Cowlitz Tribe Education and Arts Funds

Before more than a decade of litigation and acrimony, the Cowlitz Tribe made a promise to Clark County. Late last month, it kept an element of that promise. The tribe’s Education and Arts Fund awarded $409,000 to seven nonprofit organizations in Clark County. The awards are the first made under a commitment the tribe made in 2007 to share the benefits from ilani, the casino resort the tribe opened in 2017 outside of La Center. The decision to award the grants was made by a five-member board comprised of representatives from both Clark County and the tribe. It signals the Cowlitz Tribe and Clark County are forging a more collaborative relationship.

Clark County Council Chairwoman Eileen Quiring and Councilor Temple Lentz, the county’s representatives on the board, said the grant process strengthened the relationship between the county and tribe. Karissa Lowe, chairwoman of the fund’s board, said it was a chance to build on existing community ties. “We’ve been a part of this community since time immemorial. We are the Forever People, and we want to be part of this community,” Lowe said.

The ilani casino was widely opposed by local governments in Clark County out of concerns for its potential impact on housing, traffic and the environment. In response, the Cowlitz Tribal Council passed an ordinance in 2007 intended to ease the anticipated effects of the casino. Under the ordinance, the tribe agreed to reimburse the county for law enforcement on tribal lands and lost property tax revenue, while also complying with health regulations and contributing financially to a problem gambling program.

The ordinance also committed the tribe to pay 2% of net revenues from gaming on tribal lands to an arts and education fund to be overseen by a five-member board. The ordinance specified that two members would be from the county and two from the tribe, with the fifth being picked by the other four board members.

Grant recipients

A variety of organizations were awarded grants in the first round of awards from the Cowlitz Tribe Education and Arts Fund.

- $5,000 for a one-year grant to the Northwest Film Forum for the development of the film “Buffalo Soldiers of the Pacific Northwest.”
- $10,000 for a three-year grant to the Ridgefield Lions Club for students in grades 5-8 to manage a 2-acre wetland as part of a collaborative project in partnership with the Ridgefield School District and Watershed Alliance of Southwest Washington.
- $25,000 for a one-year grant to Columbia Springs for its on-site education program in 2019-20.
- $50,000 for a two-year grant to Friends of the Ridgefield National Wildlife Refuge to hire a part-time volunteer coordinator to oversee volunteers for cultural and environmental education, habitat restoration and visitor services.
- $200,000 for a four-year grant to the Clark County Family YMCA to construct a full-service YMCA family facility in Battle Ground.
- $350,000 for a three-year grant to the Cascade Forest Conservancy to expand outreach and education for environmental initiatives in Southwest Washington.
- $350,000 for a three-year grant to the Mount St. Helens Institute to expand its STEM education programs.

Chairman’s Corner

Klahowya,

We look forward to the November 2nd Fall General Council meeting at ilani in the Cowlitz Ballroom. Thank you for the dedicated volunteers, boards, committees, staff and Tribal Council members who work hard for the wellbeing of the Tribe.

We look to our bright future and open a new chapter in serving tribal members. We continue to meet many challenges and working together, we prevail. As we grow and prosper together, we should expect to face new challenges. We must honor and pay tribute to those who have helped us reach this point of growth.

Constitution Amendment

In June we considered a change in the way elections are conducted. The ballot as presented did not pass by a margin of 3 votes. There were many comments and questions of the structure of the ballot. Tribal Council discussed the issue further and a simplified amendment will be presented at the November meeting.

ilani Casino

After the second anniversary of the opening, ilani continues to grow and prosper our business as the premier gaming, dining, meeting and entertainment destination in the Pacific Northwest. We are growing the development on the reservation with, the meeting and event center and the Cowlitz Ballroom, the Cowlitz Tobacco Outlet, and Cowlitz Crossing gas station and convenience store—opened on April 20th. See more details on page 23.

Phase II construction has begun for overflow parking and now the ground breaking for the Parking Garage. After completing the Parking Garage in the fall of 2020, we plan to move to the groundbreaking for the ilani Hotel—a 4-star hotel with 300 rooms, conference facilities, and with additional restaurants.

The Cowlitz Tribal Gaming Commission diligently continues the regulatory oversight of ilani, as they licensed all our vendors and team members. We will forever be grateful for our partnerships with the Mohegan Tribe, and the lending groups as we embark on a new period of prosperity and cooperation. We continue to build positive...
Building the Cowlitz Community and Government Center on the reservation will support all tribal programs leveraging grant funds and low interest tax-free financing.

**Comprehensive Plan**

We will be holding town hall meetings with the membership in the near future, and meeting in retreat with Tribal Council and continue meeting with all parts of the Tribal organization in the Strategic Planning, Boards, Committees, Departments, Program units, to better implement our Comprehensive Plan. This is a long-term plan. The tribal council is guided by the plan to evaluate and prioritize services through a strategic planning process for all tribal members using strategic initiatives to improve our operations to better deliver services.

**Natural Resources**

We are also working on the Sea Lion issue, on the Lewis River Fish Passage to ensure full fish passage, and on a dam removal project in the upper Washougal Watershed. Most importantly we are working on the process to restore our hunting and fishing rights. The Gathering Program in the Gifford Pinchot National Forest allows us to collect huckleberries, mushrooms, and firewood for your use with the free permit.

**Washington Regional Transportation Council**

I have accepted a seat on the Board of Directors of the Southwest Washington Regional Transportation Council (RTC), the local metropolitan planning organization for Clark, Skamania and Klickitat counties, working with the Portland Metropolitan Area. The RTC develops a regional transportation plan that serves as the region’s principal long-range transportation planning document. The I-5 Interstate Bridge is a regional project of utmost importance.

**MMIW**

A new law addresses missing indigenous women in Washington state.

Governor Inslee signed a law responding to cases of missing and murdered indigenous women in Washington. The law adds liaisons to the state patrol and requires the agency to draw up best practices for local police forces responding to such cases. The Cowlitz tribe will work to further this cause wherever we can with the state, federal and local governments.

Rosalie Fish (Cowlitz) from the Muckleshoot High School won three state titles in track at the 2019 WIAA State Track and Field event hosted at Eastern Washington University—all while raising awareness and advocating for Missing and Murdered Indigenous Women (MMIW). Her powerful statement was amplified by a red-painted handprint covering her mouth and the letters MMIW painted down her right leg and reported by ESPN, USA Today across the country.

Please remember and pray for Esther Marie Smith, Cowlitz who has been missing since 2008.

**In Closing**

The Cowlitz Indian Tribe’s 160-year journey back to our homeland restores Cowlitz Tribal heritage and traditions allowing us to unite and thrive, here, on our own reservation. We must come together as a tribal family, now more than ever, for the benefit of future generations. Together, we continue a new chapter in Cowlitz history.

A.M.R. Chairman Bill Iyall

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**Vice Chairman’s Report**

The Cowlitz Reservation is now three acres larger, (total of 159 acres). The BIA finally approved our fee to trust application for the old espresso stand and former gas station properties.

We recently signed a new three-year agreement with Clark County. This will allow for police, prosecution, and jail services required for public safety on the Cowlitz Reservation. We are seeking additional funding and agreements to add staff and equipment for our Public Safety Department.

Susan Andersen, the legal department’s first paralegal, has moved to the Reservation to become the Public Safety Administrator, working for Don Walkinshaw, Sr. Susan did a fantastic job in the legal department and will be a great addition to our Public Safety Department. I hired Lori Goodwin as our new paralegal. She has extensive legal experience both in private practice and with the Thurston County Prosecuting Attorney’s Office. She hit the ground running and is a great addition to our outstanding legal team, which includes staff attorney Alicia Derry.

Planning and construction continue on our Reservation. We are still seeking suggestions for names of the new streets that will be built on the Reservation. Please let the Tribal Council know of your suggestions or call the Longview Office at 360 577-8140. Our next General Council Meeting will be on November 2, 2019, on the Cowlitz Indian Reservation in the ilani.

Greetings to all Cowlitz, their families, and our friends. This continues as a great year for the Cowlitz Tribe and we continue to keep our promises and commitments in our agreements and our gaming compact as detailed in my May 2019 report.

Philip Harju, Vice Chair
Public Safety Department Updates

Seeking Cowlitz Tribal Members

Seth Ehrhorn and Austin Moore, both Cowlitz Tribal members, graduated from the U.S. Indian Police Academy and the Washington State Equivalency Academy, as mentioned in our last newspaper edition. We are actively seeking more Cowlitz Tribal members like Seth and Austin to join our department and guide the tribe into the future.

Please let your family members know there are great career opportunities available working for the tribe and ilani casino.

I moved my family here to help the tribe and we have been treated phenomenally. This is a great place to work, so please spread the word that your tribe is waiting for you to come help and be part of the next chapter.

Support

We have been working with the Canoe family and hope to receive approval in the 2020 budget to purchase a support boat for their journey and to assist any departments within the tribe that may have a need for a support boat. We have also been working closely with Debbie Hassler and the Pathways to Healing Program to address domestic violence and human trafficking more efficiently.

Fall Cowlitz Tribal Planning Update

The Cowlitz Tribe continues to take “Steps Towards the Future” in implementing its Comprehensive Plan. Copies are available on the Tribe’s website www.cowlitz.org. Just click on the Newsroom tab, then Announcements, then scroll down and look for the link to the “Cowlitz Tribe Comprehensive Plan.”

REWD

The Planning Committee is wrapping up our work with our consultants REDW. We have worked with them to develop a set of planning tools that our departments and programs can use to plan, implement, and measure their efforts over the next five years. Our departments are using this work to plan programs and services for the coming year through grant applications and revenue requests.

GWE

The Tribe’s annual budget process started in July and is well underway. The Tribe is working on a capital plan to look more comprehensively at financing future land acquisitions and facilities development in order to achieve our goals. We continue to work with managers to assess where the General Welfare Exclusion Act (or GWE) can be utilized to create programs that provide benefits to Tribal members that are not subject to IRS taxes. The Tribal Treasurer and the Budget Committee work with the Accounting Department to review the budget proposals that are coming in. Later this fall, Tribal Council will meet to go over this first round of proposed 2020 funding requests linked to the Comprehensive Plan.

The current Cowlitz Tribal Planning Committee members are Christine Myers, Tribal Planner; Dan Meyer; Debbie Hassler; Kim Stube; Phil Harju; and Jerry Iyall.

Community Participation

Our Department has been very active participating in community events such as the Cowlitz Law Enforcement Luncheon with Kids, Drug Take Back Event, Cowlitz Youth & Safety Event, Ridgefield 4th of July Parade, Canoe Journey Landing, Cheese Days Parade, Seniors and Law Enforcement Together (Summer Luncheon), and Back to School Shop with a Cop.

We are looking forward to assisting in the Cowlitz Pow Wow, Veteran’s Parade, Christmas Shop with a Cop, Cowlitz Kids Christmas, and Seniors and Law Enforcement Together (Christmas Luncheon).

We just recently joined the Kindness 911 team with other local law enforcement agencies and look forward to helping our community.

By: Don Walkinshaw, Sr. Chief Public Safety Officer

For more information: 31501 NW 31st Ave Ridgefield, WA 98642 Phone: (360) 727-2119
The United States Census is Important to Tribes (and Your Community) Wherever you Live

The United States Census is a count of our country’s population. It occurs every 10 years. Cowlitz Tribal members were counted in the 2010 Census for the first time after winning official recognition.

The data from the Census is a valued planning tool for the Tribe’s programs and services. Federal grant money is awarded to tribes based on the number of American Indians and Alaska Natives (AI/AN) counted by area. The data is used in federal formulas to decide funding for Tribal programs for Cowlitz Tribal members and the AI/AN community within our service areas.

How you identify yourself in the U.S. Census is very important. The information is not always reported in a way that helps us make the case for obtaining grant funds. The U.S. Census prepares the most useful statistical reports for grant writing purposes from the data where people indicate they are American Indian only. Ideally, for United States Census purposes, you should identify yourself as American Indian (do not check any other boxes under race) then indicate your enrolled tribe as Cowlitz Indian Tribe (the official tribal name).

