



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

FEBRUARY 2026

CHAPA-DE News

CELEBRATING 5 YEARS!



(Left to right) Viola Lopez, Sami Enos, Cheyenne Mulder, Darla Clark, Sunie Wood, Aimee Sagan, and Tayloranne McLeran.

FROM ISOLATION TO INSPIRATION: CELEBRATING 5 YEARS OF CHAPA-DE NEWS

By Darla Clark

November 2020. The world hit the pause button. Life slowed as COVID-19 swept across continents, and here at Chapa-De, everything felt different. Our once-busy lobbies were silent. Dental teams were limited to emergency care only, and medical staff transformed the parking lot into an outdoor clinic, suited up like superheroes in full protective gear. Many of our colleagues were furloughed, and those who remained worked at a distance, fighting an invisible enemy while missing the warmth of social and cultural connections.

Then came a spark of inspiration. CEO Lisa Davies had an idea—one that would reconnect us in a time of isolation: **“Let’s bring back Chapa-De News!”**

This wasn’t a brand-new concept. Our newsletter has roots going back to 1994, popping up over the years to share updates, health tips, and stories with our patients. But in February 2021, in the heart of the pandemic, Chapa-De News was reborn—not just as a publication, but as a lifeline. It became a way to heal, to share, and to remind ourselves that even in the hardest times, our community thrives when we stay connected.

Now, five years later, we’re celebrating this incredible journey. Chapa-De News has grown into something special—a quarterly tradition created by a passionate team who pour their hearts into every issue. Today, we invite you to meet the amazing people behind our stories and hear what they like most about writing for the newsletter.

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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
- 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



David Keyser,
Vice-Chair



Jasmine Caesar-Walker,
Member



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.

DON'T LET THE WEATHER KEEP YOU FROM BEING ACTIVE! Tips from Chapa-De's Lifestyle Coach and Personal Trainer, Jay Sanchez.

By Cheyenne Mulder

Cold, rainy, or foggy days can make it tempting to stay indoors, but with a little planning, you can keep moving and feel great all season long. Here are some tips:



Jay Sanchez,
Chapa-De Lifestyle
Coach and
Personal Trainer

Dress for the Weather

- Wear layers so you can adjust as you warm up.
- Don't forget hats, gloves, and warm socks to protect against the chill.
- Choose moisture-wicking fabrics to stay dry and comfortable.

Be Safe Outdoors

- Start with a proper warm-up to prepare your muscles for colder temperatures.
- Stay hydrated—drink water before, during, and after your activity, even when it's cold.
- Wear reflective clothing to stay visible in foggy conditions or after sunset.

Prefer to Stay Indoors?

You can still get a great workout without braving the elements:

- Try exercise videos on YouTube for guided workouts.
- Take a brisk walk in large indoor spaces, like shopping centers.
- Schedule an appointment with Chapa-De's lifestyle coach and personal trainer, Jay Sanchez, for personalized guidance.

Staying active during winter not only boosts your mood but also supports your overall health. Whether you head outside or stay cozy indoors, the key is to keep moving!

FROM ISOLATION TO INSPIRATION: CELEBRATING 5 YEARS OF CHAPA-DE NEWS

Continued from page 1



Tayloranne McLeran, Marketing Coordinator:

I enjoy the people, the stories, and the adventures. I learn so much every day being a part of this committee. I have met amazing people and am honored to be able

to write down their stories. We have created a little community that works so hard to bring together those around us and I think it is so special to be a part of it. Overall, I feel very honored to be a part of it. I learn something new every newsletter.



Sunie Wood, Osage/Cherokee, Chief Gardener:

I enjoy learning while I'm writing and researching my stories. I like to tie in the history of Native people to educate our readers. I feel like I get signed up for some of the best

stories. My themes are mostly nature based- oaks, sacred sage, tule, tepary beans, buffalo, pine nuts, American chestnuts, Monarch butterflies. I try to make it fun for readers. I also like to include—not just trauma—Native resilience. I hope to always remain a contributor.



