



**CHAPA-DE**  
INDIAN HEALTH

**Passionate People.  
Compassionate Care.**

**FEBRUARY 2024**

# CHAPA-DE News



## THE FIRST FLUTE: A TRADITIONAL STORY ABOUT LOVE

*Original Author Unknown*

A long time ago, there was a young boy. Now this young boy did not have strength or good looks or any talent that he knew of. He did not have the ability to talk or interact with others easily or comfortably. He was rather awkward so he would stay to himself. One day he saw a young girl, she was the most beautiful girl in the village.

He spoke with his mother, asking her what he could possibly do to catch this girl's attention. He was so nervous and said to his mother, "I am not good at anything and I am not good looking. What should I do?" His mother told him that to her, he was perfect, but she did not have the answers that he was seeking.

"I do not know what you need to do to get her to notice and like you," she said. She told him to go to a special place to talk to Creator, a special place that you can tell Creator your worries, your sadness, your wishes and dreams.

The boy found a nice tree in the forest. He sat at the base and began to pray and talk to Creator. He would do this every morning just before sunrise. He does not miss a day to ask Creator what can he do, how can he get this beautiful girl to notice him. He continues for quite some time. The boy did not know that there was a woodpecker that lived in this tree.

*Continued on page 3*

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**Grass Valley Health Center**  
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### 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
- Prenatal Care
- Substance Use Disorders
- Medical
- Pharmacy
- Classes and Support Groups
- Behavioral Health
- Diabetes Program
- Telehealth
- Optometry
- Lab/Phlebotomy

### 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

We acknowledge that we are on the traditional lands of the Nisenan, Miwok and Maidu, past and present, and honor with gratitude the land itself and the Nisenan, Miwok and Maidu people.

Sixth Annual Conference on

## NATIVE AMERICAN NUTRITION

September 10 - 12, 2023



## FOOD CONNECTS US: NATIVE NUTRITION CONFERENCE 2023

By Viola Lopez-Salinas

In September, Chapa-De staff from our Diabetes Department attended the Sixth Annual Native Nutrition Conference in Prior Lake, Minnesota. This conference included presenters and participants from around the country, including extended Native Lands in Alaska and Canada.

The conference featured presentations by Tribal and community leaders, nutrition experts, wellness educators, and health practitioners. Many of these sessions included topics that outlined the efforts that are being carried out on both local and legislative levels to improve the lives, health outcomes, and overall wellness of Native peoples from all walks of life and tribal affiliations. Poster presentations further expressed, in literature and statistical data, undertakings and challenges overcome by Native peoples and allies that are making a difference.

Of course, much of the conference was centered around food, including important topics such as food sovereignty, nutritional wellness and food access for Native populations. The conference also provided the experience of eating some of the traditional foods and dishes of various Native peoples. This insightful and tasty opportunity allowed us to gain knowledge about Native foods and food preparation. Ultimately, the conference reinforced that food is a part of our lives and culture. It binds us together throughout the generations. Our connection to food, the earth, and one another allows us to carry on storytelling and traditions.

## THE FIRST FLUTE: A TRADITIONAL STORY ABOUT LOVE

*Continued from page 1*

The woodpecker was very upset and angry at the boy for disturbing his sleep. Every day he wakes the woodpecker and the woodpecker has to listen to the boy's complaints, problems and prayers to Creator. It never changes, it's the same thing day after day after day.

On one windy night, the woodpecker was awoken by a whistling sound. He does not know what it is so he goes out to investigate. He finds a hollow branch, maybe from rot. He pecks at the tree branch to make it stop and as he does the whistling gets higher and higher in pitch. An idea comes to his mind, he can peck more holes into this branch, then he can dance on the holes and it will scare the boy when he comes to complain and it will chase him away. He can have his tree and peace and quiet back.

He waits for the boy to come, just like clockwork there is the boy. The boy sits down, "Creator, help me."

'The same thing over and over day after day,' the woodpecker thinks to himself. Suddenly, the winds starts to blow. The woodpecker starts dancing on the holes, making all kinds of noise. He is excited that he will scare the boy away and he starts dancing too hard. All of a sudden the hollowed branch breaks and falls on the boy's lap. All the sounds have stopped. The boy looks at the branch with holes in it. He turns it around and holds it up but he does not know what it is. Then the wind started to blow, and the branch began to whistle.

The boy noticed that when he moved his finger from one hole, it changed the pitch in the sound of the whistle. The boy looked up and said, "Thank you, Creator." The boy would continue to come to the tree every day before sunrise, but instead of complaining he would blow into the hollow tree branch. He noticed different sounds would come out of it as he moved his fingers from the holes.

Sometimes the sounds were nice and sometimes they were not, but the boy would practice and practice. He started to mimic the sounds of the birds. He would practice making pieces of notes and tunes from this hollow tree branch. Soon, he was playing beautiful songs and melodies. He thought this is how I will get the beautiful girl's attention.