Please be sure to count everyone in your household, especially the elders and babies. As an example, if a newborn baby is not counted, they will be 10 years old by the time another count occurs. The Census count impacts funding for schools, childcare, and lunch programs.

If a child is not counted, programs may be underfunded.

Some United States Census Facts
- The federal Census is meant to be a count of everyone living in the United States every 10 years;
- The Census is required by the U.S. Constitution to count people for representation in Congress;
- Your participation in the Census is required by law;
- It only takes about 10 minutes to complete;

Federal law protects any personal information you share; and

The questions in the Census create information used to plan for and fund transit, roads, bridges, health care, human services, childcare, food benefits, and many other programs for your community and the tribes wherever you live.

For more information visit www.census.gov/programs-surveys/decennial-census/2020-census/about.html
Call: 1-800-923-8282

Within the United States 2020 Census

United States Census

Census 2020

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Call: 1-800-923-8282

Veteran’s Corner: Project Healing Waters Fly Fishing, Inc.

Project Healing Waters Fly Fishing, Inc. (PHWFF) is dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly fishing and associated activities including education and outings. Recently, I was contacted by Assistant Program Lead, Greg Edge, with the PHWFF Portland and Vancouver division to share more about the program.

PHWFF provides fly fishing workshops catering to novices and experienced fly fishermen alike. The workshops teach fly fishing and tying techniques, developing skills and sometimes just talking about fishing. This knowledge is then applied by going on fishing trips several times each year. For the workshops and fishing trips all tools and gear are provided at no expense to the veteran.

As a 501(c)3 non-profit organization incorporated in the State of Maryland, PHWFF is dependent on tax-deductible, charitable donations and the help of numerous volunteers to meet the educational, equipment, transportation, and related needs of its participants.

More information can be found on their website at projecthealingwaters.org
You will also see the names of a local fly-fishing clubs which PHWFF partners with to ensure its engrained within the community. It also helps them to be involved in local environmental projects to keep places for us to continue to fly fish.

Written by Jerry Iyall, Cowlitz Veterans Representative

If you are a disabled veteran, disabled active duty military, a veteran who is interested or would like to volunteer, please contact the office nearest you. See locations information below.

Vancouver, WA – Portland, OR
Project Healing Waters
Greg Edge, Assistant Program Lead
jolgrey3343@yahoo.com
www.facebook.com/Project-Healing-Waters-Greater-Portland-OR

Seattle, WA
VA Puget Sound Healthcare System – Seattle Division
Washington Fly Fishing Club
Jim McRoberts, Program Lead
jim.mcroberts@projecthealingwaters.org
www.facebook.com/ProjectHealingWaters

Fort Lewis, WA
Madigan Army Hospital WTB
JBLM, WA
Puget Sound Fly Fishers, FFI
Bruce Tyson, Program Lead
bruce.tyson@projecthealingwaters.org
www.facebook.com/nwphwff/

America Lake PHWFF
Lakewood, WA
VA Puget Sound Healthcare
System – America Lake Division
South Sound Fly Fishers, FFI
Jim McRoberts, Program Lead
jim.mcroberts@projecthealingwaters.org
www.facebook.com/ProjectHealingWaters

Kitsap / Olympic Peninsulas, WA
Naval Hospital Bremerton
Nicholas Fellander, Program Lead
nicholas.fellander@projecthealingwaters.org
www.facebook.com/ProjectHealingWaters

Chapter, TU
Nicholas Fellander, Program Lead
nicholas.fellander@projecthealingwaters.org
www.facebook.com/ProjectHealingWaters

Submit your news to Cowlitz Tribal News

YOYOYoolah

Cowlitz tribal members send us your articles, art, business info, photographs, and events for our upcoming edition.

Submissions must contain the following to be published:

**Articles**
- Editable format (Word or similar).
- Less than 500 words
- Title of the article
- Written by credits
- Email
- Phone Number
- Pictures info (see below)

**Photos**
- High resolution original image(s)
- Not embedded within pdf or word
- Clearly named and numbered by preference of use
- In article document list: credits, persons and description

Articles may be edited at the discretion of the editing staff and become the property of the Cowlitz Tribe.

PO Box 2547, 1055 9th Ave.
Longview, WA 98632
P: 360-577-8140 | E: news@cowlitz.org

Next edition submissions due Monday, February 3, 2020
We are always accepting submissions
Enrollment Update

Current Enrolled Members

The current enrolled population as of September 30, 2019 is **4198**.
Since May 2019 we have enrolled 38 new tribal members, with 41 pending approval as of October 5, 2019.

Enrollment Requirements

Our current enrollment criteria is as follows: (applicants must meet all three)
1- Applicant must have a parent (mother or father) on the Cowlitz Tribal Roll;
2- Applicant must have a parent (mother or father) on the Cowlitz Indian;
3- Applicant shall be no older than 12 months of age (effective 01/01/2006) or Applicant is 18 years of age and no more than 19 years of age (effective 06/06/2015)

The constitutional change made in June 2018 allows descendants whose parent did not enroll them by their first birthday to enroll themselves as an adult between their 18th and 19th Birthdays.

We sadly report

The following tribal members have passed away

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<tr>
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<td>Albert Aalvik Jr</td>
<td>Danny Pinard</td>
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<td>Arthur G Brown Jr</td>
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They are not dead who live in the hearts they leave behind

-Tuscarora

If you know of any tribal member or their families that are not receiving mailed tribal information or the newspaper, please have them contact the Enrollment Department. Most likely they are on our Unknown Address List or the address is not correct. Please have members contact the Enrollment Office to verify the address we have on file for them.

Enrollment- P. 360-575-3310 | E: enrollment@cowlitz.org.

Contact Information Missing for the Following Tribal Members

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Cowlitz Tribal News YOOYOOLAH

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:

- Bill Iyall
- Dan Meyer
- Becky Blue
- Emma Johnson
- Amanda Workman
- Jennifer Neal
- Allicia Quick
- David Doucette
- Patty Kinswa-Gaiser
- Tiffini Alexander
- Nichole Meyers

Questions? E: News@cowlitz.org | Call 360.577.8140

DIGITAL VERSION ON: www.cowlitz.org/newsroom/tribal-news.html
Education Updates

In 2020, the Education Committee’s definition of academic year will change to May 1, 2020 through April 30, 2021. Many summer programs begin in May and the committee wants to include support for students in these early summer programs.

This very successful program does not just happen on its own. A big thank you to the continued support of the Tribal Council, the hard work of Carol Burnison, Tuition Assistance Coordinator, Cowlitz Information Technology, Accounting staff and the Education Committee members: Mike and Joan Iyall, Karissa Lowe, Becky Lowe, Celine Cloquet, Suzanne Donaldson, David Iyall, Dave Reichel, Dave Littleton and Timi Russin. Committee members will be at the November General Council meeting to provide updates on the program and answer your questions. A list of Cowlitz students who have received a 2019-20 Cowlitz Tuition Assistance Award will be in your meeting packets.

Cowlitz members of all ages can benefit from furthering their education. The Cowlitz Tuition Assistance Program will help support their higher education whether they seek vocational certificates or college degrees. For more information about Cowlitz Education, visit the Education page under Services on the Cowlitz website or e-mail us at education@cowlitz.org.

by: Gregg Ford, Chairman
Cowlitz Education Committee

Background: In 2014, the Tribal General Welfare Exclusion Act was approved. Under this act, tuition and other educational benefits provided by Indian Tribes to tribal members are not taxable and are not subject to information reporting requirements if such benefits meet the requirement of the Act. In July, the Tribal Council determined the Cowlitz Tuition Assistance Program meets the GWE qualifications and approved Cowlitz Tuition Assistance as a GWE benefit. Thank you, Tribal Council. A link to the IRS circular is posted on the education page of the Cowlitz website.

Tuition Awards Growing

Cowlitz Tuition Assistance applications for the 2019-20 academic year began arriving in January 2019. This award has had a far-reaching effect, benefitting Cowlitz Tribal members in 23 states and British Columbia. To date, 206 Cowlitz members were approved to receive an award.

A total of $2,071,555 has been obligated to assist Cowlitz students with tuition and tuition related fees—the only approved use of these funds. A limited amount of funding is available for Associate’s degree awards—up to $6,000, vocational certificates and Bachelor’s degree awards—up to $11,000, Master’s and Doctoral degree awards—up to $16,500. Payment of the award is made directly to the school.

When funding is exhausted, applications will be placed on a 2019-20 waiting list. As funds become available, applications on the waiting list will be approved and funds awarded in the order the applications are received.

The 2019-20 application is available on the Education page of the Cowlitz website at www.cowlitz.org/resources/education.html.

Please e-mail questions to education@cowlitz.org

The Tribal Leaders Diabetes Committee

The Tribal Leaders Diabetes Committee (TLDC) was chosen to present at the Healing Our Spirits Worldwide Conference in Sydney, Australia. The conference was focused on decolonization and healing from the trauma our ancestors and people suffer to this day. As first people, we need to work on the trauma we carry. The conference is an opportunity to learn, heal, and share with all indigenous people.

The federal government recognized the grave toll diabetes was having on Tribal people. So it allocated money to fight the epidemic. Diabetes affects every system in our bodies. As Native people, the trauma we have suffered over the years has changed our brain make-up. This change makes our people more susceptible to diabetes.

More than 20 years ago the federal government awarded Tribes funds to work on diabetes. The TLDC members were able to present on the diabetes work done over the past 20 years. One exciting example is the decrease of kidney dialysis is more than 50%.

As always, it’s a honor to represent the Cowlitz Indian Tribe and the Tribes of the Northwest in advocating for better health for Indian people.

Respectfully,

Cassandra Sellards Reck

Cowlitz Language Corner Seasons of the Year

<table>
<thead>
<tr>
<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
<th>WINTER</th>
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<tr>
<td>Pənyáq’sməɬk</td>
<td>Pənƛ̓ aqám’</td>
<td>Pənmeɬk</td>
<td>Pənƛ̓ íx</td>
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<tr>
<td>Pan, sounds like “gun”, but with a “p”</td>
<td>Pan, sounds like “gun”, but with a “p”</td>
<td>Pan, sounds like “gun”, but with a “p”</td>
<td>Panƛ̓ aq – Tak, a popping T sound, explosive</td>
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<tr>
<td>Yaq similar to “talk”</td>
<td>ƛ̓ aq – Tak, a popping T sound, explosive</td>
<td>məɬk - Muth-k</td>
<td>Áix – Tayx, a popping T sound, explosive</td>
</tr>
</tbody>
</table>

Submitted by Mike Hubbs

Any Questions? Email: language@cowlitz.org
Kla-how-ya (hello) sǝncá-yaɬ (my name is) Jeramiah Wallace and I am from the Lower band of the Cowlitz Indian Tribe.

In July the Cowlitz Canoe Family participated in the Paddle to Lummi, the theme was Sqweshen Nite Schelangen which is Lummi for “Honoring Our way of Life”. This was the tribe’s 11th year taking part in the Inter-Tribal-Canoe Journey in our canoe sǝnu hi tȟila.

The Canoe Journey is an annual event with the goal of bringing back the traditional water ways (canoe way of life) and potlatch ceremony. It is the biggest cultural event on the west coast. The Canoe Journey has steadily grown over the last 30 years, and now has more than 100 canoes participating from California to Alaska, there are also Japanese, Hawaiian, and Māori indigenous people who participate.

Cowlitz started in Squaxin with other canoe families from our region and traveled traditional routes stopping at every reservation along the way. At every stop we ask permission to come ashore and share in a jam session (a circle where people share their songs), an informal protocol (whoever wants to go), or formal protocol (where they go down the list by distance) where each canoe family takes the floor and sings their songs, dance, speak, and does gifting. Some families have been known to stay on the floor for up to six or eight hours—the average length of a protocol is around 1.5 to 2 hours. If you have never seen protocol, they are currently available on the Paddle to Lummi site. At the final stop, Lummi fed more than 10,000 people.

The Canoe Journey is a life-changing spiritual and cultural journey that has saved the lives of many including myself who have struggled. I strongly encourage you to come and experience this for yourself; words cannot explain how it feels to stand in a jam session with natives from all up and down the coast and jam out, which can be heard for miles.