Cheyenne Mulder, Washoe/Miwok, Purchase/Referred Care Coordinator:

My favorite thing about being on the newsletter committee is having the opportunity to share about my culture and to have the stories and

traditions in my family live on. I love reading the articles contributed by my fellow authors and learning about the various facets of Native American heritage. I find the way we continue to grow and keep our rich culture alive is to share our stories, keep an open mind and heart, and be patient and receptive to those outside our culture who are willing and wanting to learn. There is so much more that connects our people than separates us, and the Newsletter gives us a great way to explore and celebrate these connections. I'm really grateful to be part of the team. We're making strides to preserve our Native culture.



Aimee Sagan, Marketing and Communications Manager:

I can't choose just one favorite part about being on the newsletter committee—there are two things I love equally. First, we've created a beautiful publication that people

look forward to receiving, and our stories help bring the community together. Second, being part of this committee has been an incredible experience. I've learned so much and feel truly grateful to be on this team. Everyone has been so generous and open in sharing their experiences, as well as stories about their families and tribal culture.



Sami Enos, Yurok/Karuk, Community Outreach Coordinator:

It's amazing because we're all from different backgrounds. It's by just talking and the ideas come up. That just shows how talking circles work

and how important they are. It comes together for education, for light-heartedness, for health and native awareness. It's not just Chapa-De. It's wonderful to see it come together and we get to come together and be part of it. We're carrying on our Native traditions.



Viola Lopez, Oglala Sioux, Health and Wellness Medical Assistant:

I'm happy to share traditions, food, recipes. That part makes me happy. All of us are bringing different stories from old teachings. Being able to talk

about different topics and bring something delightful and educational to everyone.



Darla Clark, Osage/Cherokee, Chief Operations Officer:

The newsletter is a way I can still feel connected to Chapa-De's patients and learn more about each other's culture.

Thank you to all our readers for making Chapa-De News special over the past five years!



CELEBRATING A MILESTONE: TOPPING-OFF CEREMONY AT OUR NEW SOUTH PLACER HEALTH CENTER

By Tayloranne McLeran

On December 15, 2025, we celebrated an exciting milestone for Chapa-De Indian Health: the Topping-Off Ceremony at our future South Placer Health Center, located at 1451 W. Stanford Ranch Road in Rocklin, CA. This event marked the completion of the building's framing and brought together many partners and supporters who are helping make this vision a reality.

The ceremony included a special moment where the final beam was signed by members of our Board of Directors, representatives from the UAIC Tribal Council, our builders, project managers, architects, and members of Chapa-De's leadership team and Native Engagement Circle. This beam now stands proudly as part of the 62,000-square-foot structure that will soon serve thousands of patients in the South Placer region.

We were honored to begin the event with a blessing delivered by Alan Wallace, followed by inspiring remarks from CEO Lisa Davies and Board Vice-Chair David Keyser. Dan Pawloski, Superintendent with S+B James Construction, and Jack Williams from JAX Project Management also spoke, sharing their excitement and hopes for the future. They emphasized the importance of maintaining a safe worksite throughout construction, a value symbolized by the evergreen tree placed on the final beam. The tree represents growth, prosperity, and a safe work site, and it was raised high on the beam.



Their words reminded us that this new health center is more than a building. It reflects a shared commitment to expanding access to high-quality, culturally sensitive health care for American Indians and Medi-Cal members.

The South Placer Health Center is expected to open in early 2027. It will offer medical, dental, and behavioral health services and will bring care closer to home for many families and individuals who live in southern Placer County.

This milestone is more than just construction progress. It is a symbol of our commitment to improving health and wellness in the communities we serve. We are grateful to everyone who joined us for this celebration and to all who continue to support this important project.





Weight Loss Connections

Losing Weight Can Be Hard – But You’re Not Alone!

Be part of a community that knows what it's like to lose weight.

