



COWLITZ Tribal News

Yooyoolah
“One who calls”

Spring 2021
ELEVENTH EDITION



1000 Davis Place, DuPont, Washington, will offer health care and other services to Cowlitz Tribal members, and other American Indians and Alaska Natives, closer to where they live

Cowlitz Tribe’s newest asset **1000 Davis Place, DuPont, Washington**

By: Elizabeth Tail,
Health & Human
Services Deputy
Director

The Cowlitz Indian Tribe recently purchased a beautiful site in DuPont, Washington, which will offer health care and other services to Cowlitz Tribal members, and other American Indians and Alaska Natives. The property sits near the boundary of Pierce and Thurston Counties, two counties that over 1,200 Cowlitz Tribal members call home.

The property consists of a 20,000 square foot building that sits on about five wooded acres just off I-5, near Joint Base Lewis McChord. The site was developed by the Girl Scouts of America in 2004 as their administrative headquarters for Washington state operations.

In addition to services that are offered from this new facility, the building has great

space for cultural gatherings and meetings. The location is historically significant to the Cowlitz people and other regional Tribes. We encourage any Cowlitz Tribal member who has knowledge about the history of the location and its significance to our people to contact Cowlitz Tribal Member Services at 1-877-COWLITZ to share that information.

The property was purchased for \$4.5 million. The Cowlitz Health Board strongly supported the acquisition with their authorization to finance the down payment of \$1 million of revenue earned from health services provided through the Tukwila location.

“The Health Board believes in bettering the lives of our Cowlitz people. We strive to

improve health care access and equity for all Cowlitz people wherever they live. The purchase of this building will connect our people better and offer services closer to where they live,” Health Board Chair Cassy Sellards Reck stated.

Through the Indian Self Determination and Education Assistance Act (ISDEAA), Section 105 (I), the Indian Health Service pays the Tribe for space dedicated to the provision of health services. This funding will help the Tribe with the financing costs of the acquisition. We will also provide services that are eligible for reimbursement from private insurance, Medicare, and Medicaid.

We welcome all Cowlitz members and their families to visit our newest site anytime. Please contact Cowlitz Tribal Members Services at 1-877-COWLITZ to arrange a visit and tour of the facility.

“The Health Board believes in bettering the lives of our Cowlitz people. We strive to improve health care access and equity for all Cowlitz people wherever they live. The purchase of this building will connect our people better and offer services closer to where they live.”

— Cassy Sellards Reck, Health Board Chair

Chairman's Corner

Nàkʷs.
Greetings to all Cowlitz People.

I hope our Cowlitz families are doing well during these challenging times. It continues to be an honor and privilege to represent the Cowlitz People. Despite the COVID-19 pandemic, the Tribe continues to provide for our members. This is only possible with the hard work of our dedicated staff and volunteers. We have administered approximately 5,000 COVID vaccinations. Our ilani casino, the Cowlitz Crossing, and Cowlitz Tobacco Outlet have continued to provide strong economic benefits to the Tribe.

Communications

The Tribe has now hired a Communications Director, Tribal member Crystal Leigh. Please welcome her to this important role. We hope to improve our Tribal member information and communication in the near future to help Tribal members access accurate and timely information.

Enrollment

Our enrollment/benefit coordinators have been busy meeting the needs of our members. This year we have been able to distribute GWE payments through Tribal revenue and COVID-19 relief funds from the federal government to mitigate the impacts of COVID-19. Additionally, these staff worked hard to send nearly 1,000 masks to members and over 200 baby blankets welcoming our newest members.

At the June General Council meeting, we will have the second reading of a proposed constitutional amendment concerning enrollment. If passed, this amendment will allow eligible Cowlitz children to enroll from birth to age 19. Currently, children can be enrolled up until their first birthday or between the ages of 18 and 19. Constitutional amendments require a two-thirds majority vote of the general council to pass.

Elections

The Tribe passed a constitutional amendment to allow vote by mail in General Council elections. The June 2021 elections for General Council Chairman, General Council

Secretary, and six Tribal Council positions will be conducted with mail-in ballots. At the time of this writing, nominations have been completed and our election consultant is preparing a voter's pamphlet to be sent out to Tribal members with the official ballots. You must be 18 years old to vote in Cowlitz Tribal elections. I urge everyone to review the candidate statements and to return their mail-in ballots. Each of the eight positions is for a three-year term. Election results will be announced at the June 5, 2021, General Council meeting.

Accomplishments

- The most recent GWE payments are currently being processed and sent to Tribal members. We are waiting for the final details for the release of additional funds under the American Recovery Plan.
- On the Reservation, the parking garage was completed in November 2020, and the Tribe is now planning for a hotel.
- The final Gaming Compact amendments have been approved by the federal government. This will allow the Tribe to increase betting limits, provide more problem gaming resources, and to allow the extension of credit to certain approved customers.

There are numerous other accomplishments that you can read about in other portions of this newsletter.

Secretary of the Interior Update

We congratulate Deb Haaland on her confirmation as the new Secretary of the Interior. She is a member of the Laguna Pueblo and is the first Native American Cabinet Secretary in United States history. The Department of the Interior holds immense authority over tribal communities. She is already addressing tribal needs by establishing a Missing and Murdered Unit within the Bureau of Indian Affairs (BIA) Office of Justice Services. We look forward to working with this distinguished Native leader.

Fee-to-trust

We are currently in the final stages with the Bureau of Indian Affairs of placing another 48 acres of land west of the Reservation into trust. This would expand our current Reservation. Our hope is that this can be accomplished by the June General Council



Philip Harju, Tribal Chairman

Meeting. We are also looking to place other properties into trust in the future.

Housing

We are still conducting an assessment of our housing programs. Our Housing Director has resigned, and currently Kim Stube, our Transportation Director, is filling in as the Acting Housing Director. We are working hard given the pandemic and environmental issues that have been remediated at St. Mary's. I want to thank all of our employees that have stepped up to the plate with all of the housing issues we have recently faced. This is ongoing, and much still needs to be done to ensure we meet the housing needs of our people. Other housing details are described in other portions of the newsletter.

Goals

Our goal is to responsibly and sustainably grow resources for Tribal members. These include expanding health care benefits, educational benefits, and payments to Tribal members through our general welfare exclusion (GWE) program. We want to strengthen our cultural and natural resources departments. Another goal is to expand benefits and services to all Cowlitz members regardless of where they live.

In closing, we will continue to do our best to protect our people, our sovereignty, our culture, and our natural resources. I look forward to serving the Tribe and look forward to positive changes that will benefit our Tribal members and honor our ancestors. We look forward to times when we can gather together in-person for meetings, events, celebrations, and ceremonies. I hope everyone remains healthy and safe.

With warm regards,
Philip Harju, Chairman

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June 5, 2021, 10 a.m. General Council Meeting

Virtual & In-Person Meeting



ilani Casino
Cowlitz Ballroom
1 Cowlitz Way
Ridgefield, WA 98642

Pre-registration Required

Visit: links.cowlitz.org/GC-MTG
Registration deadline: May 31

Questions? 1.877.269.5489 Email ctms@cowlitz.org

Please note due to current public health safety concerns in person space limited and details are subject to change.

Don't forget to vote by June 4!

A letter from Vice Chairman Dave Barnett

Klahowya to all Cowlitz,

I want to thank all of you for giving me the opportunity to serve as your Vice Chairman! It is a true honor to represent you, and I will do my best to serve all Cowlitz.

I remember back when I was a child watching my father, former Chairman John Barnett write up his report for Yooyoolah. He was using a manual Smith-Corona typewriter with a “ribbon-type device” that would painstakingly erase any errors or typos. It was amazing to see him awake in the early hours, flawlessly plucking away on that old typewriter from pure recollection and rarely making a typo. His ability to speak his words on the paper without any notes or emails (this was long before computers) was astounding.

So, I will attempt to do the same thing here and speak directly from the heart without any notes or emails.

I have spent my entire life involved in Tribal affairs, whether it was riding in my Dad’s pickup as a youngster to one of those “Indian meetings” or hanging outside the Cowlitz Prairie Grange, picking up pop bottles and cans on Jackson Highway and taking them to the nearby store and buying candy (of course).

In later years, I’d overhear all my Dad’s efforts to achieve recognition for the Cowlitz people during his daily early morning phone calls to Washington, D.C., with our tribal attorney and with our ethnohistorian, Dr. Stephen Dow Beckham.

During that time, by watching my Dad’s eyes and expressions, I was able to see and feel the setbacks that the Cowlitz Tribe experienced head-on. After each setback, I would then watch as his unwavering inner strength and tenacity to lead us to acknowledgment forged ahead full steam. My Dad always said that when he grabbed hold of something, he would never let go or give up. I witnessed this firsthand and tried



Vice Chairman Dave Barnett with his father, former Chairman John Barnett

to replicate that attribute in the almost 20-year fight for our initial reservation.

I would pray so hard for our recognition and that the hopes and dreams of my father and all of you in the Tribe would be fulfilled. And the memories of my elders in the Tribal council meetings, working together for the common good in the back room of Spiffy’s is still vividly imprinted in my mind. My hands are up to all of you!

Ironically, even when we achieved recognition on February 14, 2000, the trip for the Tribal members who flew to D.C. for the signing was marred by a big snowstorm. They had to fly into New York and all pile into a van just to get to D.C.! But no snowstorm will ever hold back the Cowlitz!!

In 1998, the Cowlitz received a preliminary positive decision from the Branch of Acknowledgement and Research (BAR) on our recognition, which was challenged very heavily by the Quinault Tribe. Despite the challenge, it was around this time my father told me to go out and find us and purchase or tie up the best parcel of land for our initial reservation, which included a tribal casino of course. I was off and running and located what was then and is still today considered the best possible choice.

When our federal recognition was approved and after the Quinault’s appeal was denied in 2002, I drove down to the B.I.A. regional office in Portland, Oregon, that very same day and submitted the tribe’s fee-to-trust application which we

now know as the Cowlitz Reservation and ilani Casino and Resort.

I grabbed hold of this endeavor with both hands, much like my Dad grabbed hold of our quest for federal recognition. I was determined not to fail as I felt I would be letting down the Cowlitz people. I risked everything I had and spent countless hours on this ordeal, and it quickly became my life’s work. I made mistakes along the way and opened my mouth at times when I should have kept quiet, and for that I ask for your forgiveness. Before taking this on, I was probably one of the most impatient Tribal members, but patience was drilled into me one day at a time during this ordeal and I have mellowed, a little (lol).

It took almost two decades to succeed and most certainly would never have happened without the teamwork of the gaming committee, Mohegan Tribe, and most importantly, your continued support and encouragement. I still see the faces of those elders who have now passed on, such as Sonny Aalvik and the others who sat in the front row of the General Council meetings. They knew we would succeed; the Cowlitz people always do. It just doesn’t happen on our timetable. It never has and probably never will.