Warm Springs is hosting Canoe Journeys in 2023, which means Cowlitz will be hosting 4 or 5 stops on Paddle to Celilo 2023. We are looking at thousands of people traveling through Cowlitz in 2023.

The tribe has been supportive and is looking to buy a support boat for future journeys. I hope to see you at the Canoe Honoring dinner October 20 at noon in the St Mary’s Gym. The Cowlitz Canoe Family would like to thank the Cowlitz Tribal Council, committees, and staff for their help.

By: Jeramiah Wallace

Huckleberry Camp this year was a tremendous success! This year we had more Cowlitz attend than in the past. The camp was 4 days, with some staying even longer! We enjoyed camping at the Cowlitz Indian Tribal property found next to the Pine Ridge Ranger Station.

The property is beautiful and welcoming. The Cowlitz Indian Tribe supplied nutritious meals, water, and other drinks. The Saturday meal focused on our first foods, with the meal highlighting baked Salmon with Huckleberries. The camp is a dry camp, so no running water. However, there are showers at a store about a mile away.

Every year we gather and harvest our traditional foods—these foods are known to be the most powerful and can heal us. The berries were thick this year up at Indian Heaven.

Children and adults had choices of classes each day and decided how they wanted to spend their time. Interesting, educational, and traditional lessons were taught—from humility and generosity to traditional medicinal plant benefits and uses. There was an Elders class on the circulatory system, including information about healing medicines, how to use them, and some medicines to take home. Beading classes, with the focus on beading in a circle, brought people together. For several, it was their first-time beading.

Every evening we gather around the campfire to sing songs and hear stories. The Elders and children sat together sharing and learning.

By: Cassandra Sellards Reck
Drum Group Attends 32nd Annual National Conference on Race and Ethnicity

Kla-how-ya (hello) s'ancá-yat,

The goal of the Cowlitz Drum Group is to continue growth and keep our culture alive by actively sharing. We perform at many events like public events, funeral services, and on the Canoe Journey. At times we are busy with multiple events in one week. Many tribal members have expressed their appreciation for the tribe sending us to services to sing for their families.

A few months ago, 10 of us performed along with Chinook and Grand Ronde tribes at the 32nd Annual National Conference on Race and Ethnicity (NCORE) in American Higher Education in Portland for 5,000 people. It was an honor to sing in front of these people and represent the tribe!

In the Coast Salish culture, there are more than 1,000 songs currently active. Songs are shared in Indian country; we have been gifted songs from different Indian communities and have gifted songs to others on Canoe Journeys. Cowlitz members are starting to come out with more songs; we will be making a new CD soon for Cowlitz people to be able to learn the songs.

As Indian people, one of the most sacred things we have is our songs; many just see a drum and a stick, but the drum is an extension of our bodies, and our ancestors often speak through us in our songs. In drum group practice, we focus on the development of voices by people doing solos to increase confidence, as it is the key to us sounding loud and proud when we perform.

We would like to thank Aaron Workman, Steven Pete, Steve Kutz, the Cowlitz Tribal Council, the Health and Human Services departments, and the Accounting department for making the Drum Group possible. Our hands go up to you guys. Without your support of funding and assistance in getting us to events, it would not be possible to share this aspect of our culture with the public, Cowlitz families, or other tribes.

The Drum Group is open to all Cowlitz Indian Tribal Members. Join us for our bi-weekly meetings on Tuesday’s at 6 pm at the Cowlitz Clinic in Longview, as well as monthly at Cowlitz Culture Days; dates for practice are posted on the Cowlitz Culture & Canoe group on Facebook and will be added to the Cultural calendar email list. We are looking at the possibility of having drum group practices more frequently in 2020; the Seattle office is looking at having a practice in their offices bi-weekly in the near future.

Questions?
If you have an event that you would like us to perform at, or if you would like more information, please contact Cassandra Sellards Reck 1-360-513-1243 csellardsreck@hotmail.com.

Hazal Pete Institute Weavers

Mothers’ Day weekend the Weavers gathered at Great Wolf Lodge at Grand Mound. We were fortunate to take 18 Cowlitz members, their spouses, and children to this great event for a total of 24 attendees. Most of them had never been to a Weavers gathering and really enjoyed learning this craft.

Jacob Ramsey and his daughter traveled from Sublimity, Oregon, which is east of Salem, to be with us for the weekend.

Teri Wright and Cheryl Wilcox both made cedar hats. It was their first-time weaving!

Six people attended the NNABA Annual Gathering in Spokane on October 3rd through 5th. I will be building the budget for 2020 and hope to hear from some more first-time weavers!

Questions?
Patty Kinswa-Gaiser pattygaiser@gmail.com

Japan to Display Cowlitz Flag

Left to Right: Mayor of Sapporo, Tanna Engdahl, Cowlitz Tribal Elder and Ainu leader.

The Cowlitz Flag will be posted in a forthcoming Culture Center in Sapporo, Japan, which is focused on the culture of Japan’s indigenous people, the Ainu. This celebration took place in June 2019 and was the first-time native tribes were invited to participate in a Portland Sister-City protocol. Tanna gave the invocation at an earlier reception and Umatilla drummers offered a prayer song. By special invitation, Cowlitz and Umatilla Drummers sang following an afternoon rededication of a giant bell, a gift of Japan, at the Oregon Convention center.

By: Tanna Engdahl

Right to left: Ellen Harju, Cathy Sellards, Robert Byrd, Efrain Airies, Devin Reckl, Ron Sellards, Jeramiah Wallace

Contact Cassandra Sellards Reck 1-360-513-1243 csellardsreck@hotmail.com.

www.facebook.com/groups/237074879718153/

If you have not taken the time to participate, I would like to encourage you to do so. I have been singing with the tribe since the end of 2007 and it has changed my life drastically.

By: Jeramiah Wallace

From left to right: Altaffer, Jacob Ramsey, Christine Hawkins, Cheryl Wilcox, Teri Wright, Kris Dillehay, Patty Kinswa-Gaiser, Deb Mizner, Gabriella Iyall, Kathrine Iyall-Vasquez, Juanita Clark, Michael Whittinger, Sheryl Whittinger, Chip Saylor, Nichole Meyer, baby, Sharon Lindquist

Katie Ramsey, Tom Childs, Fish Childs, Maxx Childs, Emma Johnson, Kostani Saylor, Teri Graves

Not pictured: Gracie Graves, Cedar Graves, Kim Sanchez, Rene’ Rivera
Cowlitz Tribe Education and Arts Funds

continued from front page

Lowe said the newly formed board began meeting over the summer and deciding how to put together a process to award the grants. When asked about the fund’s balance, Lowe said in an email that it had about $2.2 million to donate this year. She said future grants will be considered on a monthly rolling basis, and if the total isn’t awarded this year, it will be rolled into next year’s allocation.

She said the fund’s board is run without the support of paid staff. Having to create a grant-awarding process from scratch, she said the board decided to reach out to organizations the tribe knew well, inviting them to apply for the first round.

“We are trying to build the ship as we fly it,” said Lentz, who described the collaboration as “productive and forward-looking.”

Lentz said that to be eligible for grants, organizations had to be local nonprofits providing some sort of arts or education program in Clark County. Clark County is located at the southern part of the tribe’s historical territory, which was centered more in Lewis and Cowlitz counties. Lentz said the board received 10 applications, and seven were funded in the first round. Lowe said the fund is limited to Clark County organizations at this time.

One of the challenges, Lentz said, was maximizing the impact of the grants by funding large nonprofits while also funding smaller nonprofits doing good work.

“It’s supposed to be an arts and education fund, but that’s pretty broad,” Lowe added.

Building capacity

The Cowlitz Indian Tribe Vocational Rehabilitation (CITVR) program is closing out the five-year grant (2014-2019) from the Department of Education Rehabilitation Services Administration (RSA) on September 30, 2019.

The goal of the program is to assist Native Americans and Alaska Natives with disabilities to obtain and maintain sustainable employment. We assist with finding training and educational dollars, supplies and clothing for interviews and employment positions, bus passes and other transportation assistance and more. Each client receives tailored individual assistance and services pertaining to their employment goals.

As we have one month to complete our grant cycle, here is an overview of the past four years and information to present: We moved offices to 928 Fir Street. Our Five Feathers Coffee Training program is up and running, having had one client complete since opening in March. From October 2014 through August 2019, nearly five years, CITVR has provided services to 400 clients. 148 were placed into employment. 71 of those clients were Cowlitz Tribal members. Both ilani and the Cowlitz Tribe hired many of our clients.

A new grant proposal has been submitted and we received word the last week of September that we will have another award.

Our program is very successful and is known across Indian Country. We have been asked many times by RSA to have new programs “shadow” us to learn best practices.

We are also the only Commission on Accreditation for Rehabilitation Facilities (CARF) which adds additional high standards and measurement outcomes, in addition to reporting from RSA.

If you, or someone you know could benefit from our program, please call 360-575-3318 for more information. Cowlitz tribal members not qualifying for the program are welcome to utilize our Resource Rooms, computers and lending libraries.

Alix Danielsen, the group’s board president, said that when ilani, which is north of the refuge, opened up, they reached out to the tribe to discuss working together. She said Engdahl, who also sits on the Friends of the Ridgefield National Wildlife Refuge’s board, let them know about the upcoming grant process.

Danielsen said her group relies heavily on volunteers, and having a coordinator will make them more effective.

“It’s capacity-building money, and we are very grateful to be able to hire a part-time position over the next two years,” she said.

The Mount St. Helens Institute will receive a three-year, $350,000 grant for its educational programs to ensure that disadvantaged Clark County youth have access to STEM education. Ray Yurkewycz, executive director of the institute, said the extra money will sustain existing educational programs that bring about 5,000 kids a year to outdoor school at the volcano. He said the grant will help the institute plan for the long-term and free up other resources.

“(The Cowlitz Tribe) have been here longer than anyone,” Yurkewycz said. “They understand the value (of the volcano).”

Sincerely and on behalf of Ilani and Tribal Council Member

Dave Barnett, Founder
206-707-5765
jakeybelle@aol.com

John and Dave Barnett
“Dream Catcher Legacy Project”

I have started this project on behalf of my father and myself, to give back to those Cowlitz members who have disabilities and other special needs. I want to make a difference in their lives, in a world that I sometimes feel is unfair.

I want to put smiles on their faces and bring them happiness.

If you know of a special needs tribal member who could be uplifted with something special, please let me know and let’s see if we can make it happen.

Let’s do this together.

Sincerely and on behalf of my father,

Dave Barnett, Founder
of Ilani and Tribal Council Member

206-707-5765
jakeybelle@aol.com

Ryan Hoage received a Superbowl football autographed by Russell Wilson and will be attending a Seahawks game.
**Businesses Invite**

The Tribe currently operates its daily business in five main locations at the:
- Cowlitz Indian Reservation, Longview, St. Mary’s (Toledo), Vancouver, and Tukwila.

Frequently we have the need to contract outside services to complete projects at our facilities.

We would like to invite all tribal members with building/maintenance businesses to give us your information to add to our Cowlitz Tribe Members Business Directory to share among other tribal members and have the ability to reach out to you for facilities contract work.

If you would like to be added to this list, please email your business contacts and information on services provided.

Aaron Workman:
aaronw@cowlitz.org

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**Construction Contractors Needed!**

The Cowlitz Indian Tribe’s Natural Resources Department hires construction contractors for aquatic habitat restoration and related work every summer.

These projects are 100% grant-funded, and generally focus on restoring stream habitat for salmon and steelhead.

The work often requires specialized equipment such as heavy machinery with biodegradable hydraulic fluid, and always requires recent documented experience in similar work in highly regulated environments.

Habitat restoration projects generally require bid and performance bonds, prevailing wage documentation, and current state licensing and registration. Each contract is awarded through a competitive process.

For more information and to request to be notified directly of bid solicitations, please contact:

Eli Asher,
360-333-9425 | eliashercowlitz.org

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**SUNSHINE ON A CLOUDY DAY**

Jeff and Lori Morris would like to thank Dream Catchers for making this summer a memorable one for Skye.

This generous gift of a customized TRAC CHAIR has allowed her to go places that have been out of reach since her accident.

Driving on the beach, hauling her dogs around and spending time in the barn have made our Skye a happy girl.