Led by Chapa-De clinicians, our support group is a safe place to ask questions and talk about your successes and struggles.

Every part of your journey is important.

Learn ways to keep the weight off after stopping medicines like Wegovy or Zepbound. Meet others who are on the same journey and get the support you need to reach your goals.

Join us from the comfort of your home - on Zoom!

Group meetings are offered multiple times each week to fit your schedule.

Scan the QR code to view our class calendar and access the Zoom link.



chapa-de.org

Stay Supported, Stay Strong! If you’re working on weight loss—whether you’ve stopped GLP-1 medications like Zepbound or Wegovy or never used them—our new virtual support group for Chapa-De patients is here for you. Together we’ll share experiences, learn practical strategies, and encourage one another to stay on track. You are not alone—this group is here to help you maintain progress every step of the way.

THANK YOU FOR JOINING OUR ANNUAL ELDERS HOLIDAY LUNCHEON!

By Tayloranne McLeran

For more than 30 years, Chapa-De Indian Health has proudly hosted the Elders Holiday Luncheon, and this year was another wonderful celebration! This special event is one of our favorite traditions because it gives us a chance to honor our Elders and spend time together as a community.

This year, we hosted 87 Native Elders who are 65 or older and have had at least two appointments with us during the year. Each Elder was welcome to bring a guest and join us at the Ridge Golf Course and Event Center in Auburn. Fourteen Chapa-De team members worked hard to make sure everything went smoothly.

The day began with a beautiful blessing from Sami Enos (Yurok/Karuk), who also shared three Native stories that reminded us of our traditions and wisdom. Guests enjoyed a delicious holiday meal, good conversation, and lots of laughter. Each Elder received a special Chapa-De mug and gift inside and a special few went home with exciting raffle prizes.

The Elders Holiday Luncheon is more than just a meal. It is a way to show our gratitude, celebrate culture, and strengthen connections. Thank you to all the Elders and guests who joined us this year. We look forward to continuing this tradition for many years to come!



WILTON RANCHERIA TRIBE FLAG RAISING

By Sami Enos

On November 3, 2025, the Wilton Rancheria tribe and the City of Elk Grove held a flag-raising ceremony on the grounds of the Elk Grove City Hall. A 25-foot flagpole had already been installed for the Wilton Tribe's flag, next to the flags of the United States, the State of California and the City of Elk Grove.

The first to speak was Mayor of Elk Grove, Bobbie Singh-Allen. She gave the land acknowledgement and explained that Wilton tribe is the only federally recognized tribe in Sacramento County. She introduced two representatives of the tribe who said a blessing to get the ceremony started in a good, positive way.

Representative Doris Matsui of Sacramento also spoke on the positive relationship between the city of Elk Grove and the Wilton tribe, what it means for the people of today, and for generations to come.

Jesus Tarango, Chairman of tribe, explains the flag design. "The Acorn is sustenance and self-sufficiency, a reminder of how our people have always lived in balance with the land, preparing for the next generation. The eagle stands for foresight and protection. The ability to see beyond the horizon. To rise above challenges and look ahead with clarity and strength. The salmon, a symbol of resilience in the cycle of life. Always finding its way home, no matter how strong the current is."

The Wilton tribe regained their Federal Recognition in 2009. When their casino was opened in 2022, the tribe pledged to invest \$186 million in the city of Elk Grove and Sacramento County for public safety, education, roads and other services.

Having the Wilton flag displayed permanently alongside the others at City Hall is a great visible reminder of the important cooperation happening between the tribe and city.

PHOTO COURTESY OF WWW.FACEBOOK.COM/ELKGROVE/CITY



CHAPA-DE EVENTS

Elders Holiday Luncheon



Orange Shirt Day



SUD Cultural Events



Rock Your Mocs

CREATING EDUCATION MATERIALS FOR NATIVE YOUTH

By Sami Enos

Earlier this year I joined Talking Circles hosted by the UC Davis Cooperative Extension. We discussed healthy eating and cultural traditions around food in American Indian communities.

