

Yooyoolah

ONE WHO CALLS



COWLITZ TRIBAL NEWS
SPRING 2023 | 4TH EDITION



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Cover art by Cowlitz Artist Sarah Folden

LETTER FROM GENERAL COUNCIL CHAIRWOMAN



Patty Kinswa-Gaiser

CELEBRATING OUR SUCCESS AND CHARTING OUR PATH FORWARD

Nákʷs (hello),

As we celebrated the Cowlitz Indian Tribe’s 23rd anniversary of Federal Recognition this February, I found myself reflecting on the incredible accomplishments of our Tribe and want to encourage you to do the same.

It amazes me to think of how far we have come in such a short time since recognition. It was not too long ago our reservation was nothing more than an open field with an old farmhouse. Now, because of our Tribe’s collective commitment to building a brighter and more prosperous future, we are closer than ever to reaching the vision set out when we received Federal Recognition 23 years ago.

This past year has had its challenges, and I can assure you the Creator will continue sending us new obstacles to overcome. But as we meet these moments, we are rewarded with growth and progress. So, I wanted to share some

of the Tribe’s recent achievements and many of the exciting opportunities we have before us:

ilani Casino Resort: Our new luxury hotel is closer than ever to its grand opening and is **officially accepting reservations for stays starting May 8!** This is a huge milestone that will not only take ilani to the next level, but will also change the way we gather for meetings and events. We also recently broke ground on a 10,000-square-foot expansion to the Cowlitz Ballroom, allowing us to host bigger concerts and events, welcome more guests to the casino, and continue attracting the brightest stars to our reservation. Last October, we were joined by Seahawks legend Walter Jones, Drew Bledsoe, and ESPN anchor Neil Everett for the grand opening of ilani’s Sportsbook next to The Stadium. (It was also great to see The Stadium Sports Bar & Grill packed for the Super Bowl!!)

Expanding Housing Services: Cowlitz Tribal Housing Services is now serving more members than ever before, and we are not stopping! In the last two years alone, **the Aging in Place program has expanded to include renters, serve Cowlitz elders nationwide and reach 315 elders in 2023—representing a 250% increase in the program.** This program can help assist any eligible elder—anywhere in the country—with needed medical or accessibility upgrades, or critical home repairs. **Starting in March 2023, our Rental Assistance program will also begin covering 100% of rent for elders and disabled members.** And more emergency services are now available for Tribal members in 2023, including a one-time \$5,000 Emergency Housing Assistance, Emergency Homelessness Assistance, and Emergency Medical-Related Hotel Stay.

Q’anápsu and Tobacco Outlet: The opening of our cannabis outlet, Q’anápsu, serves as a new economic enterprise that will provide a new additional revenue stream we can use to continue caring for our people and our elders. We are also advancing design plans to move and expand the Cowlitz Tobacco Outlet, which will increase operations and grow the outlet’s business.

Expanding Health Clinics in Longview and Tukwila: Our Tribe was honored to be **awarded \$1.7 million in federal funding to lead expansion projects for our health clinics**

in both Longview and Tukwila, leading to better care for those in need of behavioral health services, treatment for substance use disorders, mental health care and those recovering from sexual assault and domestic violence.

Giving Back: The mark of true success can be measured by what you give back to those in need. We recently celebrated the **tremendous work of the Cowlitz Tribal Foundation, which supported 110 community-based nonprofit organizations** leading important community service work in Clark County and across Washington state.

Upcoming Elections: As a reminder, **Tribal Council elections will be held June 3rd, 2023,** with both mail-in and in-person voting.

Each of us should be deeply proud of these results, as well as the amazing progress we have achieved in the 23 short years after Federal Recognition. As we continue to chart our path forward and advance our vision of shared prosperity, I can assure you the best is yet to come for the Cowlitz Indian People.

All my relations,
Chairwoman Patty Kinswa-Gaiser
pkinswagaiser@cowlitz.org
360-577-8140 ext 2230

SUBMIT YOUR NEWS TO YOYOOLAH COWLITZ TRIBAL NEWS

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

ARTICLES

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

PHOTOS / IMAGES

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

QUESTIONS?

E: News@cowlitz.org
P: 1-877-Cowlitz

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

- Yooyoolah Editorial Team

DISCLAIMER

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

4TH EDITION EDITORIAL STAFF

Patty Kinswa-Gaiser	Shaina Okert	Jill Smith
David Doucette	Tiffini Johnson	Jenée Redecker
Whitney Mosback	Lori Goodwin	Crystal Leigh

2023 GENERAL COUNCIL MEETINGS

JUNE 3

NOV 4

2023 TRIBAL COUNCIL MEETINGS

JAN 7

FEB 4

MAR 4

APR 1

MAY 6

JULY 1

AUG 5

SEPT 9

OCT 7

DEC 2

LETTER FROM GENERAL COUNCIL VICE CHAIR

GREETINGS,

It has been a very busy few months in my role as the General Council Vice Chair.

On behalf of the Cowlitz Indian Tribe, on November 30 – December 1, 2022, I attended the White House Tribal Nations Summit held at the Department of the Interior Building in Washington, D.C. This is the first White House Tribal Nations Summit held in person since 2008 and was an opportunity for tribes across the continental United States and Alaska to meet in person and hear the plans from the Biden Administration for Indian Country. The speakers at this event included the host, Secretary of the Interior Deb Haaland, President Biden, and Vice President Harris, as well as the majority of the President’s Cabinet.

Sessions on various topics were run by a moderator with one or two presidential cabinet members and one or two tribal leaders on each panel. Topics included Education and Native Languages, Access to Capital and Economic Development, Tribal Homeland Initiatives, Climate and Clean Energy, Investing in Indian Country, Public Safety and Justice, Mental Health, Health Equity and Indigenous Knowledge. Because of tight schedules, most topics had very little or no option for asking questions, but at the end of the day, tribal leaders were able to get together to express their support or concerns on some of the topics discussed during special engagement sessions.

The President used this summit as an opportunity to present several tribal-related initiatives, including:

- Respect for trust and treaty obligations
- Respect for Tribes as nations and treaties as law
- Respect for indigenous knowledge and tribal consultations
- Respect for defending tribal sovereignty, self-governing and self-determination
- Respect for supporting the tribal economy, health care, child care, education, housing and tribal safety

What I found most insightful was the discussion amongst tribal leaders. Here were some of the topics we discussed:

1. The administration considers battery development and manufacturing a national security issue and hinted at opening mining operations in the U.S., including Indian Country. Some tribes are unwilling to accept this tradeoff
2. Several tribes noted that all forms of green power have tradeoffs and recommended awareness of these issues.
3. Concerns were raised about the electric grid’s ability to support increased EV charging in Indian Country and the need for better road infrastructure.
4. There was a push for higher indirect rates for American Rescue Plan Act (ARPA) funding and clarification on how tribal enrollment affects grant requests but not indirect rates.
5. There was discussion about giving tribes direct access to the Fed for funding economic development instead of working with banks.
6. The Columbia River treaty was discussed with concern that tribes were not fully included in the discussions.
7. Fishing came up, mostly with respect to the Yukon River, complaints that “tribes” are not able to fish, but charters come in and are able to leave with lots of fish.
8. More funding for tribal languages and teachers.

9. Issues of losing public safety officers to states and counties because of better pensions. Also, the need for better tribal courts and funding for such.
10. The importance of support for both the victims and the family of victims of MMIP.

In early March of 2023, I was also able to represent the Cowlitz Indian Tribe by providing testimony to the United States House of Representatives Appropriations Subcommittee on Interior, Environment and Related Agencies in Washington, D.C.

The focus of the testimony was asking for additional Fiscal Year 2024 appropriations for tribal public safety, improving tribal road infrastructure, improving health care funding and extending health care service areas, in addition to funding for climate change impacts.

Many thanks are due to Cowlitz Tribal Staff, our attorneys at Dentons, Heather Sibbison and Suzanne Schaeffer and lobbyists Andy Winer and Jordan Evich for the excellent support for this event.

The full submitted testimony is available for viewing here: Cowlitz House Interior Appropriations testimony 3.9.23 (<https://docs.house.gov/meetings/AP/AP06/20230309/115414/HHRG-118-AP06-Wstate-HitchcockG-20230309.pdf>).

Náxw̓łq̓w̓ul’as (thank you),
Greg Hitchcock
Cowlitz General Council Vice Chair



TRIBAL COUNCIL MEMBERS

Left to right back:

Debra Avila, Kris Kitz, Greg Hitchcock, Rod Van Mechelen, Vanessa Robertson, Steve Barnett, Maverick Ryan

Left to right front:

Timi Russin, Kim Appelt, Kris Dillehay, Cheryl Bell, Patty Kinswa-Gaiser, Suzanne Donaldson, Larry Kestner, Rachael Streitberger, Whitney Mosback, Bill Erickson

Not pictured: Cassandra Powell, Justice Rhodes, Cassandra Sellards-Reck, Robin Torner

Patty Kinswa-Gaiser
General Council Chair, 2024

Greg Hitchcock
General Council Vice-Chair, 2023

Open Seat
General Council Treasurer,
Election in June 2023

Whitney Mosback
General Council Secretary, 2024

Steve Barnett
Tribal Council Chair, 2024

Kimberly Appelt
Tribal Council Vice-Chair, 2023

William (Bill) Erickson
Tribal Council Member, 2024

Robin Torner
Tribal Council at Large Representative, 2023

Cheryl Bell
Tribal Council at Large Representative, 2025

Suzanne Donaldson
Tribal Council Member, 2024

Rachael Streitberger
Tribal Council Member, 2024

Timi Marie Russin
Tribal Council Member, 2024

Justice Rhodes
Tribal Council Member, 2024

Rod Van Mechelen
Tribal Council Member, 2023

Cassandra Powell
Tribal Council Member, 2023

Maverick Ryan
Tribal Council Member, 2025

Debra Avila
Tribal Council Member, 2023

Cassandra Sellards-Reck
Tribal Council Member, 2025

Kris Kitz
Tribal Council Member, 2025

Vanessa Robertson
Tribal Council Secretary, 2025

Larry Kestner
Tribal Council Member, 2025

Kris Dillehay
Tribal Council Member, 2023



OFFICE OF THE GENERAL COUNCIL SECRETARY

By General Council Secretary Whitney Mosback



We have been continuing the efforts to keep membership informed through emails, social media, letters, post cards and magazines. We hope you are enjoying our efforts to keep you informed of Cowlitz Indian Tribe (CIT) resources and of ways to be involved in our Tribe.

The General Council Meeting on November 8, 2022 was an outpouring of membership's thoughtful comments, questions, concerns and valued input in the governing of our Tribe.

Cowlitz Tribal Gaming Authority (CTGA) Chairman Sonny Bridges reported that ilani's Sportsbook is now open 7 days a week, with a 24/7 wager availability at kiosks placed throughout the casino floor and next to The Stadium Sports Bar & Grill. CTGA continues working strategically with other Tribes to thwart undesirable impacts on the Tribe and improve business relationships.

CIT's Chief Financial Officer, Steve Stark updated members of the GWE status and answered fiscal questions on behalf of the Treasury.