Thanks again Dave Barnett (owner of Dream Catchers)!

- Lori Morris

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**I’m Finally Free**

I’m finally free in awareness of body.
I’m finally free of the fear of my death.
I’m finally free of the stress of my thinking that maybe, perhaps, I am not good enough; that I don’t measure up to the standards of others who measure successes in terms of possessions: owned things for the ego. It’s so superficial.
I’m finally free of archaic paradigms!
I’m finally free of my angst and confusion!
I’m finally free of the need to play games where nobody wins, for no one has vision.
For I have achieved so much in this lifetime which comes out of knowledge of life and relations.
For I have remembered the essence of spirit; of life and of love; of peace and contentment.
So, people now listen to words that I offer for you are my sibling and I am your brother.
This world is vast from the stars to the atom. Look, we are all one with the rocks and the trees.
See, we are all one, this whole universe!
Yes, we are all one, you and me.

By Richard Iyall:

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**Lylah Van Voorst Arrived!**

Lylah Bristol Kelly Van Voorst was born at 4:19 a.m., December 31, 2018, weighing 7 lbs. and 10 oz.

Lylah is the daughter of Cowlitz tribal member, Heather Nicole Van Voorst and her husband Nathan Randal Van Voorst. She is the youngest of 4, her siblings are Layne, Layla, and Londyn, and her late great-grandmother, Kay Hecox (Reichel) was on the tribal council prior to our tribes federal recognition.

Her grandfather is tribal member Joseph Dean Folden, great-aunt is Maryanne Beals, and 2nd cousins John Beals, Sarah (Folden) Jones, and Kyle Folden.
Abbey Pierson, a Cowlitz Tribal member and student at Evergreen State College in Olympia, WA, was one of a group of over 200 indigenous artists whose work was featured in the yəhaw̓ show, the inaugural exhibit of the Seattle Arts and Culture gallery in the historic King Street Station. The exhibit drew over 7,000 visitors and supported both experienced American Indian artists along with many young Native artists with little or no gallery exhibition experience.

"Abbey is just the kind of young Native artist the yəhaw̓ show was looking for." stated co-curator Asia Tail. "The works she submitted were very original. They showcase her skill and her eye for Native imagery that blends a contemporary perspective with traditional forms." One outcome of her participation in the yəhaw̓ show is that Abbey was recently awarded a Young Native Creatives mini-grant.

"Art has always been one of the most important things in my life." Abbey explains, "I have and continue to use art as not only my career focus, but as a method of self-healing. It has allowed me to express my heritage and family history, as well as express my daily thoughts and emotions. Through times of extreme depression and mental instability, art has been what allows me to self-reflect on what is happening and gives me a way to express myself where I often fail to do so with words. I feel that art is not only important to myself but to those around me, and I hope that I will be able to help others heal through art as well."

Abbey has made art from a young age. Her art consists of many different media, styles, and meanings. Finding inspiration in almost anything, from personal trauma to the beautiful world we live in.

**Hand Painted Barn Quilt**

My wife Inga loves to paint, and has created numerous barn quilts of her own design.

For those not familiar, barnquilts are the paintings you see on barns that typically look like sewn quilts. She generally prefers to do her own designs, and doesn’t always stick with a quilt pattern. She is also of native American descent – Choctaw from Louisiana – and appreciates her heritage.

Combining her appreciation for Native American heritage, and her love of painting, she spent many hours hand drawing and then painting this Cowlitz logo barn quilt. It was done on (4) 2’ x 2’ plywood squares and is proudly mounted on our house. I told her I was going to offer it for display in the Ilani, until we saw the casino design is way too modern for this. I hope you enjoy seeing it as much as I do.

Submitted by: Greg Brown
Email: mrggbrown@yahoo.com

**Positions available for Cowlitz Tribal Members**

**Cowlitz Housing Board Vacancy**

The Cowlitz Tribal Housing Board is accepting applications for a vacancy on the board. The board encourages people with property management, housing management, banking, real estate, construction, building trades, or business experience to apply.

The Housing board is a volunteer position which, if accepted, obligates you to attend all required meetings. Absences may be excused for substantial reasons only. Meetings are held once a month, on the 3rd Tuesday, 6pm, at the Tribal Housing offices at St. Mary’s Mission in Toledo, WA. Additional board meetings are called as needed. New board members must attend a two-day board training session within the first year of service.

Applications can be mailed to: Housing Board c/o Cowlitz Housing, 107 Spencer Rd, Toledo, WA 98591. You may also scan & email to: cowlitzhousing@toledotel.com.

Go to www.cowlitz.org under ‘Careers’ tab for the application.

**Tribal Gaming Board of Directors Vacancy**

The Tribal Gaming Board of Directors has a vacancy – Term ending April 2022

Position Summary

The Cowlitz Tribal Gaming Authority ("Authority") is an agency of the Cowlitz Tribal government, separate from other branches of the Tribal government but accountable to the Tribal Council. The primary function is to oversee the development, operation, management, and financing of Tribes gaming operation, entertainment facilities, gas station, convenience store, and associated future development including a hotel, and resort facilities (the “Enterprise”).

During the term of the Tribe’s Management Agreement with the Mohegan Tribe of Connecticut ("Sal-Mo"), which runs until April 2024, the Authority Board of Directors shares these oversite functions with Sal-Mo.

The Gaming Authority Board oversees all non-regulatory aspects of the gaming operation. Regulation of the gaming operation is sole responsibility of the Tribal Gaming Commission.

For more details go to www.cowlitz.org/jobs.html for the full description and how to apply.
### Cultural Resources Board

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<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Steve Kutz</td>
<td>Chair</td>
<td><a href="mailto:skutz.health@cowlitz.org">skutz.health@cowlitz.org</a></td>
</tr>
<tr>
<td>Debbie Hassler</td>
<td>Vice Chair - IHS</td>
<td><a href="mailto:dhassler@cowlitz.org">dhassler@cowlitz.org</a></td>
</tr>
<tr>
<td>Cassandra Sellards Reck</td>
<td>Secretary - Drum Group</td>
<td><a href="mailto:csellardsreck@hotmail.com">csellardsreck@hotmail.com</a></td>
</tr>
<tr>
<td>John O’Brien</td>
<td>Board Member - Canoe</td>
<td></td>
</tr>
<tr>
<td>Claudia Tenney</td>
<td>Board Member - Youth Board</td>
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<tr>
<td>Bob Harju</td>
<td>Board Member - Carving</td>
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<tr>
<td>Michael Hubbs</td>
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<td>Tanna Engdahl</td>
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<td>Celine Cloquet</td>
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<td>Greg Groves</td>
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<td>Christine Dupres</td>
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<tr>
<td>Rourk Monohon</td>
<td>Appointed - Cultural Board</td>
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<tr>
<td>Jeremiah Wallace</td>
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### Health Board

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<tr>
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<td>Chair</td>
<td><a href="mailto:csellardsreck@hotmail.com">csellardsreck@hotmail.com</a></td>
</tr>
<tr>
<td>Debbie Hassler</td>
<td>Vice Chair</td>
<td><a href="mailto:debbie.cowlitz@gmail.com">debbie.cowlitz@gmail.com</a></td>
</tr>
<tr>
<td>Linda Foley</td>
<td>Secretary</td>
<td><a href="mailto:llsfoley@comcast.net">llsfoley@comcast.net</a></td>
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<td>Patty Kinswa-Gaiser</td>
<td>Member</td>
<td></td>
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<td>Member</td>
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<td>Donna Bagley</td>
<td>Member</td>
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<td>Christine Hawkins</td>
<td>Member</td>
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<tr>
<td>Rachael Paige</td>
<td>Committee Member</td>
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<tr>
<td>Carol Seholim</td>
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### Housing Board

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<tr>
<td>Kathryn Iyall-Vasquez</td>
<td>Chair</td>
<td><a href="mailto:kivasquez@yahoo.com">kivasquez@yahoo.com</a></td>
</tr>
<tr>
<td>Kevin Ward</td>
<td>Vice-chair</td>
<td><a href="mailto:kbjward@msn.com">kbjward@msn.com</a></td>
</tr>
<tr>
<td>Pat Iyall-Barnes</td>
<td>Secretary</td>
<td><a href="mailto:patiyallbarnes@comcast.net">patiyallbarnes@comcast.net</a></td>
</tr>
<tr>
<td>Larry Coyle</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Linda Turnbull</td>
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<td></td>
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<tr>
<td>Tom Childs</td>
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<tr>
<td>Dustin Griggs</td>
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### Youth Board

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Cassandra Sellards Reck</td>
<td>Chair</td>
<td><a href="mailto:csellardsreck@hotmail.com">csellardsreck@hotmail.com</a></td>
</tr>
<tr>
<td>Donna Bagley</td>
<td>Vice Chair</td>
<td><a href="mailto:cowlitznative@yahoo.com">cowlitznative@yahoo.com</a></td>
</tr>
<tr>
<td>Racheal Paige</td>
<td>Secretary</td>
<td><a href="mailto:simperca@yahoo.com">simperca@yahoo.com</a></td>
</tr>
<tr>
<td>Devin Reck</td>
<td>Youth Advocate</td>
<td><a href="mailto:reckdevin@gmail.com">reckdevin@gmail.com</a></td>
</tr>
<tr>
<td>Claudia Tenney</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Charity Sabido-Hodges</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>David Cottonware</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Ty Koch</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Kasey Koch</td>
<td>Member</td>
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</table>

### Cowlitz Tribal Gaming Authority

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sonny Bridges</td>
<td>Chair</td>
<td><a href="mailto:sbridges@cowlitz.org">sbridges@cowlitz.org</a></td>
</tr>
<tr>
<td>Bill Iyall</td>
<td>Vice Chair</td>
<td><a href="mailto:wiyall@cowlitz.org">wiyall@cowlitz.org</a></td>
</tr>
<tr>
<td>Jess Groll</td>
<td>Treasurer</td>
<td><a href="mailto:jwgroll@cowlitz.org">jwgroll@cowlitz.org</a></td>
</tr>
<tr>
<td>VACANT</td>
<td>Secretary</td>
<td></td>
</tr>
</tbody>
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### Cowlitz Tribal Gaming Commission

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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</thead>
<tbody>
<tr>
<td>Jerry Iyall</td>
<td>Chair</td>
<td><a href="mailto:j.iyall@ctgc.cowlitz.org">j.iyall@ctgc.cowlitz.org</a></td>
</tr>
<tr>
<td>Celine Cloquet</td>
<td>Vice-Chair</td>
<td><a href="mailto:c.cloquet@ctgc.cowlitz.org">c.cloquet@ctgc.cowlitz.org</a></td>
</tr>
<tr>
<td>Kristen Hitchcock</td>
<td>Secretary</td>
<td><a href="mailto:c.hitchcock@ctgc.cowlitz.org">c.hitchcock@ctgc.cowlitz.org</a></td>
</tr>
<tr>
<td>Gregg Ford</td>
<td>Treasurer</td>
<td><a href="mailto:g.ford@ctgc.cowlitz.org">g.ford@ctgc.cowlitz.org</a></td>
</tr>
<tr>
<td>Donald Walkinshaw</td>
<td>Commissioner</td>
<td><a href="mailto:d.walkinshaw@ctgc.cowlitz.org">d.walkinshaw@ctgc.cowlitz.org</a></td>
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### Pow Wow Committee

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Nathan Hooten</td>
<td>Chair</td>
<td><a href="mailto:cowlitz1@gmail.com">cowlitz1@gmail.com</a></td>
</tr>
<tr>
<td>Jane Meyer</td>
<td>Member</td>
<td><a href="mailto:jmeyer@cowlitz.org">jmeyer@cowlitz.org</a></td>
</tr>
<tr>
<td>Kris Dillehay</td>
<td>Member</td>
<td>krisdil43gmail.com</td>
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### Education Committee