Now that we have a Reservation, my focus in life is to help any and all Tribal members in need. That is the central motivating factor of how I want to serve as an elected leader. I believe we have such a bright future ahead of us and want you all to know there are so many opportunities I can help us achieve. I will be sharing many of them at the General Council meeting on June 5, with the central goal of improving the lives of all Cowlitz Tribal members.

One thing that I will share now is that after assisting the Tribe with acquiring the 100+ acres of land that borders Olequa Creek and the Cowlitz River, I walked the property and instantly had a really strong feeling, possibly a vision of a Cowlitz Tribal Longhouse on the property. I encourage all of you to visit the property, and I think you will share that vision. I hope to see you and meet you on June 5 at GC!

**With all respect and love,
Dave Barnett, Tribal Vice Chairman**

Submit your news to Cowlitz Tribal News YOOYOLAH

Send us your articles, art, business info, photographs, and events for our upcoming edition.

Submissions must contain the following to be published:

Articles

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

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.

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

Next edition submissions due Monday, August 16, 2021

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

DISCLAIMER

Cowlitz Tribal News YOOYOLAH

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

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Questions?

E: News@cowlitz.org | P: 360.577.8140

Emergency Management Activity Update

Throughout 2020–2021, the Emergency Management Department has been a critical tool supporting the Tribe’s response to the COVID-19 pandemic. Working closely with Tribal leadership, along with our federal, state, and local partners, the Tribal Emergency Management team continues to actively play several vital roles during these challenging times.

It has been a very busy year for the Cowlitz Department of Emergency Management. Most recently we have added GT (Gerald) Auch to our team as Deputy Director of EM. Gerald comes to the Tribe with over 25 years of emergency management experience, with primary focus as an Assistant Fire Chief, and prior to that, U.S. Army Special Operations. We are very excited to have GT as part our team as we continue to build an Emergency Management department in service to all our Tribal members and Tribal operations.



GT (Gerald) Auch, Deputy Director of Emergency Management

Some of the key tasks we have achieved:

- We are working with Amazon to provide free Amazon Business Prime accounts

for Tribal members so they can more easily access needed PPE (Personal Protective Equipment) that is usually in limited supply on the general market.

- Created a “COVID-19 Tribal Needs Assessment” that will assist Tribal leadership in how to best support the needs of our Tribal members.
- Continue with the development of a solid COVID-19 phased plan for the Tribal workplace.
- Provide on a continuous basis updated guidance/recommendations to Tribal departments, programs, and group leaders to assist them with planning COVID-19 safe events and continuing safe, daily operations in support of our Tribal members, patients, staff, and clients.
- Continue to provide needed cloth face masks to Tribal members and staff.
- Acquired PPE for all Tribal operations allowing them to continue services.
- Set in motion the development of a Resource Guide for Tribal members to find COVID-19 assistance with various Tribal programs.
- Continuing collaboration between Tribal leadership and Tribal Incident Command.
- Currently we are also working on several applications for additional FEMA grants that are now available and will greatly help the Cowlitz Indian Tribe become one of the preeminent Emergency Management Departments in Washington state and in the Northwest.

In addition to the COVID-19 response, Emergency Management has participated in other real-world operations and training exercises over the last several months. During the recent wildfires in SW Washington and Northern Oregon, Emergency Management collaborated with and assisted Clark, Cowlitz, and Multnomah (Portland Area) Counties in providing an evacuation site located on our Reservation. The site was utilized for folks being evacuated from their homes.

Also, in the course of a four-day period in February, Emergency Management conducted an exercise with the National Tribal Emergency Management Council (NTEMC), Emergency Volunteer Air Corps (EVAC), and other tribes from throughout Washington. The exercise consisted of small volunteer aircraft flying missions in support of the tribes to a staging area located in Darlington, Washington. The mission was to load as much PPE supplies their aircraft could safely carry (generally around 500 pounds), then flying those supplies to multiple small airports throughout the state and distributing the supplies to various tribes.



In February 2021, Cowlitz DEM ran a training exercise and delivered PPE. Photo by Amanda Workman

The intent of the exercise was to test two areas. The first was to get PPE supplies to the tribes, and the second was coordination practice for a potential major catastrophic event, such as an earthquake or tsunami. In a major event, it is probable that all or most major roads and waterways will be destroyed and/or blocked. As a result, distribution by air will be a vital asset in getting critical supplies, such as food, clothes, communication equipment, and shelter materials, to tribal communities. It was very exciting to see the Cowlitz Tribe successfully participate in such an impactful event. We look forward to continued collaboration with our responding partners, volunteer groups, and others who are dedicated to assisting communities in their time of need.

The Works at the Public Works Department

By: Alicia Quick

The Public Works Department has been hard at work at all our locations, from Tukwila to Vancouver! We are currently managing 88 major projects, and our maintenance team has completed 327 tasks at our locations since January!

Up in Tukwila, we are facilitating the design and construction of an elevator to join the two buildings so clients will have an easier time utilizing services. We arranged for inspections at the Dupont property to ensure the purchase of the building was well informed, and we did the same for the Douglas Street building purchase in Longview. At St. Mary’s, we have almost

completed a total kitchen remodel for the Senior Nutrition Program and are working on getting a generator to ensure power to the building in case of a power outage.

Further south, in Longview, we are currently remodeling the upstairs of our 900 Fir building and are in the design phase of remodeling the Suite D section of the building to allow for the expansion of our Health and Human Services departments. On the Reservation, we have almost completed the first and second remodeling phase at the 5 Owl House and Cornelius properties for our Natural and Cultural Resources departments. We have completed the Swift School House Environmental Clean Up project and are working with the Culture and Youth

departments, as well as the Land Use Board, to decide on what the Swift School House should be utilized for so our Tribal members can enjoy. In addition, we have met with the Cowlitz Tribal Canoe Group to decide where our Tribal canoes will be stored and agreed on a conceptual design for a storage facility that should be constructed this summer.

We also continue to sanitize all our locations throughout the day and have expanded our evening custodial staff to continue the fight against COVID-19 ensuring our buildings are as safe as possible for our members, clients, and staff.

For more information, contact Alicia Quick at aquick@cowlitz.org.

“I am very proud of our department. My staff and I have been working tirelessly to keep up with the Tribe’s needs in all of our facilities. Everything we do is focused on serving our Tribal members, clients, and employees in an expeditious manner. We take pride in taking care of our facilities; our number one goal is to deliver a safe and quality product that all of our Tribal members can enjoy.”

**— Dean Reynolds,
Public Works Dept Director**

An update from the Cowlitz Public Safety Team

By: Donald R. Walkinshaw Sr.,
Director of Public Safety

Greetings Cowlitz members,

It has been a year of changes, challenges, and progress for the Tribe, ilani resort and our department. The Cowlitz Indian Tribe's Public Safety Department handled 993 calls for service that were received by the 911 system in 2019. In 2020, we handled 2,410 calls for service, a year-to-year increase of over 143 percent. Our staff has been very flexible in covering shifts and providing safety to the reservation, increasing professionalism, and helping to install an overall positive influence and reputation within the local community. We currently have 15 commissioned officers that provide service to the Reservation, with two officers on duty 24 hours a day. With current events and the political climate around law enforcement, we are fortunate to have a dedicated police department to ensure the safety of our guests and employees. Major budget cuts and officer layoffs are occurring all over the region that will limit the ability of neighboring agencies to assist us. We have a dedicated police department and court system that allows us to be as sovereign as possible.

We currently have four vacant positions that we are attempting to fill immediately. With the completion of the parking garage, the beginning of construction on the hotel, and a very busy convenience store and tobacco outlet, we are examining proper staffing requirements to ensure a safe environment at our facility as calls for service will increase. We strive to make

the resort a safe place where the criminal element is not welcomed, and laws are enforced for the betterment of business. To clarify a frequently asked question, once Cowlitz officers complete the BIA Academy and a two-week Washington State Equivalency Academy, they are fully certified to be police officers anywhere in Washington state and most of the country. If you have friends or relatives that may be interested, please pass on the information.

K-9 Certification

Officer Lloyd Belton has completed his bomb detection K-9 training and added "Oakley" to his team as his new partner. They will be a great public relations asset and help to provide added security to the Reservation. Officer Belton will work in conjunction with other explosive trained K-9s in the area and when major events occur, we will be able to rely on numerous K-9 teams assisting in the protective sweeps of the events. This program was highly recommended by the Mohegan Tribe and they regularly utilize their K-9 officer teams.

Support Boat

The Public Safety support boat is put away for winter in the culture house garage. It will be ready for service this spring. Officer Ehrhorn is on a waiting list for the boat captain course, which has been delayed by the COVID-19 pandemic. We have joined a water vessel task force with Clark County and other local agencies. We will continue to look for collaborations to increase our influence and reputation. When canoe journeys are planned, we may be able to receive assistance from the task force. We will be asking other departments,

such as culture and natural resources, if we can assist them in any way with the vessel.

Emergency Management

A fire engine (approximately \$700,000) was secured through a grant from FEMA under the Emergency Management department. The Cowlitz Tribal logo will be displayed on the engine and will be delivered (by end of the August) to the Clark County Fire and Rescue where they will use and maintain it. The fully equipped fire truck is set to be stationed in La Center and will allow the fire house to be reopened, making it an optimal location to assist in emergencies on the Reservation.

This will be a much-appreciated gift from the Tribe that will increase our public image and give added ability to respond to our emergencies. I encourage and invite Tribal Council who can join us in the presentation of the firetruck when it occurs at ilani. Aaron Workman has spent a great deal of time finalizing this project, completing FEMA grant regulations is extremely complicated, and his efforts are greatly appreciated.

General Peace Officer Authority Updates

This agreement with Clark County and the Tribe has been approved and demonstrates the trust and respect our agency has attained in a such a short time. This agreement means that we meet all state and federal standards of certification, reporting, and professionalism. We are in the final stages of implementing the same report writing system, booking procedures of non-tribal offenders, evidence storage, and department procedures as our partner agency (CCSO).



Oakley is the newest K-9 graduate, pictured with Officer Arnie Belton. Photo by Donald Walkinshaw, Sr.

The local neighborhoods and communities have, at times, been impacted by the success of the casino. As the operation and public safety officers address the criminal element of some patrons, it inevitably spills over into the neighborhoods and local businesses. The General Peace Officer Authority agreement with Clark County allows us to enforce Washington State laws on non-tribal offenders and gives us the proper authority do so and continue to increase our sovereignty and decrease the need and expense of the Sheriff's office.

Our policing strategies will only involve the local neighborhoods and will augment the policing of Clark County. Our business efforts have brought additional problems to these neighborhoods and we wish to be viewed as excellent neighbors who assist in dealing with the negative effects. As our business grows, so should our political effort to gain support from those negatively affected.

