritual**)
- d. Attend a therapy session and process the feelings that come up (**mental and emotional**)
- e. Get a pinch of tobacco, offer your prayer, burn some sage, or go to a sweatlodge (**spiritual**)
- f. Listen to some music and dance to release stress (**physical**)

There are many ways to find our way back to harmony and these are just a few examples on the teachings of the medicine wheel. Dealing with life is not always easy but having healthy coping skills can be a game changer! Feel free to try any of these if they are appropriate for you and we'd love to hear from you on what works for you. A'ho all my relations. We are all connected.



## SEPTEMBER IS HEALTHY AGING MONTH: TIPS FOR ENJOYING A LONG HEALTHY LIFE

Aging is a universal experience. It happens to all of us. However, we do not all experience aging in the same way. Having grown up around both Native and non-Native families, I've noticed there are differing perspectives on growing older in both cultures. Native people value their Elders who hold an esteemed place in the family and are respected for their wisdom and knowledge of traditional ways. Native communities also embrace a more holistic view on aging. Many believe that our bodies are a sacred gift handed down from our ancestors. As a result, many Native cultures tend to view aging in a more positive light.

Unfortunately, the impacts of colonization, loss of culture and traditional lifestyles, ongoing grief and trauma and the lack of basic needs have impacted American Indians' health, causing many to struggle with chronic illnesses later in life. This can impact our mobility, independence, our ability to enjoy the things we used to, and ultimately shorten our lifespan. Here are some obvious and maybe not so obvious tips from the National Institute on Aging for enjoying a long healthy life:

- **Activity.** Everyone knows that exercise is important for good health. But I like the word "activity" better than exercise. When you're being active and moving your body, you're getting exercise but the focus is on the activity and not the physical exertion. Gardening, walking the dog, playing with your children or grandchildren, shopping and any activity that gets you moving contributes to reducing chronic illnesses, such as diabetes, high blood pressure, and heart disease.
- **Eating.** Making smart food choices can protect you from certain health problems as you age and may even help protect brain function. Studies show that eating more fish and leafy green vegetables are two small changes that can help you to stay healthy.
- **Sleep habits.** Getting 7 to 9 hours of good quality sleep each night is important for energy levels, feeling alert and improving mood, memory and concentration. There are a lot of new studies available now that link poor sleep with chronic illnesses, depression and memory loss. One of the main things you can do to improve the quality of your sleep is get plenty of physical activity during the day.
- **Tobacco use.** Traditional tobacco has been used by American Indian tribes for centuries as a medicine with cultural and spiritual importance. Commercial tobacco, however, is mass produced, sold for profit and contains thousands of chemicals that are addictive and cause cancer and other chronic illnesses. No matter how old you are or how long you have been smoking, quitting can benefit your health and possibly add years to your life.
- **Alcohol and drug use.** Adults of all ages should limit their use of alcohol, and older adults are particularly vulnerable to the effects of alcohol and to alcohol misuse. Heavy drinking over a period of time can lead to premature aging of the brain and contribute to poor heart health. In addition to being cautious with alcohol, older adults should be aware of other substances that can be misused or abused. Because older adults are commonly prescribed opioids for pain and benzodiazepines for anxiety or trouble sleeping, they may be at risk for misuse and dependence on these substances.
- **See your doctor regularly.** Going to the doctor for regular health screenings is essential for healthy aging. A 2021 study found that getting regular check-ups helps doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. People who went to the doctor regularly also reported improved quality of life and feelings of wellness. Seeing a doctor regularly can also ensure you are up to date with screenings and vaccines that can help prevent illness or disease, such as influenza, pneumonia, shingles and Respiratory Syncytial Virus (RSV).
- **Spiritual well-being.** The National Institute on Aging did not include this one but I added it because I believe that it is just as important as physical and mental health and essential to our overall sense of well-being, especially in Native cultures. Spirituality



is individualistic and can mean different things to different people, but it generally refers to the broad concept of a belief in something beyond the self. For some, that might mean belonging to a church or participation in an organized religion, and for others it might be a private practice or set of beliefs. Having a sense of connection to whatever we believe that higher power is or incorporating spirituality into our daily lives, whatever that looks like (meditation, prayer, appreciation, etc.) is good for the mind, the body, and the soul.