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<tbody>
<tr>
<td>Gregg Ford</td>
<td>Chair</td>
<td><a href="mailto:g.ford@ctgc.cowlitz.org">g.ford@ctgc.cowlitz.org</a></td>
</tr>
<tr>
<td>Celine Cloquet</td>
<td>Vice Chair</td>
<td><a href="mailto:c.cloquet@ctgc.cowlitz.org">c.cloquet@ctgc.cowlitz.org</a></td>
</tr>
<tr>
<td>David Iyall</td>
<td>Secretary</td>
<td></td>
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<tr>
<td>Karissa Lowe</td>
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<tr>
<td>Becky Lowe</td>
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<tr>
<td>Suzanne Donaldson Stephens</td>
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<tr>
<td>Dave Littleton</td>
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<tr>
<td>Dave Reichel</td>
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<tr>
<td>Joan Iyall</td>
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</tr>
<tr>
<td>Timi Russian</td>
<td>Member</td>
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</tr>
<tr>
<td>Committee Email:</td>
<td></td>
<td><a href="mailto:education@cowlitz.org">education@cowlitz.org</a></td>
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<tr>
<td>Committee web link:</td>
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<td><a href="http://www.cowlitz.org/resources/education.html">www.cowlitz.org/resources/education.html</a></td>
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### Economic Development Committee

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<tbody>
<tr>
<td>Tim Van Mechelen</td>
<td>Chair</td>
<td><a href="mailto:tvanmechelen@cowlitz.org">tvanmechelen@cowlitz.org</a></td>
</tr>
<tr>
<td>Whitney Mosback</td>
<td>Vice Chair</td>
<td><a href="mailto:whitney.cowlitz@gmail.com">whitney.cowlitz@gmail.com</a></td>
</tr>
<tr>
<td>Don Wakinshaw, Jr.</td>
<td>Secretary</td>
<td><a href="mailto:dwakinshaw@ilaniresort.com">dwakinshaw@ilaniresort.com</a></td>
</tr>
<tr>
<td>Don Van Mechelen</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Rourk Monohon</td>
<td>Member</td>
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<tr>
<td>Dan Meyer</td>
<td>Member</td>
<td></td>
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<tr>
<td>Robert Harju</td>
<td>Member</td>
<td></td>
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<tr>
<td>Taylor Aalvik</td>
<td>Member</td>
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<tr>
<td>Melissa Johnson</td>
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<tr>
<td>Tom Childs</td>
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### Enrollment Committee

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Nancy Osborne</td>
<td>Chair</td>
<td><a href="mailto:nosborne@cowlitz.org">nosborne@cowlitz.org</a></td>
</tr>
<tr>
<td>Cathy Raphael</td>
<td>Enrollment Officer</td>
<td><a href="mailto:enrollment@cowlitz.org">enrollment@cowlitz.org</a></td>
</tr>
<tr>
<td>Lenore Monohon</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Renee King</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Karen Cota</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Melody Pfeifer</td>
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### Revenue Review Committee

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<tr>
<th>Name</th>
<th>Role</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bill Iyall</td>
<td>Chairman</td>
<td><a href="mailto:wiyall@cowlitz.org">wiyall@cowlitz.org</a></td>
</tr>
<tr>
<td>Dan Meyer</td>
<td>Treasurer</td>
<td><a href="mailto:treasurer@cowlitz.org">treasurer@cowlitz.org</a></td>
</tr>
<tr>
<td>Jerry Iyall</td>
<td>Member</td>
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</tr>
<tr>
<td>Katherine Iyall</td>
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<tr>
<td>Pat Iyall-Barnes</td>
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<td></td>
</tr>
<tr>
<td>Patty Kinswa-Gieser</td>
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<tr>
<td>Suzanne Donaldson Stephens</td>
<td>Member</td>
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<tr>
<td>Taylor Aalvik</td>
<td>Member</td>
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<tr>
<td>Rod VanMechelen</td>
<td>Member</td>
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</tr>
<tr>
<td>Cassandra Sellards Reck</td>
<td>Member</td>
<td></td>
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<tr>
<td>Debbie Hassler</td>
<td>Member</td>
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### Drum Group

<table>
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<tr>
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<tbody>
<tr>
<td>Cassandra Sellards Reck</td>
<td>Chair</td>
<td><a href="mailto:csellardsreck@hotmail.com">csellardsreck@hotmail.com</a></td>
</tr>
<tr>
<td>Steve Kutz</td>
<td>Vice Chair</td>
<td><a href="mailto:skutz.health@cowlitz.org">skutz.health@cowlitz.org</a></td>
</tr>
<tr>
<td>Melody Pfeifer</td>
<td>Secretary</td>
<td><a href="mailto:mpfeifer@cowlitz.org">mpfeifer@cowlitz.org</a></td>
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### Cowlitz Canoe Family

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Ty Koch</td>
<td>Chair</td>
<td><a href="mailto:tyedward4rt@gmail.com">tyedward4rt@gmail.com</a></td>
</tr>
<tr>
<td>Devin Reck</td>
<td>Vice Chair</td>
<td><a href="mailto:reckdevin@gmail.com">reckdevin@gmail.com</a></td>
</tr>
<tr>
<td>Cathy Sellards</td>
<td>Treasurer</td>
<td><a href="mailto:CathySellards@gmail.com">CathySellards@gmail.com</a></td>
</tr>
<tr>
<td>Rachael Paige</td>
<td>Secretary</td>
<td><a href="mailto:rachael767@gmail.com">rachael767@gmail.com</a></td>
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### Strategic Planning

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<tbody>
<tr>
<td>Jerry Iyall</td>
<td>Chair</td>
<td><a href="mailto:j.iyall@ctgc.cowlitz.org">j.iyall@ctgc.cowlitz.org</a></td>
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<tr>
<td>Debbie Hassler</td>
<td>Member</td>
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<tr>
<td>Dan Meyer</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Kim Stube</td>
<td>Member</td>
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<tr>
<td>Phil Harju</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Christine Myers</td>
<td>Staff</td>
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### Cowlitz Tribal Council

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>William Iyall</td>
<td>GC - Chairman</td>
<td>2021</td>
<td><a href="mailto:wiyall@cowlitz.org">wiyall@cowlitz.org</a></td>
</tr>
<tr>
<td>Philip Harju</td>
<td>GC - Vice-Chair</td>
<td>2020</td>
<td><a href="mailto:pharju@cowlitz.org">pharju@cowlitz.org</a></td>
</tr>
<tr>
<td>Nancy Osborne</td>
<td>GC - Secretary</td>
<td>2021</td>
<td><a href="mailto:secretary@cowlitz.org">secretary@cowlitz.org</a></td>
</tr>
<tr>
<td>Dan Meyer</td>
<td>GC - Treasurer</td>
<td>2020</td>
<td><a href="mailto:treasurer@cowlitz.org">treasurer@cowlitz.org</a></td>
</tr>
<tr>
<td>Steve Kutz</td>
<td>TC - Chairman</td>
<td>2021</td>
<td><a href="mailto:skutz.health@cowlitz.org">skutz.health@cowlitz.org</a></td>
</tr>
<tr>
<td>Debbie Hassler</td>
<td>TC - Vice-Chair</td>
<td>2020</td>
<td><a href="mailto:dhassler@cowlitz.org">dhassler@cowlitz.org</a></td>
</tr>
<tr>
<td>Whitney Mosback</td>
<td>TC - Secretary</td>
<td>2021</td>
<td><a href="mailto:wmosback@tc.cowlitz.org">wmosback@tc.cowlitz.org</a></td>
</tr>
<tr>
<td>Jerry Iyall</td>
<td>TC - At Large Rep.</td>
<td>2022</td>
<td><a href="mailto:j.iyall@comcast.net">j.iyall@comcast.net</a></td>
</tr>
<tr>
<td>Karissa Lowe</td>
<td>TC - At Large Rep.</td>
<td>2020</td>
<td><a href="mailto:karissa.lowe@gmail.com">karissa.lowe@gmail.com</a></td>
</tr>
<tr>
<td>Mike Iyall</td>
<td>Member</td>
<td>2020</td>
<td><a href="mailto:mikenjoan@comcast.net">mikenjoan@comcast.net</a></td>
</tr>
<tr>
<td>Christine Dupres</td>
<td>Member</td>
<td>2020</td>
<td><a href="mailto:christinedupres@gmail.com">christinedupres@gmail.com</a></td>
</tr>
<tr>
<td>Robin Torner</td>
<td>Member</td>
<td>2020</td>
<td><a href="mailto:r.torner@comcast.net">r.torner@comcast.net</a></td>
</tr>
<tr>
<td>Rourk Monohon</td>
<td>Member</td>
<td>2020</td>
<td><a href="mailto:r.monohon@ctgc.cowlitz.org">r.monohon@ctgc.cowlitz.org</a></td>
</tr>
<tr>
<td>Katherine Iyall-Vasquez</td>
<td>Member</td>
<td>2021</td>
<td><a href="mailto:kivasquez@yahoo.com">kivasquez@yahoo.com</a></td>
</tr>
<tr>
<td>Justice Rhodes</td>
<td>Member</td>
<td>2021</td>
<td><a href="mailto:rhodes.justice@gmail.com">rhodes.justice@gmail.com</a></td>
</tr>
<tr>
<td>Patty Kinswa-Gaiser</td>
<td>Member</td>
<td>2021</td>
<td><a href="mailto:pattygaiser@gmail.com">pattygaiser@gmail.com</a></td>
</tr>
<tr>
<td>Ty Koch</td>
<td>Member</td>
<td>2021</td>
<td><a href="mailto:tyedward4rt@gmail.com">tyedward4rt@gmail.com</a></td>
</tr>
<tr>
<td>Celine Cloquet</td>
<td>Member</td>
<td>2022</td>
<td><a href="mailto:cowlitz@aol.com">cowlitz@aol.com</a></td>
</tr>
<tr>
<td>Tim Van Mechelen</td>
<td>Member</td>
<td>2022</td>
<td><a href="mailto:vtimstow@aol.com">vtimstow@aol.com</a></td>
</tr>
<tr>
<td>Don Walkinshaw Sr</td>
<td>Member</td>
<td>2022</td>
<td><a href="mailto:dwalinshaw@cowlitz.org">dwalinshaw@cowlitz.org</a></td>
</tr>
<tr>
<td>David Barnett</td>
<td>Member</td>
<td>2022</td>
<td><a href="mailto:jakeybelle@aol.com">jakeybelle@aol.com</a></td>
</tr>
<tr>
<td>Cassandra Sellards Reck</td>
<td>Member</td>
<td>2022</td>
<td><a href="mailto:csellardsreck@hotmail.com">csellardsreck@hotmail.com</a></td>
</tr>
</tbody>
</table>

*Denotes Executive Council Member | GC = General Council | TC = Tribal Council

### Office Locations & Associated Services

#### LONGVIEW
- Longview Main Office
  - 1055 9th Ave, Longview, WA 98632

#### TUKWILA
- Seattle Main Office
  - 15455 65th Ave S, Tukwila, WA 98188
- Mental Health
- Substance Use Disorder
- Medically-Assisted Treatment (MAT)
- Pathways to Healing
- Co-Occurring Disorder
- Case Management

#### VANCYVER
- Vancouver Office
  - 7700 NE 26th Ave, Vancouver, WA 98665
- Mental Health
- Substance Use Disorder
- Co-Occurring Disorder
- Pathways to Healing
- Vocational Rehab

#### RESERVATION
- Main Address
  - 1 Cowlitz Way
  - Ridgefield, WA 98642
- ilani Casino
- Tobacco Outlet
- Cowlitz Crossing
- Tribal Gaming Agency
- Public Safety
- Tribal Court

#### ST. MARY’S
- Toledo Main Address
  - 107 Spencer Rd, Toledo, WA 98591
- Housing
- Elders Program
- Youth Program
- Community Garden

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### EVENT CALENDAR

#### October 2019
- 19- Pow Wow, 1p @ Clark County Fairgrounds
- 20- Canoe Honoring Dinner, 3p @ St. Mary’s
- 26- For All Generations, 1p @ Longview
- 26- Culture Day: Halloween, 5p @ Longview
- 30- Spooky Harvest, 4-8pm @ St Mary’s

#### November 2019
- 01- Canoe - Portland All Nations, 6p @ TBD
- 02- Fall General Council Meeting, 10a @ ilani Casino
- 07- Drumming for Veterans Fundrais 5p @ Clark College
- 08- M.A.T. Clinic Opening @ Tukwila
- 11- Tribal Offices Closed - Veterans Day
- 12- Drumming - Vancouver Division of Children, 10a, TBD
- 15- Elders Harvest, Xp @ St. Mary’s
- 16- Culture Day: Thanksgiving, all day, dinner @ 5p
- 23- Youth Gathering, TBD
- 28 - 29 Tribal Offices Closed - Holiday/Thanksgiving

#### December 2019
- 01- Tribal Offices Closed - Happy New Year
- 14- Youth & Family Christmas Party, 11-2p @ St. Mary’s
- 21- Culture Day - Christmas Party @ Plank House
- 23- Youth Gathering
- 24 - 25 Tribal Offices Closed - Holiday/Christmas

#### January 2020
- 01- Tribal Offices Closed - Happy New Year
- 18- Culture Day - TBD
- 20- Tribal Offices Closed - Martin Luther King Day

#### February 2020
- 14- Tribal Offices Closed - Holiday
- 15- Culture Day - TBD
- 17- Tribal Offices Closed - President’s Day

#### March - May 2020
- March- Culture Day - TBD
- April- Culture Day - TBD
- May- Culture Day - TBD
- 17-May Tribal Offices Closed - Holiday

Keep a look out on www.cowlitz.org for updated events
What is in a movement? Raising awareness, wearing ribbons, joining marches, creating social media campaigns and the list goes on and on. But why? The Pathways to Healing (PTH) program has been asking this lately and recognized that our movement in MMIW – Murdered and Missing Indigenous Women - needs some context.