He waited for her to collect water for the camp. When she came to the river edge, he got so nervous and had butterflies that he felt too sick to play for her. He tried again the next evening, but again, he could not play. On the third night, he no longer had the butterflies, so he began to play. He played the most beautiful song for this beautiful girl. When she heard the music, she quickly looked up. He noticed that she was looking at him, and he ran away.

He tried to hide the next day, but she found him. She asked him what he had in his hands and how did he make that sound. He told her, "I do not know what it is called, but I do know the feeling I have for you is the sound that comes out of this when I play it. So I call this thing Love."

**That is how he won her heart.**



# THE PERFECT IMPERFECT RELATIONSHIP

*By Martin Melgoza, PSYD*

If you are reading this right now, you have likely grown up with the belief that out in the world, waiting for you, is your perfect match. Someone who thinks like you, feels like you, loves like you and will meet all your physical and emotional needs. The reality however, is that there is no such thing as a perfect match. This means that there is no such thing as a perfect relationship. But what about all those couples who have been together their whole lives? Have you ever asked them if their relationship has been perfect all the time? Couples together for many years will likely agree with the notion that there is no such thing as a perfect relationship.

Chances are that you have experienced some good and not so great relationships in the past! Maybe your current relationship is one of those? Whether you are in a committed relationship right now or if you are single, you are likely still holding onto the idea that your current or future relationship needs to be perfect. Because of social media, more than ever before, it is easy to compare ourselves to our friends or influencers, feeling inferior based on the limited information we see. In the same way, both consciously and unconsciously, we are likely doing the same with our relationships and/or significant others. When we compare our loved ones to others, including those

partners we have had in the past, or fantasize about the relationships we could have had, we get stuck in the past or the future. This causes us to lose focus of the present, and can actually cause our current relationships to suffer.

It is important to stop and take an honest look at our internalized beliefs and the negative judgments we have of others and ourselves. It is also important to assess if such beliefs or judgments are helping or harming our relationships. Focusing on the negative aspects, shortcomings and flaws can obscure the great qualities. This can cause us to overlook our current partner or take them for granted. While it is important to address negative or hurtful aspects of our relationships, in a similar way, great effort should be spent on nourishing our current relationships each and every day. Focusing on open and honest communication between partners can lead to mutual trust. Respect, compromising, and supporting and loving each other will lead to a healthier relationship. Because no one is perfect, a perfect relationship does not exist. However, any imperfect relationships can grow into healthy relationships with love and nurturing care.

## COLLECTING STORIES OF INDIAN BOARDING SCHOOLS

Did you survive an American Indian boarding school, or are you a descendant of someone who did? Tell your story. Survivors of the federal Indian boarding school program are urged to share their stories to permanently record this often sad but important part of American History.

On September 26, 2023 the Department of the Interior launched an oral history project that will collect the experiences of Indigenous children who attended these schools. This project is the first of its kind. Many tribes have been asking for this type of historical record for a long time. It is a way to memorialize the consequences of forced removal from their homelands, cultural assimilation and the generational trauma that was often the result. The National Native American Boarding School Healing Coalition is in charge of the program and will be working with individuals in a kind and compassionate way. The stories will be preserved for current and future generations to remember the past and learn from it.

If you would like to share your story or receive updates on the program go to <https://boardingschoolhealing.org/oral-history-project/>.

# OUR STORIES CARRY IMPORTANT RECORDS

By Sunie Wood

For years, Indigenous Tribes have kept historical records through oral history. Rather than writing their history in words on paper, as Europeans have done, Native Elders pass history through generations in the stories they tell younger generations about events. Drawings on hides and rocks were also used to record events. Unfortunately, these forms of records were often dismissed as inaccurate compared to words written on paper. Now that is being challenged.

Historically, there were considerable differences in the Lakota and Cheyenne accounts of what happened at the Battle of Greasy Grass (Little Big Horn) and records written by white commentators. Yet, archeological excavations of the area validated the Native American oral history of the event as being closer to the truth.

For hundreds of years, many Plains Tribes including Comanche, Pueblo, Pawnee, and Lakota have claimed they had horses before the Spanish or Europeans ever set foot on North America. European texts claimed horses came to North America only after the Pueblo Revolt of 1680. Exciting new research has confirmed the oral history of the American Indians as accurate.

“We have always known and always said we came across the horse before we came across the Spanish,” says Comanche historian Jimmy Arterberry. Recent fossil studies of more than two dozen horses prove the horse was a part of Native life as early as the late 1500’s – before the Spanish or Europeans arrived.

Where did they come from? DNA shows the horses had largely Spanish ancestry and most likely came to Mexico in 1519 with Hernan Cortes. There they were most likely included in a sophisticated Indigenous trade network that brought them into North America. The horses were not just a wild animal roaming the plains. The bones show they had worn bridles and even had veterinarian care. They had eaten maize (corn) and appear to have been integrated into Native culture.



IMAGE COURTESY WILLIAM E. WEISS, BUFFALO BILL HISTORICAL CENTER

The study confirms the importance of Indigenous oral history as a reliable source of actual events. It challenges the written history we were all taught in school. One of the Native Elders involved in the project said, “this is a time when the world is likely to have better ears.”

