

Yooyoolah

ONE WHO CALLS



COWLITZ TRIBAL NEWS
WINTER 2021
1ST EDITION

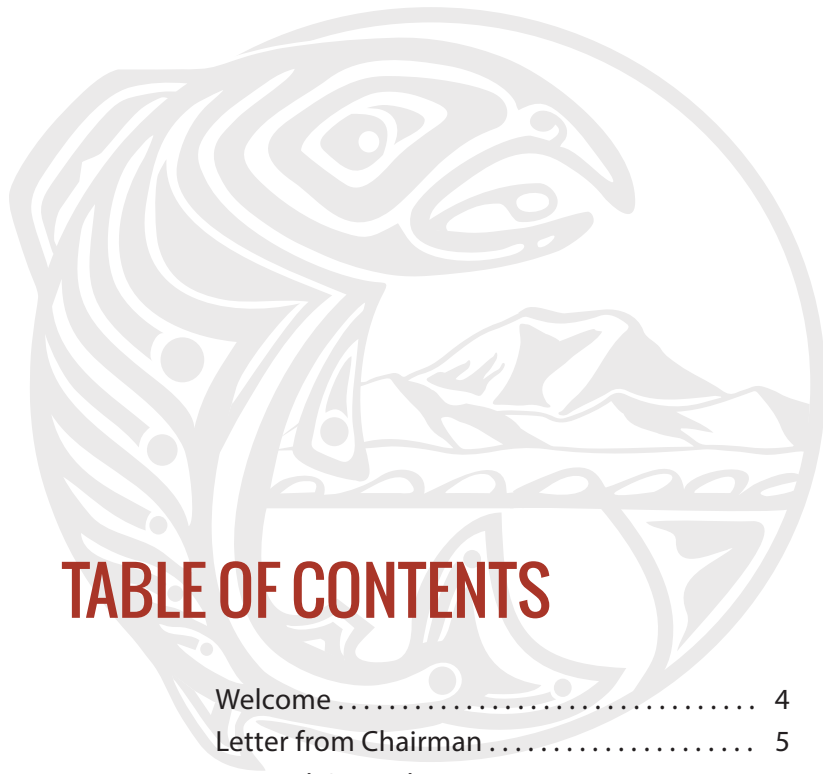


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SUBMIT YOUR NEWS TO YOYOOLAH COWLITZ TRIBAL NEWS

Send us your articles, art, business info, photographs, and events for our upcoming edition. Submissions must contain the following to be published:

ARTICLES

Word or similar format
Less than 500 words
Title of the article
Written by credits
Email
Phone number
Pictures info

PHOTOS / IMAGES

High resolution original
No embedded pictures
People, places, etc. clearly named
Numbered by preference
Photo credits
Persons and description
Articles may be edited at the discretion of the editorial team and will become the property of the Cowlitz Tribe.

QUESTIONS?

E: News@cowlitz.org
P: 360-577-8140

We are always accepting submissions. Thank you to the many submissions we received for this edition. We appreciate your time and hard work spent on your articles.
- Yooyoolah Editorial Team

DISCLAIMER

This publication does not reflect opinions of editorial staff and should not contain any defamatory, malicious, libelous statements or personal attacks on individuals, staff, Tribal organizations, administration, or the Cowlitz Indian Tribe as a whole.

EDITORIAL TEAM

Patty Kinswa-Gaiser	Whitney Mosback
David Doucette	Rina Goodluck
Becky Blue	Michael Rocheleau
Tiffini Johnson	Crystal Leigh
	Heather Kraft

UPCOMING EVENTS

**DEC
21**

ON THE MOVE

12-1 PM, Virtual
Register: [HTTPS://TINYURL.COM/4R2Z9HD4](https://tinyurl.com/4R2Z9HD4)
Virtual Winter Wellness Series
Alyssa Fine, Wellness & Diabetes Program Coordinator:
afine@cowlitz.org

**DEC
27**

POUND FITNESS

12-1 PM, Virtual
Register: [HTTPS://TINYURL.COM/4R2Z9HD4](https://tinyurl.com/4R2Z9HD4)
Virtual Winter Wellness Series
Alyssa Fine, Wellness & Diabetes Program Coordinator:
afine@cowlitz.org

**DEC
29**

HERBAL BATH AND BODY SCRUBS

5-8 PM, Virtual & In Person
1000 Davis Place, Dupont, WA
Herbal Medicine Making at Cowlitz – DuPont with Rhonda Grantham
Cowlitz Tribal Member Services: 1-877-Cowlitz

**JAN
4**

ZUMBA GOLD

12-1 PM, Virtual
Register: [HTTPS://TINYURL.COM/4R2Z9HD4](https://tinyurl.com/4R2Z9HD4)
Virtual Winter Wellness Series
Alyssa Fine, Wellness & Diabetes Program Coordinator:
afine@cowlitz.org

**JAN
25**

ZUMBA GOLD

12-1 PM, Virtual
Register: [HTTPS://TINYURL.COM/4R2Z9HD4](https://tinyurl.com/4R2Z9HD4)
Virtual Winter Wellness Series
Alyssa Fine, Wellness & Diabetes Program Coordinator:
afine@cowlitz.org

**FEB
9**

CHAIR YOGA

12-1 PM, Virtual
Register: [HTTPS://TINYURL.COM/4R2Z9HD4](https://tinyurl.com/4R2Z9HD4)
Virtual Winter Wellness Series
Alyssa Fine, Wellness & Diabetes Program Coordinator:
afine@cowlitz.org

**JUN
4**

GENERAL COUNCIL

10 AM, Virtual & In Person
ilani Ballroom
Whitney Mosback, General Council Secretary:
WMosback@tc.cowlitz.org

**NOV
5**

GENERAL COUNCIL

10 AM, Virtual & In Person
ilani Ballroom
Whitney Mosback, General Council Secretary:
WMosback@tc.cowlitz.org

THUR

DRUMMING - EVERY THURSDAY

6 PM, In Person
900 Fir St., Longview, WA 98632
Jeremiah Wallace: (360) 266-7720

2022 TRIBAL COUNCIL MEETINGS

9 AM, Virtual & In Person
ilani Ballroom

Bill Erickson, Tribal Council Secretary: WErickson@tc.cowlitz.org

**JAN
8**

**FEB
5**

**MAR
5**

**APR
2**

**MAY
14**

**JUL
9**

**AUG
6**

**SEP
10**

**OCT
1**

**DEC
3**

FOOD	GWE	HOUSING
<p>FOOD VOUCHERS (360) 577-8140 Email: memberservices@cowlitz.org or cowlitzenrollment@cowlitz.org</p> <p>PRODUCE BOXES/GARDEN PROGRAM (360) 787-3777 or (360) 355-2197 Email: garden@cowlitz.org</p> <p>COMMODITIES Email: cowlitzenrollment@cowlitz.org</p> <p>FISH/FILLETS (360) 772-9935/ (360) 206-0972 Email: fishdistribution@cowlitz.org</p>	<p>GWE One-time payment (62+) Annual Payments (65+) (360) 577-8140 Email: memberservices@cowlitz.org</p> <p>ESSENTIAL NEEDS BENEFITS 0-17 (\$500.00) 18-61 (\$2,000), 62 + (\$3,000) (360) 577-8140 Email: memberservices@cowlitz.org</p> <p>ENROLLMENT (360) 577-8140 Email: cowlitzenrollment@cowlitz.org</p>	<p>Down Payment Assistance Student Rental Assistance Elder Housing Apartments Elder Rental/ Mortgage Assistance Rental Assistance/Mortgage Assistance Home Rehab & Aging in Place Help to avoid Foreclosure Well and Sewer Repair or Replacement Covid 19 Utility Assistance (360) 864-8720 Email: cowlitzhousing@CITH.US</p> <p>LIEHEAP (ELECTRICITY ASSISTANCE) (360) 577-8140 Email: cowlitzenrollment@cowlitz.org</p>
HEALTH AND HUMAN SERVICES		
<p>SUBSTANCE USE DISORDER PROGRAM Assessments, Intakes, Referral to Detox Inpatient & Outpatient Services Longview (360) 575-3316 Vancouver (360) 947-2247 Tukwila (206) 466-5112 Email: SUDTukwila@cowlitz.org SUD@cowlitz.org</p> <p>HEALING OF THE CANOE Youth Substance Abuse Prevention/Life Skills Tutoring Assistance (360) 353-9547 • (360) 353-8202 Email: healingofthecanoe@cowlitz.org</p> <p>ELDERS PROGRAM Delivery of home cooked freezer meals, toiletries, salmon (enrolled Cowlitz Elders only), medicinal tea, hand sanitizer, cleaning products, prescription pick-up, rides to doctors' appointments and/or grocery shopping (360) 600-4552 • (360) 506-1260 Email: EldersProgram@cowlitz.org</p> <p>FACE MASKS (ADULT & YOUTH SIZES) The Department of Emergency Management has face masks for distribution to Tribal Members (360) 577-8140 Email: emergencymanagement@cowlitz.org</p>	<p>TOBACCO CESSATION COUNSELING Nicotine Replacement Therapy/Quit Kits (360) 353-0640 Email: dpearl@cowlitz.org</p> <p>COVID VACCINE (360) 353-9998 Email: covidinfo@cowlitz.org</p> <p>MENTAL HEALTH Counseling & Medication Management Longview (360) 353-9422 Vancouver (360) 397-8228 Tukwila (206) 721-5170</p> <p>MEDICAL CLINIC (360) 575-8275</p> <p>MEDICAL ASSISTED TREATMENT CLINIC Tukwila (206) 466-5410</p> <p>PATIENT BENEFITS/CLIENT SUPPORT (360) 575-8275</p> <p>PATHWAYS TO HEALING Domestic Violence, Sexual Assault, Stalking, Elder Abuse and Sex Trafficking Advocacy & Therapy Services Longview (360) 575-6239 Vancouver (360) 397-8228 Tukwila (206) 466-5131 Email: pathwaystohealing@cowlitz.org</p>	<p>24-HOUR HOTLINES National Domestic Violence Hotline 1-800-799-7233 Rape, Abuse, Incest, National Network (RAINN) 1-800-656-4673</p> <p>INDIAN CHILD WELFARE (ICW) Child and Family Welfare Services Longview (360) 355-2835 Vancouver (360) 831-1950 Tukwila (206) 491-9266</p> <p>COWLITZ YOUTH PROGRAM Tutoring, Learning and Online Interactions, Language, Culture Connection (360) 353-9916 Email: youth@cowlitz.org</p> <p>COWLITZ EMPLOYMENT SUPPORT SERVICES Career guidance, Education and or Job Training Housing Assistance for youth and families Longview (360) 575-3318 Vancouver (360) 397-8228 Email: lhanby@cowlitz.org</p> <p>ASSISTANCE FINDING RESOURCES Cowlitz Tribal Member Services (CTMS) is here to help members learn about available services, programs, and resources. 1-877-COWLITZ (1-877-269-5489) Email: CTMS@cowlitz.org</p>
VETERANS	EDUCATION	CHILDCARE
<p>COWLITZ WARRIORS PROGRAM (206) 308-6992 Email: warriors@cowlitz.org</p>	<p>TUITION ASSISTANCE (360) 353-9588 Email: education@cowlitz.org</p>	<p>CHILD CARE ASSISTANCE (No income requirements) (360) 353-9559 Email: ccdp@cowlitz.org</p>
TRANSIT	LEGAL SERVICES	CULTURAL RESOURCES
<p>MEDICAL & MEDICAID TRANSPORTATION, AND RURAL TRANSIT SERVICES (360) 232-8585 Email: transit@cowlitz.org</p>	<p>CTMS 1-877-Cowlitz Email: CTMS@cowlitz.org</p>	<p>COWLITZ ART/CULTURAL CLASSES & EVENTS (360) 353-9997 Email: idunbar@cowlitz.org</p>

LETTER FROM GENERAL COUNCIL CHAIRMAN



Nákʷs,

I am praying for the health and lives of each and every Cowlitz tribal member and their families during this most difficult pandemic.

Your welfare is constantly on my mind, and I believe it to be of the utmost priority for all Cowlitz leaders to work on improving the lives of each and every member, no matter where you live or your current situation. That is my commitment to you, and I know that your Tribal Council shares that commitment.

It is a great honor to be writing this article for you. As a youngster, I watched my father pluck away at his old Smith-Corona typewriter writing his Chairman article for Yoo-yoo-lah, and he's probably shaking his head and laughing at me from the big meeting in the sky, as I use spell check on my computer!