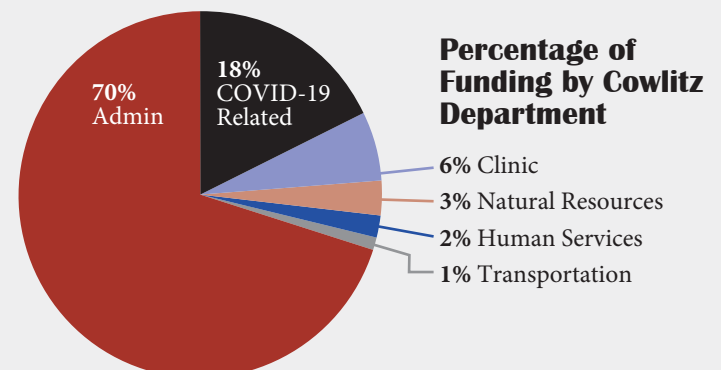
Grant Department Update

By: Kyle Grant,
Grant Writer

In 2020, the Cowlitz Indian Tribe managed a total of 37 grants and contracts. This includes grants and contracts for COVID-19 related funding, as well as the new 2020 funding opportunities.

In the first two quarters of 2021, 13 applications have been awarded.

- In 2020, the Cowlitz Indian Tribe was awarded a total of **\$51 million** in grant funds.
- Eighteen of the 37 awards in 2020 are COVID-19 related funding, totaling over **\$46 million**.
- So far, there have been four new grant awards for 2021 totaling **\$250,000**.
- See the graph to the right for a breakdown of the 2020 awards by department.



Enrollment Department

By: Cathy Raphael,
Enrollment Officer

Our current enrolled population as of April 2021 is 4,370. Since September 2020 we have enrolled 188 new tribal members.

The Constitution of the Cowlitz Indian Tribe states in Article II, Membership, that direct descendants not enrolled on February 14, 2000, are eligible to petition for enrollment on the basis that their parent appeared on the roll of February 14, 2000, even if that parent is now deceased, and the applicant is not older than (12) months of age (effective January 01, 2006) or the applicant is at least 18 years of age and not yet 19 years of age (effective June 06, 2015) or the applicant was adopted out from their birth parent prior to the age of 18 years of age who can provide a state certified birth certificate or other Court document naming the Cowlitz parent; direct lineal descendants of that adopted member shall have one year to enroll from the date of enrollment for the adopted parent (effective November 02, 2017).

Enrollment Address Update

If you know of any tribal member or their families that are not receiving mailed tribal information or the newspaper, they are either on our 'Unknown Address List', or the address we have is not correct. Please have them contact the Enrollment Department.

For information contact:

Cathy Raphael,
Enrollment Officer
360-575-3310
enrollment@cowlitz.org

Lang, Gayle Darlene	Smith, Keaton Vaughn Jaeger	Corpuz, Deborah Kelleen
Albrecht, Shelly Christine	Bowman, Sean Aaron	Gilbert, Buddy Gene
Dawson, Maurice R	Carnes Jr, Ryan Richard	Myers, Jason Ross
James, William Julius	Cornett, Michelle Lee	Myers, Daniel Lee
Carnes, Ryan Richard	Pellegrini, Mark Stephen	Ruemker, Lena Maureen
Gilbert Jr, William David	Smith, William Winfield	Morrison, Patricia Frances
Duprey, Meryl Wayne	Dunckel, Dustin Dean	Mabry, Kimberly Ann
Ciarfella, Michael Andrew	Richards, Debra Ann	McMillon II, Micheal Allen
Sims, Karen Joyce	Lund, Gwendolyn Marie	Pearson, Elizabeth Anne
Gilbert, Kelly LaDon	James, Judith Ann	Saunders, Troy Allen
Boles, William George	Pearson, Ellen Grace	Smith, James R
Hiebert, Lisa Marie	Galloway, Barbara Jane	Tucker, Gwenith Christine
Lane, David Mark	Kniss, Sandra Lee	Smith, Linda Lee
Easley, Aaron Dean	Link, Sheryl Diane	Rayman, Jeremy Lewis
Harris, Leslie Ervin	Morrison, Lee Hoyt	Galloway III, John Baxter
Robinson, Stephanie Lynn	Dawson, Gary L	Putas, Anthony Micheal
Perez, Lori Louise	Duprey, Thomas Gerard	Nichols, Marilyn Inez
Rockwood, Michael James	Wilson, Jeffrey John	Simmons, Sarah Ruby
Swaggard, Jeneen	Dill, Tazzmen Justice	Neilsen, Ricky Dean
Eichler-Miller, Hyacinth D. M.	Miller, Reece Andrew	Valdez, August Analdo
Zawistowski Jr., Vernon Lloyd	Pfohlman Jr., Donald Arthur	Duprey, Suzanne Marie
Boles, Nancy Jane	Easley, Makayla Ann	Gilbert, Darrell John
Weaver Jr., Tyree Henry	Jones, Zada Mae	Baker, David Bradley
Stalcup, Joyce Leslie	Thomas, Eric V	Smith, Jesse Lee
Bouchard, Adam Oliver	James, Jacqueline Marie	Minkel, Glenn William

APPLY FOR EAGLE FEATHERS National Eagle Repository

Interested in having eagle feathers for an upcoming ceremony? Native Americans for thousands of years have utilized eagle feathers for cultural and religious purposes. Enrolled members of federally recognized tribes aged 18 and older can apply to the U.S. Fish and Wildlife Service's National Eagle Repository for eagle parts.

You can order up to one whole Golden or Bald Eagle, loose feathers, wings, a whole tail, a head, talons, or a trunk. Members can find more information and a link under the **Cultural Resources** tab on cowlitz.org.

If you need further information, please contact Emma Johnson in Cultural Resources.

culture@cowlitz.org
(360) 577-6962

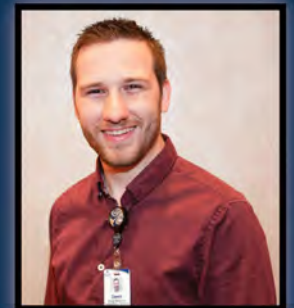


Attention Cowlitz Tribal Members!

Nak^ws! ilani is proud to offer a formal Tribal career growth and development program. As the Career Development Specialist, I look forward to working with Cowlitz Tribal members to develop career paths at ilani.

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

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



David Doucette

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

See what's offered!
www.hrapply.com/ilani/setup.app

 CAREER
DEVELOPMENT

Cowlitz Tribal Tuition Assistance Program

Let us help you reach your dreams!

By: Gregg Ford,
Education
Committee
Chairman

Cowlitz tribal members from all over the country have been able to receive support for their educational tuition expenses from the Cowlitz Tribal Tuition Assistance Program. The current funding for the 2020–2021 academic year ends on April 30, 2021 and we have supported over 200 Tribal students in vocational, undergraduate, and graduate programs during this academic period.

On May 1, the 2021–2022 our next academic year begins. Applications for the 2021–2022 academic year became available in January and many Tribal members have already applied. Cowlitz members of all ages can benefit from furthering their education. For more information about the Cowlitz Education Tuition Assistance Program visit the Education page under Services on the Cowlitz Tribal website or email us at education@cowlitz.org. Carol Burnison, our Assistance Coordinator, at 360-353-9588 would be glad to help you. Please make sure you follow the application instructions completely so your application can be processed in an efficient manner. Students must be enrolled in a course of study leading to a certificate or degree from an accredited trade/vocational/professional school or an accredited college or university.

Tribal funding will support one of each of the following certificates/degrees:

Vocational certificate	up to \$12,000.00 per year
Associate Degree	up to \$6,000 per year
Bachelor's Degree	up to \$11,000 per year
Master's Degree	up to \$16,500 per year
Doctorate Degree	up to \$16,500 per year

The Tribal Council determined the Cowlitz Tuition Assistance Award program meets the GWE qualifications and approved Cowlitz Tuition Assistance as a GWE benefit. Under the General Welfare Exclusion Act, tuition and other educational benefits provided by Indian Tribes to tribal members are not taxable and are not subject to information reporting requirements if such benefits meet the requirement of the Act.

We would like to extend a huge thank you to the current and past Tribal Councils that have supported the education of our Cowlitz people. Hundreds have benefitted from this support. Many Tribal members have volunteered hours of their time to make this happen. Current members of the Education Committee are Celine Cloquet, Suzanne Donaldson, Karissa Lowe, Becky Lowe, David Iyall, David Littleton, Dave Reichel, Timi Russin, Crystal Leigh, Ellen Harju. The volunteer service of Mike and Joan Iyall, long-time committee members, who have helped to develop and grow this amazing program, will be retiring from the committee in May. Words can not describe the mark left on the Tuition Assistance Program and the lives of so many Cowlitz members. Thank you for your sacrifice and passion, Mike and Joan.

Encourage your children to take their education seriously so that they will be ready to reach for their dreams and have plenty of options when seeking a vocational certificate or a college degree.

Words of gratefulness from our students

Thanks so much everyone! Much gratitude for each and every person playing a role in helping me realize my dreams.

Thank you so much! This opportunity really helps me continue my education and achieve my goals!

I would like to thank the Cowlitz Indian Tribe as a whole for the opportunity. Tuition assistance helped me attend and graduate from school.

My college journey would have been extremely difficult and next to impossible if I did not have the support of the scholarship fund.

Thank you so much! This is such great news. I truly appreciate the ongoing support and am looking forward to another year working toward my degree.

Awesome—thank you so much.

Thank you very much for this great news!

Thank you. I am so excited!

Thank you so much!! It's surreal. I only have two semesters left for my undergrad. I'm beyond honored to be funded these four years.

Congratulations 2021 Grads!

Certificate

Lisa Cassidy
Braxton Gage
Nickolas Foerstel
Cherianne Thayer

Associate Degree

Crystal Braley
Kenedee Cassidy
Rosalie Fish
Julia Masson
Tara Swanson

Bachelor's Degree

Katie Kenyon-Appelt
Mandy Caporali
Konrad Carter
Jacquelyn Crane
Autumn Forespring
Brandon Porter
Danielle Resendez

Master's Degree

Jennifer Morris
Timi Russin

Joshua Ross
Samuel Reimertz
Tyren Thompson
Elizabeth Ward
Nancy Web
Seth Workman

Doctorate Degree

Blake Guard

Obituaries

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

Christopher L Bruckner

Gerald K Carr

Teresa M Deras

Joseph D Folden

Dolores L Fox

James H Goodwin

Susan Guizzetti

Florence J Jevne

Michael N Jones

Cheryl L Kennedy

Gary L Knowles

Leonard F Lane

Charles J O'Brien

Leslie E Ockfen

Ashley K Okert

Robert J Rabbie Sr

Rosalie M Ragan-Larsen

Steven D Smit

Cowlitz Canoe Family is back for in-person gatherings and healing July 2021

By: Cassandra (Cassy) Sellards Reck

The Cowlitz Canoe Family have been respectful of the difficult space that COVID-19 has brought. The Canoe has been put away for a year. With COVID-19 lifting and the vaccine being offered in our community, the Canoe Family has plans to awaken the Canoe at Ike Kisnwa State Boat launch. This brings a lot of relief and happiness as our Canoe and culture heals our people.