As a Cowlitz representative on the Interstate Bridge Replacement Program (IBR), I reported on my involvement in this work and shared a video. The project area holds significant value to our Tribe, including the Canoe landing area for Canoe Journey, Fort of Vancouver, and direct access to our reservation.

A representative from our PR Firm, Strategies 360, reported the results from a membership survey. See the recording of the meeting for comprehensive details and to hear members' questions and comments.

I am looking forward to our next General Council Meeting on June 3, 2023. Doors open at 8:30 a.m., and the meeting starts at 10:00 a.m. in the Cowlitz Ballroom.

One concluding report is on the Cowlitz Tribal Properties! CIT continues to impact our members and community on properties in several counties, including King, Pierce, Lewis, Cowlitz, Clatsop, Clark, and Skamania. We continue gaining ground in our aboriginal territory; total CIT properties acreage is 1,007.57 as of this year.

Your voices are held in high regard. Your voices encourage action. I am here to SERVE you and help our Tribe THRIVE!

Warm regards,
Whitney S. Mosback,
General Council Secretary

COWLITZ TRIBAL FOUNDATION

By Timi Marie Russin, Tribal Foundation Manager

As the Tribal Foundation Manager, I am grateful for the opportunity to serve our tribe and to share with you the impactful work of our Tribal Foundation. The success of ilani allows us to serve both the Clark County, WA and Washington State communities.

In 2022, the Cowlitz Indian Tribe granted \$7.5 million to the following organizations:

Clark

Assistance League of Southwest Washington
Big Brother Big Sister, Columbia - Willamette
Boys & Girls Clubs of Southwest Washington
Camp Hope
Chess for Success
Clark County Volunteer Lawyers Program
Clark Cowlitz Fire Rescue
Columbia Play Project
Columbia River Arts and Cultural Foundation (CRACF)
Columbia River Chapter Association of NW Steelheaders
Columbia River Keepers
Community in Motion
Council for the Homeless
Daybreak Youth Services
Educational Opportunities for Children and Families
FISH of Vancouver
Fosterful
Free Clinic of Southwest Washington
Friends of the Carpenter
Girls Inc. of the Pacific Northwest
Harper's Playground
Humane Society for Southwest Washington
Innovative Services
iUrban Teen
Junior Achievement of SW WA
Junior Symphony of Vancouver
La Center School District
Latino Leadership NW
Lifeline Connections
Lulac Grows Farm
Lutheran Community Services Northwest
Make-A-Wish Foundation
Meals on Wheels People
MPowered Living Ministries
NAMI Southwest Washington

Northwest Association for Blind Athletes
Partners in Careers
PAX Learning Center
PERIOD, Inc.
Pink Lemonade Project
Ridgefield Lions Club
Santa's Posse
Second Step Housing
Share
Special Olympics Washington
Sunshine Physically Handicapped Foundation
Southwest Washington Equity Coalition
The American Legion Tum Tum Post 168
TMG Cares
US Tennis Association Pacific Northwest Section
Vancouver Housing Authority
Vancouver Master Chorale (VMC)

Cowlitz

Rose Valley Elementary PTO
Thurston County Youth Football League
AMVETS Post 16
Chay Environmental
Kalama School District

Franklin

Columbia Basin Veterans Center
Grace Kitchen

King

Lupus Foundation of America, PNW
Seattle Seahawk Foundation
Rose Valley Elementary PTO
Washington Hospitality Association
Education Foundation
Post-Prison Education Program



COWLITZ TRIBAL FOUNDATION

Clark County & Statewide Funds

Kitsap

Kitsap Humane Society
Truly Motivated Transitional Living
Historic Roxy Theater Foundation

Lewis

Kiddin' Around

Mason

National Indian Child Welfare Association

Pierce

The Market Bonney Lake
Washington Women in Need
Bellarmine Preparatory School
DuPont Historical Society
Postpartum Mamas
Quixote Communities

Skagit

New Earth Recovery

Thurston

Ballet Northwest
Collaborative Association for Reintegration and Education
Hands On Children's Museum
South Puget Sound Community College
South Puget Sound Community College
Special Olympics Washington
Veterans Motorcycle Outreach
VFW Auxiliary Post 2669
Wear Blue: Run to Remember
Zonta Service Foundation of Olympia
Cascades Camp and Conference Center
Evergreen Council on Problem Gambling
Garden-Raised Bounty
Harlequin Productions
Heartstrides Therapeutic Horsemanship
Rods and Reels in Need

The Cowlitz Indian Tribe and Cowlitz Tribal Foundation are making a significant investment into communities in the State of Washington. I am forever grateful for our volunteers that serve the Statewide Board: Chair Racheal Paige (Treasurer in 2022), Vice Chair David Doucette, Secretary Melissa Halvorsen, Treasurer Teri Wright, Board Members Luke Bridges (Vice Chair in 2022), Whitney Mosback (Chair in 2022) and Nancy Savage; and our volunteers that serve the Clark County Board: Chair Luke Bridges, Board Members Dan Meyer, Jennifer Rhoads and Karen Bowerman. If you have any questions about the Cowlitz Tribal Foundation, please call 360-577-8140 or email Statewide Foundation at StateWideFoundation@cowlitz.org or Clark Co. Foundation at ClarkCountyFund@cowlitz.org

STORIES FROM OUR ELDERS

By General Council Secretary Whitney Mosback

I had the pleasure to interview two Cowlitz siblings who descend from the Katell/Shaldow family line.



Phillip Bloomfield

Phillip Bloomfield was born in 1948 in Shelton, WA and was raised on Kamilche Point near Shelton, except for a few years living in Quilcene, WA. He still owns the family homestead that has been in the family for over 100 years. Here is what he had to say:

We were raised hunting and fishing all of our lives. My grandfather Charles Clark was a Cowlitz Indian. I remember staying with him and fishing with him when I was about eight years old. When I started hunting, I used my blue card as a hunting license. I remember going to meetings with my mom in the late '50s and early '60s. It was very important to my mom that her five children were enrolled in the Tribe. I would have loved to have seen her live long enough to see our Tribe be recognized. She would have been very proud. As a Cowlitz elder, it has been very difficult to see all of the infighting within the Tribe. Today's society has taught the younger people to have very little respect.



Betty Florek

Betty Florek was born in Port Townsend, WA in 1951 and was raised in the homestead where her father Walter P. Bloomfield was born. At a young age, she lived in Quilcene, WA with her father, mother (Helen B. Bloomfield), two sisters (Catherine and Barbara) and two brothers (Phillip and Carl). Later, she moved to Kamilche, WA with her family and graduated from Shelton High School.

Hunting, fishing and canning food was the way of life for her family. Living off the land is what she has always known. One of Betty's favorite homemade meals uses deer meat: one jar of deer meat served over mashed potatoes and gravy. To make the gravy, she would boil venison juices from the jar with additional water, then add a dash of cornstarch to thicken and create the desired consistency.

Betty learned to hunt and often did with her mother and father. After hunting, the animal was skinned by her father and processed by her Cowlitz mother Helen.

Betty Florek remembers her grandfather Charles Clark fighting for Cowlitz rights. At just 10 years old, Betty enrolled in the Tribe in 1961. She remembers signing her first enrollment card.

Cowlitz Tribal Meetings are vivid memories of hers. In the late '50s, Council Members assembled to do the work of the Tribe. One location she remembers going to is the Grange Hall in Toledo. Members would sit in red velvet chairs, some chewing tobacco using a spittoon, and some dressed in regalia with long braided hair. Close to 100 Cowlitz with tribal identification, and without, were accepted at the meetings to support the Tribe. In the '60s, when voting was happening, members with Cowlitz enrollment cards could stay in the meeting to vote. All convened when voting was over and continued discussions.

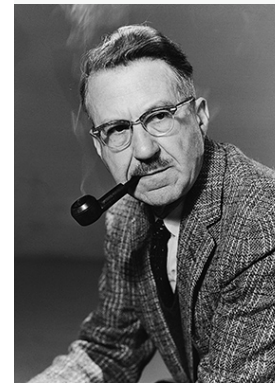
Betty raised her children and grandchildren in a home that her husband built. She continues to live on her family homestead surrounded by beautiful trees, eagles, deer and loving family.

Interested in featuring an Elder's story? Contact Whitney Mosback at 360-213-9848 or email news@cowlitz.org

FROM THE MARVEL UNIVERSE...

By Tanna Engdahl

Lest we forget, there are people raised to a pinnacle of chance where they entered the Great Cowlitz drama at a time when an inch became a mile. Thankfully, there are two excellent human beings that moved the dial for bringing the Cowlitz people out of the shadows.



Verne Ray, 1905 - 2003

Let's talk first of Dr. Verne Ray, an anthropologist whose work is famous among many marginalized Washington Tribes, a federal commission and the U.S. Court of Federal claims. His work regarding the Cowlitz was trailblazing, foundational and triumphant in laying solid bricks toward Federal Recognition.

Ray's buzzsaw energy placed him in numerous positions, seemingly all at once. He was an anthropology assistant at the Washington State Museum and directed Emergency Conservation for the Colville and Spokane Tribes under the mantle of the

Department of the Interior, even before he finished his Ph.D. at Yale in 1937.

One of the first anthropologists at the University of Washington (UW), Ray served as head of the Department of Anthropology from 1948 to 1954. His strategic work at UW helped shape the school into a powerhouse for anthropologic research. Ray pioneered ethnohistory, merging anthropology with history and historical documentation.

Ever restless, he took a leave of absence from UW in 1951 to return to Yale to head up research into the Human Relations Area Files (I had no idea this was a big deal). And from there he jumped into anthropological field work in the Mideast and the Valley of Mexico. He returned to UW in 1954 and forged a new role with the Indian Claims Commission, established in 1946.

Verne Ray and the Commission seemed made for each other. His previous publishing frenzy of books and papers became models for research during the Claims hearings where he himself was respected as an expert witness.

He represented 44 tribes in 53 land-claim cases, winning millions of dollars for tribes whose lands had been wrongfully taken.

For the Cowlitz, his words and research were worth more than currency; he was instrumental in gaining their Federal Recognition. In 2000, the Cowlitz made him an honorary member of the Tribe.

I had lunch with Verne Ray in Washington, D.C., oh so many years ago. He gave me a book that I should actually keep in a bank vault, an original copy of his "Handbook of Cowlitz Indians." In my thoughts, I wish I could have told him that he was an amazing sunrise crossing the skies of Cowlitz history. I am probably not all that far away from telling him in person.

Then Along Came...

And then we have our own homegrown Cowlitz hero whose gentle and academic mind brought a fresh spirit into pushing the Cowlitz up the recognition ladder. Dr. Eugene Charles Arthur Wiggins. His name is right there in the List of Sources for the Cowlitz Recognition Petition among other important documents and names.

Gene wrote an outstanding chronology of the Cowlitz journey published by the University of Cambridge Press in 2007: "That the People May Live: the Cowlitz Tribe's Journey of Peace and Justice."



Gene Wiggins, 1931 - 2022

Gene was a Renaissance man. He was an athlete winning awards in high school and college. He earned two master's degrees, one in ministry from the Fuller Theological Seminary in California and one in education from Seattle University. He received his Ph.D. in education from the University of Washington. He was an accomplished sailor on his own sailboat and a master carpenter using his skills to build his family home. He was a mountain climber and an oil-paint artist. His career took him to important positions; first, as a teacher in the Everett School District where he managed the Indian Education Program. As a minister, he was a counselor as well as a professor teaching at an Indian Bible College. He also served in key positions at Seattle Pacific University and Western Washington University, teaching, advising and counselling.