The positive changes many of you were hoping for when you elected so many new faces to the tribal council over the last year are happening right here and right now, and you are going to feel the benefit. We are looking at each and every funding source from many different angles to maximize the number of services we can provide to each and every tribal member. For a long time, many tribal council members were unfairly kept from seeking the information we now have at our disposal to better your lives and live up to the Oath of Office we took to serve you.

In both the Housing Department and the Health and Human Services Department, your elected leaders are now able, for the first time, to ask questions of the Federal Government and to find ways to get funding more directly to the people without the multitude of strings attached (that comes from federal funding).

For the first time, we will be actively engaging in efforts to get additional funding for our membership through Congress and lobbying efforts in Washington, D.C., and with our state elected leaders in Olympia. Other tribes have been taking advantage of these opportunities for decades – why shouldn't we?

Within the tribe there has been discussion about a "hardship enrollment" policy for those Cowlitz who were not enrolled because of tribal error or lost records. I am hopeful a survey will be sent out to the entire membership soon so that we can know these legitimate hardships.

As a very successful land developer by trade, I hope to soon announce a project to be developed on the reservation which will "blow you away!" I am so excited to be able to have your support, to realize my vision and your vision of the most prosperous reservation in the United States, and I think with this announcement we are well on our way! Stay tuned for this exciting announcement because the more successful we become with our economic development, the sooner we can provide universal healthcare for all members and so many other benefits which are currently out of reach for you.

Personally, giving back to members in need has become the most rewarding part of my life.

Since COVID-19 began, I began hosting (at my own expense), podcasts to help tribal members in need and to provide to them important information so they are better informed. Thanks to so many hundreds of you, the podcasts are keeping many of us closer together than ever, when the pandemic was keeping us apart. You can subscribe to the podcasts by going to YOUTUBE and typing in "No Cowlitz Left Behind" and then clicking on the "subscribe link." Or you can directly email nocowlltzleftbehind@gmail.com and we will add you to the email and podcast list.

I am here to work with anyone for the betterment of the tribal members and the tribe. We can do together what we could never do alone.

Thank you,
Dave Barnett
General Council Chair

WELCOME



A Note from the General Council Vice-Chair

It is such an honor to serve the Cowlitz Indian Tribe as vice-chair. We look forward to many positive changes.

As many of you know I have also been working in the administration office in Longview since May 2021 as interim tribal manager. I will soon be transitioning out of that position or may have already done so by the time this is published. The staff in this building are so awesome, as are all the staff Tribe-wide. I love having anyone visit me with thoughts, plans, etc.

We do have such strong leadership at the helm now with many new ideas in mind. Our goal is to take care of all tribal members.

Our Tribal Council has never been so diverse, open and transparent. All of the council contacts are on the website, and we are available to you.

The Tribal Council members are more involved now than ever; having so many different backgrounds of expertise is exciting. We look forward to many new developments.

As for me, I will return to my cultural teachings, either through the Tribe or on my own. Most of you know my areas of knowledge. And, if possible, we will be attending a weavers' conference in May 2022. I look forward to new members signing up for this. I will keep you informed.

Thank you for all your support for this new administration!

Patty Kinswa-Gaiser
General Council Vice-Chair

UPDATES

NOVEMBER GENERAL COUNCIL MEETING REPORT

By General Council Secretary Whitney Mosback



Dear Cowlitz family,

Your contributions at the General Council Meeting on November 6, 2021, made for a memorable gathering! The heartfelt comments, delicious meal, warm coffee, sharing interests, laughter, honoring veterans and reports of the tribal leadership ... compliments to all!

Several volunteers arrived at 7:40 a.m. to begin preparing registration and vendor booths and assisting staff. A big thank you for extending time to contribute to the success of this twice-yearly meeting.

The ilani team described healing attributes of our hospitality business. President and General Manager Kara Fox-LaRose and the executive team have seen an upswing in revenues. As a result of the community optimizing all our business has to offer, including new restaurants and expansion, ilani has ignited quite the buzz. The hotel structure is now above ground and presents a spectacular visual of what is to come.

Chairman Dave Barnett welcomed Chief Operating Officer of the Cowlitz Tribe Kent Caputo to address the general membership. His relationship with the Tribe and impressive 30 years of experience in legal, political, administrative and regulatory areas of organizations has proven, in a short time, how his addition is truly critical to the team. COO Caputo will continue to take the tribal government in a direction of fairness and professionalism.

Our Tribal Veterans Representative Teri Graves called Medically Assisted Treatment (MAT) Program Manager Manuel Pablo to the stage. He is an honored employee and a highly respected veteran who is retiring from the Cowlitz Indian Tribe. His work will be remembered for years to come. Thank you for joining the Cowlitz team years ago. We wish you well in your future endeavors!

THE COWLITZ TRIBE NAMES KENT CAPUTO AS OUR CHIEF OPERATING OFFICER

The Cowlitz Indian Tribe is pleased to welcome Kent Caputo to our management team as our chief operating officer (COO). Kent has been a longtime servant, ally and supporter of the Cowlitz Indian Tribe. He was a key player in helping the Tribe in the early 2000s and beyond as we moved through recognition, fee-to-trust, reservation, gaming approvals and more to advance to today. He has maintained a connection with Tribal leadership through the years, serving as a sounding board and keeping up with our progress and expanding goals and opportunities.

Kent will be the Tribe's first-ever non-elected COO. The creation of this position is a testament to the Tribe's significant growth and development. The success of ilani helps make it possible for the Tribe to consider the many ways it can support our members, wherever they may reside. Providing housing, healthcare, education and elder care services, among others, while preserving and building from a unique and vibrant cultural heritage are front of mind today. Kent's expertise in areas such as tribal issues, government relations and business oversight and development will be of value as we work to ensure we continue to advance in serving all our members while focusing on growing and protecting tribal assets and opportunities.

Kent is a Washington native with a long history of working for, with and in support of tribes, including the Cowlitz Indian Tribe, and our concerns. With more than 30 years of experience as an executive and attorney in the public and private sectors, he has a depth of knowledge and expertise in areas concerning tribes and the communities we share. Most importantly, he has a deep appreciation for the Cowlitz and our people's unique historical and increasingly integral role in the Southwest Washington community.

"There is no doubt that the Cowlitz Indian Tribe is poised to grow as a cultural and economic cornerstone in Southwest Washington and beyond," shared Kent. "The health and security of the region depends on the health and security of the Tribe, and the Tribe's substantial development in recent years illustrates just how much one depends on the other. It is a balance, but one that the Cowlitz people have nurtured and executed well. I am honored to be part of ensuring a continuation and growth of the Tribe's leadership role and success."

As the Cowlitz pursues our mission — to preserve and honor the legacy of our elders and ancestors by promoting social justice and economic well-being, securing our aboriginal lands, respecting our culture and sovereignty, and fostering justice, freedom and our mutual welfare — Kent will be a valuable resource. Already, he is absorbing as much information as he can, welcoming input from all — tribal elders, leaders, members and staff, as well as public, private, local, state, tribal and federal stakeholders.

Please join us in welcoming Kent!

The General Council Treasurer Celine Cloquet informed the membership about where the money is going and recounted her plans to leverage the Tribes' assets in a more effective way. She reported how well the Tribe is optimizing grants and revenue from our businesses. The essential tribal programs offer benefits to Cowlitz tribal members and the surrounding community. Treasurer Cloquet is ensuring the Tribe is building a healthy reserve, while also ensuring the welfare of our people.

Housing director Kim Stube is working with the Housing Board to broaden the department scope. The goal is to serve more tribal members in the programs. The approach is to reevaluate the Indian Housing Plan (IHP). The membership will have 30 days to comment for the Housing Board to review. Check the Cowlitz.org website for additional information.

Health Board chair and Tribal Council member Cassandra Sellards Reck reported strong efforts to increase the availability of health programs for all tribal members. Right now, our Contract Health Services are limited and do not reach all our members. Leadership plans to change this, as well as offer telehealth and a special diabetes program.

The General Council Secretary Whitney Mosback shared the incredible impacts of the Cowlitz Tribal Foundation which comprises two boards: the Statewide Fund and the Clark County Fund. The combined impact in the community is expanding across Washington state. An awards ceremony was held at the annual ilani tree lighting on November 24, 5-7 p.m.

Tribal Council Chairman Dave Barnett announced the first listening session for 2021 was to be held November 16. Tribal leaders were listening to membership comments, concerns and ideas brought forward.

Finally, the Cowlitz Kids Christmas Party, December 12, 3-7 p.m., in the Cowlitz Ballroom, will be a wonderful celebration!

Warm Regards,
Whitney S. Mosback,
General Council Secretary



KWONEESUM DAM

Kwoneesum Dam is located on Wildboy Creek, a tributary to the West Fork Washougal River, near the town of Washougal in Southwest Washington. The Washougal River watershed has been heavily affected by the Yacolt Burn (1902), widespread deforestation, splash damming, and the 1964-65 construction of Kwoneesum Dam by the Portland Chapter of the Camp Fire Girls.

Kwoneesum Dam is located on Wildboy Creek, a tributary to the West Fork Washougal River, near the town of Washougal in Southwest Washington. The Washougal River watershed has been heavily affected by the Yacolt Burn (1902), widespread deforestation, splash damming, and the 1964-65 construction of Kwoneesum Dam by the Portland Chapter of the Camp Fire Girls.

The construction of Kwoneesum Dam subsequently blocked fish passage to 6.5 miles of habitat and stopped the transport of sediment and wood that would benefit all of the downstream reaches of Wildboy Creek and the West Fork Washougal River. The Camp Fire Girls sold the dam and surrounding timberlands in the 1980s, which were used as commercial timberlands until 2020, when the property was sold to the Columbia Land Trust. The Cowlitz Indian Tribe has formed a partnership with the Columbia Land Trust and taken the lead to secure restoration funding to remove the dam and

reconnect the headwaters of Wildboy Creek to benefit populations of steelhead and coho salmon.

Since 2017, the Cowlitz Indian Tribe's Natural Resources Department has been busy developing dam removal designs and securing restoration funding from multiple sources. Regulatory permitting applications have been submitted, and starting in June 2022, the Tribe will re-route the tributary stream and start dewatering Kwoneesum reservoir. The 55-foot-tall and 425-foot-long Kwoneesum Dam is scheduled to be fully removed by September 2022.

The completion of this project will restore fish passage, reestablish riverine processes, increase climate resiliency and promote natural channel conditions. The removal of Kwoneesum Dam will also remove the 10-acre reservoir impoundment, eliminating excess solar inputs that currently raise summer stream temperatures in Wildboy Creek to harmful levels for salmon and steelhead. The project will

also install over one mile of instream wood structures to retain sediment, provide habitat diversity, form pools, and generally increasing the quantity and quality of holding, spawning and rearing habitat throughout the project reach. We expect these changes to drive biological outcomes to increase spawning success and improve juvenile survival rates for listed salmon and steelhead populations. Finally, crews will install 17,500 native trees and shrubs within the reservoir footprint to jumpstart a new riparian forest that will eventually provide shade, nutrients and large wood for the stream.

The Kwoneesum Dam Removal Project will be the fourth largest dam removal in Washington state history. Cowlitz General Council Vice-Chair Patty Kinswa-Gaiser stated, "Salmon have always been prized by the Cowlitz people. The removal of this dam will restore cold, clear, free-flowing waters and reconnect the surrounding ecosystem to benefit salmon and all surrounding wildlife."

GREETINGS FROM THE PUBLIC WORKS DEPARTMENT

Public Works hit the ground running, and we won't be making stops anytime soon! Public Works strives to provide the Cowlitz Indian Tribe with the best facilities care we can. We keep all the tribal facilities clean to reduce the spread of COVID-19, as well as repair or upgrade any facility that is in need. Public Works receives over 130 work orders each month, and we are managing numerous large projects for the tribe. The good news is that majority of our project funding comes from other departmental grant programs.

In the last few months, we have hit major milestones in various projects for the Tribe. The design phase of the new Mental Health office space in the 900 Fir Complex in Longview, Washington, has been completed and now awaits Health Board and Tribal Council approvals before construction can begin. The Health and Human Services (HHS) director and staff have done a tremendous job in planning for additional office space to expand the Mental Health program. In addition, the HHS elevator and facility expansion project in Tukwila, Washington, has made it through the conceptual design phase and is presently in the Health Board's and Tribal Council's hands to review and approve to go to the next phase of construction. Public Works' job was to manage the process for HHS, so HHS could focus on taking care of our tribal members and clients without any distractions. We are excited to see both projects come to a reality so our members can enjoy our upgraded facilities.