This movement has created red hands all over social media and raised awareness to an epidemic that has gone silent for far too long in Indian Country. The number of Native women who have been missing or found murdered is making headlines.

The November of 2018 Urban Indian Health Institute (UIHI) report states the number of MMIW cases in WA state was 506. There are no Tribal identifiers. Out of the 506 in WA state, I don’t know if any of them are Cowlitz, or what tribe they are for that matter.

I asked myself how does this impact Cowlitz? The answer is I don’t know. I have heard from one Cowlitz family about their missing loved one so maybe there is only one, though I am sure that cannot be.

Here is where our movement needs context.

The PTH program would love to hear from you. Do you have a murdered or missing loved one? We are collecting names and stories of men, women, and children who are Cowlitz, or a direct descendant that is, who has gone missing and/or murdered. We would like to understand this for our community and recognize we have unique differences from reservation-based tribes. We also want to be inclusive and not gender restrictive in our journey to document this for our community.

Please contact Debbie Hassler; Program Manager at dhassler@cowitz.org or Karyn Kameroff; PTH Community Coordinator at kkameroff@cowitz.org to share your story with us. We will keep all emails and calls confidential unless given written consent to release the information. If you would like to call, you can reach PTH staff at 360.397.8228.

By Debbie Hassler Pathways to Healing
What is Healing the Canoe?

Healing of the Canoe (HOC) uses the Canoe Journey as a metaphor, to aid youth in obtaining skills needed to navigate through life without being pulled off course by addictive substances or difficult life circumstances – with tribal culture, tradition and values as compass to guide them, and anchor to ground them. It is a community-based program that builds on the strengths and resources within ones community.

Healing of the Canoe touches the lives of many youth in our community! Vashii Langford, program coordinator & Sonya Packard, instructor, have enjoyed the opportunity to build resiliency and hope in the lives of 200 youth since January this year. The Cowlitz HOC program is entering its 4th year and continuing to build relationships and connect youth with services and tools to better their future.

Currently operating in both the Longview and Kelso school districts, a future partnership with the Rainer school district is coming in 2020. HOC also includes summer programs with a new connection to Camp Singing Wind, located in Toledo on original Cowlitz land.

Reach out if you have more questions
E: healingofthecanoe@cowlitz.org
P: 360.353.9547

Be on the lookout for in school sessions in Longview and Kelso and young adult groups in Clark County

Tree of Life Group Healing Project of the Cowlitz Tribal Treatment (Substance Use Disorder)

The Cowlitz Tribal Treatment Program is committed to improving the lives of drug and alcohol affected individuals. It is our vision to blend culturally appropriate treatment methods that incorporate our tribal customs, traditions and teachings. As a group, we strive to walk the “Red Road.” (The Good Way).

This project was completed by both the morning and evening groups to encourage members to “step out of their comfort zone” and try something different in a group setting and as part of a collaborative art project. Although most participants voiced their concern at not being good at art, all were so impressed and proud at the finished projects, which hang outside the group room. Participants were given mixed media paper to paint, and paint some more. Then they cut out the “leaves/petals” and painted designs which added interest. I took all the leaves home and painted the sides of the leaves to hide the white mixed media paper and adhered them to the canvas, creating a “mixed media piece” which is approximately 30”x40”.

Many Native American tribes believe that the qualities of each type of tree brings specific medicine and carries a sacred spark of the Great Spirit. Although many tribes have different interpretations of a “Tree of Life” there are similarities throughout the tribes as well as types of trees referenced.

Quite a few of the group’s participants still smile as they look at the art they created. By taking a chance and trusting the process, now they LOVE art and want MORE projects.

By Kathryn Alexander
In the beginning of September, the Cowlitz Youth Program moved into its new location; St. Mary’s in Toledo Washington. Stay tuned to our social media for details about an open house and upcoming events. We have new and exciting events planned for the upcoming year.

We Have Moved!

In the beginning of September, the Cowlitz Youth Program moved into its new location; St. Mary’s in Toledo Washington. Stay tuned to our social media for details about an open house and upcoming events. We have new and exciting events planned for the upcoming year.

Save the date for these soon to happen events for the whole family; in October we will have the Cowlitz Youth Halloween Party and the Spooky Harvest. In December there is our annual Youth and Family Christmas party. Hope to see you there, look to the Events Calendar on page 13 for details.

We have a new team!

Ann Little started in August. She has an extensive social services background and invaluable contacts throughout the social service community.

Tanya started in January with 10 years’ experience working for a federal grant program (Longview Indian Education) as well as 10 years’ experience working with Indian Child Welfare and CASA.

Child Care Development Program

The Child Care and Development Program 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 income qualifying families with children under the age of 13 years.

We support education, work, self-sufficiency, and high-quality childcare in safe environments that encourage the development of cognitive, language, social, and culturally appropriate outcomes producing long-term success in children. All childcare providers are required to pass general drug screening, background, and fingerprint checks prior to caring for a tribal child.

This grant cycle we are implementing the “Indian Family” so we can now serve ALL children in the family, not just Native ones, as we believe in the family unit! We also are opening ways to verify Native decent.

The final 2019-2022 Child Care and Development Fund Grant in currently posted online at https://www.cowlitz.org/resources/ccdp.html. All amendments to the grant will be posted on the website for public review at all time.

Please note our new office location! We are in the old Vocational Rehabilitation side of the building. We are located directly across from the health clinic entrance and behind the administration office entrance.

If you need assistance with child care please visit cowlitz.org for details or contact us.

P: 360-353-9559
E: CCDP@cowlitz.org

Meet the Group

Child Care Development Program

This year two youth received cedar headbands as an award for their outstanding conduct at camp this year pictured here with Youth Program staff.

Pictured left to right: Wade McGee, Devin Jorgenson, Chloe Bouchard, Ali Guerra, Melody Lopez.

This year two youth received cedar headbands as an award for their outstanding conduct at camp this year pictured here with Youth Program staff.

Maxx Childs shows his backpack and T-shirt he received at camp this year. This shirt has some of our favorite quotes from youth program staff shown on the front. Also this years backpacks have Native design print and were purchased from a Native owned company.

Pictured left to right: Maxx Childs, Melody Lopez, Ali Guerra.

We also have a background in Early Childhood Education and Early Head Start.

Nichole Meyers came back to the Child Care Development Program from being in the Cultural Resources Department the last year and a half. She plans to start college in January for Early Childhood Education in the hopes that she will one day run a tribal daycare center on our Reservation.

Pictured left to right: Ann Little, Tanya Beltz, Nichole Meyers.
Introducing CSTEP, Tobacco Prevention & Cessation Program

Commercial tobacco use is higher among American Indians/Alaska Natives than any other racial/ethnic groups in the United States. Considering the dangers that smoking poses to our health, taking action to protect the tribal community through prevention and cessation is critical. Therefore, the Wellness & Diabetes Program is extremely excited to announce a brand-new program whose aim is to do just that.

The Cessation Support Tobacco Education Program, or CSTEP, will work with tribal members, staff, clients and the greater community to identify tobacco-related health concerns and address them. Although based in the medical clinic, CSTEP will collaborate with a variety of tribal programs and departments.

CSTEP's Newest Hire
DeAnna Pearl was hired in August of this year as the CSTEP coordinator. DeAnna comes to the Cowlitz Tribe with many years of experience, including serving several years as the tobacco prevention specialist for the Confederated Tribes of Siletz Indians. Her Tobacco Prevention Tribal Teen Project, “Colorful Addiction,” included the production of a music video receiving national recognition for being the first of its kind in Indian Country. DeAnna recently moved to Kelso from Tillamook County, Oregon where she had continued her work in prevention.

Keep Your Eyes Open
CSTEP is a rapidly growing program and will be undertaking a diverse number of activities, from community outreach to clinical interventions and procedural recommendations.

Contract Health Service Update: 10-mile Radius

Contract Health Services (CHS) is set to provide tribal members with specialty care services to eligible enrolled Cowlitz members for services unavailable at a tribal clinic.

In the past one of the determining factors to be eligible for this service was if you were living within 60-miles of the Longview Health Clinic you must be receiving Primary Care there.

We would like to announce that as of September 7, 2019, the 60-mile radius changed to only a 10-mile radius. This will reduce the hardship for travel for many of our members. Health and Human Services in Longview, Tukwila and Vancouver will continue to be available to our members regardless of where they live.

When seeking care outside of a tribal facility, you will need a prior authorization. Requests should be sought within 5 business days of your appointment; however, we encourage you to call as soon as your appointment is made. Not doing so could have a significant impact on the CHS budget and staff's ability to get the authorization generated and sent to your provider.

If your provider is new to our system, it could take up to a week (sometimes longer) to obtain a W9. Thorough provider set-up ensures that the authorization process is accurate and payment is made to the correct doctor.

Please be aware that CHS remains a payer of last resort; so be sure to ask if your provider is contracted with your primary insurance (CHS is unable to pay out of network coverages). Residency in the CHS Service Delivery Area applies (counties listed on “Contract Health Services” article).

*Eligibility requirements:
Enrolled Cowlitz member,
Residency within the
IHS approved service delivery area; Clark, Cowlitz, Skamania, Lewis, Wahkiakum, Thurston, Pierce, King, Kittitas and Columbia (OR) Counties & receiving Primary Care at the Cowlitz Tribal Health Clinic in Longview if you reside within 10-miles of the clinic. - You must apply to verify approval to obtain this service.

Initial registration, and annually thereafter, is required, so please don’t delay contacting staff.

Contract Health Staff are here to help if you have any questions and can be reached at 360-575-8275 ext# 5204.

General Welfare Exclusion Plan is used to provide tax-free services to tribal members subject to available funding goals. The GWE Plan allows the initial one-time $5,000 distribution to elders aged 62 and over and $3,000 health and wellness payments to elders 65 and older.

“I HAVE BLANKETS TO GIFT YOU”

I know many of you have been patiently waiting, as is the Cowlitz way, and they have finally arrived!

They are beautiful and I’m so happy to share these with you.

It is the highlight of my life to be able to give back to the Cowlitz people and to fulfill the promise I made to my father, former Chairman, John Barnett.

Contact me 206-707-5765 or jakeybelle@aol.com I will ship them to you as soon as possible.

Thank you, Dave Barnett, Founder of Ilani and Tribal Council Member

If you are a tribal member who has not received this gift from me, please let me know. It makes my day when I hear from you after you receive it! I am dedicated to continue to provide these gifts to every Cowlitz member over the age of 18. It is a gift from my heart to yours.
Community Wellness Garden a Growing Success

As the first season of the Community Wellness Garden draws to a close, we can reflect on the many accomplishments of the past year. We also look ahead to the future and are excited to share our plans for expansion of this innovative program, which has already promoted access to healthy foods, enhanced positive community energy, and supported tribal food sovereignty.