The first Cowlitz Canoe ever gifted to the Tribe was given by our former Chairman John Barnett. It has been named Sehu'hi'tithla, after a Chief that gave away all his belonging many times over because his people are more important. We are excited to announce that his son David Barnett has also gifted the Tribe a Canoe. There will be a potlach inviting all Tribal members to celebrate and honor the gift. Please wait for this announcement.

This summer we will be having a gathering on July 22–28, 2021. Please stay tuned to find out the location as we are still assessing which location would best serve the Tribe's needs. The camp is a collaboration of culture activities, including pulling on the

water. We will provide a safety class, have safety equipment, and will provide pulls on the water. We have several Cowlitz skippers who will teach and guide our people. John O'Brien, Steve Kutz, Jeremiah Wallace, Dave Cottenware and Ty Koch are Cowlitz skippers who have navigated the water and kept our people safe. Stay tuned to the Cowlitz website and Cowlitz Facebook page for more information.

The Canoe follows traditional Canoe protocols. The Canoe Journeys was started by Emmett Oliver (1913-2016), a Quinalt/Cowlitz in 1989 called the Paddle to Seattle. From the beginning, the Canoe Journey program has been about the healing of tribal communities. It offers a path out of substance abuse, other abuses, promotes healing, empowers youth, builds confidence, strengthens communities, and reinforces the cultural heritage in our tribal communities.

Please feel free to join us and if you have any questions please contact Dale Cottenware at (360) 261-4977 or Cassandra (Cassy) Sellards Reck at csellards-reck@tc.cowlitz.org

The Ten Rules of the Canoe

1. **Every stroke we take is one less we have to make**
2. **There is to be no abuse of self or others**
3. **Be flexible**
4. **The gift of each enriches all**
5. **We all pull and support each other**
6. **A hungry person has no charity**
7. **Experiences are not enhanced through criticism**
8. **The journey is what we enjoy**
9. **A good teacher allows the student to learn**
10. **When given any choice at all, be a worker bee – make honey!**

The Ten Rules of the Canoe were developed by the Quileute Canoe contingent for a Northwest Experimental Education Conference in 1990 and can be found at tribaljournays.wordpress.com

These guidelines along with protocols and our Cowlitz cultural teachings lead us as we experience this journey. The Canoe offers connection to our ancestors, our Tribe and each other. The humility and rewards we get from serving others as we paddle or as ground crew supports is enriching and satisfying. The work is hard, and all are included and benefit.

2021 Cowlitz Pow Wow October 9, 2021

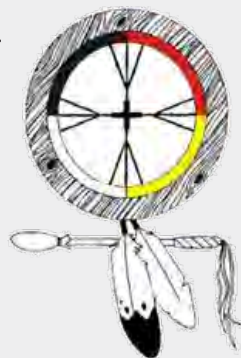
The Pow Wow Committee is working to plan our event this year. Hopefully we will be more open by then. If not, we are working to have COVID-19 rules in place.

Save the date: October 9, 2021 at the Cowlitz County Fairgrounds!

Volunteering at our event is a great way to get to know us for future committee members.

If anyone is interested, please contact Kris Dillehay at krisdil43@gmail.com.

Please note due to public health safety concerns this details of this event are subject to change.



Meet the new Tribal Historic Protection Officer, Seth Russell

“My name is Seth Russell, I’m the new Tribal Historic Protection Officer, and a member of the Gila River Indian Community. My grandfather was a resident of a termination era boarding school, who went to St. Louis with his family to study engineering, designing many buildings in the southern Illinois region. I came to the Cowlitz Indian Tribe from FEMA where I spent time as a Historical Protection Specialist, and before that, a Public Assistance Program Manager. I got a Master of

Public Administration at Southern Illinois University Carbondale where I spent most of my time working in the encyclopedic cultural and scientific archives at SIUC Museum as a graduate student. As an undergrad I studied anthropology with a focus on archaeology. I spent my youth going back and forth to Arizona and on the Pow-Wow circuit. I look forward to advocating for the Cowlitz Indian Tribe as if it were my own.”

— Seth Russell, CIT THPO

Cultural events and Teachings

By: Cassandra (Cassy) Sellards Reck

The Cowlitz Cultural Resources Board (CRB) meets monthly and is open to all Cowlitz Tribal members. The CRB meets to discuss the culture and traditional issues of our territory. We are working on promoting, enriching, offering opportunity, protecting the land, resources and Board members, and representatives from each Cultural group.

Cultural events and opportunity come from the Cowlitz Community. We are working harder than ever to get information out to our Tribal members. We are currently advertising on Facebook on Cowlitz Culture and Canoe, the Cowlitz Indian Tribal Facebook page, on the website, Culture Departments email list, and a mailing of postcards to Tribal families.

The Culture Department has an email list that Tribal members can receive to include them in all events. Some sacred events will only come out via email to keep them private and sacred.

Canoe Family

The Canoe Family has been able to get permission due to COVID-19 to start with COVID-safe practices. The Canoe Awakening has been scheduled for April 25 at Ike Kinswa State Boat Launch. This is an opportunity for Tribal members to come together in ceremony to awaken the canoe.

Our first Canoe was gifted by John Barnett, a former Chairman. It is a reminder of how our ancestors traveled, and it connects us to our culture and traditions. The Canoe follows the sacred teachings of the canoe. There are protocols that we follow that help us grow and remind us of the old ways. These protocols are our sacred teachings. Dale Cottenware and Don Van Mechelen are co-Chairs, Cassadra (Cassy) Sellards Reck is Vice Chair and Sandee Spar is the elected Secretary.

Canoe practices will be advertised on the website and open to all Cowlitz Tribal members that come in a good way. Our culture events are all clean and sober events. We promote family and traditional connections. There will be a summer Campout focused on Culture and Canoe on July 22–28. The location has not been determined yet. All food, drink, and Porta Pots will be provided. Families will provided their camping and personal needs. The Drum Group will be supporting this event by offering beading, cedar weaving, and drumming. The Canoe Family will be offering pulls on the river and canoe teachings. This is a family friendly COVID-19 safe event. There are no drugs or alcohol at any culture event as a traditional teaching.

Drum Group

The Drum Group has been focused on inclusion of Tribal members wherever

they live. Cassandra Sellards Reck and Jeramiah Wallace currently lead drumming. Jeramiah is leading drum groups in Longview, Washington on Thursday evenings. COVID-19 has made it difficult to continue singing. The Tribe has assisted with guidelines and the ability to offer this connection. We know our songs and culture heal the trauma in our people, assist in sobriety, and bring families together. Our language and songs are the heartbeat of our Tribe.

Virtually connecting culture has been led by Suzanne Donaldson, Rhonda Grantham. They have been offering classes from beading and medicine making to leatherwork. The connection is open to all Tribal members wherever they live. Some supplies can be provided and mailed depending on the need and availability. The CRB has a list of teachers who are available. If a Cowlitz tribal member would like to teach, they can apply.

Huckleberry

The first foods of our lands are medicine to our bodies and they heal. We will be having a gathering up in the mountains this year. This is planned for August 26–31, when the berries are ripe. We will provide the food, drink, and porta pots. This is a dry camp and located next to the Pine Creek Ranger Station east of Woodland, Washington. Each day we will travel to the berry fields. There will be a van and it will have limited capacity.

Huckleberry gathering will be supported remotely like last year for Tribal members, where every they live. The Culture

Department will be advertising, and Tribal members can apply for a gas card to support gathering activities. Communication regarding this process will come out via the Cowlitz website and Facebook page. Stay tuned for more information.

There are many other pieces to Culture, and they are supported and included. The Culture Board is open to all Tribal members. Please feel free to join, learn, and support.

Contact:

John O'Brien

Chair

(360) 880-4560

Patty Kinswa Gaiser

Vice-Chair

pkinswa-gaiser@tc.cowlitz.org

(360) 520-8275

Cassy Sellards Reck

Secretary

csellards-reck@tc.cowlitz.org

(360) 513-1243

Get added to email list:

Cultural Resources
culture@cowlitz.org

Virtual Connecting:

Rhonda Grantham

Nativerootsherbalhealing@gmail.com

New exhibits, THPO updates, and more from the Culture Department

By: Emma Johnson,
Tribal Historic Preservation Assistant

The Culture Department has three different programs within it, consisting of the Carving Program, the THPO Program, and

the Language Program. All three of which, alongside the department, have exciting things happening! We were designated as a Tribal Historic Preservation Office this spring by the National Park Service Tribal Preservation Program, making our office the 201st THPO in Indian Country. THPO status makes us eligible for grant funding starting in 2022, to assist us in preserving Cowlitz historic properties and cultural traditions. We now have a THPO Seth Russell who oversees the program that consists of our archaeologist Joe Ben Walker, our Cultural Resources Technician James Gordon, and our Tribal Historic Preservation Assistant Emma Johnson.

The Culture Department alongside the Natural Resources Department was awarded grant money from the NOAA Cares Act to produce videos on fishery related programs, events, and activities to share with the Cowlitz community. Be on the look out for these educational videos come fall 2021!

The Carving Department recently entered into a partnership with Washington State Parks working on a piece for their Seaquest State Park Visitors Center. The exhibit focuses on Lawetlat'la (Mt. St. Helens), and Robert Harju, our Tribal Carver, plans on telling a story of her journey through wood working. The updated exhibit should be opening in fall 2021.

The Culture Department overall engages with the Cowlitz community by supporting multiple events and projects, including the Smelt Ceremony, assisting with distribution of support cards for Huckleberry season, notifying folks about virtual teaching events that happen weekly, and handling Ohanapcosh campground reservations, which will be available in late spring. Keep your eye on the website for the opening date!

If you would like to be notified about upcoming events, please send your name and email address to culture@cowlitz.org and we will add you to our email list.

Keeper of the Stone

By: Sandy Marinsik

I have waited many years for someone to discover me
lingering near the bank of this river wild and free
Waited for that someone to feel the imprints I behold
for I am not merely a stone I am a story to be told
if you have the pleasure to fit me in your hand
you might feel the spirit of a hard working hand
Now that I've been discovered for more than one to see
I'm proud to show I'm not just a stone
I am your history



"Keeper of the Stone, Juanita Clark, Cowlitz Elder," photo by Christopher Marinsik

Hello from the Cowlitz Drum Group!