The new Department of Transportation (DOT) building has been freshly remodeled with four new offices, and that is only the start. We are currently re-building the bathrooms, upgrading the heating and cooling systems to provide year-round comfort, and installing a state-of-the-art fence with automatic gates for easy exit/entry for our transit team. Our maintenance men have worked hard on providing DOT with a facility they can be proud of, and we look forward to finishing these upgrades soon.

Probably one of our biggest achievements this quarter is the implementation of higher security efforts for our Longview and Tukwila facilities. Following a major rise in criminal activity and theft happening on our property, it was pertinent that something be done to better protect our facilities. We now have a 24/7 security team here on-site to provide us with peace of mind knowing that our belongings will be kept safe, day and night. We are also in the process of installing a brand-new security fence around one of our parking lots so that we can lock up our vehicles overnight. These security upgrades offer better protection of the Tribe's assets, facilities, and most importantly – our people.

Last, but not least important, is the work we are doing at our beloved Swift Schoolhouse Facility. Public Works has been working alongside Natural Resources Department (NRD) to upgrade and secure this property. As we were recently hit with major vandalism to this facility, it became apparent that we needed to step things up. As we re-painted and cleaned the schoolhouse, NRD installed a beautiful fence around the property. Public Works installed new doors on the school and NRD worked diligently to clean the property – preparing it for Huckleberry Camp 2021. The collaboration brought about a beautiful new look for our schoolhouse that will now be utilized for all our future generations.

We will continue to push forward and support the Tribe as it grows. Message from the Public Works Director: I am very proud of our Public Works team; we have worked very hard to keep up with all that has been thrown at us within the last year. I am looking forward to working with the new administration by aligning our department with the new administration's goals to continue to improve our facilities and serve our tribal members.

CULTURE/EDUCATION

BOARD/COMMITTEE CHAIRS

Cultural Resources Board

John O'Brien 1obcanobe2@gmail.com

Health Board

Cassandra Sellards Reck csellards-reck@tc.cowlitz.org

Housing Board

Patty Kinswa-Gaiser pkinswagaiser@cowlitz.org

Youth Board

Cassandra Sellards Reck csellards-reck@tc.cowlitz.org

Cowlitz Tribal Gaming Authority

Sonny Bridges sbridges@ilaniresort.com

Cowlitz Tribal Gaming Commission

Gregg Ford g.ford@ctgc.cowlitz.org

Pow Wow Committee

Kris Dillehay krisdil43@gmail.com

Canoe Family

Dale Cottenware dsmotorbox@yahoo.com

Drum Group

Cassandra Sellards Reck csellards-reck@tc.cowlitz.org

Education Committee

Gregg Ford g.ford@ctgc.cowlitz.org

Enrollment Committee

Melody Lopez melodypfeifer@outlook.com

Cowlitz Tribal Foundation – Statewide Fund

Whitney Mosback wmosback@tc.cowlitz.org

Cowlitz Tribal Foundation – Clark County Fund

Luke Bridges lbridges@ilaniresort.com

TRIBAL COUNCIL

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General Council Secretary

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Rod Van Mechelen rvanMechelen@tc.cowlitz.org



HOC youth at the green house at St. Mary's

HOC CULTURAL CAMPS ENGAGE YOUTH ALL SUMMER LONG

Healing of the Canoe (HOC) had a very active and amazing summer. We had six weeks of workshops rotating 30 youth daily. These youth were engaged with us through our virtual workshops throughout the year.

We were able to work with Rhonda Grantham, who shared her knowledge of all things plants and trees; Rhonda, thank you for always taking time to work with our youth. We worked with Tess Dahlquist and Raylea Case to learn about healthy food choices and harvesting, and they were able to harvest veggies to use at home. We had tobacco education with DeAnna Pearl, and the youth made first aid kits for themselves and for youth who did not attend that day. We even built a new partnership with Hancock Forest Management group; Cinnamon Bear and Stephan Dillon were great at teaching us how and when to harvest and making medicine we will all use. We headed up to Mount St. Helens, where the youth learned about the eruption and taught everyone what they learned. Thank you, HOC families, for trusting us with your youth, for always wanting to be a part of the program and for all your support! We are recruiting youth ages 9-17 years old to participate in the program, if interested, please call Vashti Langford at 360-353-9547 or email vlangford@cowlitz.org.



Medicines made by HOC youth

CONGRATULATIONS

TO ALL OF OUR RECENT AND UPCOMING GRADUATES.

The following students gave us permission to publish their names.

Certificate

Stacy Androsko
LeAnne Dorsey
Melissa Kinswa
Victoria Kinswa
Mikayla Lawrence
Madison Littleton

Associate Degree

Christian Baker

Bachelor's Degree

Kayla Brown
Kaylee D'Amato
Kyle Leypoldt
Rachelle Mayer
Joseph Michael
John Ragan
Carissa Schultz
Lillian (Rae) Shropshire

Master's Degree

Alesha Scrivner

Doctorate

Brittany Ward

OUR FEATURED STUDENT IS NAKAYLA EHRHORN.

She has successfully completed 1,861 hours of on-the-job training with Evergreen Rural Water of Washington.

Nakayla is excited by the opportunities she has been afforded and is looking forward to continuing her training as she enters her second year in the water distribution manager discipline. Ernie Klimek, her training and apprenticeship supervisor stated, "I would recommend Nakayla for continued scholarship and want to thank the Cowlitz Indian Tribe for supporting her in this effort and, along with the City of Castle Rock, we look forward to providing Nakayla the training she needs to be successful in year 2 of her program and into the future." Nakayla continues to proudly represent the Cowlitz in these efforts.

Way to go Nakayla, your tribal family is proud of you.

COWLITZ GRADUATION TEAM

ATTENTION COWLITZ FAMILIES: ARE YOU OR A FAMILY MEMBER GRADUATING FROM HIGH SCHOOL, VOCATIONAL SCHOOL/ TRADE SCHOOL OR COLLEGE THIS YEAR (2021/2022)?

Please contact the Cowlitz Graduation Team to let us know when and where you are graduating. The Graduation Team is a group of tribal member volunteers and is not a sponsored or endorsed tribal program. This is our way to give back to our community and lift you up in your achievements. Please send notices to Sheryl Whitlinger at shespa1@yahoo.com or call (360) 324-2313 for more information.

WANT TO BE ON A COMMITTEE?

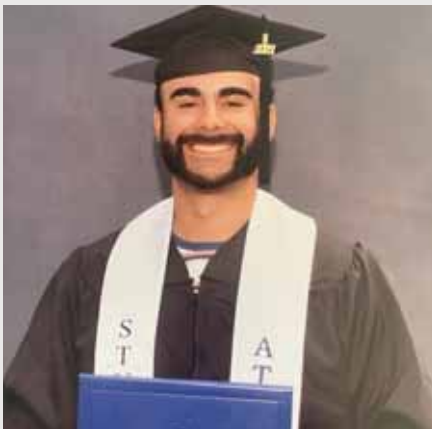
The Pow Wow Committee is looking for a few new members.

Are you a reliable worker? Can you commit to monthly meetings and help sell merchandise at tribal events? Be available at the time of the Pow Wow to set up and help with the event all day? Get along well with others? If yes, then please reach out to Kris Dillehay at krisdil43@gmail.com.



**CONGRATULATIONS TO
COWLITZ TRIBAL MEMBER
MIRANDA PORTER!**

Miranda received her degree in Bachelor of Science Healthcare Administration from Southern New Hampshire University on September 1st, 2021. Her compassionate nature and giving heart are a gift to all who know her. The healthcare field is lucky to have her!



**CONGRATULATIONS TO
COWLITZ TRIBAL MEMBER
BRANDON PORTER!**

Brandon earned his degree in Bachelor of Science in Multidisciplinary Studies with a Minor in Physical Education from Eastern Oregon University on June 11, 2021. He is currently pursuing his masters degree in Education at EOU while competing as a full time athlete in basketball.

TUITION ASSISTANCE AWARD PROGRAM UPDATE

In the early days, before federal recognition, some of the elders would “pass the hat,” collecting whatever they could scrape together, to give a few Cowlitz students a small scholarship to help them reach their dreams. The dream of a good education for our youth has been a priority for the tribe for a long time. With the benefit of our casino earnings and the support of our tribal council, the dream is coming true. The Education Committee has the privilege of providing the opportunity for tribal members, young and old, to reach for their dreams. Whether it be vocational training, undergraduate programs or graduate school, please encourage your children to get good grades and realize that they have options beyond high school. If you’re an adult, it is never too late to go back to school.

The 2021-22 academic school year is off to a great start. We have already awarded tuition assistance to over 200 Cowlitz tribal members. These Cowlitz students represent 27 states and two countries. We currently have 37 students in master’s degree programs and five in doctorate programs. We have a freshman attending MIT and a graduate student studying in Paris. Cowlitz members are working toward vocational certificates, associate degrees and bachelor degrees all around the country. Statistically, the main areas of studies are in health sciences, education and teaching, and business and management.

More great news! Many of these students have taken advantage of a new offering our tribal council approved in May. Beginning in the 2021-22 academic year, an annual Educational Costs GWE Benefit is available to all Tuition Assistance Award recipients in the first education term of the student’s academic year. This \$1,000 annual benefit for educational costs may be used for, but is not limited to, books, computers, calculators, musical instruments, sports equipment, supplies for studies, tutors, clothing, room and board, and transportation to and from school. The new Educational Costs GWE Benefit has been greatly appreciated by our college and vocational students.

If you are a high school graduate or have a GED and are enrolled in a certificate or degree program at an accredited vocational school, college or university and are not receiving Cowlitz Tuition Assistance, you may be eligible for the Educational Costs GWE Benefit. For more information, contact the Tuition Assistance Office at tuitionassistance@cowlitz.org or (360) 353-9588.

With the increasing number of applications and the addition of the Educational Costs GWE Benefit, we welcome our newest member to the Education Committee family. We are happy to have Mersady Smith in the Education office working with Carol Burnison. We could not provide the service we do without Carol and Mersady. If you have any concerns or questions about the Tuition Assistance Award, please check out the education page on the Cowlitz Tribe website and contact Carol and Mersady, the education experts.

Thank you, tribal council for your continued support and to the Education Committee members who volunteer their time to help make dreams come true.

ANNOUNCEMENTS

NOTABLE ALUMNI AWARD

NORTHWEST CRIMSON & GRAY - WSU VANCOUVER



MEET KARISSA LOWE, CULTURAL AMBASSADOR AND VOLUNTEER EXTRAORDINAIRE.

Karissa Lowe might be called a super volunteer. After earning both a bachelor's degree (English, '01) and a master's degree (education, '03) at WSU Vancouver, she was an elected member of the Cowlitz Tribal Council for 15 years, until 2020. During that same period, she served on several Cowlitz tribal boards, the Grantmakers of Oregon and Southwest Washington program committee, the WSU Pullman Native American Advisory Board, the WSU Vancouver Diversity Taskforce and others. She still serves on the Cowlitz

Indian Tribe Education Committee and its Gaming Authority Board, and she recently joined the boards of the Confluence Project, the Mount St. Helens Institute and the Community Foundation for Southwest Washington.

WHICH BEGS THE QUESTION: HOW DOES SHE DO IT ALL?

"I have a very supportive husband, Ian Winters," she said. "My parents have always emphasized the importance of volunteering and giving back to the community. My husband has been 100% supportive, which is more important than ever now that we have a kiddo." That would be Ragnar Scanewa Winters Lowe, age 2, whose first and middle names draw on her father Gary's Icelandic ancestry and mother Becky's Cowlitz heritage.

Lowe met her husband through another of her regular activities, Offbeat Belly Dance, a group she founded and runs, and which she said is "the longest running monthly community belly dance show in the Portland area." He now serves as the DJ for the show; they married in 2015. There is a large community of belly dancers in Portland, Lowe said. "Most of us are people with day jobs who like

to dance. It's a fun opportunity to get together and share our art."

Lowe's current day job is with Metro, the regional government agency based in Portland, where she is the program manager for the Nature in Neighborhoods Community Grants program. She joined Metro after several years in philanthropy with a Portland-based private foundation, the Meyer Memorial Trust.

"There are all kinds of pockets of nature throughout the city, and this program builds awareness and increases access to parks and other outdoor natural spaces—especially for people from historically underserved communities," Lowe said, explaining her job. Among other things, projects funded by the program have involved removing invasive species, planting native plants attractive to pollinators, installing "bug hotels," and partnering with neighborhood groups and local nonprofits to create educational opportunities around their activities.

"It's great," she said. "I get outside; I talk to amazing people doing cool work helping everybody get outdoors more."