He wrote, "The Cowlitz tribe was able to achieve the goal of overcoming injustice and obtaining the peace of locating again in their aboriginal lands by capturing the medicine spirit of wisdom, community and hope. These components have served as the true measure of the Cowlitz wealth."

Gene was quietly charismatic at Cowlitz meetings. I remember his laugh, somehow robust and soft at the same time. What I did not know then was how important he was in both worlds: Our Cowlitz Indian world and the outer world where he carried himself with ease and grace. Whenever he entered a room, quiet as he was, he was always noticed. At the same time, he was a modest and humble person. Imagine.

MEMBER UPDATES

BIRTHS



Ben and Lydia Collins and big sister **Elsie** were blessed by the birth of their sweet little baby **Mollie Brielle Collins** on September 11, 2022. Her big smiles and soft giggles make every day a little sweeter!



Jiraiya Ray Lord was born on August 26, 2022, at 7:36 a.m., 20 inches long and weighing 7.8 pounds. He is the son of **Hailee Dziechiasz** and great-grandson of **Duane and Patty Dziechiasz**.

We have a new Cowlitz baby! Welcome **Silas John Liloc Bernardy!** Born at 2:56 a.m. on October 19, 2022, at 6 lbs., 4.5 oz. and 18 in. long.



Welcome to the Tribe, **Patrick Sawyer McCord**, born on December 3, 2022, to **Ashley Casey** and family.



K'mai Nori-Marie Donaldson was born September 12, 2022. K'mai Nori-Marie is the daughter of tribal member **Kristina Ward**, granddaughter of **Dori Robinson** and great-granddaughter of **Bonnie Erickson**.

MARRIAGES

Congratulations to the happy couple, **Tiffany and Kenneth Thomas**, married September 24, 2022.

Congratulations on your wedding, **Kayci and Omar Guzman!**



ANNIVERSARIES

Happy 4th Anniversary to **Teona and Todd Bailey** this June 9.



Happy Anniversary, **Nancy and David Ray**, March 3.

Happy Anniversary to our esteemed General Council Chairwoman **Patty Kinswa-Gaiser** and her wonderful husband **Fred Gaiser** this June 25.

NEWSPAPER CLIPPINGS

Longview Daily News article from March 13, 1957, submitted by **Cherie Parks**, features Cowlitz Tribal Member **Mrs. Jacqueline Hill** smoking smelt on sticks carved by her grandfather.



GRADUATIONS



Congratulations to our recent and upcoming post-secondary Cowlitz graduates.



Katie Kenyon-Appelt is graduating from Arizona State University in Tempe, AZ, with her Master of Physical Education, cum laude honors. Katie served as the 2022-2023 president of the Sport Clubs Organization, the 2021-2022 vice president of the Sports Club Organization and the 2020-2023 president of the Women's Club Water Polo. Katie is a Sun Devil Leadership Council board member, a Sun Devil Fitness Center (SDFC) student coordinator and is also doing a research project on the effects physical activity has on motivation and stress. *Congrats, Katie! #ProudCousin*

Kaitlynn Adkins, the daughter of **Don and Nicole Adkins**, graduated from the University of Idaho on December 10, 2022, with a bachelor's degree. Kaity is currently student teaching for one semester as required to obtain her teaching certificate.



Janiya Policarpio is graduating June 14 from Lincoln High School in Tacoma, WA. Congratulations, Janiya!

Emma Ruth Johnson, daughter of **Deb Mizner**, is graduating from Portland State University with her MS in cultural anthropology this spring.

She has both interned and worked within our Culture and Natural Resources Departments, which opened the door for her to enter the world of tribal food sovereignty, a space where she feels at home and loves connecting folks to Mother Earth through plant teachings.

Emma would like to thank all of those that have supported her throughout this journey—if not for the incredible support of her community, she would not be where she is today. With multiple job opportunities, Emma has yet to make a final decision, but there is no doubt that you will find her continuing her work with our plant and animal relatives.



Honey La Rey Santillán, a 7th generation Cowlitz from Chief Tumulth, is graduating from Stevenson High School on June 10, 2023. Congratulations, Honey!

Jenna Vogler graduated from the United States Naval Academy on May 29, 2021. She was commissioned as a second lieutenant in the United States Marine Corps and has been selected to attend flight school in Pensacola, FL. She earned a Bachelor of Science in astrophysics. She is currently stationed at Naval Air Station Pensacola learning to fly jets and helicopters.

Ryan McKee is graduating from Washington State University (WSU) May 2023 with magna cum laude honors. Ryan will earn a Bachelor of Science in computer engineering, and a minor in mathematics. His mother, **Angela McKee**, is very proud of him.

*You made it! Congratulations, **Kaleb Nelson!** You have come so far, and we are so proud of how well you have handled all the changes and challenges over the years. We are excited to see what the future has in store for you. The possibilities are endless. Keep believing in yourself, live life to the fullest and never stop chasing your dreams.*

We will always be your #1 supporters and will forever have your back. We love you very much. Know that we are always proud of you.

- Love Mom, Nana, Conner, Caylee and Khloe



Mariah Vogler commissions as a second lieutenant in the Marine Corps upon graduating from the United States Naval Academy in May 2023. She has been accepted to serve in the Marine Corps Aviation program and will be stationed at Pensacola Naval Air Station to learn how to fly jets and helicopters. She earned a Bachelor of Science in Arabic.

KATELL FAMILY REUNION 2023



George Katell (Katel, Kt'a) was a master canoe carver and navigator, and was very well known along the Cowlitz River. George had two wives (that we know of). George Katell married **Sophia (aka Kasina or Harriet)** and **Wal-gh-why-pum Mary George**. He was the first steamboat captain on the Cowlitz River on a steamer called Belle. George had a daughter by the name of **Shaldow Katell**, also known by the name of **Philomena Boscillet**. His other daughters were **Frances Katell** (lived from 1859 from 1963), **Mary Katell, Ruth Katell, Lillian Katell and Agnes Katell**.

Frances Katell's married name was Northover. Mrs. Frances Northover passed down the Cowlitz language to her three daughters **Anna, Lucy, Emma** and her son **David**.

Some of the surnames of the descendants of George Katell are: Alward, Armstrong, Bloomfield, Clark, Crouch, Cummings, Dennis, Devlin, Florek, Gillman, Goulet, Guyette, Heminger, James, Kindred, Kurzmann, Lapatrie, McBride, McCord, McKibben, Mesplie, Mosback, Northover, Ockfen, Petty, Ryan, Salatino, St. Cyr, Strachan, Teeter, Teias, Wager and Wesserling.

In our endeavors to connect with each other, we are creating the first Katell Family Reunion this summer (exact date and time TBD). We would be thrilled to learn more about our family members and ancestors. We welcome you to bring carvings, baskets, photos, genealogies and family stories to share.

If you recognize any of the family names above (or think you might be related) and would like to join us for the first Katell gathering this summer, please reach out to:

Rosalie Fish at rosylfish@gmail.com
 Christopher Dennis
 Whitney Mosback at WhitneyCowlitz@gmail.com
 Kris McBride Santana at falcynhart@gmail.com

SAVE THE DATE 2023 SKLOUTWOUT FAMILY REUNION

“Skoutwout” is the Indian name of Lucy Gerand/Weiser of Cowlitz heritage. Please join us and other Skoutwout relatives for this annual extended family reunion, not limited to Cowlitz tribal members. Bring your genealogy knowledge, family pictures, written family histories and memories to share, plus a potluck dish and beverages to contribute to the meal, and a chair if you are not comfortable with the picnic table benches provided by the park.

What:

A family reunion gathering and potluck meal

When:

Sunday, August 27th, 2023, 11 a.m. until midafternoon

Where:

Kitchen Shelter 1
Lewis and Clark State Park
4583 Jackson Hwy
Winlock, WA 98596

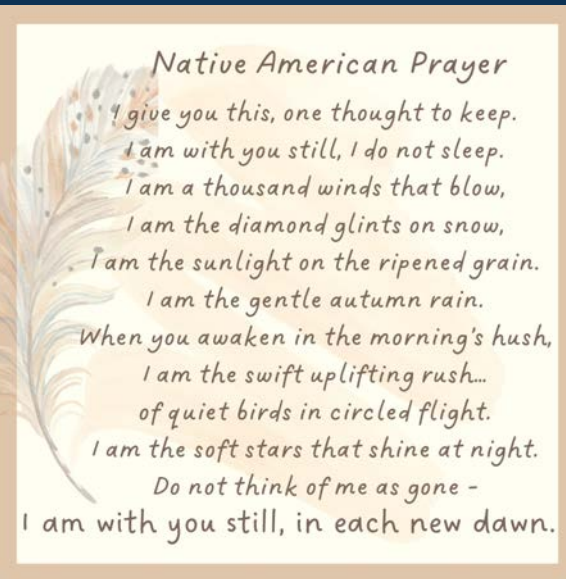
Please note that a Washington State Discover Pass is required (contact CTMS@cowlitz.org to find out how to get a free Discover Pass) or a day pass costing \$10 per vehicle. Because parking is limited, carpooling is encouraged.

For further information, contact:

Linda Foley
206-276-6010 (cell)
email: foley.ls@gmail.com

Marsha Williams
253-857-8832 (home);
253-355-0368 (cell)
email: Marshajwms@outlook.com

PASSINGS



Christopher Cody Blair, 34, of Winlock, passed away December 17, 2022, at the PeaceHealth Southwest Medical Center in Vancouver, WA.

Chris was born in Centralia, WA, June 23, 1988, to Tammy Stanton (Blair). He graduated from Toledo High School in 2007 where he was a member of the Toledo Future Farmers of America (FFA) and played football. He was also a member of the Cowlitz Prairie Grange and the Cowlitz Indian Tribe.

Chris worked for several years running a combine for National Frozen Foods before taking a job as a groundskeeper at ilani Casino in Ridgefield, WA. Wanting to work closer to home, Chris left ilani and eventually found his dream job in the saw shop at Cowlitz River Rigging in Longview sharpening saw chains.

Chris had a love of Ford trucks, video games and especially John Deere tractors. He always made sure he had a tractor ready to drive in the Cheese Day parade or at the Threshing Bee. He looked forward to meeting up with the guys and talking tractors all weekend, and could not resist giving a kid a tractor ride any time they asked.

Chris is survived by his mother, Tammy Stanton, Longview; grandparents, Barry and Mary (Borte) Blair, Winlock; brother, Andrew (Amanda) Blair; nephew, Hunter, Pe Ell; brother, Charlie Holmes, Pullman; and Uncle Greg Blair, Winlock. Chris is also survived by his girlfriend of three years, Kayleigh Cothren, her daughter Alexis and many extended family and friends.

A celebration of Chris' life was held Feb. 4, 2023, at the Cowlitz Prairie Grange, 5184 Jackson Highway, Toledo, WA. A tractor parade was also held in Chris' honor from the Toledo girls' softball fields to the grange just prior to the celebration of life.