By: Jeramiah Wallace

Kla-how-ya (hello) s/əncá-yat (my name is) Jeramiah Wallace and I am from the Lower band of the Cowlitz Tribe. The Cowlitz Drum Group is meeting once again. Over the last year the Cowlitz Drum Group sang at the re-opening of the casino and at the parking garage opening. We will be singing at the dedication of the DuPont facility, and the hotel groundbreaking coming up.

Cowlitz County has moved to the next phase in the COVID-19 recovery plan the Washington State Governor had in place. Practices are on Thursdays at 6 p.m. in the Cowlitz Tribal treatment building at the 900 Fir Complex on Fir Street in Longview. The Tribe provides us with masks, sanitizer, and a thermo temporal scanner. The Cowlitz Drum Group is allowed to have up to 15 people at practice now. We spent a majority of the last year not meeting or singing at any events. Hopefully things will change soon, and we can get back to how things were pre COVID-19. The Cowlitz Drum Group welcomes participation, and we have gas cards available and will cover your transportation costs. Songs feed our spirit and a lot of us.

I hope to see you at drum group. Feel free to contact me at Lowercowlitz@gmail.com, 360-266-7720, or via Facebook.

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15% Off* and Tax Exemption for Elders

COWLITZ TRADING POST
15% Off* and Tax Exemption

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20% Off* and Tax Exemption

VALET
Free

***Exclusions may apply**

Introducing the Language Program!

Nákʷs! My name is ʒaləw'ʒaləw' (Caroline 'Kari' Lombard) and I am the Language Program Coordinator for the Cowlitz Indian Tribe. I am a proud Cowlitz Tribal member, and it is an honor for me to serve the Tribe in this capacity. I have a BA in Native Studies from Northwest Indian College and my focus was on Indigenous language revitalization. As a child I was taught the Twelshootseed language as spoken by the Puyallup Tribe, and I have also studied Arabic language and linguistics at California University of Pennsylvania.

The language program has partnered with the Language Conservancy, a nonprofit organization dedicated to revitalizing Indigenous languages. The current language of focus is the Cowlitz Coast Salish language Sʷpúlmiq spoken by the Sʷpúlmi (Lower Cowlitz band). Efforts to revitalize the Sahaptin dialect of the Táytnapam (Upper Cowlitz band) are also planned for the future.

The language program has served the Tribal membership so far by hosting two virtual Language Weekends attended by over 40 members, 70 dictionary

distributions, an online keyboard, the release of a mobile vocabulary building app with 800 downloads, and many general translation requests. As the coordinator, I have also provided input on the forthcoming hotel project at ilani.

Forthcoming items from the program include an online dictionary with audio recordings, alphabet mobile app, media



ʒaləw'ʒaləw'
(Caroline 'Kari' Lombard)

By: ʒaləw'ʒaləw' (Caroline 'Kari' Lombard), Language Program Coordinator

player mobile app, in person Language Weekend events, three children's books, and one alphabet book. I also wanted to give a special náxʷtqʷul'as (thank you) to Michael Hubbs for his efforts in saving and teaching the language.

If you would like a dictionary, have a translation request, or other inquiry please email me at Clombard@Cowlitz.org. Náxʷtqʷul'as (Thank You).

Introducing our partners at the Language Conservancy

Sam Myers graduated from Indiana University with a B.A. in Linguistics in May 2020. They started working with TLC in February 2019, and initially assisted with the Crow Language and Dilzhé'é Apache projects. They officially became a linguistic associate for the Cowlitz Coast Salish project in December 2019. Alongside their work at TLC, they spent their time as an IU student conducting acoustic and ultrasound research on a number of Creole and African languages. They have also spoken French for ten years and Haitian Creole for three years, and took one semester of Mandarin in undergrad. Outside of work and research, Sam likes to hike, write, play games, and train their dog Wednesday.

Aryn Freeman is a Philadelphia-based linguist who has been working with TLC as a contract linguist since February 2020. Their doctoral research at the University of Pennsylvania studied the evolution of guttural sounds in a Moroccan dialect, and they have other published work on how we can gain linguistic knowledge from historical sources. Outside of their work with TLC, Aryn designs digital language resources for technology applications and has a side job as a classical singer. They enjoy camping out in the woods, and learning as much as they can about wherever they happen to be. They have studied far too many languages living and extinct over the years, including Ancient Babylonian, Croatian, and Shona, but are most comfortable

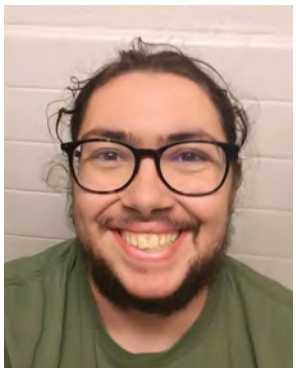
speaking and reading French, Arabic, Spanish, German, and Latin.

Josh has been interested in languages since he was in high school. In college he also became interested in language revitalization. Josh graduated from Indiana University in December 2020 with a B.A. in Linguistics. While studying there he also took several language classes—two and half years of Dutch, a year of Indonesian, and a semester of Yucatec Maya. Currently, Josh works as a contract linguist for The Language Conservancy.

“I didn’t think I’d get to work hands-on with a language and be part of its revitalization so soon! Working with Cowlitz Coast Salish is a really fun and rewarding experience! That being said, we still have work ahead of us, but I’m excited.”

Jonah Wolf is working part time for TLC as a contract linguist while he finishes his Bachelor’s degree in Linguistics at Earlham College in Indiana. In addition to Cowlitz, for TLC he has worked on Crow and Stoney Nakoda. He reads Latin and speaks Mandarin. When not working with languages, he likes to cook, hike in the woods, read science fiction, and play video games.

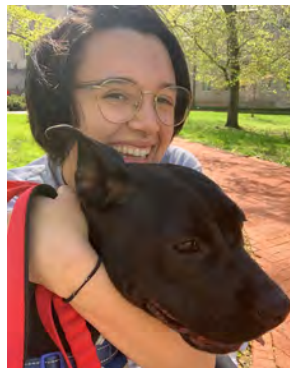
Alexandra Pavot, Holly Lemna, Jillian Danaher, Olivia Ryan, and one of our linguistic summer interns from 2020 have also contributed their time and expertise in audio and video cutting, among other tasks.



Jonah Wolf,
Contract Linguist



Aryn Freeman,
Contract Linguist



Sam Myers,
Linguistic Associate



Practice typing Cowlitz Coast Salish words with our online keyboard

The keyboard should work with just about all computers or other mobile devices without the need for installing additional software. It can be accessed at this web address: cowlitzsalish.org/TypingPractice/index.html

Build your Cowlitz Coast Salish vocabulary with the Cowlitz Indian Tribe’s FREE vocabulary game for your Apple and Android devices!

With over 300 words and phrases, you can quiz yourself every day to learn and unlock new words in different categories.

If you are viewing this page on your phone, download the app by clicking the link below today!

If you are viewing this page on your computer, use your phone’s QR code scanner and scan the code on the screen to download the app.

For questions or comments please feel free to reach out to Caroline Lombard, Language Program Coordinator at CLombard@Cowlitz.org.

If you have trouble hearing sound, please ensure your volume is turned up and that your phone’s ringer is physically turned on and not set to silent.



Android

play.google.com/store/apps/details?id=com.cowlitz.vocabbuilder



Apple

apps.apple.com/us/app/cowlitz-salish-vocab-builder/id1545616159

Big News!



Aditi Chere Moosa Ward

was born September 23, 2020, in Redwood City, California. She weighed 8 pounds and 4 ounces, and was 19.5 inches long. Her parents are Jessica Ward and Tanaeem Moosa. Her Cowlitz grandparents are Beth and Kevin Ward.



Isaiah Immanuel Harris

Happily welcoming Isaiah Immanuel Harris, with lots of love from blessed parent Michelle Harris and his sisters, Mariah and Elijah. He was born on August 31, 2020, at 12:14 in University Place, Washington. 7lbs. 7 oz. 20"



Natalya Anatasia Bailey (Kinswa)

April 15, 2021 | 9 lb 5 oz
Teona & Todd Bailey



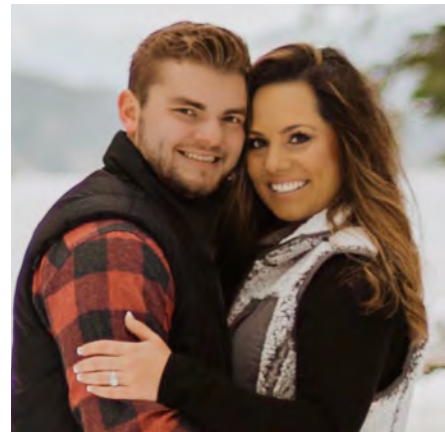
Brandt Lee Bonsall

Born December 12, 2020 at 1:32pm in Olympia Washington. He is 7 pounds and 20 inches of perfection. His Mama is Cowlitz member Randi Morrison and his Daddy is Jackson Bonsall.



Nevaeh Summer Cassity

was born to Ausitn Cassity and Tiffany Whipkey on March 2, 2021 in Longview, Washington. Her grandmother is Kim Cassity, Aunt Brianna Cassity, Great Aunts Karen Maine and Kris Dillehay, and Great Grandpa Jack Cassity



Congratulations on your engagement Leandra & Kyle!

Cowlitz Tribal member Tony and his wife Deanna Porter of East Wenatchee, Washington, are pleased to announce the engagement of their daughter, Cowlitz Tribal member Leandra Porter to Kyle Johnson.

Kyle is the son of Brett and Carmen Johnson, also of East Wenatchee, Washington. Leandra is a graduate of Central Washington University and currently teaches 4th grade, and Kyle is a graduate of Eastern Washington University and is currently a procurement specialist at Stemilt Growers. Leandra and Kyle have set their wedding date for May 22, 2021.



Macy Mosback

was born on November 22, 2020 at 6 pounds 13 ounces, and 20.5 inches long.

2021 Cowlitz Law School Graduate

It has been a long journey, but the big day has finally come. Brittany Frances Jones is graduating law school on May 15, 2021. While at Seattle University School of Law, Brittany has especially enjoyed studying tort law and Federal Indian Law. Some of her most memorable experiences include teaching a mock trial course to high school students, as well as providing free legal services to low-income residents in Alaska and Arkansas through *Legal Services Corporation*. During her third year of law school, Brittany became pregnant with her daughter, Briella Emerald, and decided to take a leave of absence from school to provide for her family. However, Britt never gave up on her dream of becoming an attorney. She continued to study and worked at local law firms as a legal administrator.