LIKE FATHER, LIKE DAUGHTER

Lowe was the first in her family to get a college education, but her father was right behind her. She grew up in Longview, Washington, and her father retired after more than 33 years working in the Reynolds Aluminum mill. Seeing the writing on the wall for mill workers, he had begun taking classes part-time at Lower Columbia College. When Karissa enrolled there after high school, she heard, "Oh, you're Gary's daughter. We expect a lot from you." She got her associate degree, then transferred to WSU Vancouver, where she made Phi Beta Kappa, wrote for *The VanCougar*, published art in the *Salmon Creek Journal*, worked for the Writing Center and graduated *Magna Cum Laude*.

Meanwhile, her father completed his associate degree and also transferred

to WSU Vancouver, where he heard, "Oh, you're Karissa's dad. We expect a lot from you." He also worked for the Writing Center. He completed his Bachelor of Arts in English a year after she did, then his Master of Education, and worked for the Cowlitz Tribal Housing Authority for nine years before retiring.

For Karissa and Gary Lowe, WSU Vancouver opened just in time. "I was so grateful that WSU Vancouver was there for me, a traditional student who didn't want to move far away to get my education," she said, "and for my dad, a returning student who suddenly needed a college degree to provide for his family and who needed a college within commuting distance of his home."

She praises the university's productive relationship with the Cowlitz Tribe. "Working with WSU Vancouver to build its relationship with the Cowlitz Tribe has affirmed my belief that WSU Vancouver genuinely cares about our community and is committed to creating meaningful and rich partnerships with historically and systematically marginalized communities. WSU Vancouver's work with Cowlitz is a model for other academic institutions," she said.

Lowe was nominated for the Notable Alumni Award by Shameem Rakha, scholarly assistant professor in the Department of Education at WSU Vancouver. The two are creating a curriculum, called *Since Time Immemorial*, to be used in K-12 schools.

In her many roles, Lowe is a natural and generous leader who does not see herself as exceptional. She is happy to share the credit. As she said, "The more we normalize giving back to community and spread the love, so to speak, the more wonderful our communities will be."



ENROLLMENT

Our current enrolled population as of October 3, 2021, is 4,516. Since September, we have enrolled 156 new tribal members.

The Constitution of the Cowlitz Indian Tribe states in Article II, Membership, that direct lineal descendants eligible for enrollment shall have a parent listed on the current membership roll, even if the parent is deceased, and the applicant is not more than nineteen (19) years of age (effective June 5, 2021); or the applicant was adopted out from their birth parent, prior to the age of 18 years of age, who can provide a state-certified birth certificate or other court document naming the Cowlitz parent. Direct lineal descendants of the adopted member shall have one year to enroll from the date of enrollment for the adopted parent (effective November 2, 2017).

COWLITZ EMPLOYMENT SUPPORT SERVICES INTRODUCES NEW MANAGER

By: Elizabeth Tail, HHS Director



Camilla (Cami) Falcon

Meet our new Cowlitz Employment Support Services (CESS) manager, Camilla (Cami) Falcon. Cami is an enrolled member with the Fort Peck Assiniboine Sioux Tribe and a descendent of the Turtle Mountain Chippewa and Blackfeet Tribes. She has a Bachelor of Science in sociology from Kent State University. Cami began working for the Cowlitz Tribe's CESS program in November 2019 as a vocational rehabilitation (VR) counselor. Prior to coming to the Tribe, she worked for almost 20 years in human resources for Target Corporation.

Cami explains, "I have always wanted to give back and work for our tribal communities for as long as I can remember." Now she is inspired by her work and takes pride in the fact that she is able to help Cowlitz tribal members and other Native American people reach their employment goals, and hopefully, one day they can reach their dreams as well! Cami enjoys meeting new clients and learning about their background and culture. Her favorite part about being a VR counselor was seeing clients reach a milestone in their lives. Whether it was school, getting an interview, or starting that new job that they had been waiting for, it was all worth seeing that proud, confident smile on their faces.

As a new manager, Cami wants to continue connecting with clients and helping make a difference in their lives. Every day presents a challenge and opportunity for learning and helping others. Her goal is to help all clients as much as possible to achieve their goals. She wants to apply her degree in sociology, past work experience

in employment and human resources, as well as her work as a VR counselor to help the CESS program grow. She wants to continue to assist Cowlitz tribal members, as well as all Native people continue to grow and achieve their career and education dreams. Cami can't wait to get started in her new role and looks forward to sharing wonderful success stories of how the CESS program helps our Cowlitz tribal members and other Native American people. We welcome and congratulate Cami in her new role!



Announcing a short film starring Jason Kael and Cowlitz actress Sydney Erickson called Waste Land. "A young Indigenous man determined to end his life is temporarily prevented by the sudden appearance of his co-lead from the regional theatre." Directed by Misty Grace. Poster by Trevin Spencer.

DISCOVER PASS & NW FOREST PASS

The Discover Pass does not expire and the NW Forest pass expires one year from the date of issue.

If you are interested in one of these passes, please contact us at (360) 575-6230 or (360) 575-3310.

ELDER VEST

In honor of our tribal elders, we award one vest to enrolled Cowlitz tribal members age 60 or above. To claim yours, please contact Marissa Longtain in the Enrollment Department at (360) 353-9922 or mrlongtain@cowlitz.org.



GREETINGS FROM THE ILANI CASINO RESORT

A poem by Richard D. Iyall, Cowlitz Indian Tribe member
riyall1@my.scccd.edu

Klahowya, dear ones! Enjoy your stay at ilani,
the Cowlitz place where you can play,
with table games and slot machines.
Where music plays to fill your dreams!
There're restaurants with tasty food,
so many ways to fit your mood!
You'll see the place along I-5
in Washington. It's worth the drive.
The nearby mountains give us quite a view
and send their waters down the Cowlitz River too!
The culture of the Cowlitz people can be found
throughout
with beauty, elegance, and kindness all about.
The Cowlitz Ballroom waits for you to come and
have some fun.
Enjoy a concert there or book a conference, large or small.
The gorgeous space fulfills the need, accommodating all.
The ilani Resort has a casino so divine
with awesome bars with mixed drinks, beer, and wine.
The "Best in the Northwest"* is there for you to shine!

* Casino Players Magazine, September 2021 issue, Native Northwest region: Best Casino 2017-21; Best Overall Gaming Resort, 2021; Best VIP Services 2021; Best Non-Smoking Casino, 2021 etc.



Cowlitz elder Dennis Albrecht (73). This was captured by his son in law (Kary Kugan) while enjoying the woods/logging roads in Grays Harbor County. No part of this photo is filtered or photo-shopped.



HAPPY FATHER'S DAY

A Father's Day backyard barbecue was hosted by Terry Helton and included son, Josh Helton (father to Gunner and Jagger) and grandson, Dylan Deuel (father to busy 2 year old, Evelyn, who is not pictured). Terry has his Cowlitz Elder blanket proudly displayed
(Photo submitted by Sandy Helton)

ASPIRING ARTIST

Two paintings by 13-year-old Cowlitz Tribal member Brooklynn Larson.

Brooklynn is in 7th grade. She lives in Cosmopolis WA. She enjoys painting, watching anime and hanging out with friends and family. She is the daughter of tribal member Kellie Larson and granddaughter of tribal member Dennis Albrecht.



OBITUARIES

We sadly report the following tribal members have crossed over, or we were recently notified of their death:

Lloyd Ballantyne
Melanie M. Kondrat
David F. Johnson
Francis McMahan
Gerald Bouchard
Lincoln Lisman
Alfred Roderick
Laverne Jones
Geraldine Brickey

RYAN ALLEN MAYER

My cousin Ryan Allen Mayer, son of Cowlitz elder, Steven Allen Mayer went missing in November of 2013. Debbie Hassler had been so wonderful and included Ryan in her memorial table for missing indigenous people which kept his name out there and gave us a little hope. Ryan was never enrolled, but it meant so much to my family that he was included. Unfortunately, Ryan's remains were just identified through DNA last week in Canada. My Uncle Steve is nonverbal from a stroke years ago and has a hard time communicating. With respect for him and our family I would like to request that Ryan's name be included in the obituary section. I totally understand if it's not possible because he was never enrolled, but I'm hoping you can bend the rule a little bit so my uncle will at least have some peace knowing that family and our tribe had not forgotten him.

Thank you for your time,
Melissa Morrison

CELEBRATIONS

CONGRATULATIONS!



CONGRATULATIONS TO KYLE AND LEANDRA JOHNSON!

Cowlitz tribal member Leandra Porter married Kyle Johnson in a beautiful ceremony at Rio Vista Winery in Chelan, Washington. The couple honeymooned in the Caribbean at a Sandals Resort. They are currently making their home in East Wenatchee, Wa.

BIRTHS AND BIRTHDAYS

Tribal Member **BRADLEE LEWIS** turned 14 on October 22nd.

Happy 10th birthday, **ETHAN**. His birthday is October 20th.



Ethan as a toddler.

Welcome to the Cowlitz family **KIMBERLY MARIE NELSON** Born 8/2/21. 5lbs 15.5 oz, parents Cameron & Brianna Nelson, Grandmother Pamela Nelson, Great Grandfather Roger Nelson.



One of Cowlitz newest tribal members, my daughter, **OLIVIA PARKER**. She was born on Mother's Day, May 9, 2021 to Nakari Parker.

JUDAH JACKSON was delivered by his dad on 7-25-2021 at home. He weighed 8lb 9oz and 20.5 inches long. He is the son of Jessica Jackson and Deon Jackson, and the great grandson of Shirley Kestner. APTTMH for our blessing!



THEODORE BEAR-TODD WARD was born May 2, 2021 in Vancouver, Washington. He weighed 8 lbs. 8 oz. and was 19 inches long. His parents are Ryan and Allison Ward and grandparents are Kevin and Beth Ward.



GINA MARIE LOWELL was born on June 10th 2021. She weighed 8lbs and was 20.25 inches long. She is named after her Great Great auntie Gina Kling, daughter of Georgie Earl. Her Dad is James and her Mom is Brittaney, the one granddaughter of Shirley Kestner.





Northwest Battle Buddies

THE COWLITZ TRIBAL FOUNDATION



Raise for Rowyn

The Cowlitz Tribal Foundation consists of two boards that provide awards for the benefit of communities in Washington State and Clark County. This charitable giving is a way to demonstrate the commitment of the Cowlitz Indian Tribe and ilani to regional partnerships and improvements. In 2021, the generous budget for the Cowlitz Tribal Foundation is over \$4.1 million.

As we move forward, we continue the positive momentum of implementing a software program to modernize the application process. The application will live on the Cowlitz website to track donation requests, streamline the review process, more efficiently determine eligibility status, and broaden the community's ease of access to these funds.

The Clark County Boards elected leaders are Chairman Luke Bridges, Dan Meyer, Jennier Rhoads, Julie Olson, and Karen Bowerman. The board meets quarterly and can be reached by emailing Luke Bridges at lbridges@ilaniresort.com.

Clark County Board recently donated \$150,000.00 to the Northwest Battle Buddies which will be utilized for honorably discharged Veterans from the United States Armed Forces who wish to have a service dog of their very own.

The Statewide Boards elected leaders are Chairwoman Whitney Mosback, Vice-Chairman Luke Bridges, Treasurer Racheal Paige, Secretary Melissa Halverson, Timi Russin, Teri Wright, and David Doucette. Board meetings are held once a month. If you would like to attend a meeting, please contact us at statewidefoundation@cowlitz.org.

An award of \$10,000 was gifted to Raise for Rowan by the Statewide Board to provide financial assistance and to emotionally support families struggling with the loss of a child.



Button Vest Class: Photo Credit to Suzanne Donaldson. Featured in this photo from left to right: Suzanne Donaldson, Teri Graves, Dakota Iyall, Larry Kestner, Rhonda Lee Grantham, Christopher Skelton, Olivia Burlingame, Shaina Okert, Cindy Smalley-Swenson, Patty Kinswa-Gaiser, Leslie Neudeck, Jana Filli, Bobbie Kinswa Cox, Shelly Perrin, Jill Smith

COWLITZ TRIBAL MEMBER SERVICES

Cowlitz Tribal Member Service (CTMS) Program Staff have been able to serve and assist over 2083 Cowlitz Tribal Members with their requests and inquiries to services. Many members have inquiries for resources and services within the Cowlitz Indian Tribe and beyond. CTMS is assisting the Cowlitz Indian Tribe Departments and Programs with RSVPs to events held for Cowlitz Tribal Members by the Cowlitz Indian Tribe. This is a new service to The Cowlitz Indian Tribe and our members.