### Sources and More Information:

<https://www.smithsonianmag.com/smart-news/native-americans-spread-horses-through-the-west-earlier-than-thought-180981912/>

<https://ictnews.org/news/yes-world-there-were-horses-in-native-culture-before-the-settlers-came>

<https://www.colorado.edu/today/2023/03/30/landmark-study-history-horses-american-west-relies-indigenous-knowledge>

<https://www.smithsonianmag.com/science-nature/why-science-takes-so-long-catch-up-traditional-knowledge-180968216/>

# UNVEILING OF THE CALIFORNIA NATIVE AMERICAN MONUMENT

By Sami Enos

On November 7, 2023, I was blessed to attend the unveiling of an eight-foot-tall bronze statue. It commemorates the respected Miwok leader and cultural dancer William J. Franklin Sr. The statue stands on the grounds of the California State Capital in Sacramento and the unveiling coincided with Native American Heritage Month.

The statue honors the following Capital region tribes:

- Buena Vista Rancheria of Me-Wuk Indians
- Chicken Ranch Rancheria of Me-Wuk Indians
- Lone Band of Miwok Indians
- Shingle Springs Band of Miwok Indians
- Tuolumne Band of Me-Wuk Indians
- Wilton Rancheria

California Assemblymember James C. Ramos authored California Assembly Bill AB338 in 2021 which authorized establishment of the monument. Ramos is from San Bernardino and is the first California Native American elected to the Legislature Caucus.



“The hope is when school aged children and visitors come to the State Capital and see the monument of a California Indian leader, it will pose the question of the true history and culture of the California Indian people.” Said Assemblyman Ramos, he also said “The resiliency of our people is still present here today in Sacramento. We faced great odds in the state of California that did not look too kindly on California’s first people. Many turmoil came to our people, but we’re still here. The culture is still very much alive.”

Family members and leaders from local tribes spoke of the importance of a native statue and the dedication, leadership and education Bill Franklin Sr. provided to many native people and tribes throughout California. He taught his children and his nieces and nephews, by blood and by choice, the importance of keeping our culture, traditions, prayers, and dances alive. To continue for our future generations. To honor and preserve who we are and that we are still here, still going strong. He danced and prayed when it was illegal for us to do so. He was a part of many native programs throughout the Sacramento area. He and his children

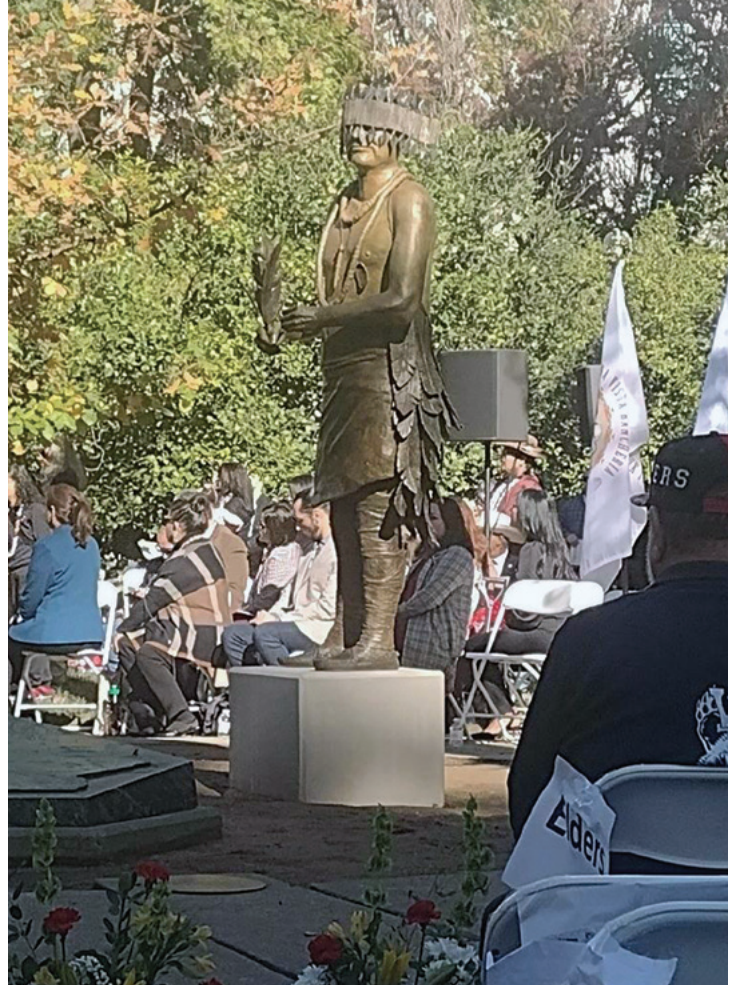
traveled to numerous reservations and rancherias throughout California to talk and teach the importance of keeping our traditions, culture, and our identity.