The goal of this project is to create educational materials about Native foods and plants in formats that Native youth can easily understand, connect to, and learn from. This work also aims to strengthen UC Davis' outreach and engagement with Native communities in our area.

I participated in three 90-minute Talking Circles, led by Kitty Oppliger and her assistant. Each circle had seven Native participants. These circles were hosted across California. Before meeting with us, Kitty and her assistant were in Amador County. Next, they were planning to connect with the Native and Pacific Islander Club at Sierra College. They also plan to visit more communities in the future.

Each circle began with a blessing and smudging ceremony, followed by a small meal with Native ingredients.

In the first Talking Circle, we learned about the project and its intended outcomes. We introduced ourselves, shared the tribe we belong to, the area we come from, and our knowledge of traditional plants and foods. We also discussed how curriculum about Native foods and culture was taught to us in school, what worked, what did not, and what changes would have helped us better understand, connect with, and engage with the subject.

During the second Talking Circle, we reviewed multiple educational projects and curricula developed for Native youth by Native communities across the U.S. and Canada. Each of us examined two examples and then discussed what was effective, what was useful, and what needed to be adapted for our region.

We made suggestions for changes to better reflect Native culture and created resources that included the collective knowledge of participants from tribes and

Native communities in our area. We shared stories about food, medicinal plants, harvesting, gathering, and preparing meals.

In the last Talking Circle, we worked together to design our own curriculum, focusing on how Native youth could understand and connect with these projects using resources available in our area.

I am grateful for the opportunity to attend these Talking Circles. I learned so much from the other Native participants and witnessed the power of coming together for positive change. Our hope is that Native youth will connect to learning about the importance of food and plants, not only for nourishment but also for medicinal healing and for strengthening ties to our ancestors, community, and traditions.





PHOTO COURTESY OF IHS.GOV

SACRED OAKS HEALING CENTER – OPEN HOUSE RECAP

By Sami Enos

LOCATION:

33100 County Road 31, Davis, CA 95616

In October, I had the opportunity to attend an open house at Sacred Oaks, an inpatient treatment center in Davis, CA. This facility serves Native youth (ages 14–17) who need support for substance use disorders, anger management, and behavioral health challenges. Their programs include cognitive behavioral therapy, contingency management, motivational interviewing, and relapse prevention. They offer individual, group, and family counseling.

Sacred Oaks runs gender-specific sessions—either all female or all male. They are never co-ed. The center accepts juveniles from across the state and even from other parts of the country. It's important to note that Sacred Oaks is strictly residential; they do not offer sober living, outpatient, virtual, or in-home care, and they do not provide withdrawal management.

EVENT:

Open House, October 29, 2025

What I Saw at Sacred Oaks

The main building is where youth check in and register. It includes a nurse's station and rooms for medical needs, with UC Davis Medical Center nearby for major issues. Inside, there are classrooms for academics, art, and crafts, plus a library. Youth attend classes Monday through Friday on a shortened schedule and have access to a gym with workout equipment and a basketball court.

The basketball gym proudly displays tribal flags representing the youth's heritage. It's a powerful way to keep them connected to their families, ancestors, and traditions. Outdoors, there's a basketball court, volleyball court, garden, and sweat lodge. Meals are served in a spacious cafeteria, and there's a recreation room that youth can access by earning points.

Living Spaces

Sacred Oaks has two dorm buildings that house up to 32 participants (16 per building). Each dorm includes:

- 8 bedrooms (2 participants per room)
- Washroom and laundry facilities
- Quiet/library/computer room
- Front desk staffed day and night

On one wall, there's a poster of the Seven Grandfather Teachings:

Courage: Let nothing stand in the way of doing the right thing.

Respect: Give it, earn it, and receive it.

Wisdom: With hard work and dedication comes knowledge.

Humility: To be humble about your accomplishments is to be strong.