We are happy to announce CTMS has secured a \$220,000 grant through Healthier Here. This grant is providing The Cowlitz Indian Tribe an opportunity to reach every Cowlitz Tribal Member with Culture no matter where they reside. We have made strides to secure many supplies to provide Cowlitz Tribal Members and the local community with Culture. If you have not requested your beaded necklace kit or tea kit, please call 1-877-Cowlitz.

CTMS has been provided a list of Cultural teachers to teach in person and virtual Culture to Cowlitz Tribal Members across the country. Recently Suzanne Donaldson and Patty Kinswa-Gaiser led a Button Vest making class

in person at the Cowlitz Indian Tribes newest building in Dupont WA. The class was very successful with a great turn out of Cowlitz Tribal Members enjoying culture. Please keep your contact information up to date with the enrollment department to receive future information for cultural events virtually and in the Dupont location or reach out to 1-877-Cowlitz (877-269-5489) for further details.

Did you know Market Place insurance can provide an enrolled Native American with top tier coverage for the price of the lowest tier medical insurance?

Are you living in Washington State and in need of a Medical Insurance Plan? Cowlitz Tribal Member Services can connect you with a Tribal Assister to assist you with finding the right Medical Plan for you and your family's medical needs. If you are living outside of Washington State and need medical insurance a Cowlitz Tribal Member Services Navigator may be able to assist you with connecting you to a Tribal Assister in your area.

Cowlitz Tribal Member Service is honored to have been given the responsibility of assisting Cowlitz Tribal Members with their No-Cost

Amazon Prime Account, need help setting up your Amazon Prime account call or email a CTMS Navigator for assistance.

CTMS has also been working with the Northwest Justice Project (NJP) to set up no-cost legal service workshops for Cowlitz Tribal Members in Washington State. NJP has offered to set up monthly legal clinics in our DuPont location to meet with members and assist with resolving their legal issues. These services can be provided in-person, virtually and over the phone. We will share more information as we get more details soon. NJP has also provided resources to CTMS for tribal members living out of Washington State.

Cowlitz Tribal Member Services staff are located in the Dupont building at 1000 Davis Place, DuPont, WA 98327 for your convenience. You may schedule time with a CTMS Navigator to assist you in-person with your essential needs.

Cowlitz Tribal Members can call 1-877-Cowlitz or email CTMS@cowlitz.org to inquire about services and programs throughout the Cowlitz Indian Tribe and beyond.

We look forward to hearing from you!

HEALTH & HUMAN SERVICES

RECAPPING THE JUNE 12TH YOUTH SAFETY EVENT



On Saturday, June 12, the Natural Resources Department (NRD) participated in the 2nd Annual Youth Safety Event. We had the research boat, the Emriver stream table, seed bracelets, fish program magnets, life jacket coupons, plant scavenger hunt handouts and smoked fish (Cowlitz Candy).

We distributed 50 life jacket coupons. The coupons were available to all attendees who are planning on getting life jackets for their family this summer.

We handed out over 100 seed bracelets. Many people expressed

excitement about seeing what they can grow from the bracelet, some saying they would be using them in their home landscaping.

The 180 pieces of Cowlitz Candy were gone by 1 p.m. This giveaway is something new to the program and was named by Charity Sabido-Hodges's daughter, Ellie, while she was making them for the event. Each piece of smoked fish was individually vacuum sealed and marked with a sticker with the Cowlitz word for salmon, sč'ín'. Each piece was cut to a candy bar size, earning the name. When given to children who had never tried smoked fish before, it was explained how this would have been a treat and how smoked fish was a staple in our historic diets.

The Emriver stream table was a popular site where kids could congregate and learn more about water flow and erosion. Emma Johnson, from Cultural Resources, helped with some of the larger groups, explaining how the table worked. Additionally, the table made for a place where children could cool their hands in the heat.

CIT WELLNESS & DIABETES HELPS TRIBAL MEMBERS PREVENT DIABETES WITH VIRTUAL PROGRAM

Alyssa Fine, Wellness & Diabetes Program Coordinator
afine@cowlitz.org

Preventing type 2 diabetes is particularly important in Indian Country, where over 15% of adults have been diagnosed with this life-altering disease. One of the most effective ways to slow or halt the progression of diabetes is through the PreventT2 Lifestyle Change Program. This evidence-based program lasts for one year and supports patients in reaching two basic goals: 150 minutes of physical activity each week and 5% to 7% bodyweight loss.

In March of 2021, the Wellness and Diabetes team put together the Cowlitz Tribe's first virtual PreventT2 program. Although initially designed as an in-person activity, the Zoom platform allowed us to continue offering this life-saving program despite the ongoing pandemic.

Participants attend 16 core classes in the first half of the program. These lessons are moderated by trained lifestyle coaches and provide foundational information on healthy eating, exercise, food and activity logging and behavior change strategies. All participants were provided with a variety of tools to foster success, including a scale, Fitbit, measuring cups and logbooks.

In the second six-month period of the program, participants attend monthly support sessions. These classes are spaced farther apart to allow for continued accountability while fostering greater independence.

The group setting creates an environment of mutual support. Participants share challenges and successes and receive guidance from others with similar experiences. During the virtual sessions, participants keep their cameras on to allow for the development of stronger connections. Outside of class time, they can communicate via email, the Fitbit app or a private Facebook group.

Interest in the program was so strong that we had to divide the 20 participants into two separate cohorts. Among participants, 46% have met their activity and weight goals after the first six months. All participants were engaged and supportive of others in the group.

The pilot virtual program has been so successful that the Wellness and Diabetes team had decided to host another group that started in September 2021.

If you have questions about the PreventT2 program or other wellness activities, please email diabetes@cowlitz.org or call (360) 353-9208.



South Fork of Hoh River

LOST ON THE HOH

*It's the rushing of the river
Over rocks and logs below
It's the sound of twirling waters
From the South Fork of the Hoh
Dense woods that harbor mysteries
Crowd the banks along the way
They form a perfect hideout
Where deer and bear can play
Giant trees are draped in moss
As far as the eye can see
While I sit here near this campfire
I am lost in rugged beauty
I am lost, but I am not alone
For I can feel the ancient spirits
That call this river home.*

By Sandra Cloquet Marnsik, Cowlitz.
*Thoughts from my camping trip
on the Hoh with my family*



From left to right: Phillip Kennedy, Juanita Clark, AJ Ulibarri (NRD), Don VanMechelen.

SERVING TRIBAL ELDERS DURING TRYING TIMES

Written by Elders Wellness Advocate, Trynity Manning

The pandemic has thrown many obstacles at the Elders Program. Despite said obstacles, we have continued to serve our Elders through meals, care packages, transportation, COVID-conscious outings and resources. In the month of August, we went to the Olympia Farmers Market and to Mount St. Helens. We also had our annual Elders fishing trips, which were a huge success and such a delight for our Elders. Phillip Kennedy, Cowlitz Elder, says, *"Fishing trip could not have been better. My wife and I have never experienced this sort of royal treatment! Highlight of the fishing trip was 94-year-old Juanita Clark catching the biggest one of the day! God bless you and God bless the Cowlitz Tribe. Thank you!"*

Aside from activities, the dining room at St. Mary's Cowlitz Village is now open! Our kitchen staff has worked tirelessly to curate a healthy and delicious menu for our Elders and Cowlitz Community. Lunches are being provided Monday thru Thursday at 12 p.m., upon request. You can also take a lunch to-go, and they are served at 1 p.m. We ask if you are sick or have been exposed to someone who is ill, please

stay home. We require temperature checks at the door, and masks are required indoors unless eating. American Indian, Alaska Native and Hawaiian Natives over the age of 60 eat for free, guests are \$5. Our menu can be found on the website, Cowlitz.org, or a paper copy can be provided upon request. Call the kitchen at (360) 864-7003, or Brandy Manning at (360) 324-9917, before 10 a.m., to reserve a lunch. Fish fillets continue to go out as we receive them from the Natural Resources Department (NRD). Request fillets by calling Brandy at (360) 324-9917.

Our Elders Wellness Advocate has continued providing resources, transportation and in-home wellness checks to our Cowlitz tribal members all over the Pacific Northwest. Should you find yourself or your family member in need of services or resources, call Trynity Manning at (360) 506-1260.

We are grateful to our Elders and community, and we are honored to be able to serve and care for you during these trying times. Stay safe and well this fall season!

FIRE CIDER

PROVIDED BY THE CIT COMMUNITY WELLNESS GARDEN



What is fire cider?

Fire cider is an oxymel, an herbal remedy that contains both vinegar and honey. It is typically made at the end of summer or beginning of fall. Its ingredients act as anti-inflammatories and immune-boosters, and they have both anti-viral and antimicrobial properties. Fire cider is not a replacement for modern medicine, but it can be a fantastic preventative herbal remedy.

Although similar remedies have been used for centuries all over the world, “fire cider” was created by renowned herbalist Rosemary Gladstar in the 1970s. It quickly became appreciated by herbalists everywhere. Although there are now many different variations, the dominant ingredients are always ginger, onion, garlic, horseradish and hot chilis in apple cider vinegar.

How should you enjoy it?

Fire cider can be taken in many ways, either directly or when used as an ingredient in meals. Some options include:

WELLNESS SHOT. Take 1-2 tablespoons straight once a day or a few times per week; some herbalists recommend taking a shot every 3-4 hours if you feel a cold or flu coming on.

HERBAL TEA. Swirl 1-2 tablespoons into a light herbal tea, such as chamomile, lemon or ginger tea.

VINAIGRETTE. Replace the vinegar in your favorite homemade vinaigrette with fire cider. It is especially good in vinaigrettes that have a sweet ingredient.

FLAVOR MEALS. Use fire cider to flavor roasted vegetables or soups, stews, rice or lentils.

How to make fire cider:

Ingredients

- 1 medium onion, chopped
- 10 cloves garlic, crushed
- 2 habanero chiles, jalapenos, or a combination, sliced in half
- 1 lemon, rind and all, cut into chunks
- 1 orange, rind and all, cut into chunks
- ½ cup fresh ginger root, grated
- ½ cup fresh horseradish root, grated
- 1 tablespoon turmeric powder
- ¼ teaspoon cayenne pepper powder
- 2 tablespoons chopped rosemary (or 1 tablespoon dried) – optional
- 2 tablespoons chopped fresh thyme (or 1 tablespoon dried) – optional
- A cinnamon stick, a few allspice berries, and/or a few whole cloves – optional
- Enough apple cider vinegar to fill one quart jar after other ingredients are added
- About ¼ cup local honey

Directions

1. Put all vegetables, fruits, herbs and spices into a clean one-quart jar. Fill with apple cider vinegar until it is covering all of the ingredients by 1-2 inches or more.
2. Use a cap that seals tightly. If you are using a metal lid, put some parchment paper or a plastic bag between the lid and the cider to prevent corrosion.
3. Shake well and store out of direct sunlight for 2-6 weeks to soak. Shake daily.
4. When the time is up, strain off all the cider from the other ingredients with a cheesecloth. Make sure to squeeze the cheesecloth well to get all of the liquid out. Discard the solids and sweeten the cider with honey to taste.
5. Refrigerate and use within a year.

COWLITZ EMPLOYMENT SUPPORT SERVICES: SUCCESS STORIES

When I came to my tribe (Cowlitz Indian Tribe), I was homeless and needed help getting sober. I got into treatment and was able to get the support I needed to get sober and stay sober. Kay Cockerill helped me to get into sober living so that I could have a strong foundation for my recovery. I started going to meetings and then counseling at Cowlitz mental health. I was able to work on myself and find new ways of dealing with life. I started working with Kris Rister, and she helped me get into a flagging class. Then I became a certified flagger and started working. I was nervous, but Kris and Kay helped me to believe in myself.

After being in sober living for a while, I was ready for my own place, and Kay helped me to get into an apartment. I then decided I was ready to take the next step to move forward on a career path. Kris connected me with Grand Ronde Tribal Employment Rights Office (TERO), and they worked together to help me get into a plumbing apprenticeship. I feel like I'm now on a path to a lifelong career.

I couldn't have done any of this without the Cowlitz Indian Tribe. I'm so grateful for all the help and resources I was given by Cowlitz Employment Support Services!