I had the honor and privilege to watch Bill and his dance group at many of the same Big Times that we, Maidu Dancers and Traditionalist, attended and danced at. I was blessed to be able to dance with him and his group several times. You could hear the strong medicine from his voice and feel the strong prayers as they danced.

Jesus Tarango, Chairperson of the Wilton Rancheria Tribe said, “Today’s unveiling signifies the start of a new era here in California at our state Capital. One where we stop uplifting a false narrative and start honoring the original stewards of this land.”

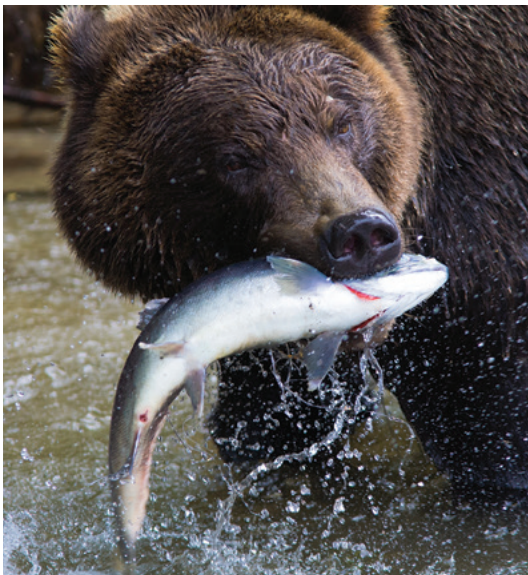
Another speaker said, “Every tribe across the state has their own Bill Franklin, a leader who fought to keep our cultures and traditions alive during a time when it was dangerous to do so. This monument serves to thank and honor each of them.”

During the ceremony, the Wilton Rancheria, Shingle Springs, and Tuolumne Me-Wuk dancers and traditionalists sang and danced on the ground right next to the statue.



## SOMETHING IS FISHY HERE

*By Darla Clark*



On a family trip to Lake Tahoe, we went to the Taylor Creek Visitor Center to witness the fall spawning of Kokanee salmon. Every year thousands of salmon swim upstream from the lake to spawn in the crystal clear waters of Taylor Creek. There they are greeted by not only human observers but hungry bears, bald eagles, osprey and coyotes all ready for an easy and satisfying meal. The scene of the fish that have turned red for their final duty in life is spectacular. But we learned Kokanee are not native to Lake Tahoe. They are a type of “landlocked” salmon that is native to many lakes in the Pacific Northwest but not Lake Tahoe. They were released into the lake in 1944 by accident and have become a popular fish for anglers and adopted as acceptable. Unfortunately, they have also become competition for Lake Tahoe native fish like Lahonton Cutthroat Trout which are struggling to survive. Of course, the bears don’t care about all that. They are just enjoying a good meal before a long winter nap.



# EDUCATION RESOURCES FOR AMERICAN INDIAN STUDENTS

Below is a list of links to many grant and scholarship programs. Students should also research the school you plan to attend, the Native American clubs on or around campus, and the tribes in the area. Ask these groups about available scholarship opportunities. Apply for grants and scholarships even if they are not Native American or American Indian specific.

- **April Moore Memorial Scholarship:** <https://chapa-de.org/wp-content/uploads/2019/12/April-Moore-Memorial-Scholarship-Application-2019.pdf?x14164>
- The University of California Native American Opportunity Plan ensures that in-state systemwide Tuition and Student Services Fees are fully covered for California students who are also enrolled in federally recognized Native American, American Indian, and Alaska Native tribes: <https://admission.universityofcalifornia.edu/tuition-financial-aid/types-of-aid/native-american-opportunity-plan.html>
- **American Indian College Fund:** <https://collegefund.org/students/scholarships/>
- **Native American California Community College Students:** <https://foundationccc.org/our-work/system-support/providing-financial-assistance-and-scholarships/native-american-california-community-college-students-scholarship/>
- **The Ultimate Guide to Native American Scholarships and Grants:** <https://thescholarshipssystem.com/blog-for-students-families/the-ultimate-guide-to-native-american-scholarships-and-grants-for-college/>
- **Daughters of the American Revolution American Indian Scholarships:** <https://www.dar.org/national-society/scholarships/american-indian> and <https://dar.academicworks.com/opportunities/508>
- **Northern California Indian Development Council Scholarships for Native American Students:** <https://ncidc.org/scholarships-native-american-students>
- **National Indian Education Association Scholarship Opportunities:** <https://www.niea.org/scholarship-opportunities>
- **American Indian Education Fund Native College Scholarships:** [http://www.nativepartnership.org/site/PageServer?pagename=aief\\_services\\_scholarships](http://www.nativepartnership.org/site/PageServer?pagename=aief_services_scholarships)
- **Native Forward Scholars Fund:** <https://www.nativeforward.org/>
- **Southwest Indian Foundation-Education:** <https://www.southwestindian.com/projects/education-scholarships>
- **Scholarships.com American Indian Native American Scholarships:** <https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/minority-scholarships/american-indian-native-american-scholarships>
- **California Indian Education Grants, Internships, and Scholarships for Native Americans:** [https://www.californiaindianeducation.org/financial\\_assistance/](https://www.californiaindianeducation.org/financial_assistance/)
- **Native American Advisory Council Private Scholarships:** <https://www.cnm.edu/depts/student-support/advisement/cultural-teams/naac/private-scholarships>
- **Financial Aid for Native American Students:** <https://finaid.org/otheraid/natamind/>
- **Southwest Native American Foundation Scholarships:** <https://swnaf.org/scholarships.html>
- **Catching the Dream:** <https://catchingthedream.org/>
- **Sallie Mae Native American Scholarships and Grants for College:** <https://www.salliemae.com/college-planning/college-scholarships/types-of-scholarships/minority-scholarships/native-american-scholarships/>
- **Cobell Scholarship** Discover How to Qualify for Native American Scholarships: [https://cobellscholar.org/cobell\\_blog/discover-how-to-qualify-for-native-american-scholarships/](https://cobellscholar.org/cobell_blog/discover-how-to-qualify-for-native-american-scholarships/)
- **Bureau of Indian Education Scholarships and Internships:** <https://www.bie.edu/landing-page/scholarships-internships>