- **Take care of mental health.** Mental health, or mental wellness, is essential to your overall health and quality of life. It affects how we think, feel, act, make choices, and relate to others. Managing social isolation, loneliness, stress, depression, and mood through medical and self-care is key to healthy aging. Participating in hobbies, activities and social contact is just as important to our health and well-being as all of the other healthy aging tips. Elder Centers are a great resource to support healthy aging. The services, activities, and friendly relationships help to keep our mind and body active.

#### **Auburn Senior Center**

11960 Heritage Oak Pl #15, Auburn  
 (530) 823-8172  
[auburnseniorcenter.com/](http://auburnseniorcenter.com/)

#### **Grass Valley Senior Center**

(coming soon)  
 231 Colfax Hwy., Grass Valley  
 (530) 615-4541  
[goldcountryservices.org/senior-center/](http://goldcountryservices.org/senior-center/)

### **Sources and more information:**

- <https://www.nia.nih.gov/health/what-do-we-know-about-healthy-aging>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8866315/>

## **IS ONE OF YOUR ELDERS HUNGRY?**

I was talking with my elder Mom on the phone one day and could hear her snacking on something. When I asked, "What are you eating, Mom?" She replied, "oh, I'm just having some of these little cheese crackers." "That sounds good," I said, "did you already eat lunch?" "No, I didn't feel like fixing anything" she answered. Just then, I realized I needed to check into this further.

I found out Mom, who used to love cooking, had pretty much stopped. I went to her house and opened the refrigerator. Except for a few frozen dinners, there wasn't much in there. I was disappointed in myself for not realizing this sooner. Questioning her, I found out she felt it was too much work to shop and cook for herself and she was probably not getting proper nutrition. Knowing this was likely going to be her norm from now on, I decided to look into available resources.

I found the Placer County SeniorsFirst Program and signed her up for Meals on Wheels. Most counties across the United States offer hot, nutritious meals for seniors, sometimes delivered right to their home regardless of income. My Mom looks forward to having her meals delivered three times a week and has gained some much needed weight. She enjoys the food and also likes to visit with the kind, friendly volunteers that deliver it. Ask your elder family members about their current eating habits and do some investigation. If you suspect that they may not be eating properly, please check out programs in your area.

The following links are for meal delivery programs for Placer, Nevada, Sutter, and Sacramento Counties as well as a list of programs across the United States.

- <https://www.mealsonwheelsamerica.org/learn-more/what-we-deliver>
- <https://seniorsfirst.org/2017/06/23/meals-on-wheels-placer-county/>
- <https://www.goldcountryservices.org/meals-on-wheels/>
- <https://www.mowsac.org/>
- <https://agencyonaging4.org/yuba-sutter-meals-on-wheels/>
- <https://auburnfoodcloset.org/wp-content/uploads/2023/01/Home-delivery.pdf>



*Our elders are very important. They are the knowledge keepers. It is their knowledge that connects us to our ancestors and connects us to our future generations. If we do not take the time to spend with our elders and listen then we will lose a part of who we are.*

## THE BLANKET STORY

Long time ago there was a young boy. He was lonely, he had lost his father to a battle and he lost his mother to a great sickness. He was unable to do the things for himself as he had no one to teach him. As he was wandering in the village he noticed an elderly couple having a hard time doing their chores. So he went to help them. They were appreciative and gave him a nice warm meal.

The next day he saw another elder struggling with a project so he went and helped him. Again he was given a warm meal. He thought to himself that this could be what he can contribute to the village. He can help chop and gather wood, he can collect water for elders that struggle. In turn the elders would give him warm meals, a safe place to sleep, make or mend his clothes. Then came a time that the elders had run out of things to give him. They started to teach him how to hunt and fish successfully. They showed him the plants, roots and berries to make medicines. They told him the stories and traditions of their people.

As he grew older, he wished for a family. A big family, many children so he would not be lonely anymore. He would go to his special place and pray, pray for a beautiful wife and many children. He goes to a mountain and builds a big house, big enough to hold a huge family. After a while he goes to a neighboring village and finds himself a beautiful wife. They like spending time together, making things together, enjoy each other's company.

One day they find out she is with child. This fills the young man with such joy and happiness that he has never known. He takes good care of her, this woman, this love of his life. On the day the baby came, he lost his best friend, he lost the love of his life. But he also gained a son. He loves his son and teaches his son how to talk, how to walk, how to hunt and fish. He shows him the plants, seeds and roots that make medicine. He teaches his son all the stories and traditions of their people that the elders had taught him. He teaches his son great respect for elders, all things and all people. His son has grown into a fine young man. He too wishes for a big family just like his father wanted.