- ANONYMOUS, COWLITZ TRIBAL MEMBER

Hello, my name is Rachael Collins and here is short version of my road to recovery, which started two years ago. Before that, I was addicted to opiates, cocaine and then meth. I tried to get clean but was not ready. I ended up in Tacoma for six months. I had abandoned my boys, and my family had searched for me. The drugs completely took control of my mind, body, and soul. I experienced some really bad things like rape, mental and physical abuse, drug manipulation and gang stalking. My mind had gone completely crazy; I was seeing and hearing the devil. I was ready to die. I really wanted help but couldn't get out. I was scared. My oldest son started running the streets as a gang member and got into drugs. He ended up getting locked up on very heavy charges, including attempted murder.

The day that they took my son is the day that I decided to get help. Cowlitz Tribal CPS got involved in my life and took my kids when I relapsed. I was beyond broken and ready to give up. I decided to do whatever it took to get my family back, so I went to detox for five whole days. The tribe paid for my train ticket to Wenatchee for an inpatient program

for women. To be honest, I was so scared of losing my children forever that there were ups and downs often. I started to listen and learn. I even became a leader in the 45-day program; I graduated with pride and my head held high.

I got back on a train with the help of Cowlitz Employment Support Services and into clean and sober transitional housing. I started my journey of recovery and healing. I started Intensive Outpatient Programs (IOP), which was run by Susan Galovin at the Cowlitz Indian Tribe. Again, little ups and downs, but I didn't give up, I was strong. I got my boys back after two months in the Cowlitz IOP. CESS got us beds and continued to support us until I got a full-time job at Safeway, also with the support of CESS.

I'm currently 15 months clean with full custody of my children, and I'm living my best life! I am done with classes, but I chose to remain in a Cowlitz Indian Tribe support group because it helps me cope. Today, I, Rachael Collins, am proudly living my best life with my children, all three of them, and our bond is unbreakable. My boys forgive me. We have moved forward.

- RACHEL COLLINS, COWLITZ TRIBAL MEMBER

In June 2021, Jani came to CESS needing assistance with getting into housing. She and her three children were on the verge of becoming homeless due to a broken relationship. Within a week, Jani and her children were staying in a relative's travel trailer not meant for permanent living, especially for a family of four. It had no water, sewer or permanent electricity, and the power was supplied by an extension cord. This move relocated her and her children 45 minutes away from her job. She stayed strong and focused on overcoming these new challenges.

Rob Smith from Independent Housing Assistance was able to help Jani in affording the commute to and from work and securing an apartment for her and her children. Jani states, "the Cowlitz Employment Support Services helped me and my children so much. I would not have been able to make it much longer without their help. I'm very thankful for all the help they provided in getting me into my place and buying me household items and beds."

Jani and her children have been in their home for over a month now, and she states, "It's been a blessing, and they're doing very well in their new environment!" Jani no longer has a 45-minute drive to work, she's able to prepare meals in her home, and she has a safe place to call home. Jani and her children are happy!

- WRITTEN FOR JANI WEST KONDRO, KEWEENAW BAY CITIZEN

A BRIEF HISTORY OF CONTRACT HEALTH SERVICES, OR “PURCHASED/REFERRED CARE”

By: Lori Morris, Contract Health Services

I would like to share some background information, as I understand it, on how Contract Health Services, or Purchased/Referred Care (CHS/PRC), became an Indian Health Services (IHS) program.

Along with many other promises, treaties made provisions for health care to American Indian people. The Federal Government began by placing direct medical services on reservations. These programs were operated by the Bureau of Indian Affairs. Due to shortfalls in the delivery of care, IHS was established to provide more appropriate care to American Indian people. The IHS clinics provided the most basic of care and did not meet the demand for life-saving specialty care or hospital treatment. CHS, now referred to as PRC, was established to meet this critical need. However, the funding stream was far from adequate and designed to meet just 60% of the need.

When the Cowlitz Indian Tribe finally received federal recognition in 2000 (reaffirmed in 2002), we were told funding was no longer available to new tribes for direct care services (medical and dental clinics). The BIA would, however, provide CHS funding upon approval of the Service Delivery Area (SDA). The designation of an SDA presented its own challenges, such as: where were our people historically, where are they now, how will this affect other tribes who may dispute the SDA and cause delays? Our Tribal Leaders spent many hours working with congressional leaders and IHS to gain approval of the SDA. Initially, five counties were agreed upon, and more negotiations ensued, with final approval of Pierce and King counties. At a later date, the Tribe returned to negotiations and gained approval of three additional counties. Although no additional funding was made available, it allowed the Tribe to expand, and now coverage is available to members in the following ten counties: Clark, Columbia, Cowlitz, Kittitas, Lewis, Pierce, Thurston, King, Skamania, and Wahkiakum.

Shortly after our struggles with defining a service area ended, the tribe submitted its proposal to operate the CHS/PRC program. The program will forever be required to abide by federal law; taking over operations, however, provided flexibility and the opportunity to open our own clinic. The clinic offers members who reside beyond the SDA the opportunity to access care they may otherwise not have.

With support and guidance from tribal leadership, Health & Human Services has grown by leaps and bounds and will continue on this path. Leadership is working to make health care a reality for all members. Hands up to those who work endless hours improving the lives of our people.

COWLITZ EMPLOYMENT SUPPORT SERVICES

IS NOW OFFERING
COWLITZ CAREER AND EDUCATION SERVICES (CCES)
PROVIDING SERVICES FOR ALL COWLITZ MEMBERS

A JOURNEY TO POSSIBILITIES

OUR PERSON-CENTERED SERVICES, HELP ENGAGE COMMUNITY MEMBERS IN HOLISTIC SERVICES WHILE PROVIDING BALANCE WITHIN THE FOUR DIRECTIONS OF THEIR LIVES. OUR PROGRAM GUIDES ELIGIBLE INDIVIDUALS & FAMILIES IN MEETING THEIR SUSTAINABLE EMPLOYMENT GOALS.

WE ARE UTILIZING TECHNOLOGY TO PROVIDE TRIBAL MEMBERS SERVICES REGARDLESS OF WHERE THEY LIVE.

Services Provide

- *Career & Education Guidance
- *Creating Resumes
- *Job Readiness Skills, & Job Search
- *Support Services
- *Work Clothing & Supplies
- *Educational Supplies
- *Certification/Training Opportunities
- *Self Employment Guidance
- *Paid Work Experience
- *Wrap Around Services
- *Holistic Support

*Offered to ALL Cowlitz Tribal members regardless of your location!

LONGVIEW 928 FIR STREET
LONGVIEW, WA 98632

VANCOUVER 7700 NE 26TH AVE. VANCOUVER, WA 98665

WE ARE HERE FOR YOU!
PLEASE CONTACT US AT (360) 575-3318 TO SCHEDULE AN ORIENTATION

Pəntípkʷinumx C'iwí (Honoring the Warriors)



Nákʷs pəntípkʷinumx (Hello Warriors),

It has been a busy year, with training, outreach, budget planning and networking with other veteran groups, not to even mention the limitations that COVID-19 has had on us all.

I am now an **accredited Veteran Service Officer**. If any veterans are looking at filing a claim with Veterans Affairs, you can reach out to me, and I can get you started on filing your claim.

In addition, I've been attending **Veteran Therapy Courts** in the state of Washington. Only nine counties (Benton, Clark, King, Kitsap, Mason, Pierce, Spokane, Stevens and Thurston) provide this as a service to veterans struggling with addiction and legal issues. For more information, call me or go to: https://www.courts.wa.gov/court_dir/?fa=court_dir.psc&tab=7

The **MusicWork4Veterans** program has two amazing jam sessions in which any military, veteran, spouse or supporter can participate. They meet the first Wednesday of the month at the Lacey Veterans Service Hub in Thurston County at 7 p.m. and the third Wednesday of the month at Lakewold Gardens in Lakewood, Pierce County, at 6 p.m. For more info, go to <https://www.musicworks4veterans.org> and click on SoundVetJam. RSVP to let John Selzer know that you are coming. I am looking into being able to host them at DuPont — fingers crossed — on a weekend where more of our veterans can attend/participate. Beginners welcome!

The Yakama Warriors Association does a week-long intensive cultural healing gathering at **Camp Chaparral**. "Camp

Chaparral is a week-long cultural immersion experience designed to improve understanding and sensitivity of all ethnic backgrounds. The training is located on restricted grounds of the Yakama Indian Nation, in the foothills of Mount Adams in Washington state. The venue and methodology used in the Camp Chaparral experience provides an ideal opportunity for participants to focus on the way veterans' care or benefits are provided, not just how to provide it." – Yakama Veteran Affairs.

Due to COVID-19, the gathering has been put on hold for now, however my best intentions are to be able to send any Cowlitz veteran for this amazing healing ceremony. Contact me if you know of a Cowlitz veteran that could benefit from this opportunity. For more history of the camp, visit: <http://www.waterplanet.ws/cc/History.html>

Puget Sound Honor Flight — This amazing organization takes a plane full of veterans, volunteers and "guardians" to Washington, D.C., to see all the memorials. When I spoke to them last, trips were largely on hold due to COVID-19, and they were only doing trips for WWII veterans. <http://pugetsoundhonorflight.org>

Evening Magazine on King5 did a great job on this Puget Sound Honor Flight special (get your tissues out): <https://youtu.be/OND7BO13j7I>

There is an Honor Flight Network, and you can see the closest "hub" to you. You can also fill out an application to go as a veteran or volunteer. Or, you can pay \$1,000 and go as a "guardian": <https://www.honorflight.org>. One day, I hope that we can send all our veterans to see these memorials.

RiteTrack — Exciting news for the Warriors database. The Tribe's administrative database has a new tab! Months in the making, and it's finally done! We have a system to help track information, track assistance to veterans and create reports. You should be seeing a request from the Warriors Program to help "fill-in" the blanks. PLEASE, send me your DD Form 214. I apologize if you have sent it in previously, but I don't have access to it.

Warriors Committee — If you are interested in volunteering with the Warriors Committee, please make sure to email me and let me know your interest. We hope to have meetings starting soon. Keep an eye out for an announcement.

Honor Guard — Any veterans interested in participating in Honor Guard, email me and let me know. We would like to have a pool of people that we can call on for a full complement (10 veterans) for events and funerals.

VETERANS DAY 2021

As we approach Veterans Day 2021, I've been reflecting on the definition of "warrior." In my teachings, it's not just a symbol of combat or fighting. From the PBS website, The Warrior Tradition of "What Does It Mean To Be A Warrior?" I found this quote from Sitting Bull, Hunkpapa Lakota Sioux:

"The warrior, for us, is one who sacrifices himself for the good of others. His task is to take care of the elderly, the defenseless, those who cannot provide for themselves, and above all, the children — the future of humanity."

Also, Patty Loew, a member of the Bad River Band of Lake Superior Ojibwe and The Warrior Tradition consultant said:

OUR COWLITZ WARRIORS:

Aalvik, Nakia M.	Emard, Sr., Michael J.	LaDue-Grove, Gregory A.	Reynolds, Joshua D.	Williams, James W.
Almas, Clayton E.	Erickson, Robert W.	Ladwig, Jr., Delbert F.	Rhodes, Johnathan D.	Wilson, Roy I.
Anderson, Ian C.	Erickson, William E.	Lakey, Sr., Steven J.	Rhodes, Wayne E.	Wilson, William P.
Baker, James B.	Farnsworth, Justin J.	Lancaster, Joshua M.	Riley, Diane R.	Workman, Aaron S.
Baker, Michael J.	Fey, Patricia A.	Lebario, Raymond E.	Roberts, Robert L.	Young, Dawn E.
Ballantyne, Samuel P.	Florek, Matthew T.	Lee, Tarri S.	Roper, Scarlett S.	
Baney, Gretchen J.	Forespring, Jr., John A.	LeGarde, Jr., Ronald E.	Russell, Landon M.	
Bennett, Thomas J.	Gildner, David W.	Lowe, Alan R.	Russell, Randy R.	Also, to our Cowlitz
Bernardy, Cody J.	Goff, Jesse L.	Mason, Homer G.	Sanchez, Kim M.	employees who are
Berquist-Ahquin, Cierra M.	Goulter, Jr., Edwin R.	Mason, Kevin H.	Scarborough, Trenton D.	veterans and continue to
Blackmer, Daniel E.	Graves, Teri R.	May, Terry A.	Schlutt, Jr., Eric D.	serve our people:
Boesen, Monica S.	Grewell, Christopher R.	Mayer, Richard L.	Schultz, Kenneth W.	Chen, Amos (MAT-Tukwila)
Bouchard, Burgess E.	Grewell, Morgan W.	McCord, Nicholas J.	Shaffer, Dayle M.	Juan, Jerron (MH-Tukwila)
Bouchard, James W.	Grewell, Robert S.	McGinnis, Kathryn A.	Sherin, Christopher B.	Kaputo, Kent, COO
Bouchard, Kyle E.	Grewell, Tyler S.	McMahan, William R.	Skaaden, Julie A.	Krieger, Simone (MAT-
Bouchard, Troy E.	Groll, Jesse W.	McTernal, Douglas B.	Smiley, Robert J.	Tukwila/DuPont)
Bouchard, Jr., Alvie C.	Gustafson, Jr., Walter J.	Meekins, Savannah E.	Smith, Bobbi M.	McCord, Nicholas (CTGC)
Braley, Mark A.	Havey, Ryan C.	Megois, Cruse C.	Smith, Jerry M.	Pablo, Manuel (MAT-Tukwila/
Brown, Christopher D.	Hazel, Blue D.	Miller, Randi R.	Smith, Neal J.	DuPont)
Butts, Kenneth R.	Hector, Tawnesha R.	Moore, Axelson J.	Smith, Peter R.	Ramirez, Robert (MH-Tukwila)
Cartwright, David L.	Helton, Terry A.	Morrill, Helen M.	Smithlin, Terry "Mike" M.	Reynold, Joshua (Public
Casey, Tyson J.	Hollingsworth III, James P.	Myer, Eric A.	Squires, Anna M.	Works-Longview)
Cassity, Jacque M.	Hooton, Nathan C.	Myers, Scott E.	St. Germain, James O.	Saylor, Chip (SUD-Tukwila)
Childs, Thomas E.	House, Candace C.	Neilsen, William L.	Stanley, Krystal D.	Smith, Rob (CESS-Vancouver)
Clark, Sr, Richard M.	Hubbs, Michael J.	O'Brien, John R.	Steed, Heather M.	Spendlove, Megan (IT-
Clark-Greer, Jennifer J.	Hunter, Jr., Henry E.	Ojala, Terry L.	Sturm, William W.	Longview)
Cloquet, Sr., Richard A.	Iyall, Michael F.	Olmo, Pamela J.	Sund, Steven T.	Taylor, Tara (MH-Tukwila)
Corwin, James R.	Iyall, Gerald	Olson, Jr., Thomas J.	Thayer, Brad A.	Wallingford, Jim (IT-
Cota, Darrell E.	Iyall, William	Packard, Edward N.	Thayer, Raymond J.	Longview)
Cottenware, Jr., Joseph H.	Iyall-Keener, Jennifer S.	Parker, Jordan D.	Thayer, Jr., Eugene W.	
Coyle, Lawrence R.	James, Michael R.	Parrish-Matson, Annie E.	Torner, Robin F.	
Crain, Scott W.	Johnson, Lance P.	Pattee, Joshua K.	Truluck, Randy J.	And to the veteran spouses
Crosby, Walter H.	Jones, Robert L.	Perry, Michael T.	Tuttle, Victor T.	of our Cowlitz members,
Daubenberger III, James O.	Kestner II, Larry L.	Perry, Rex B.	Underwood, David R.	thank you for your service!
Devine, Daniel T.	King, Gerald L.	Pierson, Kim A.	Van Mechelen, Daniel L.	
Devlin, Seth W.	Kinread, Keith M.	Pinard, Jr., Donald L.	Van Mechelen, Donald D.	Posthumously: Gerald I.
Dickerson, Robert E.	Kinswa, Mickey H.	Puckett, Rachel G.	Van Mechelen, Timothy L.	Bouchard – September 2021
Dobbs, Andrew L.	Kinswa, William I.	Purcell, Sr., Robert J.	Viggers, Donald E.	– "Rest Brother, we have the
Dobson, Roger L.	Knowles, Danny G.	Rabbie, David L.	Viggers, William E.	Watch."
Doucette, Alex W.	Knowles, Dennis L.	Ramsey, Jacob M.	Weatherill, Rick W.	
Doucette, Dennis B.	Kutz, Stephen H.	Ramsey, Rodney L.	West, David L.	If I have missed any of our
Doyle, Jeanette N.	Kutz, Timothy R.	Reed, Gerald L.	Wheeler, Richard T.	veterans, please send me
Eckenberg, Jr., Fred W.	LaDue, John J.	Reid, William F.	Wiggins, Jr., John	your information!

"Native men and women fill that role through military service, through protecting the language, guarding the culture, providing food, shelter, education, and medical assistance to other community members..."

So many of our Cowlitz tribal members do this good work. Today I want to raise

my hands to all our Cowlitz veteran warriors and thank them for their "work," their sacrifices to our people and to our Cowlitz homeland. I am honored to stand with you.

Náxw̓łq'wul'as (Thank You)

Teri R. Graves

Cowlitz Tribal Veterans Representative

Warriors Program
Cowlitz Indian Tribe – DuPont
1000 Davis Place, DuPont, WA 98327
tgraves@cowlitz.org or
Warriors@cowlitz.org
work 360.946.2423 or cell
206.308.6992



SUBSTANCE USE DISORDER GROUP UPDATE

Rena Sherrill, Substance Use Disorder Coordinator – Community Activities
rsherrill@cowlitz.org • 360-827-0102

Substance Use Disorder (SUD) group and individual meetings are still happening! Safety is very important to us, but COVID-19 can't keep us down. We have learned how to adapt with the awesome resources available. Telehealth, hybrid and face-to-face groups are offered at the client's discretion and comfort level. We are also still providing tablets to clients with a year's worth of data to further knock down barriers in getting treatment.

We attended several table events over the summer. Some of the larger events we participated in were the Go Fourth Festival and Squirrel Fest, both in Longview, and Hands Across the Bridge in Vancouver. At almost every event we attended, we heard testimonies from people who successfully completed treatment with us, and they were very grateful for our services.

Soon we will be offering Wellbriety groups again at both our Longview and Vancouver locations. Positive Indian Parenting classes are also on the horizon. Through a collaboration with Karyn Kameroff, we have added a Native Education lesson to all non-native SUD groups. This provides a platform for open discussion, honest questions, and factual answers to be given.

We have been working over the last few weeks to connect with our past clients who successfully completed SUD treatment and are living in recovery now. We asked them to record their stories for us to share with new clients, use in community outreach and offer in our SUD lobby. This is encouraging because many times we only see clients at the worst time in their lives, and now we have a new view.

Personal note from Rena:

Sharing the story of a personal journey can be very raw and recording it on camera is difficult for many people. I appreciate the vulnerability, honesty and commitment to sobriety I see in our past and current clients. Some were homeless, lost their children or family ties, and lost jobs. Some lost everything. Now, some own a home or business, have healthy relationships with their children and families, and have jobs they love. These turnarounds are all possible because of their own hard work and commitment, as well as the exceptional help from the trained professionals at Cowlitz Tribal Treatment. Our clients fought hard and gained back lives they are proud of! I am thankful they chose to help others who may be walking the same path they did, and I love the passion I see in each story of those who were brave enough to share.

Thank you for reading my SUD update and thank you for your support!

THANK YOU!



September 22, 2021

Tanya Beltz
Cowlitz Indian Tribe
1055 9th Avenue
P.O. Box 2547
Longview, WA 98632

Dear Tanya:


On behalf of the Boys & Girls Clubs of Southwest Washington, thank you for your generous donation of \$59,969.00 received on 9/22/2021. Your gift will be used to update our technology and provide staff retention and referral bonuses. Your support allows us to continue providing quality youth development programs for youth in Clark County.

Everything we do at the Boys & Girls Club is focused on empowering our members to achieve success in life. Our mission is to provide a safe and positive environment, quality programs, and life-long learning skills for all school-age youth in Vancouver and its surrounding areas. We are committed to nurturing positive relationships and enabling young people to realize their full potential as productive, responsible and caring citizens.

Your generous donation makes our services possible. When you support the Boys & Girls Clubs of Southwest Washington, you are supporting the youth in our community and helping to shape future leaders.

Thank you for your support of our mission and the youth and families we serve.

Sincerely,

 Thank you so much for your incredible support!
Francisco Buene
Executive Director

You Still Have Time



PLAN YOUR QUIT TODAY

DeAnna Pearl
Cessation Support Specialist
DPearl@cowlitz.org

MURDERED AND MISSING COWLITZ

By Debbie Hassler

The Pathways to Healing (PTH) program needs your help! We are collecting data around missing and murdered Cowlitz members. What do we need from you? If you have a loved one or know a family with a loved one who is missing or has been murdered, please contact Debbie Hassler, program manager, at dhassler@cowlitz.org or (360) 624-7040, or contact Karyn Kameroff, PTH coordinator, at kkameroff@cowlitz.org or (360) 846-3304 to share your story with us. We are collecting information on men, women and children. We also want to hear from you, as our community, about what is important to you regarding victim services and how we can help get the word out, help families and strengthen our community.





Britney Sorensen and Claire Beck at the Color Run in Longview sponsored by Cowlitz Tribal Treatment. Photo by Rena Sherrill.

PROBLEM GAMBLING PROGRAM UPDATE

Claire Beck, Problem Gambling Program Coordinator
 cbeck@cowlitz.org • 360-916-6094

The problem gambling program has continued to grow by making connections with our communities and learning how to better serve those affected by problem gambling. We've done this in several ways, including by offering Guiding Good Choices (GGC) parenting classes. GGC is a family skills training program designed for parents (or caregivers) and their middle-school children. The primary goals of the program are to enhance positive parent-child interactions and help parents prevent substance use and related behavioral problems. So far, we have offered GGC to substance use disorder (SUD) clients and are getting more staff trained to offer these wonderful classes to our non-patient community and partners. We also partnered with Red Canoe CU and held a few Basic Budgeting classes.

We have had two table events at ilani to give out information and answer questions about services for patrons of the casino. By partnering with ilani, we secured recurring semiannual times for this effort: in March for Problem Gambling Awareness month and in

September for Recovery Awareness Month. Per the Evergreen Council on Problem Gambling, this the first time a casino has worked this closely with a problem gambling program and hosted table events within its property. This partnership is a great accomplishment and truly speaks to how much the Cowlitz Tribe cares about their members, community and patrons of their businesses.

Keith Seals, our gambling counselor, has received his state certification for gambling counseling. Keith has also been working towards certification for gaming counseling, which focuses on video game and internet use. Keith and Claire Beck are also on a Recovery Community Advisory Committee centered around problem gambling in the state of Washington. The purpose of this committee is to help find ways to increase awareness and education throughout the state. There are currently 5 clients in our program. Our Peer Supports have received training on how to be available and helpful to these clients throughout

their time in treatment. Throughout the spring and summer, we attended many events to promote all SUD and problem gambling services. We sponsored and attending one very fun event, a Color Run, in Longview.

We are expanding our marketing to a digital platform, building on the radio ads and social media we currently have. We are also hoping to expand and offer problem gambling treatment to individuals in the Tukwila office. Soon, we will hold community education nights to offer education on problem gambling to the community out of our Longview and Vancouver offices. We plan to have our first community night in November.

We appreciate the support of the Cowlitz Tribal community in spreading the word about problem gambling and this treatment program. We are so grateful to be able to offer these services to tribal members and the general community. Many are affected by problem gambling and need help overcoming the obstacles it creates. Cowlitz Tribal Treatment works, and recovery is possible!

CHILD CARE DEVELOPMENT PROGRAM

The Child Care and Development Program (CCDP) is a federally funded resource to increase the availability, affordability, and quality of child care services for Native Americans and Alaska Indians enrolled in a federally recognized tribe. Funding is available through child care subsidy programs that are child focused for families with children under the age of 13 years. Our service area includes: Lewis, Cowlitz, Clark and Skamania Counties.

We support families where they are at and their need for high-quality child care in a stable, safe environment that encourages the development of social and culturally appropriate outcomes, and long-term success of children.

Program changes: Our program has been looking for changes that best support our families. In March, we were able to get Categorical Eligibility, which allowed us to remove any income restrictions and activity requirements for all families who are eligible for our program. In short, as long as you live in our service area and are an enrolled Native American family OR eligible for enrollment OR a 1st descendant you will qualify for our program.

CCDP COVID Response to support Parents: CCDP has been working hard with families to help meet their needs as Covid-19 has been affecting our families. Due to State of Emergency, we were able to waive all parent co-pays until October 2021. Having no co-pays has helped take some financial stress off families facing hard times. Additionally, we encouraged all families to have back-up providers in case they experience a COVID closure at their provider.

CCDP COVID Response to support the community: Coronavirus Aid, Relief, and Economic Security Act (CARES) and Coronavirus Response and Relief Supplemental Appropriations Act (CRRSAA) funds have also helped in getting personal protective equipment out to providers in our service area. Items supplied varied from gloves, face mask for all ages, E-mister sanitizing equipment, and Waba UV sanitizing counter-top machine. We also changed to paying providers based on the enrollment of a child instead of their attendance. This has helped centers prevent revenue loss from closures due to COVID-19.