# CHAPA-DE CELEBRATES CHILDREN'S DENTAL HEALTH MONTH

By Stephanie Snyder, RDA

In a bid to improve children's oral health across the state, the California Dental Association (CDA) has declared February Children's Dental Health Month. This annual initiative is aimed at promoting dental hygiene and preventive care.

An alarming number of children have tooth decay and other dental issues. These problems can cause pain and impact overall health. Chapa-De is taking proactive measures to educate both parents and youngsters about the importance of good oral habits. Here are some practical guidelines for ensuring children's oral health from infancy to adolescence:

1. Babies should go to the dentist when they get their first tooth or by their first birthday, whichever comes first.
2. Cavity-causing bacteria passes through the transfer of saliva. For this reason, each family member needs their own toothbrush, spoon, fork and cup. It is also important to clean pacifiers and bottles with soap and water, not spit.
3. Start hygiene habits early. Wipe infants gums twice a day with a washcloth. Help children brush and floss until they have mastered the skill – usually around age 7.

4. Prevent tooth decay. Finish bottle feedings before putting your baby down to sleep. Avoid sugary food and drinks like soda. Limit between-meal snacks and drink plenty of water, especially after eating.

As Children's Dental Health Month commences, Chapa-De encourages parents and caregivers to make a commitment to prioritize their children's oral health. By instilling good dental habits, seeking regular check-ups, and being proactive in preventive care, Chapa-De believes that together we can reduce the prevalence of childhood tooth decay and promote healthier smiles for generations to come.

### Sources and More Information:

<https://www.cda.org/Home/News-and-Information/Newsroom/Press-Releases/california-dental-association-announces-start-of-childrens-dental-health-month>

<https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/ImproveYourHealth.aspx>

<https://www.mouthhealthy.org/all-topics-a-z/tooth-decay-with-baby-bottles>

## CHAPA-DE WELCOMES NEW DENTAL HYGIENIST

**Registered Dental Hygienist, Kim Blount** joined Chapa-De in December 2023. She is now providing dental hygiene appointments at both our Auburn and Grass Valley locations.

When asked about her approach and experience, she said, "The care I offer is personalized and patient focused. I believe in the power of patient education and reaching patients who really need the support. My background in working with school dental programs has inspired a passion for community health. I also have a history of working with children and patients with special needs."

Kim attended Kennedy King College in Chicago, Illinois. She spent most of her career in Chicago, and recently moved back to the Grass Valley area. Outside of work, she enjoys exploring our local nature with her daughter and 3 year old terrier mix dog named Milo.





# TOGETHER FOR THE HOLIDAYS: 2023 ELDER'S HOLIDAY LUNCHEON

By Tayloranne McLeran

Thank you to all the elders and their guests who were able to join us at our Elder's Holiday Luncheon in December. Chapa-De holds this event every year to honor our elders and celebrate another year of vitality. Here are some of the highlights that made this year's luncheon so special.

## Family and Friends:

Neighbors from all over the area came together to spend an afternoon catching up. Families were joined by their friends to share their adventures of the year and new life events that made the year one to remember.

## Festive Feasting:

Good people accompanied by good food set the tone for a jolly time. Turkey and Prime Rib were enjoyed with tasty sides and heart-healthy veggies. Dessert was warm apple crumble with coffee that sent us with a joyous mood to the photobooth!

## Checking His List:

Santa was able to step away from his workshop to come visit and snap a few photos with our attendees. Looking good, Santa!



### Greatest Gift:

The greatest gift to us at Chapa-De is seeing our Elders enjoy a long and healthy life. Sadie Bishop embodies not only the longevity we aspire to support but also the resilience of our community as she celebrated her 100th birthday in 2023. Happy birthday, Sadie!

### Our Heart-felt Thanks:

Thank you to all who joined us to help make this luncheon so special. We hope you had a very happy holiday season and we look forward to gathering again later this year!