Sandra Lee Marcus was born January 23, 1945, and passed away peacefully December 14, 2022, at the age of 77. She was preceded in death by her father and mother. Sandra was an amazing mother, sister and grandma. Sandra had an incredibly special love for her children and showed it every day. She is survived by her two sons, **Bret McCreery** and **Bart (Rochelle) McCreery**; two daughters, **Gina Slusser** and **Christina McCarthy**; 13 grandchildren; five great-grandchildren; three brothers; three sisters; and lots of nieces and nephews. Sandra retired from the Puyallup School District, and she was also an epic Seahawks fan. Sandra touched a lot of people's hearts and lives. She will be deeply missed by her loved ones. A celebration of life was held on January 21 at the Cowlitz Tribal Health Building, DuPont, WA.



Carol Lee Seholm (née Millner), age 75, Cowlitz Tribal Elder of Toledo, WA, passed away March 2, 2023, at Providence Centralia Hospital with her eldest daughter **Racquel**, great-granddaughter **Melody** and Cowlitz Tribal Chairwoman and friend **Patty Kinswa-Gaiser** by her side.

She was born to parents **John Noyce Millner** and **Elizabeth Jean**

Millner (née Mitchell) in Renton, WA. Carol graduated from Renton Sr. High School in 1965.

She is survived by her three daughters, **Racquel Shaffer** of Seattle, **Michelle Bumgarner** of Boise and **Elaine Jordshaugen** of Bothell; her sisters, **Barbara (Lee) Medley** and **Alice Harrison**; as well as six grandchildren, eight great-grandchildren, and two great-great-grandchildren. She was preceded in death by her brother, **John Millner**.

Carol was a descendant of **Iuse Musch Skaowit**, daughter of **Chief Scanewa** of the Cowlitz Indian Tribe. She had served on the Tribe's health board. Carol played a large part in raising her great-grandchildren and loved spending time with family. She enjoyed gardening and baking, and she will leave behind especially fond memories in the hearts of loved ones and neighbors of enjoying the many delicious, homemade goodies she prepared.

A gathering for those who loved Carol was held in DuPont.

The family of **MarLe Anell Thomas** is saddened to announce her passing on January 25, 2023, in Vancouver, WA. She is preceded in death by daughter **Patsy** and leaves behind husband, **John**; children, **Dan, Kristy** and **Tim**; daughters-in-law, **Jen** and **Sandy**; grandchildren, **Danni, Mitchell, Andrea, Jody, Kyan, David** and **Joey**; and great grandchildren, **William** and **Ben-Reilly**.



Richard Alec Cloquet was born on August 7, 1932, and passed away January 24, 2023, seven months after his wife **Melvia**. Richard was a Korean War veteran, father of **Richard Allen Cloquet** and **Darcie Olson**, and was blessed with seven grandchildren and eleven great grandkids.

Marcia Lynn Swanson was born on May 11, 1962, and passed away on November 30, 2022, at the youthful age of 60 years old. Marcia leaves behind her sons **Matthew Swanson** and **Kyle Goodpasture**, whom she loved very much. She also leaves behind her lifelong partner **Chuck Hoff**, and her sisters **Joni Swanson** and **Kim Sanchez**. Marcia's nieces, nephews, great-nieces and great-nephews will surely miss her talking and playing with them; her two grandsons lost a beautiful grandma. We do not want to exclude all of Marcia's friends, who she had great relationships with as well.

Until the end, Marcia was nothing but joyful. We will all miss her smile and adventuresome spirit. But now, we are grateful that she knows what it is like to be genuinely unbound without disease, pain or treatment.

Now Marcia will be able to sing and dance with Tom Jones, her childhood crush. We will be seeing you one day, but not anytime soon!

ASPIRING ARTISTS

JENNIFER LANE/ JENMOON CREATIONS

I call this set "Chrysocholla Magic." It was an honor and quite a pleasure to do this custom jewelry project for a client last winter. Each of my pieces is handcrafted with intention and intuition using metals, minerals and gemstones.



Chrysocholla warrior pendant set in sterling silver and brass on a long brass chain (left), Chrysocholla earrings set in sterling silver with brass accents (center), Chrysocholla hematite pendant set in sterling silver with brass accents on a short, adjustable sterling silver chain (right)



ROSE E. MARQUIS

This beautiful artwork was created by Rose E. Marquis from recycled and vintage jewelry.

DAVID S. CLARK

Native fishhooks created by Cowlitz Elder David S. Clark from black walnut and maple wood.



COLTON HEUKER

Colton Heuker shot the biggest bull elk ever killed in Multnomah County in November 2022. Hunting and fishing were some of the most important activities for our ancestors, and he encourages others to submit their photos to share in the Magazine.



JENNIFER WHITTLE

Some of my favorite things to search for and collect are crystals and home décor, and foliage to dry and press. I started making dream catchers and ventured into crystal mirrors. I think we all struggle here and there with our individual beauty, and I wanted to create something that others can look into and feel beautiful. The crystals are picked out with different properties.

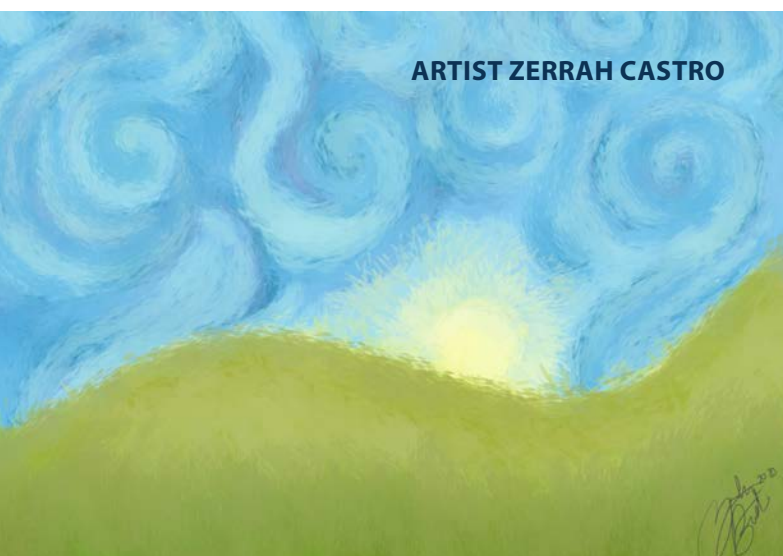


JESSICA WARD

This piece, titled *Lawílatla*, was created using a digital medium by Cowlitz native artist Jessica Ward.



ARTIST ZERRAH CASTRO





SARAH FOLDEN

Sarah Folden is an Olympia-based Cowlitz artist, Instagram @sarahs.dreaming. After a long career in tribal fisheries, she had the opportunity to study Coast Salish art with accomplished indigenous artists Brian Perry and Peter Boome. Sarah's work is contemporary and inspired by her connection to place. Using traditional Coast Salish elements, she highlights the spirit of our ancestors and cultural significance in the natural world.

(bottom left) Tax'oma - inspired by the endless color palette in our natural surroundings, the golden hour, wildlife and echoes of our historical connection to the mountain.

(bottom right) Full Moon and Snow Geese - a winter's night, the reflective brightness of our beautiful snow geese and a Coast Salish moon.

(top right) Homecoming - honoring the life-giving river systems and our nourishing salmon relatives with traditional Coast Salish design to remind us of our ancestral responsibilities.

(top left) Spirit in Song - Cowlitz gathered to drum and sing in prayer.



UPDATES

COWLITZ ELDERS PROGRAM

By Trynity Manning, Cowlitz Elder Care Advocate

Spring is here, and the Elders Program would like to share our successes of the season! We have continued to provide care packages and frozen home-cooked meals to those who are homebound or unable to travel. Care packages generally go out on Fridays and include frozen meals, staple foods, dairy products, fruits, veggies and toiletries. If you need a care package, please call us at 360-506-1260; we are happy to help!

The Elders Program also provides medical transportation, prescription pickup, respite assistance and frozen fish fillets. We are thrilled to announce we have been steadily working to open our very first Cowlitz Food Pantry! Partnered with the USDA and the Local Food Purchase Assistance Cooperative Agreement Program (LFPA), we will be able to bring a larger quantity and variety of local fresh-grown groceries and staples to our Elders and families. Please keep your eyes peeled for the grand opening.

We continue to serve nutritious congregate meals out of the Cowlitz Village dining area, Monday through Thursday, at noon. Please call the kitchen at 360-864-7003 by 10:30 a.m. to reserve lunch. We would love to have you! American Indian, Alaska Native, and Native Hawaiian over the age of 60 and their spouses eat for free! Guests cost \$5. The menu is updated online at Cowlitz.org.

Get creative with us! Do not miss out on crafts with Pathways to Healing, every second Wednesday of the month, in Room 5 at the St Mary's Mission / Cowlitz Village, starting at 10:00 a.m. and ending at noon. We will be holding the Artists' Market June 10 from 10 a.m. to 5 p.m. at St. Mary's / Cowlitz Village. We are also asking for donations of handmade items for our annual Intertribal Elders Luncheon. Be on the lookout for it and our other events.

We thank you for your participation in our program. You make all the excellent work we do possible!

If you have questions regarding what we can do for you, our Elder Advocate can help answer questions you might have at 360-506-1260.



MEETING & ENTERTAINMENT CENTER EXPANSION GETS UNDERWAY WITH LATEST GROUNDBREAKING AT ILANI

New business, event opportunities anticipated, as approximately 10,000-square-foot addition grows facility by nearly 70%



A new phase of development has broken ground at ilani: the expansion of the Meeting & Entertainment Center. On Tuesday, Feb. 14, construction began on an approximately 10,000-square-foot addition. Once complete in early 2024, the space will enhance the property's ability to attract large-scale business and entertainment events, potentially drawing more visitors and economic opportunities to the area.

"We are excited about building on the Meeting & Entertainment Center's reputation as a marquee venue in the Pacific Northwest," said Kara Fox-LaRose, president and general manager of ilani. "Timed to follow the opening of the new luxury ilani Hotel, this expansion will enable ilani to offer area businesses and guests more reasons to plan their visits, organize events and extend their stays."

The latest phase in the Cowlitz Indian Tribe's master plan, the addition to the Meeting & Entertainment Center is situated on the northeast side of the property. The expansion will add to the existing 30,000-square-foot center, with nearly half the new real estate dedicated to conference space alone.

Located at the casino level, the enhanced conference area will include six 1,000-square-foot divisible rooms, and a pre-function space spanning over 3,000 square feet. Additional features include a board room, terrace, restrooms and an enclosed smoking area featuring 48 games. Underground, ilani is adding 4,300 square feet of office space to accommodate its ever-growing staff.

"The Cowlitz Indian Tribe has been connected to this

land and its stewardship since time immemorial," said Cowlitz Indian Tribe Chairwoman Patty Kinswa-Gaiser. "This Meeting & Entertainment Center expansion will be a boon to the Tribe and our neighboring communities, as we anticipate the demand for space and the associated business activity to only increase." The venue has drawn national headliners since opening in 2018, and the expansion will not only help attract top-tier entertainment but also a wide variety of trade shows, private events, and conferences with the potential to bring new economic opportunities to the region. The expansion is made possible, in part, by the Cowlitz Indian Tribe's partnership with Mohegan, a master developer and operator of integrated entertainment resorts.