With recent grant funds from the American Rescue Plan Act (ARPA) we are required to give \$4.6 million to support child care centers in our service area. We worked with the Cowlitz's legal department to develop contracts to distribute these funds through mini-grants. Centers are choosing to use these funds in many different ways. Some ways these funds are being spent by centers is: COVID-19 staff bonuses, minor renovations/needed repairs to the building, improving outdoor play area and curriculum improvements. These funds are available to all child care centers in our area even if they do not serve a CCDP family.

Please see our link on the Cowlitz website for more information for these funds and applications for child care assistance.

Please Note our new office location! We are located at 1003 Fir St, our office is in-between the Facilities Dept. and The VA office. If you need assistance with childcare, please visit Cowlitz.org for details or contact us. P: 360-353-9909 E: CCDP@cowlitz.org

CONTACT

Nichole Meyers

Phone: 360-353-9528

Email: CCDP@Cowlitz.org

NEED HELP WITH CHILD CARE?

Let CCDP pay for child care in the center of your choice or with family members



QUALIFICATIONS:

- Enrolled in a federally recognized tribe.
- Reside in Lewis, Cowlitz, Clark, or Skamania County.
- Have a child between the age of 4 weeks and 12 years old.



CHILD CARE & DEVELOPMENT PROGRAM

Apply today:
Walk-ins Welcome
1003 Fir St.
Longview, WA 98632

OR APPLY AT:

[www.Cowlitz.org/
services/CCDP.html](http://www.Cowlitz.org/services/CCDP.html)



ILANI OPENS TWO NEW RESTAURANTS, EXPANDS GAMING FACILITIES AND OPPORTUNITIES

Bamboo 8 and The Stadium Sports Bar & Grill offer innovative international cuisine and mouthwatering game-day fare, respectively

ilani, the Northwest’s premier dining and entertainment destination, is enhancing offerings with an expansion of its gaming facilities and the opening of two new restaurants, Bamboo 8 and The Stadium Sports Bar & Grill. Led by Chef Hanqing “Kevin” Yuan, Bamboo 8 will feature fresh flavors of the Pacific Northwest married with traditional preparations drawn from the chef’s experience at top restaurants in China. The Stadium Sports Bar & Grill is the ultimate game-day location, from boasting the largest video wall in the region to a comprehensive menu that will be the envy of tailgaters everywhere.

“We are always looking for opportunities to provide our guests with the best visitor experience possible,” said Kara Fox-LaRose, general manager and president of ilani, “and our newest offerings — Bamboo 8 and The Stadium Sports Bar & Grill — each fill a unique niche, from an elevated and adventuresome dining experience to a dynamic environment in which to cheer on a favorite team.”

Bamboo 8 opening coincides with launch of new gaming pit

Bamboo 8 — a name inspired by a natural element and a number both thought to be lucky in Asian cultures — is situated near a new gaming pit, Pit 8, that incorporates popular Asian table games including midi-baccarat. The restaurant also incorporates Asian influences and seats up to 90, with a mix of bar and dining room seating.

The menu of Bamboo 8 is under the purview of Chef Yuan, who trained at the Shanghai Star Culinary Professional School and spent the early years of his culinary career in some of the best kitchens and hotels in and around Shanghai. At Bamboo 8, Chef Yuan’s signature dishes will include wok-fried scallops and crispy prawns.

The Stadium Sports Bar & Grill to incorporate sports wagering

At its opening, The Stadium’s claim to fame is a toss-up between its video wall and its menu. The full restaurant will feature the largest video wall in the region, allowing sports fans to follow multiple contests, leagues and athletic disciplines. Additionally, enthusiasts will be able to place wagers on their favorites as ilani anticipates introducing sports wagering early next year.

At the same time, sports fans will have no shortage of options when it comes to game-day dining. The dinner menu offers a wide range to appeal to any tastes, with plenty of sharing options, from smoked brisket sliders, Walla Walla onion rings and poutine to nachos, pizzas and various wing combinations. Items from the smokehouse take center stage, with Chef’s Specials including cocoa-rubbed slow-cooked smoked prime rib, Carlton Farms slow-cooked baby-back pork ribs and cold-smoked New York steak. Soups, salads, sandwiches, sides, burgers and desserts start to round out the menu, which is made complete by boozy adult shakes like Bourbon Street, featuring Woodford Reserve Bourbon with vanilla ice cream and caramel, and Chocolate Fire, featuring Jack Daniel’s Fire blended with chocolate ice cream and toasted marshmallow.

The addition of these two new restaurants is another step toward economic sustainability for both the Cowlitz Indian Tribe and ilani. Continued growth is on the horizon with the opening of the hotel in 2023, bringing even more exciting opportunity to the Tribe and ilani.



ILANI NAMED “BEST CASINO” FIVE YEARS IN A ROW

ilani wins 16 Casino Player Magazine awards including “Best Overall Gaming Resort”

For the fifth consecutive year, ilani has been recognized as “Best Casino” by Casino Player Magazine in its Best of the Native Northwest issue. Casino Player Magazine readers nominated ilani across multiple categories, resulting in 16 awards for the destination in 2021. In addition to “Best Casino,” ilani nabbed “Best Overall Gaming Resort” and another seven first-place wins.

Among ilani’s top honors were kudos for “Best Players Club,” “Best Table Games” and “Best Reel Slots.” Additional first-place mentions include “Best VIP Services,” “Best Non-Smoking Casino,” “Best Video Poker” and “Best Carnival Games.” The area’s premier gaming, dining, entertainment and meeting destination rounded out its 2021 recognition with an additional five second-place wins, including “Best Comps,” “Best Promotions” and “Casino Where You Feel the Luckiest.” ilani also took home two third-place awards for “Best Blackjack” and “Best Craps.”

“On behalf of ilani, I want to say that it is an honor to receive so many wonderful awards and would like to thank all those who voted for ilani in the 2021 Best of the Native Northwest survey,” said Kara Fox-LaRose, president and general manager of ilani. “We plan to continue blowing away our guests with many more exciting experiences in the future.”

Attention Cowlitz Tribal Members!

Nákʷs!

ilani is proud to offer a formal tribal career growth & development program. As the Career Development Specialist, I look forward to working with Cowlitz tribal members to develop career paths at ilani.

If you have been wondering what is offered at ilani or where you could fit in, contact me!

My hours are flexible, and I am happy to answer any questions you have.



David Doucette

Career Development Specialist
dbdoucette@ilaniresort.com
(p) 360.887.6736

See what’s offered!

www.hrapply.com/ilani/setup.app

 **CAREER
DEVELOPMENT**

COWLITZ TRIBAL GAMING AGENCY LICENSING DEPARTMENT

BY: PAUL DASARO, EXECUTIVE DIRECTOR, COWLITZ TRIBAL GAMING AGENCY

The Cowlitz Tribal Gaming Agency (TGA) is the staff arm of the Cowlitz Tribal Gaming Commission (CTGC). CTGC is the five-person panel appointed by Tribal Council to regulate gambling activities on the reservation. We are sometimes confused with the Cowlitz Tribal Gaming Authority (CTGA), a totally different entity whose function is to oversee the business management of ilani. CTGA manages the business of the casino, while TGA and CTGC make sure it's following all applicable gambling laws and rules. There are a lot of gambling laws and rules to follow.

TGA is made up of four divisions, each performing a specific task. For this issue, I'd like to talk about the functions of our Licensing Department. One of the first and most critical elements of ensuring that casino gambling activities are free from corruption and criminal activity is the licensing process. Licensing is one of the most effective ways to ensure that your gaming operation remains ethical, legal and reputable. Every tribal and commercial gambling jurisdiction in the country (indeed most of the world) requires some form of licensing for individuals and companies involved in casinos. Currently Cowlitz TGA licenses thousands of individuals and companies.

Every employee of ilani, most of the companies it contracts with, and the employees of those companies who work here must undergo a rigorous background investigation and obtain a gaming license from us before working here. The licensing process ensures that all individuals who work here or receive money from gambling

are ethical, have no disqualifying criminal history, and have no financial or personal ties to criminal activity or individuals. We also consider patterns of legal violations, financial history and evidence of moral turpitude in making licensing decisions.

The state of Washington also conducts background investigations of most casino employees, a process called "certification." It is basically a duplication of the background investigation that TGA has already conducted. The duplication is an unfortunate requirement of the Tribal-State Compact that all gaming tribes are subject to and we hope to change someday.

If you're in the casino, you'll notice that all employees wear a photo badge with identifying information such as name, expiration date and an employee number. This badge is essentially the employee's license and must be worn at all times while on duty in the casino.

Once an individual obtains a license from us, they must report any criminal charges, legal issues or other developments which could impact their licensing status to us within 72 hours. Failure to do so can result in loss of the license. Most licenses are issued for one year, and our staff keeps very busy renewing them every year.

Our Licensing Department is composed of six amazing staff, including licensing manager Shannon Schuetze, supervisor LaNae Rodas, licensing agents Donna Bagley, Hayley Walkinshaw and Lindsay Stuvland, and administrative assistant Sabina Heaton.

ILANI'S EXPANSION FURTHERS AWARENESS OF HUMAN TRAFFICKING

As ilani has expanded since its 2017 opening, so have the opportunities to build awareness of human trafficking and the resources available to those entangled in its vicious snare. The entertainment destination's leadership team has explored ways to optimize its public safety resources for those seeking a way out of a dangerous situation, with the latest efforts visible in the new parking garage.

Opened this past February, ilani's state-of-the-art parking garage features emergency call boxes on each of its six levels. With the push of a button, anyone can be instantly connected to the property's security team, which will escalate emergencies to the proper authorities. Next to each call box, ilani has now installed signage with the plea to "Stop Human Trafficking." The plaques offer the toll-free National Human Trafficking hotline number, 1-888-373-7888, and option to text "HELP" to 233733 (BeFree).

The new signs reiterate that ilani's security team is available to those who need help or suspect trafficking. This partnership enables a quick and local response to people in jeopardy.

"We are grateful for ilani's ongoing partnership in raising awareness about the persistent and insidious issues of human trafficking and sexual violence, particularly as they impact our indigenous communities," shared Debbie Hassler, Program Manager of the Pathways to Healing program. "People embroiled in a dangerous and difficult situation need to know that they have a way out, and we are here to help them make that first frightening step."

If the new plaques in ilani's parking garage appear familiar to guests, there is good reason. ilani has made a practice of displaying similar signage in areas around its property, such as in restrooms on the back of stall doors, where victims may have a moment of privacy to send a signal for help.

ilani's leadership team has long collaborated with the tribe and the Pathways to Healing program, joining in a formal coordinated community response team (CCRT) in 2018 — with tribal and regional public safety agencies — to address sexual violence and exploitation. Additionally, the program provides education and training to ilani, ensuring that all staff can be educated about the signs of trafficking and how to help.

Beyond ilani's latest awareness-building effort and ongoing staff trainings, the destination has been generous in providing resources to area nonprofits that focus on abuse prevention and human trafficking. Additionally, its success has enabled the funding of community grants to further support organizations seeking to end sexual and domestic violence. As the destination continues to evolve, it is committed to keeping a spotlight on this important issue.

NATIONAL HUMAN TRAFFICKING HOTLINE

CONTACT THE NATIONAL HUMAN TRAFFICKING HOTLINE

Do you **want to get out of the life?**
Are you being **forced to work** against your will?
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Do you know someone who may be?

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Polaris received \$1.75 million through competitive funding through the U.S. Department of Health and Human Services, Administration for Children and Families, Grant #920V01264-01-000. The project will be financed with 42.75% of federal funds and 56.25% (\$2.25 million) by non-governmental sources. The contents of this flyer are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services, Administration for Children and Families.

OPERATED BY
Polaris





COWLITZ INDIAN TRIBE
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Longview, WA 98632
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delicious new dining spots? sounds like fun.

BAMBOO
8



THE STADIUM
Sports Bar & Grill



The area's best dining destination just got better with two incredible new restaurants. Discover Asian-inspired delights at Bamboo8. And catch all the action at ilani's new sports bar & grill, The Stadium, featuring great, game-day bites and the region's largest video wall.

Learn more about our great dining options at ilaniresort.com or call 1.877.GO.ilani

1 Cowlitz Way, Ridgefield, WA 98642
LOCATED JUST OFF I-5 AT EXIT 16

 **ilani**
sounds like fun