*Sadie Bishop on right*

## CHAPA-DE IS TURNING 50!!

*By Holly Castro*

Chapa-De is turning 50 this year and while some of you already know the story, we wanted to give you a brief history of how it all started.

In 1972, a group of American Indians from Auburn was awarded a grant of \$33,900 by the Regional Medical Program of U.C. San Francisco. The grant was to fund a community survey on the health status of American Indians residing in Placer, Sierra, Nevada and El Dorado counties. Continued efforts to obtain funding resulted in healthcare services being provided in February 1974 – that is how Chapa-De Indian Health was born. A small simple clinic with humble beginnings to serve our people.

During the 1990s we discovered there was a huge need in the community; a need not only to serve the Native community but also people who struggled financially and had poor health. So it was decided that we would also serve the low-income population in the community as well.

The heart of this organization has always been of service. While we have grown over the last 50 years and evolved into the Chapa-De that exists today, we strive to always bring you our best.



This year we are excited to begin construction on a new facility in Rocklin to serve more of our people.

We are so grateful for the tenacity and spirit of the Indian Community who took on such a huge battle to bring health services to our community. We honor their sacrifices by always remembering why we are here and how we got here. We get to serve people every day and it is an honor to remember our roots and how deep they run. The fruits of their labor are still blossoming. The spirit of our ancestors will always be with us and we strive to bring their vision with us into the future.

**A~ho all my relations**

### Help Tell The Story of Chapa-De!

We are collecting stories from community members about what Chapa-De has meant to you over the last 50 years. We'd love to hear from you whether you are new to Chapa-De or your family has been coming for generations! Stories can be submitted online or turned-in at any Chapa-De front desk. Each person who submits a story will receive a special 50th anniversary gift. Turn-in your story at Chapa-De or online at

<https://forms.office.com/r/xLGCgbZGKn>



## WATER IS LIFE

By Darla Clark

Many of us take for granted the clean running water that flows each time we turn on the faucet. This is a luxury and something families all across Indian Country live without every day. From worsening draught conditions from climate change, to old and inadequate water systems and contaminated wells, many Native American families struggle with access to this basic need.

Heather Tanana, a professor at the University of California Irvine, studies tribal water issues. She also leads the Universal Access to Clean Water for Tribal Communities Initiative. Her research shows that around 48% of households on Native American reservations don't have clean water or good sanitation. While many rural areas across the country have problems with old water systems, the issue of clean water is more about race than where you live. Native Americans are less likely to have water at home than anyone else the U.S.

There are many examples of tribes across the country facing problems with access to water, like the Navajo Nation's fight for water rights and the Apsáalooke Nation's wastewater contamination in Montana. While the Inflation Reduction Act of 2022 gives money for clean water projects in tribal communities, most tribes

have to deal with a complicated system of grants and loans from various agencies, each with its own rules.

One local example is the Reno-Sparks Indian Colony. They will get \$2.9 million for water and wastewater improvements. This includes a new 100,000 gallon water tank, fixing an existing water tank, and improving wastewater facilities. The money comes from the Water and Waste Disposal Loan Guarantees Program. Many other tribal communities lack the resources and the ability to navigate the complicated web of governmental agencies and programs that can help with their water issues.

A 2021 study on access to drinking water in Native American communities concludes, "Achieving water equity requires the delivery of clean, affordable, and reliable running water through indoor plumbing to all American homes. To be successful, the federal government must engage in meaningful consultation with Tribes and ensure that the different federal agencies coordinate with one another to pool and leverage existing federal resources. It must also be recognized that the existing need far exceeds present funding levels. An increase in federal funding to support Tribal infrastructure development and capacity—together with new solutions to address the substantial operation and maintenance challenges facing Tribal communities—is critical to allow real progress to be made."

### Sources and additional reading:

- <https://www.msn.com/en-us/weather/topstories/reno-sparks-indian-colony-gets-2-9-million-for-waterimprovements/ar-AA1lpkTG?ocid=winp1taskbar&cvid=2eba0141d830427df83edb483baab971&ei=21>
- [https://www.mywaterquality.ca.gov/safe\\_to\\_drink/unregulated\\_dw\\_supplies/](https://www.mywaterquality.ca.gov/safe_to_drink/unregulated_dw_supplies/)
- <https://www.epa.gov/tribaldrinkingwater>
- <https://www.kcur.org/2023-10-19/native-american-communities-struggle-water-access>
- <https://phys.org/news/2023-10-toxic-contaminants-scientist.html>
- <https://tribalcleanwater.org/>



## TIPS FOR PROTECTING WELL WATER

- Only low-impact facilities, such as a house, outdoor play area, or outdoor furniture should be located within 50 feet of a well.
- Do not mix or store any material that might contaminate your water supply within 50 feet of your well. Do not store or mix pesticides, fertilizers, lawn-care products, paint or paint cleaners, hazardous cleaning products, gasoline (including gasoline generators), or automotive wastes near a well.
- Animal enclosures and septic systems should be at least 100 feet from a domestic well.
- Do not dump hazardous materials like some types of household cleaners, paint and paint cleaners, automotive waste, and pesticides into septic systems. These substances are not treated in a typical septic system, and can easily migrate to groundwater. Take hazardous household chemicals to a designated collection center for disposal.
- Septic systems should be located downhill from a domestic well, and 100 feet from any drinking water source.
- Inspect your well at least once a year for cracks in the casing and seal, or any other types of leaks or possible sources of contamination. If issues are noted, have a State-licensed contractor repair the well.