The Meeting & Entertainment Center expansion was designed by LRS Architects, and the general contractor for its construction is Swinerton.



CULTIVATING CULTURAL AWARENESS IN CHILD CARE

By Jen Milliren, Program Coordinator (jmilliren@cowlitz.org)

The Child Care and Development Program (CCDP) serves tribal families seeking quality childcare in Cowlitz, Clark, Lewis, and Skamania counties. In addition to ensuring families have equitable access to high-quality childcare providers, CCDP also focuses on increasing their connection to culture and promoting diversity.

Review from Josie Bowen

"We found out about CCDP through our daycare," Josie Bowen stated. "I was aware of the program existing. . . When I found out I could use it as an Alaskan Aleut with my certification of Indian blood, I was elated. I was even more shocked and excited to find out the financial support would also benefit my stepdaughter, who does not share my native blood. We went from spending \$700+ on childcare to a small copay each month. Saving that much money each month is a game changer for our family."

"I am so hopeful that, through CCDP, more children will experience learning about Native American people and history. We received the Native American version of 'Twas the Night Before Christmas,' and it's my 4-year-old's favorite book now, even months later. I wish I could have been exposed to more positive things about my culture as a young child, and I'm so excited that my daughters and the children they go to school with will see more Native representation in their curriculum. This program is helping so many people, and I can't wait to see what it does next!"





The Cowlitz Tribe

CONTACT:
Jen Milliren
Phone: 360-353-9528
Email: jmilliren@Cowlitz.org

NEED HELP WITH CHILD CARE?
Let CCDP pay for child care in the state-licensed center of your choice or with family members

Qualifications:

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

No income requirements

Child Care & Development Program
Apply Today:
Walk-ins Welcome
1003 Fir St.
Longview WA, 98632

OR APPLY BY SCANNING THE QR CODE BELOW





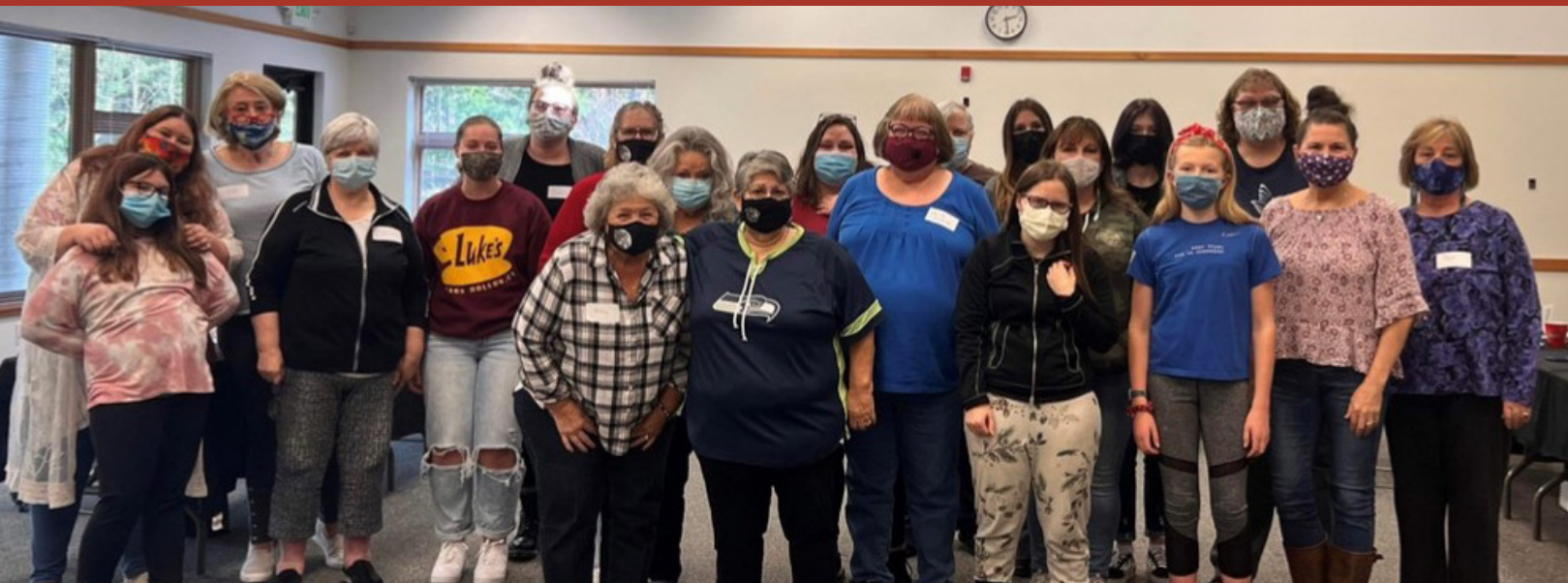


COWLITZ TRIBAL MEMBER SERVICES

By Shaina Okert, Jill Smith and Jamie Marcus

TRIBAL CODE WEBSITE

By General Council Secretary Whitney Mosback



At Cowlitz Tribal Member Services (CTMS), we are approaching the start of our fourth year of existence. Looking back at this last year in 2022, we have had a busy year; CTMS staff were able to assist with over 2,700 phone calls, 2,500 emails and 175 social media and in-person inquiries. Our staff mailed out 1,127 COVID-19 testing kits to over 270 Tribal Members' households and 205 Culture Kits, not including the COVID-19 and Culture Kits that were handed out in-person. As of the end of 2022, we have 280 Tribal Members signed up for our free Amazon Prime Business account.



CTMS continued into 2022 in partnership with Northwest Justice Project (NJP) to provide free legal services to our Tribal Members in Washington State. In addition, NJP has provided us with a resource for out-of-state legal aid. We were able to register 96 Tribal Members for virtual and in-person assistance at our DuPont building location. Due to NJP staffing issues, we have had to temporarily pause these services, and look forward to collaborating with them again soon; until then, we will be referring Tribal Members to the NJP's clear hotline at 1-888-201-1014 or Cowlitz Wahkiakum Legal Aid at 360-425-2579. Please read the Weekly Updates Newsletter emailed to members every Friday for more information on legal aid in DuPont.

CTMS planned and hosted seven events in DuPont throughout the year and welcomed all Cowlitz Tribal Members (enrolled and unenrolled), their families and friends to attend. We were honored to support our Culture Department, Pathways to Healing, ilani (the Tribe's casino) and others with creating and facilitating their Eventbrites, totaling 21 Eventbrites that CTMS managed in 2022. We continue to support other programs and departments with their event planning needs in DuPont and have witnessed firsthand the growth in attendance of cultural events at our beautiful Cowlitz facility.

CTMS staff members have all completed their trainings and are Certified Washington State Tribal Assistants. This training has made us better able to assist Tribal Members and their families located in Washington State with signing up for Washington Apple Health and qualified healthcare plans through Washington Healthplanfinder. CTMS also offers notary public services at no cost to our membership at our DuPont facility; if you need

insurance or documents notarized and you live in Washington State, please do not hesitate to call us at 1-877-Cowlitz to set up an appointment with a licensed staff member. We are also happy to assist you in finding a notary public in other Cowlitz Indian Tribe (CIT) locations.

CTMS has additional books remaining from our past two book clubs available. If you would like a copy, please email CTMS at ctms@cowlitz.org or call us at 1-877-269-5489 and we will mail one out to you, at no cost. These books are by amazing Cowlitz authors; we have *White Magic* by Elissa Washuta and *Totems of September* by Robin Ladue available. We are just finishing our latest book club with a wonderful book by Cowlitz Author Christine Dupres titled *Being Cowlitz*. If we have any remaining books, we are happy to mail them out to members. We welcome all Tribal Members (enrolled and unenrolled) and their families to attend our virtual book clubs. Even if you have not had a chance to read the book, it has still been a wonderful experience to socialize with other members across the nation. We look forward to everyone joining our future book clubs!

CTMS continues to have COVID-19 testing kits, masks and hand sanitizer available. Please reach out if you would like us to mail you these supplies. We currently keep culture items in stock to mail free to our Cowlitz membership; we offer sage, sweetgrass, smudge kits, herbal teas, medicine bag kits, rattle kits, beading kits, dream catcher kits, and Drum Group CDs available by request.

We want to remind Cowlitz Tribal Members that CTMS is here to assist you in navigating all Cowlitz departments and services. Please do not hesitate to contact us with any questions or comments at 1-877-269-5489 (1-877-Cowlitz) or ctms@cowlitz.org. We welcome and look forward to hearing from you!

We are delighted to report that the Constitution of the Cowlitz Indian Tribe and Cowlitz Tribal Code are now available online. They can be found at <https://Cowlitz.Tribal.Codes> and by scanning the QR code below.

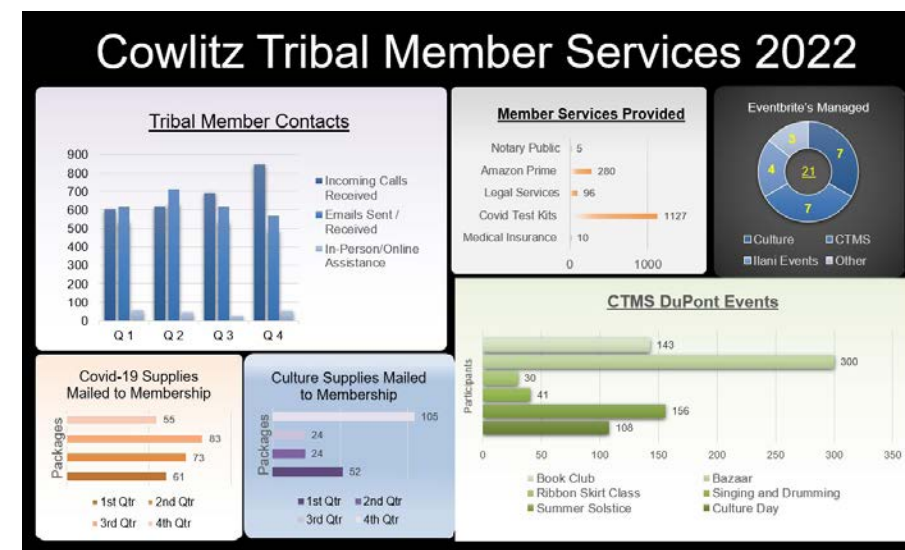


This development has been diligently produced to offer a virtual copy that is publicly obtainable. Online platforms are created by Code Publishing Company and used by municipalities all around the United States and into Canada, including the Confederated Tribes of Chehalis Reservation, City of Vancouver, Town of Winchester and Northwest Intertribal Court System.

One highlight of the website is that members can now view the legislative history of each date the Tribal Council passed a resolution or ordinance that revised the code. Another notable feature is the ability to share a part of the code by email and social media. The website also allows users to change the font style and size.

A help section is available for members to better understand how to use the site. Contact General Council Secretary Whitney Mosback to be informed of the next training session.

Enjoy your new website!



CULTURAL RESOURCES

COWLITZ CANOE FAMILY

By Clay Koch

HONORING OUR FORMER CHAIRMAN

Our community suffered a great loss last year with the passing of David Barnett. To show our respect to the beloved Chairman, the Canoe Family put our canoe away for the year. We did this to give our community the time to mourn, to keep the spirits of our canoes safe and to keep our people safe in this time of mourning. The Canoe Family is forever grateful for the two canoes that came from David and his father John.