Located at Cowlitz Tribal Housing in Toledo, the Wellness and Diabetes Program and Natural Resources Department worked together to transform the pre-existing garden space.

The educational garden includes eight raised cedar beds with benches, designed and constructed by Donny Pappan of the Facilities Department, and an herb/traditional plant garden. It is fully accessible for those with disabilities and mobility limitations.

The in-ground garden is designed for production and growing of food in larger quantities. A drip irrigation system installed in both gardens allows for efficient use of time and resources, and the new garden shed along with the greenhouse allow for storage of supplies and expanded growing operations.

Community Distribution

As of August 2019, more than 230 shares of produce have been distributed throughout the tribal community. This includes bags of various vegetables, 70 of which were provided to Cowlitz Tribal Members and 20 that went to American Indian/Alaskan Native clients with low food security. Almost 100 were delivered to elders to augment the frozen fish filets and meals they were already receiving. And many also went to the Elders Nutrition Program for inclusion in their communal meals, especially the salad bar.

Garden Events

Cindy Callahan, the Garden Coordinator, has hosted several garden events over the past several months that have engaged youth, adults, and elders.

Healing of the Canoe camp participants visited the garden and received hands-on experience planting and harvesting.

Elders learned to can green beans and discussed the various medicinal properties of the traditional plants and herbs.

One of the most popular events was the garden pizza party, during which youth harvested toppings and rolled out pizza dough so that all those attending elders’ lunch could build their very own, custom, healthy pizza.

The success of the program over the past year has inspired expansion plans.

Future Planning

The Wellness and Diabetes Program hopes to add square footage to the production garden so that more members of the tribal community can benefit from the fresh produce. We also plan to add more distribution locations, including pick-up points on the Reservation and at the Vancouver offices.

As we grow, we will also add more events and activities, with a focus on youth and elders and activities related to health, wellness, and culture.

We appreciate all feedback regarding this new program and hope we can tailor the program to meet the needs of the tribal community.

Questions or wish to be placed on the produce distribution list for the next season, E: afine@cowlitz.org
P:(360)575-8275.

UPDATE YOUR CONTRACT HEALTH SERVICE

Benefits of keeping your annual registration current:

1) Access beyond what the nearest tribal clinic can provide:
   Medical, Dental, Pharmacy, and Optical

2) Ensuring that we can keep funding by meeting Tribal and IHS policies

3) Most importantly; healthy Tribal Members!

Residency is required within the IHS approved service delivery area (Clark, Cowlitz, Skamania, Lewis, Wahkiakum, Thurston, Pierce, King, Kittitas and Columbia (OR) Counties).

In need of services? P: 360-575-8275

CHS updated approximately 900 annual health account updates this past year. Thank you, as we know it can be time consuming.

Cowlitz Tribe Transit Service

Service Provided Daily Monday through Friday
Transit Service Hours 8:00 AM - 6:00 PM excluding holidays
(360) 232-8585
transit@cowlitz.org

It is our mission to enhance the quality of life for Cowlitz Tribal Members, and the general public, through the delivery of professional, friendly, safe, reliable, and efficient transportation services.

Cowlitz Tribe Transit Service is a public transit service available to rural residents in South Lewis (Centralia Amtrak Station) and Cowlitz Counties who live up to 20 miles from the Interstate 5 corridor. Rides include access to life sustaining and non-life sustaining medical appointments, shopping, cultural or quality of life activities.

Expanded Medical Transport Program is a public transport program available to rural residents in Clark, Cowlitz, and Lewis Counties who are over the age of 30 and/or individuals with disabilities. The Expanded Medical Transport Program provides rides north to Olympia and South to Vancouver to increase access to medical appointments such as; specialty medicine, diagnostic facilities, cancer treatment centers and hospitals.

*Clark County residents must live outside of the C-tran bus system and their respective Public Transportation Benefit Area (PTBA).

Tribal Medicaid Transport is for Indian Health Services (IHS) beneficiaries and their descendants who hold a current ProviderOne card who are in need of transportation to medically necessary appointment. Individuals must live within a 60 mile radius of the Cowlitz Indian Tribe Health Clinic, meet the Medicaid criteria and have exhausted all other transportation options.

All of the above services include door-to-door assistance to and from the vehicle when needed. Our vehicles are equipped with lifts to make boarding easier for passengers who use wheelchairs, mobility devices, or have difficulty negotiating steps. Rides should be scheduled a few days in advance to assure availability. The dispatcher will make every effort to accommodate your requested trip schedule. Fares are funded through greatly appreciated donations.

The Cowlitz Tribe Transit Service and Transport Programs comply with all federal requirements under the Title VI law, which prohibits discrimination on the basis of race, color, or national origin.

Look for us on Facebook
Cowlitz Tribe Transportation and Transit Services
https://www.facebook.com/cowlitztribedotandtransitservices/
Elders Program & Services

Elders Lunch
Served lunch Monday - Friday at the St. Mary’s Elders housing facility and every Tuesday at the Longview office.

Activities
Cultural and recreational activities from beading classes to, short trips, fishing and more!

Support & Help
Family support, routine assistance, and in-home assistance are available.

Yoga
Each Monday and Wednesday yoga is offered at St. Mary’s at 2 PM

Student Rental Assistance
Student Rental Assistance is available to full time college students, anywhere in the country.

Community Garden
Elder’s Program even has a Tribal community garden with events and community activities.

If you have questions
P: 360-864-8727
E: EldersProgram@cowlitz.org

The 5th Annual Elders Fishing Trip was a success!

Every year Senior Nutrition and Natural Resources sponsor a 3-day guided fishing trip exclusive to Cowlitz Elders and their spouses.

For details on this annual event
P: (360) 864-7006 | E: EldersProgram@cowlitz.org

Down Payment Assistance

Your Tribal Housing Department is happy that more and more tribal members are applying for down payment assistance so the tribe can help members realize the American Dream of Homeownership! We are now able to serve several states, call for info.

Student Rental Assistance

Student Rental Assistance is available to full time college students, anywhere in the continental U.S. HUD rules apply.

Cowlitz Elder’s Program

Cowlitz Elder’s Program

Pictured left to right: Patty Kinswa, Don Dunckel, Jim & Nancy Baker, Tony Weaver, Volunteer Ashlie Frank, Linda Sayers, Marie Dancing Star Lamere, Boo Bouchard, Jean Mahar, Nancy Cleaver, Arlene & Norm Selchert, Doug Mahar, Juanita Clark, and Don Van Mechelen Second row: Bear Neal, Juanita Clark, Dalton Fry, Terry Ojala, Bear Neal, and Eric Schlueter

We hope you will join us for the Annual Harvest Dinner @ St. Mary’s November 15th at noon!

Cowlitz Tribal Housing

Cowlitz Tribal Housing

Down Payment Assistance

we are currently able to help students and homebuyers whose households are over the HUD income guidelines. While funding lasts, we can help families whose income is up to 150% of median income. This applies to qualifying students and homebuyers only.

Elder Housing

Cowlitz Indian Tribal Housing welcomes you to the Tribe’s Housing complex, located in Toledo, WA. Accommodations choices are efficiency apartments and 1-bedroom units. Rents are calculated on a sliding scale according to income; when subsidies reach the lifetime limit rents are 30% of income. Small pets (dog or cat) welcome.

This is an independent living complex, not assisted living. Minimum age 62. Must be enrolled member of a Federally recognized Indian Tribe. Must pass background check, reference check, drug screen.

Rental and Mortgage Payment Assistance

Tribal Housing offers rent or mortgage help to qualified tribal members for up to 6 months.

Help to Avoid Foreclosure

Tribal members affected by the current mortgage crisis should call the following number to avoid foreclosure:

HOMEOWNERS HELP HOTLINE 1-888-995-4673

HOME AFFORDABLE PROGRAM www.makinghomeaffordable.gov

This website is VERY informational and will explain new options such as HARP - (Home Affordable Refinance Program) HAMP (Home Affordable Modification Program). It also explains other foreclosure alternatives such as short sale and a deed-in-lieu.

Home Rehab

Tribal Housing is allowed to repair qualifying Tribal members’ homes to provide a decent, safe, and sanitary place to live.

Well and Sewer Repair or Replacement

In certain geographical areas, Indian Health Services provides help with sanitation facilities such as sewer, septic, and water to Tribal homeowners. Cowlitz Tribal Housing is the designated area representative for Indian Health Scattered Site projects – we issue applications & forward to IHS.

Homeownership or Financial Counseling

For free home buyer education classes in your city, go to Washington Homeownership Resource Center www.homeownership-wa.org. Some programs are provided only in Washington State; applicants must be an enrolled member of the Cowlitz Tribe for most programs. HUD regulations and CITLTH policies regarding applicants & homes apply to all programs.

Questions?
Phone: (360)864-8720
Email: CowlitzHousing@CITH.US

Housing Highlights

Possibilities of Supportive Housing: Coming soon to St. Mary’s in Toledo – we hope to open a wing to families in crisis with children. Housing and other tribal departments are working together to provide human services as well as small apartments.

School Supplies: Cowlitz Housing is proud to have provided 167 COWLITZ KIDS with school supplies this year! The Housing Department is doing our best to bring services to tribal members in Pierce, Thurston, King, Lewis, Kitsap and other counties. We use money from our HUD drug prevention program, and we received an overwhelming number of warm thank you’s from grateful students & parents! Many went to the trouble to write notes and mail them to us.
2019 Tribal Voting Results

These terms will run 3 years until June 2022
Tribal Council (6 seats)
354 votes cast out of 406 registered voters

1) Dave Barnett - 189  11.14%  
2) Don Walkinshaw Sr. - 186  10.96%  
3) Celine Cloquet - 178   10.49%  
4) Tim Van Mechelen - 168   9.9%  
5) Jerry lyall - 168   9.9%  
6) Cassandra Sellards Reck-147 8.66%
7) Joseph Monohon - 121   7.13%  
8) Carolee Morris - 111   6.54%  
9) Dennis Doucette - 106   6.25%  
10) Aaron Workman - 101  5.95%  
11) Tom Childs - 144 - 8.49%  
12) Carolee Morris - 111   6.54%  
13) Dennis Doucette - 106   6.25%  
14) Aaron Workman - 101  5.95%  
15) Tom Childs - 144 - 8.49%  
16) Carolee Morris - 111   6.54%  
17) Dennis Doucette - 106   6.25%  
18) Aaron Workman - 101  5.95%  
19) Tom Childs - 144 - 8.49%  
20) Carolee Morris - 111   6.54%  
21) Dennis Doucette - 106   6.25%  
22) Aaron Workman - 101  5.95%

Constitutional Amendments
Required for Mail-in Voting
237 votes cast - Amendment failed by 3 votes - 158 Required to pass

Yes- 155- 65.4%
No - 82 - 34.6%

Grants Update

Child Care Development Program:
In September 2019, the Child Care and Development Program (CCDP) submitted a three-year funding plan to the Office of Child Care, Administration for Children and Families. The three-year plan will allow for funding through 2022. Thank you, Tanya Beltz and team.

Elders
In August 2019, an application was submitted for FY2019 Tribal Medicare Improvements for Patients and Providers Act (MIPPA) through the Administration for Community Living. Thank you, Deb Mizner.

Indian Child Welfare (ICW)
In June 2019, an application was submitted through funding for Child and Family Services under Title IV-B of the Social Security Act for Cowlitz Indian Tribe, “Tribal Child and Family Services Plan” for Federal Fiscal Years 2020-2024. Thank you, Nadja Jones, Mike Yates, DJ Personius, and team.

Pathways to Healing (PTH)
In early and late Spring of 2019, two grants were submitted: (1) Victims of Crime Services Tribal Government Initiative and (2) Native American Communities Sexual Assault Services SFY 2020 both through the Office of Crime Victims Advocacy. Thank you, Debbie Hassler and team.

Public Safety
In August 2019, an application was submitted to Department of Justice FY 19 Edward Byrne Memorial Justice Assistance Grant (JAG) Program for preliminary breath test (PBT’s) devices and speed measuring instruments for the Public Safety Department. Thank you, Sgt. Newman and team.