## SACRED SAGE IS IN DANGER

By Sunie Wood

### Tobacco sits in the East door, Sweetgrass in the South, Sage in the West, Cedar in the North

Native American communities have had a spiritual relationship with white sage for thousands of years. White sage, which is also known as sacred sage, grandmother sage, and botanically as *Salvia apiana* is in danger from poaching. Most people are not aware the sage sticks they buy online, in retail stores, or at events may have been taken illegally from National Forests, Tribal Land, or private property. Park Rangers in the North Etiwanda Preserve in San Bernardino County report plants being ripped out of the ground sometimes leaving entire hillsides bare. It is no longer an occasional nuisance but has become an everyday occurrence. This has put the plant on the brink of the endangered species list. Now, the State of California, Tribal Communities and organizations like the California Native Plant Society (CNPS), have partnered to educate the public about the consequences of buying sage from sources that may be selling black market sage. “We’re losing native plants and environments on high speed,” says Rose Rameriz, a Chumash and Yaqui descendent. Rose has created

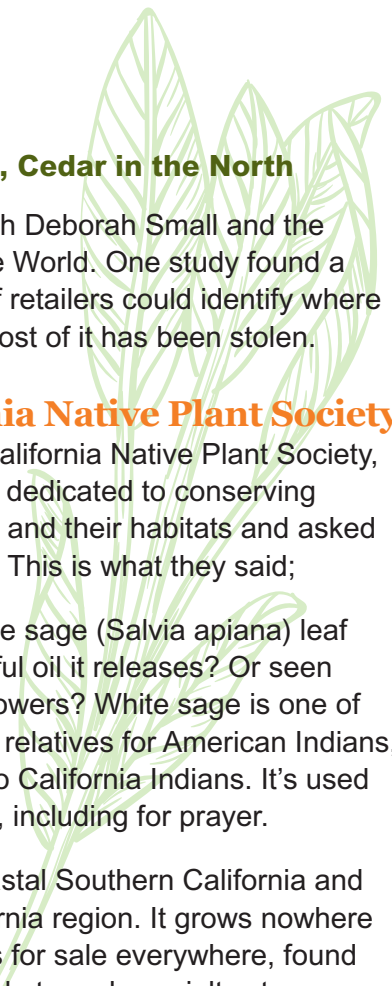
a documentary along with Deborah Small and the CNPS called, *Saging the World*. One study found a very small percentage of retailers could identify where their sage came from. Most of it has been stolen.

### From the California Native Plant Society

We reached out to the California Native Plant Society, a non-profit organization dedicated to conserving California’s native plants and their habitats and asked them about the problem. This is what they said;

“Have you rubbed a white sage (*Salvia apiana*) leaf and smelled the wonderful oil it releases? Or seen bees crowd around its flowers? White sage is one of the most important plant relatives for American Indians, and particularly sacred to California Indians. It’s used for a variety of purposes, including for prayer.

White sage grows in coastal Southern California and the Northern Baja California region. It grows nowhere else in the world. Yet it is for sale everywhere, found on Amazon, in chain markets and specialty stores,





*Sage in the Chapa-De garden.*

and in boutiques. It's become hugely popular through the cultural appropriation of smudging. Fueled by depictions in television and social media, smudging has led to a worldwide demand for white sage.

Today, poachers are stealing (estimated) metric tons of this plant from the wild to supply international demand. Because only a very small amount of white sage is grown commercially, most of the supply is harvested from the wild on protected land. Poaching not only harms the plant's existence, but also harms all the wildlife who depend on the plant for survival. The best way to ensure the safety of white sage is to grow your own. To learn more about the threat to white sage, visit <https://www.cnps.org/conservation/white-sage>."

### Other Wildlife Affected

Traditional Smudging uses white sage bundles and, oftentimes, an abalone shell. Sadly, critically endangered abalone are also being poached along the West coast of America, South Africa, and Australia. While the poachers are mostly selling the abalone as a highly prized food, the shells are then also sold in a black market trade for jewelry and smudge bowls.

### How You Can Help

Before buying sage, do your research. Purchase it only from sage farms that grow it. We found two farms

in Oregon and two in California. While sage sticks from farms may cost more, it is a sustainable source. Stay away from sage advertised as "wild sourced." Smudge sparingly. Burn sage only for very important ceremonies or life changing events. Burn smaller sage bundles - a little sage goes a long way! Another option is to consider another traditional smudging plant like Prairie Sage (*Artemisia ludoviciana*) or Blue Sage (*Salvia azurea*). You can grow your own white sage. It is fairly easy to grow and can be very rewarding. The plants are beautiful and can blend well into almost any California garden. They attract bees, butterflies, hummingbirds, and other pollinators to your garden. Please spread the word about sage poaching and it's negative impact on our environment.