Thanks to the financial support of her Cowlitz tribe, Brittany was able to return to law school. During her last year of school, Brittany has served as the Community Service Director for the *Seattle University Native American Law Student Association*, the Western Regional Historian for the *National Black Law Student Association* and was awarded "Best Trial Advocate" at the 2021 *Constance Baker Motley Mock Trial Competition*. This summer, Brittany will be taking law school seminars, including one that centers on legal technology and ethics. Additionally, Brittany has accepted a prestigious internship at *Northwest Justice Project*, with a focus on Elder Law. She received her bachelor's degree from University of Washington. Britt welcomes the opportunity to speak with fellow Cowlitz tribal members who are interested in law school. Her advice to anyone pursuing their dreams is to "remain resilient, regardless!" She appreciates her family's unwavering support throughout her journey. Brittany Frances Jones descends from the Skloutwout/Cottenoire ancestry and is the daughter of Dori Robinson and granddaughter of Bonnie Erickson.

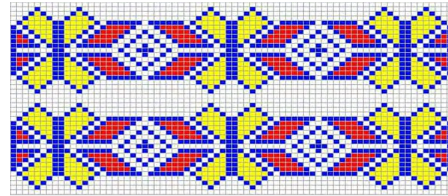


“We can only be what we give ourselves the power to be” — Native Proverb

By: Diane Riley, Cowlitz Tribal Elder

A common topic of discussion among our People lately is why there is so much discord and arguing. The Elders will tell you it is because our souls are struggling to remember who we are. When we remain disconnected from the natural world, from our ceremonies, and from gathering on the land with our families and ancestors, we cannot remember who we are. ... So, how does one mend a broken heart, after being torn from the arms of our Mother Earth? How does one restore our sight to see the ancestors as we look into the heavens? How does one mend a scattered people broken into frayed pieces of stolen history and lost language? How does one learn to love again the brothers and sisters that were separated from us at birth?

We restore our connectedness, our health, and our families by the strength and clarity of a sacred vision. A vision is the collective imagining and visualization of purpose that guides a person and our People to achieve common goals, unity, and agreement. A vision reveals what must be done today to achieve the goals we want for tomorrow; it empowers those with the talents and skills to build our dreams; it gives courage and power to the collective to bring to life what is wanted and what is needed, and to remind us to humbly ask “why” it is wanted. There is no room in sacred living for self-importance or greediness. Healing, unity, and understanding are all possible when there is a common vision and if that vision is treated as a sacred agreement by all in creating our vision, protecting our vision, and carrying out our vision. Our sacred vision should be the revelation of the Cowlitz People as we remember who we are. We need a vision.



The Gathering

By: Melanie Mariano

Can you hear them calling?
Those ancestral voices in the wind,
Pulling your worn moccasins forward,
Towards the sacred circle?

They understand your hearts longing,
For the mending of your spirit,
From those coyotes you once fed,
That left you blanketed in doubt.

Can you hear them calling?
The drums which shout out for you,
Rhythmic as a heartbeat,
Like lyrical sweet grass for your soul?

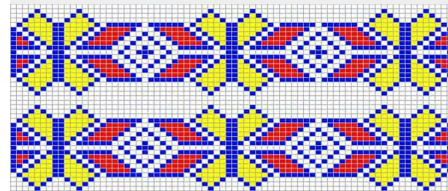
They recognize your deep desires,
Of beaded ambitions and braided dreams,
Passed down through generations,
Which you long to make your legacy.

Can you hear them calling?
The stomping feet from each Nation,
Adorned with Inter-Tribal traditions,
Eagerly waiting upon your arrival?

They have felt your suffering,
And dance like prairie lighting,
Each step a solemn promise,
Of your bloodline’s reawakening.

Can you hear them calling,
The tobacco prayers of your relations,
Feathered on wings of freedom,
Awaiting in honored celebration?

Brave Warrior,
On this journey back to self,
The Grandfathers walk beside you,
Their turquoise footprints the Earth,
As they lead you home.



2021 Skloutwout Family Reunion

“Skloutwout” is the Indian name of Lucy Gerand/Weiser of Cowlitz heritage. Please join other Skloutwout relatives for this ongoing 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 for sitting outdoors.

What: A family reunion gathering starting at 11 a.m., with a potluck meal to follow
When: Sunday, August 29, 2021—11 a.m. until mid to late afternoon
Where: Bear Raven Longhouse at the home of Roy Wilson near Winlock, Washington

Directions: Take exit 68 on I-5 and go west to the signal light. Turn left on N. Military Rd. and go south one mile. Turn right on Antrim Rd. and go west approximately a mile and a half, then turn left (south) onto Dorning Rd. Go to the end of the road. Watch for the Wilson family sign and turn right. This will lead you onto Roy’s property at the end of the road (watch for the signs). You may also use Google maps to direct you; search for Bear Raven Longhouse, Winlock, Wash.

For further information, contact:

Linda Foley
(206) 276-6010 (cell)
email: llsfoley@comcast.net

Marsha Williams
(253) 857-8832 (home)
(253) 355-0368 (cell)
email: mjmws@centurytel.net

Though not mandatory, we ask that you RSVP for this gathering, so that we may compile an approximate number of attendees since we don’t yet know what the limitations related to COVID-19 will be by late August 2021. We will be following the CDC guidelines for gatherings. In addition, your RSVP will help us contact you if a cancellation or a change in the date or the location is needed in advance of August 29. **We hope to see you there!**

2021: Cowlitz Weavers projects, gatherings, and classes

By: Patty Kinswa-Gaiser

The past year has been traumatic to many. It is hopeful that in 2021 things will open for gatherings.

The plan is to gather at the Vader property with social distancing in mind, to learn how to process cedar into strips thin enough to weave. I had purchased cedar last year with this in mind. At this point I am looking at mid-summer.

We have access to water from our own Cowlitz River, places to camp if you want and a fire pit to sit around and catch up, drum, or just relax. Each family will have to bring their own food.

I have also purchased small cedar weaving kits and would like to do a virtual class. It would have to be small classes; it’s not easy to teach via Zoom. But we can do it! Stay tuned for announcements.



Patty Kinswa-Gaiser,
Cowlitz Weaver.
Photo by Patty Kinswa-Gaiser.

As always, it’s an honor to be able to teach Cowlitz.

Stay connected with weekly Art & Culture Sessions via Zoom

By: Suzanne Donaldson, Cowlitz Art & Culture Session Facilitator

Weekly Art and Culture sessions are facilitated by Suzanne Donaldson and are available for all Cowlitz Tribal members, regardless of where you live, via Zoom. Participants work on their projects ranging from beading, knitting, painting, button blankets, rock painting, dream catchers, cedar weaving, and others, or simply join in to visit. It is critical that we stay connected during these extremely challenging times as our community historically struggles with many issues, including isolation, depression, addiction, and trauma. The pandemic has brought tribal members closer together through these weekly sessions with participants joining from all over the country and the world. In fact, it has allowed Tribal members to participate who have otherwise previously not had the opportunity. If you have always wanted to learn how to bead, how to create your own button blanket, medicine bag, or other cultural items in a safe and welcoming environment, this is the place to be. All Cowlitz and their loved ones are welcome.

Please watch the Indigenous Cowlitz Facebook Page for updates on upcoming classes and login information. Additionally, you may reach Suzanne Donaldson at suzanne@donaldsonconsultingllc.com or (360) 280-2321, or Irene Dunbar at culture@cowlitz.org to be added to the email distribution list. These weekly Art & Culture sessions are supported by The Cowlitz Drum Group. I look forward to seeing you in class!

All My Relations, Suzanne Donaldson



Crossword Puzzle Surprise

By: Leslie Washuta

Imagine my surprise and delight to learn that my daughter was the subject of a crossword puzzle clue in a major newspaper, the Washington Post!

Elissa Washuta, a proud enrolled member of the Cowlitz Tribe, is Assistant Professor of Creative Writing at the Ohio State University. She has written many articles and several acclaimed books, including "My Body is a Book of Rules" and "Starvation Mode," and co-edited "Shapes of Native Non-Fiction: Collected Essays by Contemporary Writers." Her forthcoming book, "White Magic," is due out on April 27 and has received advance praise from numerous publications, including Time Magazine and O, The Oprah Magazine.



Clue: 97 down:
Piece by Elissa Washuta

Answer:
ESSAY

96 Between, en français
97 Piece by Elissa Washuta
98 Sudoku patterns

We need to hear from Cowlitz families who have loved ones who are missing or murdered.

MURDERED AND MISSING COWLITZ

The Pathways to Healing program needs your help. One of the focus areas for our Coordinated Community Response Team is data collection around Missing and Murdered Cowlitz members.

What do we need from you?

We are collecting information on men, women, and children. If you have a loved one or know a family with a loved one, who is missing or has been murdered, please contact:

Debbie Hassler; Program Manager at dhassler@cowlitz.org
360.624.7040 or Karyn Kameroff; PTH Coordinator at kkameroff@cowlitz.org 360.846.3304

Attention Cowlitz Tribal Member Business Owners

Do you own a small business?

We would love for you to share your business with us in hopes of working with you in the future!

If you are interested, please contact:


Amanda Seymour,
CIT Project Coordinator,
at aseymour@cowlitz.org
or at (360) 353-8171.

We look forward to hearing from you!

Coming Soon!



Your needs and voices matter!



Cowlitz Tribe TRANSIT SERVICE

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

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

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



Expanded Medical Transport Program is a public transport program available to rural residents in Clark, Cowlitz, and Lewis Counties who are over the age of 50 and/or individuals with disabilities. The Expanded Medical Transport Program provides rides north to Olympia and South to Vancouver to increase access to medical appointments such as; specialty medicine, diagnostic facilities, cancer treatment centers and hospitals. *Clark County residents must live outside of the C-tran bus system and their respective Public Transportation Benefit Area (PTBA).

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

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

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

Look for us on Facebook
Cowlitz Tribe Transportation and Transit Services
<https://www.facebook.com/cowlitztribedotandtransitservices/>


A mural by Cowlitz artist Abbey Pierson, Vancouver BC, mural festival



cowlitz crossing
FUEL AND CONVENIENCE STORE

Use the Momentum Dollars you've earned at ilani for gas and your favorite Cowlitz Crossing treats. Plus, as a Cowlitz Tribal Member, you receive 15% off in-store purchases and \$0.375 off per gallon of gasoline.

Discounts not applicable to alcohol, tobacco, or already discounted items. Must present Tribal ID to receive discount. ilani is committed to responsible gaming. If you or someone you know has a gambling problem, please call the Washington State Gambling Helpline at (800) 547.6133.



I have blankets to gift you



I know many of you have been patiently waiting, as is the Cowlitz way, and they have finally arrived! They are beautiful and I'm so happy to share these with you. It is the highlight of my life to be able to give back to the Cowlitz people and to fulfill the promise I made to my father, former Chairman, John Barnett.

Contact me at (206) 707-5765 or at jakeybelle@aol.com. I will ship them to you as soon as possible. Thank you, Dave Barnett, Founder of Ilani and Tribal Council member.