When awakening the canoes in 2023, we carried with us a Cowlitz Flag in each canoe in honor and memory of the late Chairman. We will be hosting a David Barnett Memorial Pull this year over the Memorial Day weekend. We hope to see many of our relatives there.

2023 AWAKENING - SUNDAY, MARCH 12, 2023

The 2023 Canoe Awakening was a great day indeed! We gathered at Ike Kinswa State Park early that morning and prepared for the day. Rain went off and on, but we managed to stay dry for the most part! We stood in ceremony and took witness to the naming of our cedar strip canoe. "Olequa Spirit" is the name we will call this canoe. The name was brought forward by Jeramiah Wallace and voted on by the Canoe Family. We had elders and youth pulling in the canoe.

The Canoe family honored Skipper/Elder John O'Brian on this day. John was gifted a beautiful copper inlaid paddle and named the Grandfather of the Canoe Family. We thank John O'Brian for all his years of commitment and dedication to this Canoe Family. John and Linda O'Brian have given countless hours of hard labor and priceless guidance since the beginning. We are so lucky to have John and will continue to honor the teachings he has given to this Canoe Family.

Permission to begin our year was granted by Chairwoman Patty Kinswa-Gaiser, who was standing on the bank to greet our canoes in the Homelands of the Kinswa Family. The Canoe Family has a busy year coming up and a need for fresh pullers and busy ground crew members. Anyone can join the Canoe Family; just show up!

We hope to see you soon!

The 2023 Canoe Journey is to Muckleshoot: "Honoring our Warriors, Past and Present".



THE COWLITZ DRUM GROUP

By Jeramiah Ray Wallace, Drum Group Chair

Nákʷs (hello), Səncáyał n skʷáct (my name is) Jeramiah Ray Wallace, and I am Lower Cowlitz.

The Cowlitz Drum Group is still meeting on Wednesdays at 5:30 p.m. at 900 Fir Street, Longview, WA 98632 as well as supporting our Youth Dance group.

The Cowlitz Drum Group's purpose is to perform at events for the Tribe, out in public at meetings, events and conferences as well as to sing for people during their time of loss or Celebration of Life. The committee recently voted on art submissions and Sarah Folden's design will be used on Cowlitz Drum swag. We will be co-hosting monthly culture days and summer campouts with the Cowlitz Canoe Committee. I would like to encourage people to get involved and learn songs, as culture is what makes us a tribe and it feeds your spirit.

The Cowlitz Drum Group will be supporting the Canoe family on the Paddle to Muckleshoot. If you have not experienced the Inter-Tribal Canoe Journeys, you should. It is a life-changing event and has helped many people find their Indian identity. Neither the Cowlitz Drum Group nor Cowlitz Canoe Family are exclusive; anyone is welcome to join us. I would like to encourage you to come to something this year and enjoy yourself. We have lots of events going on, and the monthly Culture Days are all day long. Feel free to reach me at 360-355-5255 or jwallace@cowlitz.org if you have any questions.

Náxʷtqʷul'as (thank you).

WEAVERS GROUP

Hello Cowlitz Family, My name is Kyle Folden. I have always admired traditional Coast Salish weaving but had no experience until last year in 2022. I signed up for my first weaving class at the Cowlitz Tribe building in DuPont, through Teri Wright.

We had an amazing group of master weavers from the Chehalis Tribe sharing their knowledge with us.

My first project was a hat. Probably not the best thing to start with, but with a patient teacher named Trudi, I was able to complete it in a day. My next project at the beginning of this year was a sweet grass pouch.

I cannot begin to explain the good feelings I had working with cedar bark and weaving. It is something I look forward to doing for the rest of my life and hopefully be a master weaver someday. I encourage everyone to give it a try; you will feel a deeper connection with your ancestors.

Best regards,
Kyle



Don't let the fish pass you by!



Cowlitz Tribal Members

fish Distribution Program

Sign up to be on the distribution list
 P: 360.206.0972 | E: fishdistribution@cowlitz.org
 For **fresh fish** contact Kirk Russel at 360.772.9935
Elders needing filleted fish call 360.864.7006

23RD ANNUAL COWLITZ INDIAN TRIBE POW WOW

By Kris Dillehay and Shaina Okert

After two years of absence due to COVID-19, the Cowlitz Pow Wow Committee was excited to celebrate the Cowlitz Indian Tribe's 23rd Annual Pow Wow.

This one-day event took place at the Cowlitz County Event Center in Longview, WA, on October 15, 2022; it was a spiritually fulfilling day. It started with an amazing kickoff by the head staff, drummers, and veterans. Dancers entered the arena wearing vibrant-colored, beautifully hand-sewn beaded regalia, dancing to the striking beat of the drum; it captured the hearts of many in attendance.

Throughout the day people were renewing and forming friendships. The crowd grew so big, we ran out of seats. Forty-two vendors filled the halls with sacred special items and an assortment of goods, including food vendors, who were so busy they had to close early due to running out of food.

The Cowlitz Indian Tribe Pow Wow Committee supplied a traditional salmon dinner at no cost to attendees—although, attendees could donate if they chose to. A huge thank you to Shirley Ward for smoking the fish.

We honored our Veterans by gifting them handmade items. The Pow Wow Committee provided our tiny tots with candy and other items, including a Spirit Ranger coloring book and goodie bags from Molina Healthcare.

We wrapped Jane Meyers with an Eighth-Generation blanket for serving her last year on the Pow Wow Committee. After 19 years, Jane has decided to retire from her committee position and will be missed. We wish Jane

well in her future endeavors and hope she enjoys her much-deserved retirement.

While the 23rd Annual Cowlitz Indian Tribe Pow Wow was a successful celebration, it was ridiculously hot, and the Pow Wow Committee learned they need to make a few improvements in the future, such as a cushioned floor pad, more fans for dancers, and more seating for guests.

The Pow Wow Committee would like to put our hands up to the amazing volunteers, Drum Group, our leaders, and all our hardworking diligent Pow Wow Committee members—this day would not be possible without all of them.

The Pow Wow Committee would also like to thank and honor our Pow Wow Committee Chair, Kris Dillehay, for her hard work, leadership and guidance. After years of service as the Chair, Kris has decided to step down and focus her time serving our members on Tribal Council. We wish Kris well in her future endeavors and look forward to seeing all the good she can do for our tribe.

Ronnie Mason has stepped up to be the Interim Pow Wow Committee Chair, until it is time to vote in the new Chair. For any Pow Wow questions and/or purchases, please email Interim Vice Chair Angie Lepoidevin at alepoidevin1989@gmail.com.

The Cowlitz Indian Tribe Pow Wow Committee needs volunteers to continue this annual celebration.

If you would like to volunteer to be on the Pow Wow Committee, send a letter of interest to openseats@cowlitz.org.

SʔÍNINSTAWT KʷU? (WHAT HAVE WE BEEN UP TO?): A message from the Cowlitz Language Revitalization Program

By Cheyenne Miller, Language Program Coordinator language@cowlitz.org

The Cowlitz Language Revitalization Program recently offered a survey to request membership input and a separate survey for employees of the Cowlitz Tribe and ilani. We are pleased to share that approximately 300 membership responses and 100 employee responses were obtained! **Náxʷtqʷul'as** (thanks) to all who participated in this survey; our program is working to integrate your thoughts into our plans for the coming year and beyond.

In the meantime, we continue to work in partnership with The Language Conservancy to create and promote resources for our Cowlitz and extended Cowlitz community to learn and interact with **ʔ'púlmixq** (the Cowlitz Coast Salish language). Recently, updates have been made to both our online dictionary (<https://dictionary.cowlitzsalish.org>) and mobile dictionary app (Cowlitz Salish Dictionary) to increase usability. We have begun the creation of an online learner's platform and are in the beginning phases of creating a phrase builder app.

Our program recently released two new children's picture books: one on weather, and one on numbers and math. We will continue with the creation and distribution of these picture books, anticipating six new books to be published by the end of 2023. We are also developing a **ʔ'púlmixq** textbook with audio and exercises to be available for print in early 2025.

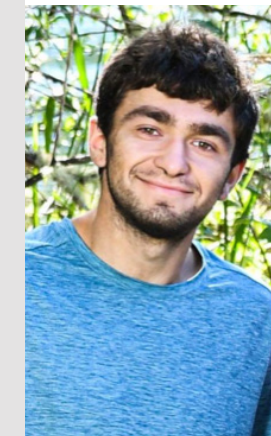
ʔ'púlmixq instruction events will be occurring throughout 2023, both in-person and virtually, based on membership feedback. Alongside these instruction events, we will begin to make prerecorded videos which can be accessed online. We are hoping to offer a grander variety of learning experiences than has been offered in previous years, with an emphasis on accessibility.



Keep an eye out for updates on what is available by joining our email list or following us on social media!

KIDNEY DISEASE

By Sheryl Whitlinger



Native Americans have one of the highest rates of diabetes in the world and one of the highest rates of end-stage renal disease (ESRD). Kidney failure disproportionately affects minority populations such as African Americans, Native Americans and Hispanics. Members of the Native American population are 1.5 times more likely to have kidney failure than those that are white. Unfortunately, for those diagnosed with ESRD, this means that dialysis or a kidney transplant becomes

necessary for them to continue living. According to statistics listed in an article by the University of California San Francisco, nearly 750,000 patients per year in the United States and an estimated two million patients worldwide are affected by kidney failure.

- More than 100,000 patients in the United States are on the kidney transplant list, but last year there were just over 21,000 donor organs available for transplant.
- The need for donor kidneys in the United States is rising at 8% per year.
- These statistics are from 2018.

One of our own tribal members has been affected by ESRD. In September 2021 Tristan Spahr, a 21-year-old Cowlitz Tribal member, was diagnosed with kidney failure. He has since been hospitalized three times and life-flighted once after becoming critically ill. He has been going to dialysis three times a week since his hospitalization. Tristan is currently on the transplant waiting list waiting for a donor. Unfortunately, he is looking at a 3- to 5-year wait, as the list is long, and he has type O blood. This makes it even more difficult, as "O" patients can only receive a kidney from someone with type O blood. Because of Tristan's young age (now 22), he has already been told that he will have to have an additional transplant later in life. Kidneys from live kidney donors have a longer lifespan than those from a deceased donor, which makes them better in the long term.

If you are interested in becoming a living kidney donor for Tristan or others, please contact livingdonor@swedish.org.



COWLITZ WARRIOR DEPARTMENT AND COMMITTEE



LET US REMEMBER AND NEVER FORGET THEIR SACRIFICES.

warriors@cowlitz.org
1-877-269-5489

Our warriors have gone by many names: Brave, Veteran, Ranger, Mom, Dad, Sister, Brother, Husband, Wife, but most importantly, Cowlitz Warrior. They have done their duty and served to protect and honor not only our U.S. Nation, but also our Cowlitz Nation and its generations past, present and future. Now it is our turn to serve and protect them.