The young man goes to a special place and prays for a beautiful wife and many children. The young man goes to a nearby village and finds a beautiful wife. This young man did not build his own house like his father had done, but this new wife needs a home to go to. They move in to his father's house since it is so big and they can raise a big family there.

They take good care of the home and soon find out they are with child. This fills him with the same joy his father had for him. The young man knows he has many responsibilities for his family. When the baby comes it is a boy. The young man is proud and happy and so is his father.

This young father has to spend a lot of time hunting, trapping, supplying the family needs. The young mother takes care of the duties around the house and tends to the garden and clothes.

This new grandpa loves and adores his grandson, he teaches him how to talk, how to walk, he teaches him about the plants, roots and berries to make medicine. He tells his grandson the stories and tradition of their people like the elders did when he was young.

As we get older things change. Grandpa's hands cannot hold things like he used to. His arms cannot carry things like they use to and his legs cannot carry him very far like they used to. He was not able to do chores that he use to do.



Grandpa's responsibilities fell on to the mother, she had to take care of the house, garden, cooking, cleaning and now the chores grandpa could no longer do. She managed for a time but it got too much for her and she got frustrated and irritated. One evening she took her husband aside and told him "I married you, not your father. I am here to take care of you and our son, not your father. You must tell him to leave" The husband gets upset and tells her "I love my father, He taught me how to hunt, to fish, to gather medicine. This is his house, how can I tell him to leave?" She tells him if he does not, then she will take their son and leave. This put the father in a very tough situation. He goes to his special place to pray. He speaks his troubles. He loves his father he has taught me everything I know but I also love my son and I need to teach him what he needs to know. I have spent every day with my father. But I have a long ways to go with my son. He tells his wife that he cannot do it, she needs to tell him he has to leave.

She agrees but finds it difficult to do it too. So she calls her son in and gives him a blanket. She tells him to take this blanket and grab his grandpa by the hand and take him into the woods. Lead him as far south as you can then give him the blanket, he will know what to do and then you come back home. He is confused and ask his mom "when will grandpa come back home?" She tells him that he is never coming back home. The boy is upset and begins to cry and tells her that he does not understand, he asks her why she would make him do this to his grandpa. She yells at him not to ask strange questions of her and to just do what she says.

With a heavy heart and his head down, he takes the blanket and his grandpa by his hand and leads him as far south as he can.

When she sees her son coming out of the forest she goes to greet him. She sees that he has the blanket on his shoulder. She is infuriated and yells at him. I told you to give that you your grandpa, are you so shellfish and greedy that you kept it for yourself? Why did you disobey me?

The boy said he did as he was told. He took his grandpa as far south and gave him half of the blanket because one day he will give the other half of the blanket to her! The mother understood completely. She told him to get his grandpa and bring him back.

## COYOTE AND CROW

*From Navajo Life Series, Coyote Tales.  
 Collected by William Morgan*



One day Coyote was out walking.  
 He saw Crow.  
 Crow was holding his hat  
 Under his foot.

"What is under your hat?" asked Coyote.

"I have a bluebird under my hat," said Crow.

"Will you hold it for me a little while," asked Crow.

"I will hold it," said Coyote.

"Don't look under it," said Crow.  
 "Don't let the bluebird get away."

"I will hold it," said Coyote.  
 "I will hold it until you get back."

Crow flew away.  
 He flew behind a rock.  
 He could see Coyote, but Coyote could not see him.

Coyote looked all around.  
 He did not see Crow.  
 He looked at the hat.  
 "A bluebird," he thought.  
 "A nice bluebird. Crow is gone.  
 I'll eat the bluebird."  
 He looked around again.  
 He raised the hat carefully.  
 He grabbed—but it wasn't  
 A bluebird.  
 It was a cactus.

"Caw, caw, caw," said Crow from  
 Top of the rock.

Coyote was angry.  
 He sat down to pick the thorns  
 Out of his foot.  
 "Caw, caw, caw," said Crow again  
 And flew away.





# CELEBRATIONS, GATHERINGS & EVENTS

Do you have an announcement like a graduation you would like to share with the community? We would love to hear it! Email: [newsletter@chapa-de.org](mailto:newsletter@chapa-de.org)

## California Indian Day

September 22, 2023

*Chapa-De will be closed in observance*

## November is Native American Heritage Month

<https://nativeamericanheritagemonth.gov/>

## Big Times, Pow Wows, & Events

**Pow Wow Etiquette:** Behave respectfully and follow rules. While not specifically religious, there is a sacred and ceremonial aspect to them. Treat participants with respect. Ask permission before taking photos and never touch dancer's or singer's regalia. Regalia is the preferred term- "costume" is considered an insult.