Honesty: Better to fail with honesty than succeed by fraud.

Love: It is important to care for one another.

Truth: It's always easiest to speak the truth.



PHOTO COURTESY OF IHS.GOV

Sacred Spaces

Outside, there's a peaceful area with a small hill, flowing water, a walking bridge, benches, and a fire pit—often used for group counseling. There's also a round building reserved for ceremonies, prayer, and traditional healing. Before entering, visitors smudge with abalone and sage. Mike Duncan from the Native Dads Network and Boys with Braids facilitates prayers and teachings in this space.

Walking through this beautiful, teen-friendly facility, I felt so many emotions—fear, empathy, joy, sadness, and hope for the teens who will find healing here. It's clear we need more places like Sacred Oaks.

Why This Matters

Some of our Native youth are struggling. We need to help, guide, stand up, and support them on this difficult journey. Sacred Oaks has stepped up in a huge way. Native youth come from diverse backgrounds—some live their traditional ways, some have limited knowledge of their traditions, and some have never been introduced to Native ways of living. This facility offers a wide range of support to meet each individual where they are, no matter their experience.

PHOTO COURTESY OF IHS.GOV



BEADING IS A GOOD WINTER HOBBY

By Sunie Wood

Like frybread, seed beading evolved post colonization. Yet, it is as much a part of Native history as Indian tacos. Prior to arrival of Europeans, beads were made out of natural materials like stone, shells, wood, porcupine quills, and even tree and plant seeds. Beads are one of the earliest known trade items made by humans. Their history goes back thousands of years across all continents. When the small glass beads known as seed beads arrived on Turtle Island, there was an explosion of creativity. Native Americans became world renowned for their use of these tiny, colorful beads. They created designs and patterns on clothing, moccasins, earrings, cradleboards, baskets, teepees, horse tack, gourd rattles, and more. Different tribes developed their own unique styles of floral patterns or geometric designs. The detailed designs often had cultural meaning and were done with the color preferences of their tribe. Native American beading is still popular today. Every Powwow has a number of booths selling beautiful beaded items.



Osage gourd rattle (top) and Cheyenne beaded moccasins (bottom) from the Gilcrease Museum Collection.



The cold and rainy winter months is a perfect time to start a new hobby. Beading is something you can do while listening to music in a warm house or sitting by the fireplace. It doesn't cost much to get started. The hardest part might be deciding which project to do!

When you look online or go to a craft/bead store, you will be amazed at the variety to choose from. There are glass, stone, metal, ceramic, and shell beads. Larger beads can be used to make necklaces, bracelets, earrings, bolos, and belts. Smaller beads, such as seed beads, can be used to decorate many items. It takes time and patience to create a work of art with beads but it can be truly satisfying. Using a number of beading techniques for the small, glass seed beads, like the lazy stitch or peyote stitch can create beautiful colors and patterns on flat or round objects like a gourd rattle handle. There are many 'how to' instructions online. This one by Native DIY'er Donald Porta is one of my favorites: <https://www.youtube.com/watch?v=DRG8q6AmXSY>.

Are you a beader?

Share photos of your favorite projects with us!

Email: newsletter@chapa-de.org

Sources and Further Reading:

- <https://collections.gilcrease.org/object/84118>
- https://americanindian.si.edu/sites/1/files/pdf/education/NMAI_lifeinbeads.pdf

LANDSCAPE IMPROVEMENTS AT ATWOOD

By Sunie Wood

Chapa-De's Atwood campus in Auburn, CA has served patients and staff well for over 35 years. It was our first building after our move from the tiny space on C Street in the Dewitt Center. We slowly expanded our site over the years adding buildings and doing extensive remodels to take care of our growing patient population. One of our latest projects is an upgrade to our outdoor space.

The path that meanders around the pond has been changed to brick pavers. This adds beauty to the landscape and creates a safer, cleaner surface to walk on. It was a decomposed granite path for years and while it served its purpose, sometimes it became muddy after rains. We hope you enjoy the new surface and take the time for a stroll around the building.