### Growing Your Own Sage

Most of our local nurseries now carry white sage (*Salvia apiana*) starter plants in four inch one gallon containers. The plants thrive in California's hot, dry summers. The most challenging condition in our area is clay soil. White sage likes very loose, crumbly, fast draining soil like decomposed granite. Pick a spot that gets full sun. Dig a hole much larger than the pot and backfill it with compost and decomposed granite mixed with native soil and a small amount of all-purpose fertilizer. Keep moist until rooted and then water sparingly during summer months. Give them space away from other plants. They also grow well in large pots if you don't have an area in the ground to plant them.

Please read the California Native Plant Society's special edition newsletter of 'Flora' featuring white sage. It was conceived and produced by Indigenous partners and advocates wanting to protect this sacred plant. <https://www.cnps.org/wp-content/uploads/2022/05/Flora-v5n3-Spring-LR.pdf>

#### Sources and additional reading:

- <https://www.cnps.org/conservation/white-sage>
- <https://www.youtube.com/watch?v=OwvnBKFMMGGc>
- <https://www.gabrieleno-nsn.us/whitesage>
- <https://www.atlasobscura.com/articles/white-sage>

### THANK YOU FOR READING CHAPA-DE NEWS

This newsletter is intended to keep our patients informed of the latest Chapa-De news and information, offer tips and recipes for a healthy lifestyle, and feature Native American fact and fiction stories inclusive of all American Indian Tribes. Our goal is to create a publication that is educational and fun to read. If you have ideas for improvement or stories you would like us to feature, please contact us at [newsletter@chapa-de.org](mailto:newsletter@chapa-de.org).

# DATES TO REMEMBER, EVENTS & MORE

## 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 2024-2025 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://d1yy46jni91oiz.cloudfront.net/wp-content/uploads/2019/12/April-Moore-Memorial-Scholarship-Application-2019.pdf?x66456>

- Murdered and Missing Indigenous People Awareness Day – May 5th**  
 Every year, there are marches, protests, bike rides, fundraisers, and more to raise awareness for the MMIP cause and fight against the injustice that's happening to Native people 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-mmip/>.

## Events

- <https://www.4eee.org/foxwalkers.html>
- Butte College 2nd Annual Big Time**  
 Thursday, March 28, 2024  
*Butte College*  
 3536 Butte Campus Drive  
 Oroville, CA 95965
- Gathering of Nations Pow Wow**  
 The largest Pow Wow in North America  
 April 25-27, 2024  
*Powwow Grounds Expo*  
 Albuquerque, NM  
<https://www.gatheringofnations.com/event-tickets/>
- National Park Fee Free Days 2024**  
 – April 20 – First Day of National Park Week  
 – June 19 – Juneteenth  
 – August 4 – Great American Outdoors Day  
 – September 28 – National Public Lands Day  
 – November 11 – Veterans Day  
  
 More information: <https://www.nps.gov/orgs/1207/national-park-service-announces-entrance-fee-free-days-for-2024.htm>
- Community Pow Wow Drum & Dance Class**  
 1st & 3rd Tuesday of every month  
 6:00 p.m. – 8:00 p.m.  
*Sacramento Native American Health Center (SNAHC)*  
 3800 Florin Road  
 Sacramento, CA 95823

## More

- American Indian Airwaves Radio**  
 Broadcast every Wednesday afternoon, 3:00 p.m. to 4:00 p.m. online at [www.kpfc.org](http://www.kpfc.org)
- California State Indian Museum**  
 2618 K Street  
 Sacramento, CA 95816  
  
 Daily 10:00 a.m. to 5:00 p.m.  
 Exhibits feature California Indian traditions, arts, and skills, as well as works by contemporary California Indian artists.  
 \$3 adults; \$2 youths (6–17); free for 5 and under. For more information: (916) 324-0971
- Chaw'se Indian Grinding Rock State Historic Park**  
 14881 Pine Grove Volcano Road  
 Pine Grove, CA 95665  
  
 Regular Hours: Thursday through Monday, 11:30 a.m. to 2:30 p.m.  
 Basketweaving demonstrations, second Saturday of the month.  
 For more information: (209) 296-7488
- Maidu Museum & Historic Site**  
 1970 Johnson Ranch Drive  
 Roseville, CA 95661  
  
 Tuesday to Saturday 9:00 a.m. to 4:00 p.m., third Saturdays 6:00 to 9:00 p.m. Historic site tours Saturday 10:00 a.m. and 1:00 p.m. \$4.50 adults, \$4.00 children, \$16 families. Free for Native Americans. For more information: (916) 774-5934



**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.**

**FEBRUARY 2024**

# CHAPA-DE *News*



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