The Cowlitz Warrior Department is set up to serve as an advocate for Cowlitz veterans in interactions with Veterans Affairs, Indian Health Services (IHS), Housing and Urban Development (HUD) and other government agencies. We help advocate for and facilitate the access of resources and services needed to include: housing, rent or utilities assistance; transportation, food or furniture; assistance with navigating the health care system, appointment scheduling, referrals or insurance; and employment or legal services. We also hope to carry on the traditions of recognition events to honor veterans, coordinate volunteer groups to serve Cowlitz veterans and work with Cowlitz veterans to provide Honor Guards as requested at other events within the Cowlitz Indian Tribe and our outside community.

Keep an eye on the Cowlitz weekly email update for upcoming news on the forming of the Warriors Committee.

WHAT PATHWAYS TO HEALING CAN DO FOR YOU

Pathways to Healing (PTH) program provides information, advocacy, and therapy to victims of domestic violence, dating violence, sexual assault, commercial sexual exploitation, stalking and Elder abuse.

- We can assist with information and advocacy regardless of where you live. Just call.
- We can provide relocation assistance for families fleeing abuse regardless of where you live.
- We can provide information on victimization and resources regardless of where you live.
- For individuals that live in our service area we can help with financial assistance, short term housing for qualified participants, and therapy services.

Contact pathwaystohealing@cowlitz.org or call 360-397-8228

HEALING OF THE CANOE (HOC)

By Vashti Langford, HOC Program Coordinator

HOC! More than just your ordinary prevention program. Did you know HOC is more than just a prevention program? Our staff is hard at work with programming and working with families on needs and supportive services.

TAKE A LOOK!

- We are three months into the new year and HOC has helped 12 youths with after-school homework assistance in a partnership with Huntington Learning Center. It is currently held on Wednesdays, and we will continue this through May 2023.
- We have assisted three youths with driving classes and permits, and soon they will all be independent youth driving on the road!
- We have helped one youth who started engaging with Mark Morris Football in the fall and attended football camp to help him maintain and improve his skills.
- We have assisted 14 youths with soccer fees and gear to play. Three of them have never played and are overly excited to do so.

- We have assisted two youths that have aged out of club ball for training to become paid soccer referees for this season.

All these youth are actively participating with HOC services. Based on the grants that HOC has received, all these things were able to happen. We are thankful for all that have been involved. Vashti has been training other Tribes on HOC adaptation since 2017 and working with the program's creators. She has been a Train the Trainer with them since 2018. In the last five years, there have been over 80 Tribes trained on the curriculum and necessary skill sets. In the last six months, 30 of them received training on the curriculum and were from WA, OR, AZ, AK and MT.

Our passion is seeing other tribes take what we have and bring it back to the youth! Up next is our Summer Classes. We are diligently working and planning. Be sure to keep a look out for more information.

HOC Contact: Vashti Langford @ 360-353-9547 or email vlangford@cowlitz.org.

INTEGRATED CARE SPECIALIST

SOME OF WHAT WE DO

- Ongoing Care Coordination
 - Support
 - Educate
 - Advocate
- Facilitate timely access to Cowlitz Indian Tribe programs and services.
- Help you communicate with providers, care teams, agencies, case managers and family members.
- Coordinate with and make referrals to community resources
- Help with issues and problems

Jennifer Stanton
Cowlitz Tribal Health Clinic
360-353-9558
jstanton@cowlitz.org

We have an open position in the Cowlitz Warrior Department, and if you or anyone you know is interested, please visit our website: <https://cowlitz.org/tribal-job-listings>

COWLITZ HOUSING DEPARTMENT SUCCESS STORIES



AGING IN PLACE

I would like to express to the Tribe what a wonderful experience I had with the housing department last year.

A bad situation turned out wonderful. We hired a contractor who was going to remodel our bathroom through the amazing Aging in Place program. After five months of trying, we could not get the job started because the contractor was not able to get organized.

First and foremost, I would like to address that Mike Draper was a true professional. He did not even bat an eye and just said, "Whatever you need, just let me know." This was so nice to hear, and I thank him for that. Second, he sent us two guys who helped us out with the remodel, Jim and Rick. They were very professional and helpful.

You see, we had the bathroom teardown completed because we had a date for our contractor to start. My husband was getting tired of waiting so he did the teardown for the contractor just to get him in and out. With this said, we had to complete the remodel ourselves. I was worried my husband might not be able to get it all done by himself. Not because he was unable; only because he had never laid tile. I asked Mike about someone helping with that. Mike then said he had a guy that was able to help lay the tile. I was extremely grateful. They started work the following Monday morning. They completed the tiling the following Wednesday. As you can see from the pictures, it was a successful completion of the remodel.

In closing, I cannot express my appreciation more for the housing department! What a great bunch of people you have working for the Tribe.

Thank you, Mike, Jim and Rick, for all your hard work! We appreciate you!

- Debra Anderson



DOWN PAYMENT ASSISTANCE

The Myers family used the Down Payment Assistance (DPA) program through the Cowlitz Indian Tribe, and it was such a blessing. Not only were we able to explore a whole new part of North America, but we were able to purchase a beautiful home for our family. The communication was always spot-on. Our lender had his worries when I told him we were receiving DPA through our tribe. He did not think it was going to be a pleasant experience, but the Cowlitz Tribe Housing Department made it such an effortless process that our lender commented, "Wow, I hope it's this easy with every tribal assistance I work with from here on out."

ENERGY EFFICIENCY APPLIANCE GRANT

In 2022, the Cowlitz Tribal Housing Department received the Bonneville Power Administration (BPA) Energy Efficiency Grant to provide new appliances to Cowlitz Tribal members living in the BPA service area. Altogether, 150 Cowlitz Tribal members were provided new appliances. Here are a few of their stories:

"I like what I received: a washing machine, refrigerator and microwave. I installed them all and they work like a charm!"

- Kirk Russell
of Battle Ground, WA

"I received a refrigerator; I love it. It works well, and it is the first new one we have ever owned!"

- Kathleen Jorgenson
of Toledo, WA

"I received a washer, microwave and refrigerator. I absolutely love them. Thank you housing!"

- Dixie Anderson
of Cathlamet, WA

"I got the microwave, and I so greatly appreciate it."

- Dori of Tacoma, WA

"The new washing machine I received works so much better than the one I had for over 20 years."

- Bonnie of Tacoma, WA

COWLITZ TRIBAL TUITION ASSISTANCE UPDATE

By Gregg Ford, Education Committee Chair

The end of the 2022-2023 Cowlitz Tribal Tuition Assistance year is coming soon on April 30th. Applications are available for the next academic year, which begins on May 1, 2023, and ends on April 30, 2024. The application can be found on the tribal website. We can help provide tuition assistance for a vocational certificate or associate, bachelor's, master's or doctorate degree. Apply now!

The Education Committee requested and received tribal council approval for some changes to our policies and procedures that will benefit our tribal members.

1. Funding for a bachelor's degree was increased from \$11,000 per academic year to \$12,000, with a maximum lifetime limit not to exceed \$55,000.
2. The following policy and procedure addition was made. "If a balance remains in the lifetime limit of an award after the student has completed a certificate or degree program, the student may use the balance to enroll in a second certificate or degree program or courses that will enhance their first certificate or degree. At no time will the student receive more than the lifetime limit of the award for the certificate or degree. Applications for a second degree will be reviewed by staff for completeness and forwarded to the Education Committee for approval."
3. Also, beginning in the 2023-24 academic year, the Cowlitz Indian Tribe will support these high school/college dual enrolled and dual credit students by providing a \$500 GWE Educational Costs Benefit. This benefit may be used for, but is not limited to, tuition, class-based fees, lab fees, books, computers, calculators, and transportation to and from school.

These programs and the costs of these programs vary from state to state and school district to school district. To be eligible for the Cowlitz \$500 GWE Educational Costs Benefit, a student must be taking college classes while enrolled in high school. The classes must count for both high school and college credit.

The high school student must contact their local school district to enroll in a dual enrollment/dual credit program. After completing the enrollment process in the local school district, the student must contact the Cowlitz Tuition Assistance Award office and request an application for this Cowlitz GWE Educational Costs Benefit. The application will require both the student's and parent's signature. Payment of this benefit will be made to the parent of all students under the age of 18.

If you have any questions, please visit the tribal website and contact Carol and Carissa at the education office at 360-353-9588 or tuitionassistance@cowlitz.org.

PURCHASE REFERRED CARE (PRC)

By Lori Morris, PRC Program Manager

It has been my honor and privilege to have spent the last 16 years serving my fellow Tribal Members in many capacities within the HHS (Health and Human Services) Department. The last eight have been the most meaningful, as that is when I started serving our members in the PRC program (formerly referred to as Contract Health Services, or CHS). My position allows me to assist during some of your most joyful and exciting medical needs and to be compassionate during some of the hardest times you and your family experience. We get to hear of our new Cowlitz babies being born, walk with our members in healing and overcoming sickness, and gain access to life-saving care and medications that would otherwise be too costly.

We work diligently to find a positive solution for each of your needs: getting insurance, access to cost-effective providers, assistance programs, prescription discounts and many others. We do these things to better serve our members in receiving the best care options and alleviate hardships.

I have gotten to know so many of you and appreciate everything that makes you unique.

If you have not already reached out to us, please do so at 360-575-8275. We would love to hear from you.

"Over the years as a single mother to three Cowlitz children (two are now grown), PRC has been monumental in our well-being. Although my kids were eligible for Medicaid, there are services not covered, such as the orthodontics they needed. I was not eligible for coverage, but I have employer insurance, which would leave out-of-pocket expenses. Without the benefits of PRC, I would not have been able to have the two back-to-back surgeries I desperately needed. We take full advantage of utilizing contracted and price-negotiated medical, dental/orthodontic and vision providers, and search for prescription discount cards when available to help stretch the funds between us all. Money is tight with living and food expenses rising, and ultimately our care would have gone to the wayside. The blessings this program offers are immeasurable, and my children and I are beyond grateful for the services we receive.

P.S. I love the ladies in PRC too, it makes it easier to utilize services!"

- ANONYMOUS, COWLITZ FAMILY UTILIZING SERVICES



WE ARE THE TUKWILA/DUPONT PUBLIC WORKS TEAM.

By Carol Peterson, Maintenance Manager (Tukwila/DuPont)



Quinn Anderson is a Cowlitz Tribal member. Quinn's hire date was 6/7/2021; he previously worked with Brian Smithlin in 2015 at St Mary's. Quinn is quiet until you get to know him. He has a wicked sense of humor, which the staff adores. We dare you not to like him! Quinn is an exceptionally good and loving husband to his wife Mary. His given nickname about his work as a custodian is 2.0, as he is meticulous in his work. Quinn was recently promoted to the Maintenance I position.

Melody Millner is a Cowlitz Tribal member. Melody's hire date was 6/29/2021. Melody took up beading during her breaks; she is highly creative at this. She has sold some of her creations at the recent Cowlitz Indian Tribe (CIT) recognition day affair. She is bright, hardworking and always eager to help outside the scope of her custodial position. She has relatives that she sees here every day. Melody is passionate about her self-made morning blended coffee.

Aian Cueto was hired on 6/19/2017 as a transportation driver. He came over to Public Works as a custodian in 2019. He is an amazing artist, and his penmanship is impeccable. Aian has great passion in pursuing optimal well-being. You might see him during a break on a BOSU ball or reading. Aian has an infectious laugh. He is curious about almost everything.