### August 19, 2023

#### Yurok Tribe's 50th Annual Klamath Salmon Festival

190 Klamath Blvd., Klamath, CA 95548

Starts with a free Ney Puey 5k run at 10 a.m.  
Family friendly free event including Stick Game Tournament and Indian Card Games

Contact: Matt Mais [mmais@yuroktribe.nsn.us](mailto:mmais@yuroktribe.nsn.us)  
(707) 482-1350 x 1356

<https://calendar.powwows.com/events/yurok-tribes-annual-klamath-salmon-festival/>

### August 27, 2023 12:00–4:00 P.M.

#### California Indian Day Artist Showcase

California Indian Museum & Cultural Center  
5250 Aero Dr., Santa Rosa CA 95403

<https://cimcc.org/>

### Exhibit on display through September 15, 2024

#### Nampeyo and the Sityatki Revival featuring works by famed Tewa-Hopi potter Nampeyo

de Young Fine Arts Museums of San Francisco  
Golden Gate Park

50 Hagiwara Tea Garden Dr., San Francisco, CA 94118

<https://www.famsf.org/exhibitions/nampeyo-and-sikyatki-revival>

### September 15–17, 2023

#### San Manuel Pow Wow

5500 University Parkway, San Bernadino, CA 92407

<https://calendar.powwows.com/events/san-manuel-pow-wow/>

### September 22, 2023

#### California Native American Day at the State Capitol

10th and L Streets, Sacramento, CA 95814

<https://californianativeamericanday.com/>

### September 30–October 1, 2023

#### Santa Ynez Chumash Intertribal Pow Wow 2023

Santa Ynez, CA 93427

<https://calendar.powwows.com/events/santa-ynez-chumash-intertribal-pow-wow/>

### October 6-8, 2023

#### Stillwater Pow Wow 2023

715 Auditorium Drive, Redding, CA 96001

<https://calendar.powwows.com/events/stillwater-pow-wow/>



**October 7, 2023**

**31st Annual Berkeley Indigenous Peoples Day Pow Wow and Indian Market**

10am-6pm

Martin Luther King Way and Civic Center Park  
 Berkeley, CA

[www.idppowwow.org](http://www.idppowwow.org)

**October 13-15, 2023**

**Chukchansi 2023 Pow Wow**

711 Lucky Lane, Coursegold, CA 93614

[yosemitethisyear.com](http://yosemitethisyear.com)

**October 14, 2023**

**Auburn Big Time Pow Wow**

Gold Country Fairgrounds, Auburn, CA 95603

<https://www.sierranativealliance.org/events/>

**October 27-28**

**Native Arts Expo 7**

Mendocino Arts Center

45200 Little Lake Street, Mendocino, CA

Featuring a variety of arts from experienced and emerging Native artists. Traditional Pomo dancing exhibits and workshops (basket weaving, tule boats, painting).

**November 3-11, 2023**

**48th American Indian Film Festival**

San Francisco, CA

<https://www.aifisf.com/>

**December 2, 2023**

**Chapa-De's Annual Honored Elders Holiday Celebration**

The Ridge Golf Course & Event Center

2020 Golf Course Road, Auburn, CA 95602

RSVP to Sami Enos (530) 863-4682 or

Hernan Espinosa (530) 887-2800 x 9569

Find more events and news here:

<https://newsfromnativecalifornia.com/events/>

## Other Opportunities

### Seeing America Native Artists of North America

This is a fun interactive museum experience you can enjoy from your own home computer! It features more than 100 outstanding pieces. Use your cursor to travel through the museum at your own speed.

<https://newarkmuseumart.org/exhibition/seeing-america-native-artists/>

### Experience Native California

The State of California has teamed up with California Native Tribes to share their rich cultural heritage through travel and experiences.

<https://www.visitcalifornia.com/native/>

### Killers of the Flower Moon

Expected to be in theaters October 6, 2023

Based on true events of Osage murders and the birth of the FBI

Has received 96% rating on Rotten Tomatoes

*Call Chapa-De Community Health Representative Sami Enos at (530) 863-4682 if you do not have internet access and would like more information about any of these events or resources.*





**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 2023**

# CHAPA-DE *News*



IMAGE BY DAVID MARK

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