Transportation
In July 2019, three applications for the Transportation Department were submitted to the U.S. Dept. of Transportation: (1) Cowlitz Tribal Transit Service (CTTS) Deviated Fixed Route Planning Project to incorporate a larger service area and connecting service with the reservation, (2) CTTS Capital Project to procure a transit van for the expanded service, and (3) the FY 2019 National Infrastructure Investments was submitted to build and develop a bypass road that will transverse the Ridgefield community and I-5 creating a secondary access to rural and community areas. Thank you, Amanda Workman, Kim Stube, Red Plains, and team.

Vocational Rehabilitation (VR)
– In July 2019, the Cowlitz Voc. Rehab. Department submitted a 5-year grant application to the American Indian Vocational Rehabilitation Services through the Department of Education. This grant will fund VR services through FY 2024. Thank you, Shari Parker and team.

– At the time of publication of the Fall 2019 Newspaper, an application is being prepared for submission to the Washington Youth and Families Fund to establish a three-year program for Cowlitz Indian youth and young adults in danger of becoming homeless through Rapid Rehousing (RRH) to better serve high-barrier families who are facing homelessness, by providing flexible assistance and culturally-enhanced services.

Wellness and Diabetes Program
In August 2019, an application was submitted to increase the capacity of the community garden. The application was submitted to Community Foundation of Southwest Washington. In September 2019, an application will be submitted to the Native American Agricultural Fund as well, for the expansion and maintenance of the Cowlitz Community Garden. Thank you, Alyssa Fine and team.

Thank you to the entire accounting team for the exceptional grant award management.naxwtdqwul’as! !!(Thank you!)

By: Kyle Grant
Our Natural Resources Department continues with several projects, initiatives, and natural resources representation involving numerous environmental issues and concerns within our homelands. Our environmental restoration program has been implementing several projects within the Lower Columbia region to continue restoring degraded salmon habitat and have been successful again on numerous future grants for following years. This program has grown to a multi-million-dollar operation annually through successful grant applications.

Our wildlife program has been hard at work toward continued recovery of Columbian white-tailed deer and has been developing an emerging restoration effort towards Beaver restoration. Natural Resource managers have been recently recognizing the science and benefits that beavers have toward aquatic life within wetland areas of forest lands. We have been partnering in steps of recovery through translocation of beavers into areas where they were once abundant. Our hope is to be able to see positive influences toward salmon recovery.

Unfortunately, there are continued industrial activities and proposed new developments within our homelands that threaten the outlook towards restoring important food resources for Cowlitz Tribal citizens. We engage with numerous agencies on environmental concerns within the region. Some primary developments we engage in are:

**Proposed Crystal Geyser Water Right**

A water bottling company who is ultimately owned by foreign investors have purchased property in a culturally sensitive area in a rural part of East Lewis County, WA and has applied for a significant water right with a perceived intention to withdraw water for bottling. The Tribe has made the decision to oppose any proposed water right and potential developments to withdraw and export water out of the area. NRD will continue to watch closely and contest any developments for a water right.

**Environmental Policy rollback**

The current US presidential administration has targeted several environmental laws such as the Endangered Species Act as well as Water Quality laws that can be seen to benefit minority business interests. Many tribes, such as ourselves, and some States, including Washington, have been fighting these environmental rollbacks. It can be shown that these proposed rollbacks will threaten millions of dollars invested in restoration efforts and likely displace and threaten positive economic developments that are beginning to emerge within our communities. We will continue to engage in support of maintaining our current positive efforts toward recovery of important resources.

**Proposed Coal Terminal in Longview, WA**

The Cowlitz Tribe worked hard to get the Washington State to deny the proposed coal terminal company (Millennium Bulk Terminals) an aquatic land lease; and also to deny a water quality permit associated with a proposed “largest coal terminal” on the West Coast of America. Since that time, that company has sued Washington State in an effort to gain these permits. Fortunately, the State has continuously won on all cases. We will continue to do our best to thwart damaging developments in our homelands, especially against business interest that have no benefit to the Tribe and only detrimental effects to our environment.

The NRD continues to have a positive impact towards the health of our environment and community. We are engaged with surrounding community(s) to represent our strong interest and resolve toward conservation and restoration of our resources, which is one of the most valuable and beautiful areas of the entire United States.

Some of these activities can be challenging, especially when there are competing interests. We will continue to maintain the high road to promote a healthy environment for the future. We will continue implementing several restoration projects and maintain relations with several agencies regarding natural resources concerns. Please contact me if you would like additional or more detailed information on what we do.

- Taylor Aalvik, NRD Director, 360-577-8140 taylor.a@cowlitz.org
Prior to the 1850’s the lower Columbia River had thousands of acres of floodplain habitat that provided food and refuge to outmigrating salmon. Much of that type of habitat is gone now, diked off and converted to towns and farms. Opportunities to open up habitat for fish and wildlife are few and can be costly and time-consuming to achieve.

The Cowlitz Tribe Natural Resources Department stepped in to rebuild this habitat. The acquisition and restoration by the Wallooskee-Youngs Project began in 2010 in conversations with the landowners and potential project funders.

Five years, and many hurdles later, we began construction on the interior of the 230-acre dairy farm, removing the buildings and houses, destroying the ditches and drain pipes, and rebuilding the major channel network that existed (according to highly-detailed maps drawn at the time) prior to 1868. The mile-long levee surrounding the property was lowered and breached a year later, giving the interior plants a year to establish themselves and reduce the risk of erosion from the daily tide-cycle.

Two years after the levee breach, pasture grasses and fences have given way to fields lush with native cattails, bulrush, and sedges. The floodplain, once inaccessible to fish, now provides refuge for juvenile salmon preparing for their change from a fresh-water creature, to one that lives in the ocean. The site also, perhaps more importantly, provides a diverse and rich source of food for these young fish far outside the boundaries of the project. Studies have shown that bigger fish have higher survival rates in returning from the ocean.

For more information on how and why these efforts are undertaken please visit:

[https://www.salmonrecovery.gov/](https://www.salmonrecovery.gov/) Columbia River Federal Caucus


By: Rudy Salakory Habitat Restoration and Conservation Program Manager in the Natural Resources Department

**The Columbia River Treaty**

Be in the know…

The Columbia River Treaty (CRT) between the United States and Canada was signed in 1961. This agreement affects management of Columbia Basin flows to optimize production of hydropower electricity by both nations and to prevent flooding in the United States. Operations under the CRT have had profound effects on the timing and size of flows that occur annually in the mainstem Columbia River. These effects have been mostly adverse for the ecosystem as a whole, but importantly in the lower Columbia River area of interest of the Cowlitz Indian Tribe.

The year 2024 is a significant date for the Treaty, as some flood management provisions will automatically change to a less-defined approach. In addition, it is the earliest date at which the Treaty can be terminated, provided that either Canada or the United States provides ten years’ written notice. The U.S. Department of State is now in negotiations with Canada to modernize the Treaty.

The Cowlitz Indian Tribe has participated in developing an approach, along with 14 other Columbia Basin tribes, that incorporates ecosystem concerns and operations into the Treaty on an equal basis with hydropower production and flood management. We continue to consult and work with the U.S Department of State to ensure that this approach is addressed in the Treaty negotiations and more importantly implemented in future years. The negotiations have essentially just started and are expected to continue for several years. Our hope is that a modernized CRT will support a healthy Columbia River ecosystem while providing economic and safety benefits related respectively to hydropower and flood control.

By: John Marsh

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**Forest and Lands Program**

**Food, Fiber, Firewood and Forest Gathering Program**

Are you ready to improve your forestry gathering? We have coordinated with the Gifford Pinchot Nation Forest and have a program set up to specifically serve tribal members.

**How do I get more information?**

**Call or email the Natural Resources Department at**

(360) 353-9509 or talxander@cowlitz.org

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**Cowlitz Members Fresh Fish Distribution Program**

Sign up for to be on the distribution list
P: 360.353.9509 | E: fishdistribution@cowlitz.org

Elders needing filleted fish please call 360.864.7006

**Donations are accepted and appreciated!**

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**Google Earth Images, 2012 taken before construction work began, 2015 with the interior work done, and 2018 with the levee breeched**
ilani Property Expansions

This spring, ilani embarked on a large construction project involving the construction of a 6-story parking garage, an expanded parking lot, a road widening project, a relocated bus parking area, expanded outdoor meeting space, and a restaurant expansion.

The Garage

Shortly before groundbreaking began on Sunday, June 14, 2019, a cleansing ceremony was held to bless the construction site of ilani’s new parking garage. In this special ceremony, spiritual leader Tanna Engdahl asked Assistant Chief of Police Duane Garvais Lawrence, dressed in his tribal attire, to lead the blessing.

Preliminary groundwork is currently underway, and the project will take 14 months to complete, with an estimated completion in the fall of 2020. The parking garage will park approximately 2,600 cars and will feature an area on the top tier for some outdoor events.

An elevator tower is planned for the Southeast corner of the garage, featuring six elevators that will deposit patrons just north of the main entrance. The current self-park porte cochère will be expanded to cover over the elevator lobby so that guest experience is improved by providing cover from the weather.

The Parking Lot

The construction site for the garage takes up a considerable amount of parking in the north area of our lot. As part of the strategy to ensure the construction minimizes impact to our existing business, additional parking on the south side was created to accommodate our increased business demands. The parking project began this spring and the construction contractor; Swinerton Builders, released the lot to ilani in 3 phases.

Phase 1 abutted Overflow lot #1 and was released in conjunction with a preliminary fencing at the garage site. As the need to expand the fence at the site grew, Swinerton released phase 2, immediately building to its new location just south of the main parking area at the main entrance, while still allowing for ease of access to our guests traveling by bus.

Road Widening

Now that the parking lot is completed and the garage staging area is under way, preliminary work will begin to expand Cowlitz Way to develop additional lanes for direct access into the garage, while also ensuring easy of access for our team members and deliveries to serve the business. Design detail for the infrastructure is currently under way.

Longhouse

The Longhouse recently went through an expansion and upgrade as part of a capital expenditure project slated for 2019. Swinerton Builders took operations recommendations for design and function to expand the floor space from the former Promotions area into a warm and inviting space for Longhouse customers.

The Longhouse restaurant with additional seating - by David Doucette

An asphalt pathway will run east to west on the north side of the lot and will feature a fence that buffers patrons from Cowlitz Way. The pathway leads to one of two crosswalks that will feature a flashing light system as patrons cross Cowlitz Way. The crosswalks are located at overflow parking #1, in the west, and the roundabout on the east.

Bus Parking

In conjunction with the parking garage project, it also became necessary to move the existing tour bus drop-off area away from the north side of the casino floor while enjoying a meal. Phone charging stations at this rail are planned, and the new

Meeting & Entertainment Center Patio

The patio space adjacent to the Meeting & Entertainment Center was expanded this summer to add additional space for events and functions. Natural gas and electrical boxes were added to create more efficiency for outdoor heaters and improved experiences. In addition, the direct access was expanded to allow vehicles to drive up closer to the space without the worry of creating tire tracks in the grass.

As part of this project, a natural gas pathway was needed to route the service to the patio. This also created an opportunity to respond to ongoing team member feedback to separate the outdoor break area to allow for a non-smoking section for our team. As a result, an additional patio was poured at the employee entrance and natural gas has been added to this patio for direct supply to gain efficiency with the use of outdoor heaters.
Sip some of the best wines and spirits from the region and beyond, watch cooking demonstrations from some of America’s top celebrity chefs and sample a delicious variety of gourmet signature dishes. It’s a true feast for the senses at the ilani Wine & Food Fest.

A FESTIVAL LIKE NOTHING ELSE

OCTOBER 25TH – 27TH

MEET A FEW OF THE CELEBRITY CHEFS

CHEF TYLER ANDERSON
CHEF BRIAN DUFFY
CHEF BRUCE KALMAN
CHEF BJ SMITH
CHEF MATSUKO SOMA

TREAT YOURSELF TO ENTICING EVENTS ALL WEEKEND LONG

More of your favorite regional and celebrity chefs are still to be announced. Be sure to follow ilani on Facebook, Twitter and Instagram and visit ilaniwineandfoodfest.com for the latest details.