SPRUCE AND ROSE HIP TEA

Traditional Recipe from Sean Sherman's Turtle Island Cookbook

Rose hips and spruce are high in vitamin C. This tea has a tangy flavor of rose hips and citrusy notes from the spruce. Here's how to make it:

¼ cup fresh or frozen spruce tips or needles
or 2 tablespoons of dried spruce tips

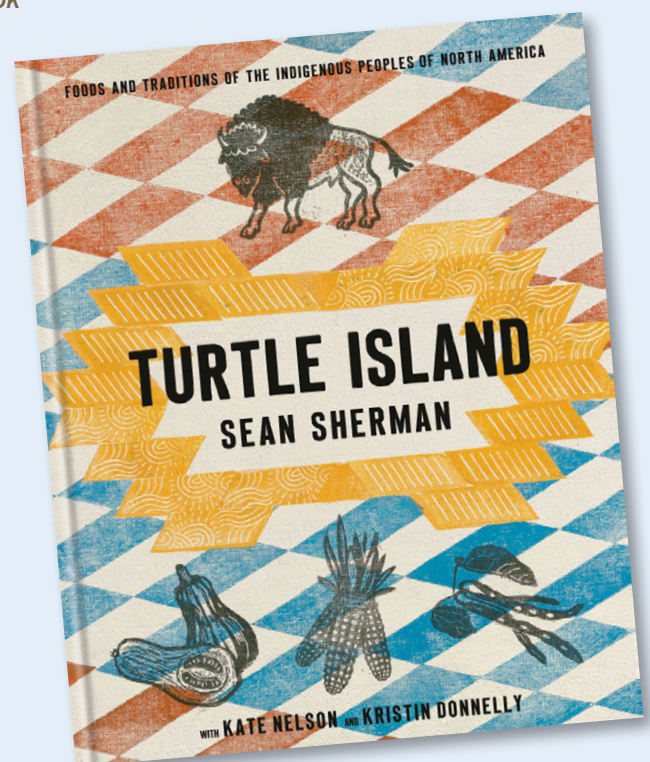
1 tablespoon dried seedless rose hips

Birch syrup or honey (optional) for sweetening

In a small saucepan, bring 1 cup water to a boil over high heat. Turn off the heat, add the spruce tips and rose hips, and let steep for 10 minutes. Strain the tea into a cup, discarding the solids, then stir in a little birch syrup to sweeten, if needed.

Serves 1

Read more about Sean Sherman and discover his cookbooks: <https://seansherman.com/>





SPRING BEAUTY: A CHIPPEWA STORY

Retold by Sunie Wood

An old man was sitting in his lodge, by the side of a frozen stream. It was the end of Winter, the air was not so cold, and his fire was nearly out. He was old and alone. His locks were white with age and he trembled. Day after day passed and he heard nothing but the sound of the storms.

One day while his fire was dying, a handsome young man entered the lodge. His cheeks were red, his eyes sparkled. He walked with a quick, light step. His forehead was bound with sweet-grass, and he carried a bunch of fragrant flowers in his hand.

“Ah, my Son,” said the old man, “I am happy to see you. Come in. Tell me your adventures, and what strange lands you have seen. I will tell you my wonderful deeds and we will amuse each other”.

“I am Peboan, the Spirit of Winter,” said the old man. “I blow my breath, and the streams stand still. The water becomes stiff and hard as clear stone.”

“I am Seegwun, the Spirit of Spring” answered the youth. “I breathe and flowers spring up in the meadows and woods.”

“I shake my locks,” said the old man, “and the snow covers the land. The leaves fall from the trees, and my breath blows them away. The birds fly to the distant land and the animals hide themselves from the cold.”