This team was here when COVID hit and they worked tirelessly, keeping the facilities clean and safe for all clients and staff. I am proud to know and work with these fine people!

I am **Carol Peterson** and the Maintenance Manager for the North End facilities. My hire date was 2/5/2013. I was hired to create the Transportation department, in support of the Mental Health program. A brief time later, I was appointed the Safety Rep for the Tukwila facility. I was blessed to walk my husband through the end of his life in August 2017. I feel extremely fortunate to have been employed with the CIT during this personal, challenging time in my life. In 2018 I was promoted to Facilities Coordinator, but now I am the Maintenance Manager. Again, I feel blessed to have a wonderful team up here and my extended Public Works team/family down south.



YOUTH PROGRAM

By Clay Koch, Youth Program Coordinator, and Melissa Halvorsen, Youth Program Manager



YOUTH SUMMER CAMP 2022

We had a blast at this past year's Youth Summer Camp! Hosted at Cascades Camp in Yelm, WA, we spent almost a full week running different activities with the youth. From climbing on Tower Rock to canoe races in the lake, the youth were given a variety of activities to pick from throughout each day.

We are thankful for the teachers who came to sit and interact with the youth. Rhonda Grantham and Oceanna Mckenzie came to teach us about different medicines and their uses. The youth did an activity board to show their knowledge and creativity. It was a great experience watching them carefully draw these plants and hearing all the little voices giving suggestions for which facts should go in their presentation.

Each morning and evening, we would walk the youth into the amphitheater for a circle. When we sat in a circle in the morning, we would set our intentions for the day while we welcomed the sun. Each evening we would return to a circle to reflect on our day and sing the sundown before heading back to our cabins.

We spent our final day together on drum making and contest games. Just before dusk we set out thousands of water balloons for one final game! Our youth and volunteers had a great time at camp.

We need volunteers for 2023 Camp! 2023 Youth Summer Camp will be July 6-9, 2023, at Cascades Camp in Yelm, WA.



DANCE AND PROTOCOL 101 GROUP

Late in 2022, we started the Dance and Protocol 101 Group at the DuPont building. The Youth Program hosts the group once a week from 6 p.m. to 8 p.m. each Tuesday. This is an introductory group for our youth and community members to get together and learn songs and dance. The group is focused on our youth, but all Cowlitz are welcome to join. We have a potluck for dinner; the Youth Program contributes food for the potluck every other week.

Each dancer that comes to us for a second time will receive their own rough-cut paddle to work on, paint and make their own. Together we are making regalia, drums, rattles and learning these songs and dances so our youth are prepared and knowledgeable about their traditions. We are supporting our next generation of knowledge keepers. These youth can come and wake that spirit up in a safe community space. This group is hosted by the Youth Program but is 100% community lead. Come join us! If you have teaching you would like to share, stop by! Bring us your youth!



FIRST FOODS PROJECT - SMELT SMOKING DAY

The Youth First Foods Project is a monthly gathering where we are teaching our youth about the harvest, processing, and preservation of traditional first foods. With our youth, we have harvested tule, cattail, smelt and, most recently, licorice fern root. They learned how to process and smoke the smelt. We did not gut our fish, as the old stories tell us not to. Please come join our monthly gatherings!





Garden staff Cynthia Callahan and Tahnee Knappe show off the newly completed greenhouse at the Community Wellness Garden in Toledo, including the benches that they designed and built.



Seed starting photo: Participants in the DuPont Seed Starting class prepare their trays in February 2023.

BRINGING GARDENS TO DOORSTEPS: THE WELLNESS AND DIABETES PROGRAM PROMOTES HOME GARDENING THROUGH SOIL AND SEED DELIVERY

By: Alyssa Fine, Wellness and Diabetes Program Coordinator

In March, the Wellness and Diabetes Program offered its fourth annual Doorstep Garden program to tribal members, clients and staff. Those who signed up and reside in Southwest Washington had seeds, soil and a plant start delivered to their door. Individuals who live further away were given the opportunity to receive seeds in the mail.

The Doorstep Garden Program began during the COVID-19 pandemic, when it became clear food insecurity was impacting the tribal community. Since then, its popularity has continued to grow. This year, nearly 350 individuals benefited, compared to just 45 in 2020.

While produce distribution is a key offering of the CIT (Cowlitz Indian Tribe) Community Wellness Garden, Wellness and Diabetes Program staff also recognize the positive impact gardening has on

health. Research has demonstrated gardening is effective at improving nutrition, preventing cancer, increasing physical activity and boosting mental health, among other benefits. We, therefore, continually seek ways to engage the community in this practice. For those who live too far to come garden with us in Toledo, the Doorstep Gardens are a fantastic opportunity to promote the activity at home.

Individuals seeking more guidance on planting and growing may want to attend the monthly Dirty Glove Gardeners virtual gardening club meeting, hosted by our expert Garden staff. In addition, gardening classes are offered in DuPont, Longview and Vancouver throughout the year, teaching everything from seed starting to container gardening to tucking the garden in for winter. For more information about these programs, please contact garden@cowlitz.org.

Pathways to Healing Program

Order your "Thinking about our Relatives" MMIW shirt today!
Scan the QR code or you can go to
www.bonfire.com/store/cowlitz-indian-tribe---pathways-to-healing/





If you know of a missing or murdered Cowlitz Tribal member,
please contact Amanda Workman at 360-397-8228



ILANI WINS 2022 SPONSOR OF THE YEAR AWARD

We are honored to be awarded the 2022 Ridgefield Chamber of Commerce Sponsor of the Year award. By working together with the Chamber and local businesses, we can continue to build a prosperous community for everyone.

COWLITZ TRIBAL GAMING AGENCY - RESPONSIBLE GAMBLING AND SELF-BARRING PROGRAM

By: Summer Petty, Regulatory Unit Manager, Cowlitz Tribal Gaming Agency

The Cowlitz Tribal Gaming Agency (TGA) staff carry out the duties of the Cowlitz Tribal Gaming Commission (CTGC). CTGC is an independent agency of the Cowlitz Indian Tribe with comprehensive gaming regulatory responsibilities. CTGC is the five-person panel appointed by the Tribal Council to regulate gambling activities on the reservation. TGA and CTGC ensure the gaming operation and patrons follow all applicable Tribal, federal and state laws, rules and regulations.

Responsible gambling is of the utmost importance. Gambling should be like any other form of entertainment: budgeting for how much time and money to spend. However, some individuals find themselves straining their finances and time away from family, friends and/or work. Despite negative consequences, they continue to gamble. This may mean that gambling is becoming more than just entertainment.

The Self-Bar Program was enacted by the CTGC to provide, in part, a tool for those who find that gambling has become a problem. Self-barring prohibits persons from entering the casino and provides helpful resources, including referrals to the Cowlitz

Indian Tribe Health and Human Services Problem Gambling Program. Self-barrings are voluntary and may be requested for various lengths of time. Temporary self-bars do not automatically expire and require an active reinstatement process.

Once barred, returning to ilani may result in criminal trespassing charges and/or the seizure of winnings, complimentary gifts and/or unredeemed chips and credits. Seized funds are distributed to various charities.

On a case-by-case basis, TGA may allow barred individuals who are Cowlitz Tribal Members to return to the gaming facility for events directly related to Cowlitz tribal politics, culture or education.

A self-barring may be requested 24 hours a day, 7 days a week by contacting our agency either in person at the casino, or by phone or email. For more information about self-barring, please contact us at 360-887-6813 or by email at ctgcbarring@ctgc.cowlitz.org.

For more information about the GTGC, TGA and various regulations, please visit our website at <https://cowlitz-tga.org/index.html>



SUD ROCKSTARS! WHAT DOES THAT MEAN?

By Britney Sorensen

The Substance Use Disorder (SUD) Department is staying busy and offering so many neat things.

We have been offering cultural activities from our Substance Abuse and Mental Health Services Administration (SAMHSA) grant such as drumming, beading, mandala/cultural painting and growing medicinal herbs. For more information, please reach out to Rena Sherrill, SUD Program Coordinator - Community Activities at rsherrill@cowlitz.org.

Our Peer Support group has been rocking it and helping clients with life skills and completing goals such as getting jobs, finding housing, obtaining drivers' licenses, getting a high school diploma at 48 years old and even becoming certified Peer Support Specialists themselves. Some other activities have involved learning how to attend clean and sober activities in the community. Those include hiking, fishing and the newest trip was taking a handful of clients to the 40-year celebration of Narcotics Anonymous (NA)'s Clean and Free event in Ocean Shores. For more information, please reach out to our Peer Support Specialists: Gerry Bailey at gbailey@cowlitz.org, Hilary DontMix at hdontmix@cowlitz.org and William Padden at wpadden@cowlitz.org.

We are celebrating Clients' Graduations on the first Thursday of every month at noon. In January we had seven individuals complete treatment! Look at that success!

A tribal member from the Squaxin Island tribe said, "This is the best Treatment Center I have ever been to. I feel spoiled here." Another individual stated, "Drumming saved my life!"

Our clinicians, support staff and supervisors have been continuing to hold everything together like the glue in a kindergarten artwork.

If you have any questions or would like to know more, please call 360-575-3316 or stop by 900 Fir Street in Longview, and our welcoming receptionist can get you connected to the right person.

TUKWILA SUBSTANCE USE DISORDER (SUD) NEWS

By Kimberly Brown

The Cowlitz Tribe name is becoming more recognized as a prime behavioral health provider in the King County area and surrounding communities. There have been many opportunities through outreach to build working relationships with other agencies, such as King County Drug Court (KCDC), Tukwila Justice Center, Chief Seattle Club, Washington State Department of Children, Youth and Families (DCYF), National Indian Child Welfare Association (NICWA), domestic violence programs and various family shelters. These are only a few of the connections we've made in the community.

We are proud of the work we are doing in providing service for the Native and non-Native populations, as we provide them with culture and traditional insight to heal their spirits so they may overcome addiction and stand up for future generations. Many of our clients come to SUD treatment to regain custody of their children, for legal obligations, to better their health and to ask for help to find themselves; so, they may walk in a good way.

SUCCESS STORY

"Have you ever screamed for help and felt like no one was listening?"

That is how one client described his life prior to coming into treatment. This client shared his story: He had no one to turn to for help and wanted to give up on life. His family did not accept him when he told them he was a two-spirit; this put him in a dark place and drove him to drink. He got three DUIs in a month. He found Cowlitz Tribal SUD Treatment and began his journey to recovery. Over the course of his treatment, he began to learn who he really was and how to love himself.

Today, he states, "I have great confidence and celebrate who I am."

Recently he shared about getting a promotion at work and how thrilled he is for his future and what is to come.



COWLITZ INDIAN TRIBE
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a luxury stay after you play? sounds like fun.

Introducing the brand-new ilani hotel, opening this spring. Featuring world-class service, an indoor/outdoor swimming pool with luxury cabanas, a top-floor restaurant with incredible views and so much more.

Reservations available starting May 8th!
Book today at ilaniresort.com/book

1 Cowlitz Way, Ridgefield, WA 98642

LOCATED JUST OFF I-5 AT EXIT 16

 **ilani**
sounds like fun