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

COWLITZ INDIAN TRIBE 7th Annual Elders Fishing Trip

hosted by the Natural
Resources Department/
Senior Nutrition Program

DATES/TIMES TBD

CALL OR EMAIL TO RESERVE YOUR SEAT!
(360) 864-7006 | DMIZNER@COWLITZ.ORG



Cowlitz Tribal Council



Philip Harju
*GC-Chairman 2021
pharju@tc.cowlitz.org



David Barnett
*GC-Vice Chair 2023
dbarnett@tc.cowlitz.org



Nancy Osborne
*GC-Secretary 2021
secretary@cowlitz.org



Celine Cloquet
*GC-Treasurer 2023
ccloquet@tc.cowlitz.org



Patty Kinswa-Gaiser
*TC-Chair 2021
pkinswa-gaiser@tc.cowlitz.org



Cassandra Sellards Reck
*TC-Vice Chair 2022
csellards-reck@tc.cowlitz.org



Crystal Leigh
*TC-Secretary 2023
cleigh@tc.cowlitz.org



Robin Torner
*TC-At Large Rep. 2023
rtorner@tc.cowlitz.org



Whitney Mosback
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Justice Rhodes
Member 2021
jrhodes@tc.cowlitz.org



Tom Childs
Member 2021
tchilds@tc.cowlitz.org



Steve Kutz
Member 2021
skutz@tc.cowlitz.org



Tim Van Mechelen
Member 2022
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Member 2022
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Cheryl Bell
Member 2022
cbell@tc.cowlitz.org



Barbara Middaugh
Member 2022
BMiddaugh@tc.cowlitz.org

cowlitztribalcouncil@cowlitz.org

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

Boards & Committees

CULTURAL RESOURCES BOARD | Meets 7am on First Saturday of month (same as TC)

Chair Canoe Representative	John O'Brien	1obcanobe2@gmail.com
Vice Chair Tribal Council Electee	Patty Kinswa-Gaiser	pattygaiser@gmail.com
Secretary Drum Group Representative	Cassandra Sellards Reck	csellards-reck@tc.cowlitz.org

HEALTH BOARD | Meets 6pm, Tuesdays (Usually on 3rd Tuesday of the month)

Chair	Cassandra Sellards Reck	csellards-reck@tc.cowlitz.org
Vice Chair	Rachael Paige	racheal767@gmail.com
Secretary	Christine Hawkins	spenceropal@comcast.net

HOUSING BOARD

Chair	Dustin Griggs	dgriggs@cith.us
Vice Chair	Kathryn Vasquez	kiyallvasquez@tc.cowlitz.org
Treasurer	Vacant	
Secretary	Linda Turnbull	lturnbull@cith.us

YOUTH BOARD

Chair	Cassandra Sellards Reck	csellards-reck@tc.cowlitz.org
Vice Chair	Melissa Halvorsen	melissa.halvorsen14@gmail.com
Secretary	Charity Sabido-Hodges	charity.sabido@gmail.com

COWLITZ TRIBAL GAMING AUTHORITY

Chair	Sonny Bridges	sbridges@cowlitz.org
Vice Chair	Vacant	

COWLITZ TRIBAL GAMING COMMISSION

Chair	Gregg Ford	g.ford@ctgc.cowlitz.org
Vice Chair	Celine Cloquet	c.cloquet@ctgc.cowlitz.org
Secretary	Kristen Hitchcock	c.hitchcock@ctgc.cowlitz.org
Treasurer	Vacant	
Commissioner	Donald Walkinshaw	d.walkinshaw@ctgc.cowlitz.org

STRATEGIC PLANNING COMMITTEE

Chair	Vacant	
Vice Chair	Vacant	
Secretary	Vacant	

POW WOW COMMITTEE

Chair	Kris Dillehay	krisdil43@gmail.com
Vice Chair	Nathan Hooten	cowlitz1@gmail.com
Treasurer	Jane Meyers	powwow@cowlitz.org
Secretary	Nicole Vazquez	vazquez1997@live.com

CANOE FAMILY

Co-Chair	Dale Cottenware	dsmotorbox@yahoo.com
Co-Chair	Don Van Mechelen	flyngspirit@aol.com
Vice Chair	Cassandra Sellards Reck	csellardsreck@hotmail.com
Treasurer	Cathy Sellards	CathySellards@gmail.com
Secretary	Sandee Spahr	sspahr@cowlitz.org

DRUM GROUP

Chair	Cassandra Sellards Reck	csellards-reck@tc.cowlitz.org
Co-Vice Chair	Steve Kutz	skutz.health@cowlitz.org
Co-Vice Chair	Dave Cottonware	dcottonware@gmail.com
Secretary	Christine Hawkins	spenceropal@comcast.net
Co-Sergeant at Arms	Dale Cottenware	dsmotorbox@yahoo.com
Co-Sergeant at Arms	Jeremiah Wallace	lowercowlitz@gmail.com

EDUCATION COMMITTEE

Chair	Gregg Ford	g.ford@ctgc.cowlitz.org
Vice Chair	David Iyall	iyall@outlook.com
Secretary	Timi Russin	trussin@ilaniresort.com
Committee Email		education@cowlitz.org

ENROLLMENT COMMITTEE

Chair	Melody Lopez	shadowkruzky@gmail.com
Secretary	Teri Wright	teri0414@comcast.net
Enrollment Officer	Cathy Raphael	enrollment@cowlitz.org

Report from the Tribal Council Chair, Patty Kinswa-Gaiser

I am honored to be serving the general membership in my capacity as Tribal Council Chair.

I do not take my responsibilities lightly, try to run a good meeting, and let members know the outcomes of our discussions. There have been many changes this year and more changes to come in the future. The goal of this Tribal Council is to include all members. We have grown as a Tribe so fast; I hear from many other Tribes of our successes. We owe a lot to the team at ilani for this!

The virtual meetings have been good in a way, giving more access to members living far away.

We are constantly looking for members to join committees or boards. Please consider checking out

the listing in this newsletter for meetings and ask to join.

We will be having our General Meeting on June 5, 2021, in the ilani Ballroom! I am having discussions with the Casino event planners on food offerings. Whatever it will be, it will be delicious!

I have been involved with our Tribe since I was a child. After retiring from the Cowlitz Elders Program, I'm still staying involved with the Health Board, Cultural Resources Board and Indian Child Welfare committee. I also mentor all of our Substance Abuse groups, Mental Health groups, Healing of Canoe Youth Prevention Program and Positive Indian Parenting. I do this because I want to see our people be successful and walk the good road.

I continue to say blessings for all of our people and their families. GOD bless you!



*Patty Kinswa-Gaiser,
Tribal Council Chair.
Photo courtesy of Patty
Kinswa-Gaiser*

Reach
Patty Kinswa-Gaiser
at Pkinswa-gaiser@tc.cowlitz.org
or at (360) 520-2578.

Mail-in voting is approved by Cowlitz Tribal Members

In a special election held in February of this year, Cowlitz Tribal members overwhelmingly voted to amend the Constitution and bylaws to authorize mail-in voting from now on. On June 5, concurrent with the General Council Meeting, CIT will be tabulating the results of the 2021 General Election. This year, members are voting for General Council Chair and General Council Secretary, in addition to the usual six Tribal Council Members.

Ballots and Candidate Statements were sent out mid-April. If you make a mistake on your ballot, lose your ballot, or need any materials which accompanied your ballot, you may request a replacement by emailing help@electiontrust.com or calling (425) 956-3347. All ballots must be received no later than June 4. We suggest sending in your ballot before May 28 to ensure

timely delivery. Candidate Statements are available on the website at www.links.cowlitz.org/2021-Candidates.

The change to mail-in voting also effects the timeline for voting for constitutional amendments, and other General Council votes. Moving forward, any action that requires a vote by General Council will require a special election after the General Council Meeting. At this time, we expect the ballots for these special elections to be sent 4-6 weeks after the General Council Meeting, with a six-week period for members to return the ballot. This process may change when the new Elections Guidelines are approved. This is a new and exciting phase for the Cowlitz Indian Tribe, and we hope that this will allow greater participation from members wherever they may reside.

Tribal Council Candidates

Chair

Dave Barnett
Philip Harju

Secretary

Whitney S. Mosback

Member

Steve Barnett
Kris Dillehay
Suzanne Donaldson
Robert Erickson
William (Bill) Erickson
Rosalie Fish
Teri Graves
Dustin Griggs
Patty Kinswa-Gaiser
Brad Parker
Justice Wayne Rhodes
Vanessa Robertson
Timi Marie Russin
Michael Myron Simmons
Rachel Streitberger
Teri Wright



Office Locations & Associated Services

Longview

1055 9th Ave,
Longview, WA 98632

Administration Offices
Enrollment & Benefits
Natural Resources
Primary Care Clinic
Contract Health
Mental Health Services
Medically Assisted Treatment
Substance Use Disorder
Healing of the Canoe
Problem Gambling
Positive Indian Parenting
Pathways to Healing
Indian Child Welfare
Child Care Development
HHS Childcare
Transportation
Seniors Nutrition
Elders Program

St. Mary's

107 Spencer Rd,
Toledo, WA 98591

Housing
Elders Program
Youth Program
Community Garden

For more information
call (360) 577-8140
or visit our website at
cowlitz.org

*Please note this is not a
complete list of services
provided at each location

Reservation

1 Cowlitz Way 1
Ridgefield, WA 98642

ilani Casino
Tobacco Outlet
Cowlitz Crossing
Culture Department
Tribal Gaming Agency
Public Safety
Tribal Court
Natural Resources
Tribal Gaming Agency

Vancouver

7700 NE 26th Ave,
Vancouver, WA 9866

Mental Health
Substance Use Disorder
Co-Occurring Disorder
Case Management
Pathways to Healing
Indian Child Welfare
Natural Resources

Tukwila

15455 65th Ave S,
Tukwila, WA 98188

Mental Health
Substance Use Disorder
Medically Assisted Treatment
Pathways to Healing
Co-Occurring Disorder
Case Management
Indian Child Welfare
Tribal Member Services

An update on General Welfare Exclusion payments

Since 2018, The Cowlitz Tribal Council authorized a one-time payment of \$5,000 for individuals that are 62 years of age for housing costs, and an annual payment of \$3,000 for elders 62 and up for their general welfare.

At the beginning of 2020, Tribal members 21 and older were allotted two one-time payments of \$1,000, totaling to \$2,887,000. At the end of 2020, Tribal Members were allotted another \$1,000, totaling to \$3,021,000.

The Cowlitz Indian Tribal Council also authorized a one-time General Welfare Exclusion (GWE) Essential Needs Benefit Payment to each enrolled Tribal Member (4,358 total) to promote the general welfare of our members. On March 1, enrollment sent applications to each Tribal member.