“I shake my ringlets,” said the young man “and the warm showers of soft rain fall upon the Earth. The flowers lift their heads from the ground, and the grass grows thick and green. My voice recalls the birds, and they come flying joyfully from the Southland. The warmth of my breath unbinds the streams, and they sing the songs of Summer. Music fill the groves wherever I walk, and all Nature rejoices.”

And while they were talking, a wonderful change took place. The Sun began to rise. A gentle warmth stole over the land. Peboan, the Spirit of Winter, became silent. The snow outside melted away. Seegwun, the Spirit of Spring, grew more radiant, and rose joyfully to his feet. The Robin and the Bluebird began to sing and the fragrance of flowers came softly on the breeze.

Peboan dissolved into tiny streams of water and the Indian children gathered the first blossoms, fragrant and pink—the Spring Beauty.



CELEBRATIONS, GATHERINGS & EVENTS

It's Scholarship & Grant Season!

Are you, or do you know a student planning for college, technical, trade, or vocational school? Now's the time to apply for financial aid, scholarships and grants!

April Moore Memorial Scholarship—Apply by Feb. 28!

Local American Indian/Alaska Native students can apply for the April Moore Memorial Scholarship for the 2026–2027 school year. This program honors April Moore's 26 years of service on Chapa-De's Board and her dedication to advancing AIAN communities. Up to \$2,500 available for students attending or planning to attend college, technical, trade, or vocational schools.

More information: <https://chapa-de.org/auburn-health-clinic/2500-scholarship-now-available-through-the-april-moore-memorial-scholarship-program/>

Want more opportunities? Find a full list of scholarships for American Indian and Alaska Native students on our website here: <https://chapa-de.org/auburn-health-clinic/its-time-to-apply-the-april-moore-scholarship-and-more/>

Upcoming Events

Yuba-Sutter Winter Pow Wow—February 2026
1830 B Street, Marysville, CA

Marin Pow Wow—March 22, 2026

College of Marin - Kentfield Campus Gymnasium
700 College Avenue, Kentfield, CA

More Info: <https://calendar.powwows.com/events/annual-marin-pow-wow/>

UC Davis Pow Wow—April 3, 2026

University Credit Union Center
750 Orchard Road, Davis, CA

More Info: <https://newsfromnativecalifornia.com/event/uc-davis-big-time/>

Yoomen Spring Festival—April 2026

Maidu Museum and Historic Site
Roseville, CA

43rd & Final Gathering of Nations Pow Wow – The Last Dance

After 43 years, the Gathering of Nations Powwow, billed as the largest powwow in North America, will come to an end on April 24-25, 2026

Expo New Mexico/Tingley Coliseum
Albuquerque, New Mexico

More Info: <https://www.gatheringofnations.com/>

Murdered and Missing Indigenous People Awareness Day—May 5, 2026

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 on May 5th and find other ways to support the movement at <https://notournative daughters.org/>

44th Annual Yuba-Sutter Pow Wow—May 2026
2088 N. Beale Road, Marysville, CA

National Park Fee Free Days 2026

- Feb. 16: Presidents Day
- May 25: Memorial Day
- June 14: Flag Day
- July 3–5: Independence Day weekend
- August 25: 110th birthday of the National Park Service
- September 17: Constitution Day
- October 27: Theodore Roosevelt's birthday
- November 11: Veterans Day

More info: <https://www.nps.gov/planyourvisit/passes.htm>

Book Recommendations

• Where Wolves Don't Die

by Anton Treuer

The story follows Ezra, a young Native boy growing into manhood and his cultural identity.

• Sean Sherman's Turtle Island

Cookbook (as shared in this newsletter)





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 or call (530) 887-2800 ext. 2924



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INDIAN HEALTH

**Passionate People.
Compassionate Care.**

FEBRUARY 2026

CHAPA-DE News

CELEBRATING 5 YEARS!



(Left to right) Viola Lopez, Sami Enos, Cheyenne Mulder, Darla Clark, Sunie Wood, Aimee Sagan, and Tayloranne McLeran.

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.