Elders 62 years of age and older were allotted \$3,000; members 18–61 were allotted \$2,000; and members 0–17 years old were allotted \$500. The source of funding for these payments came from licensing revenue, sales tax revenue, fuel tax revenue, and tobacco excise tax revenue. The total amount allotted to elders 62 and up was \$2,205,000. \$60,000 was set aside for individuals turning 62 in 2021.

Individuals between 18–61 were allotted \$5,026,000, members turning 18 in 2021 were allotted \$75,000, individuals 17 and under received \$555,000 and babies born in 2021 were allotted \$35,000. The total amount allotted to enrolled Tribal members for the 2021 GWE Payment came to \$7,950,000.

WE'RE HIRING!

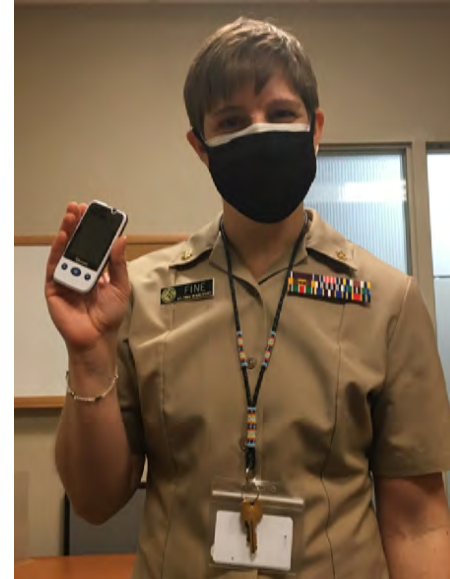
JOIN OUR TEAM NOW

cowlitz.org

CIT Diabetes Program uses technology to help patients during pandemic

By: Alyssa Fine,
Wellness & Diabetes
Program Coordinator

Even in the best of times, managing diabetes is a challenge. That's why when the COVID-19 pandemic began disrupting everything from



Alyssa Fine, Certified Diabetes Education and Care Specialist, posing with an RPM glucometer

routine doctor visits to exercise sessions at the gym, the Cowlitz Tribal Wellness & Diabetes Program knew we would have to take steps to help patients meet their health goals. Although we started the old-fashioned way—checking-in with patients by phone—we quickly implemented new, creative solutions utilizing available technology.

The results of these efforts demonstrate improved diabetes management despite the challenging year: 75 percent of our patients with diabetes had A1c readings less than 8 at the end of 2020, compared to 68 percent at the end of 2019. Although inspired by the pandemic, the success of these technologies has encouraged us to continue implementation, even as we return to normal. Continue reading for an overview of our various programs.

Remote Physiological Monitoring

Remote Physiological Monitoring (RPM) allows health information collected at a

patient's home to be sent to their clinician for viewing. In April 2020, the CIT Diabetes Program began issuing RPM glucose meters to select patients, kicking off the CIT Clinic's first RPM program. Although the program started small, there are now over 24 active patients enrolled.

The glucose meters use the cellular network to automatically transmit patients' blood glucose numbers to the clinic. Those numbers are reviewed on a regular basis by the clinic's Certified Diabetes Care & Education Specialist who follows up with patients over the phone or video chat. The data also helps the clinic's providers make better care management decisions.

Patients appreciate the ease of the system—no syncing or special equipment required. They also don't have to remember to bring their meter to each visit. Some have expressed

Continued on page 19

CONTRACT HEALTH SERVICE

WE ARE NOT A TEAM BECAUSE WE WORK TOGETHER. WE ARE A TEAM BECAUSE WE SHARE COMPASSION AND COMMITMENT TO THE PEOPLE WE SERVE.

Lori Morris, Prg Mgr
Cherokee Descendant
Keetoowa Band

Lori Olsen

Jennifer McCauley
Cowlitz Tribal Member,
Wannassay Family

Lori Teeters
Lakota Sioux

Contact Information: 360-575-8275, Opt #2

Contract Health Service or Purchase Referred Care

Enrolled Tribal Member Steps to Utilizing CHS/PRC

Complete Registration Process	CLARK	PIERCE
Maintain Residency in the Service Delivery Area	COWLITZ	THURSTON
Receive Eligibility Determination	SKAMANIA	KING
Make Your Appointment	LEWIS	KITTITAS
Call for Prior Authorization as Soon as Possible	WAHIAKUM	COLUMBIA (OR)

Some of the Services Available Through CHS/PRC

- » \$4000 Dental Allowance
up to \$1750 in Orthodontics -no age restrictions
- » Hearing Aids
- » Comprehensive Pharmacy Benefits
- » Chiropractic
- » Cataract/Glaucoma Surgery
- » Sleep Disorders
- » PT/OT/Vision/Speech Therapy
- » Emergency Transport
- » Medical Massage
- » Eye Glasses (up to \$1050) or Contacts

CHS/PRC offers assistance for a multitude of services, please call to discuss your specific needs and to find out if a referral is needed. Services subject to change.

Calling for Prior Authorization Benefits You

- Verification of Eligibility ✓
- Confirmation of Covered Service ✓
- Funding Allowance ✓
- Provider Set-Up ✓
- Proper Billing ✓
- Verification of Alternate Resources ✓
- Contracted Provider Confirmation ✓

CHS/PRC is a payer of last resort. If you qualify for insurance at no cost to you, you will be required to accept it.

LET'S KEEP IN TOUCH
360-575-8275 x2 | cowlitzhealth@cowlitz.org | 1044 11th Ave Longview WA

Cowlitz Tribal members share their experiences with CESS

By: Shari Parker,
Program Manager CESS

The Cowlitz Employment Support Services (CESS) have seen many successes, even during these days of difficulty. Our Program offers many services, all of which have an end goal of employment. We offer Job Readiness, assistance with resumes and interviewing, tools, clothes, and other resources needed to overcome barriers to employment. We also assist in housing homeless families, provide transitional coaching for youth coming out of systems of care, and provide vocational rehabilitation services for people with disabilities. We assist with training, education, guidance, counseling, and more.

We believe in the holistic approach when working with a client. We are happy to have all of these services under one program, as we are better able to identify and address needs quickly. We also work cooperatively with other tribal programs, SUD, Mental Health, Medical, etc., wrapping clients in all services they may need. The stories in this article are written by Cowlitz Tribal members regarding services CESS has provided and have approved them to be shared in this newspaper.

“I was out of work for six months before I started job searching. I was putting in applications everywhere within Longview/Kelso area and not hearing anything back. I then heard about the VR program. Once in

the program, I was assigned to Cami as my VR counselor. Cami helped me go over my resume and cover letter. She helped me get my interview clothes once I got a call from the Cowlitz Indian Tribe for an interview. Cami also helped ease my interview anxiety.

“Once I was hired, I got help getting clothes to start the job and not have to worry about having what I needed to start working. I have always wanted to work for the Cowlitz Indian Tribe and for my people. I have now been working for the tribe for three months, and I love it! Since working with Cami, she checks in with me to see how I am doing and how things are going. I had an amazing experience with this program, very friendly and helpful!”

– Amanda Cobb, Cowlitz Indian Tribe

“All I knew is I wanted and needed help. I have been in situations with drugs and alcohol that were bad, but this time was different. I was born and raised in Hawaii my whole life. I came over to Washington on an interstate compact to parole to Washington with my family. I got off parole and graduated Cowlitz outpatient. I paid off all of my bills, got my license, a car, and had savings.

“One day, my addiction caught up to me again. My parents kicked me out. I had only my car and a couple of dollars to my name.

I decided that day I was going to get help. I walked into Cowlitz Vancouver and was crying and asking for help. I told them that I was scared because I had no place to go, my family would not talk to me, no money for food. I did my assessment with them that day.

“Karen, SUD set me up with an appointment the next day; that night, I ended up going to the hospital in an ambulance cut up from barb wire and blackberry bushes, and my car would not start. I slept at the mall area wherever I could find a dry place where nobody else was. I was determined to show up and get help and get to my appointment at the Cowlitz Tribe. I called my mom to take me.

“I walked through those doors in bandages and gloves. I could barely hold a pen in my hand. Kay helped get me into a safe place, so I could heal and rest. Karen started my paperwork for group. Kay helped set up an appointment with an Oxford house; a few days later, the Oxford house did not work out for me. So, Kay set me up in a hotel again. SUD provided a tablet and a phone for me to stay in contact. Kay found me a place at Kleen Street. I was finally starting to feel support and safety from the Cowlitz Tribe.

“I called Kay and Karen and admitted to relapsing. I wanted to find work, a career. Kay referred me to Kris Rister, CESS

program. She helped me explore different classes and work. I am interested in Flagging, and Kris at Cowlitz set me up with the course. I now have my flaggers card. I am now the manager for a house owned by Kleen Street. I also get help through the Mental Health Program; I do counseling sessions.

“I was going to SUD classes but felt disconnected. Kay suggested checking out a Native Group ran by Susan. I am in the process of starting those classes. Kay is helping me to explore different types of housing where I will have structure but am more comfortable. I realize what great support that I have at Cowlitz. They motivate me to move forward. They are teaching me how to be an independent strong Cowlitz woman. They give me guidance and structure that I need. I am forever grateful as I have reunited with my family and kids. Cowlitz saved my life.”

– Another Cowlitz Tribal member (anonymous)

These are just two stories out of our many clients, as each person is unique with their own story. It is fulfilling for CESS staff to provide services that literally change lives, and we thank the Tribe for supporting CESS and allowing us to do what we do. We are extremely proud of our clients, and it is an honor to help them on their journey.

Continued from page 18, Diabetes

that the technology and subsequent follow-up has allowed them to attain their blood glucose goals for the first time ever.

The success of the RPM blood glucose program has inspired a similar program for blood pressure and weight within the Chronic Care Program. These devices are available to patients with or without diabetes who may benefit from closer follow-up.

Continuous Glucose Monitoring

Although professional continuous glucose monitoring (CGM) was utilized even pre-pandemic, this last year has demonstrated an

increase in its use and importance. The CIT Diabetes Program utilizes the Freestyle Libre Pro system which allows blood sugars to be recorded 24-hours a day for two weeks. Blood sugars are collected via an unobtrusive sensor on the back of the patient’s upper arm. Once the sensor is removed, clinicians can obtain several charts and graphs that help them work with the patient to update their care plan.

CGM is especially useful for patients who may be experiencing overnight low blood sugars or high variability in their readings. It can also help fill in the gaps when patients do not check their blood sugars consistently. By providing clinicians with a wealth of new information, CGM allows more successful diabetes management in the span of fewer

visits. Patients also appreciate the new insights they gain into their health.

Virtual Visits & Classes

Like the other Health Services, the CIT Diabetes Program began offering virtual visits at the beginning of the pandemic. Allowing patients to engage via their preferred method—in-person, by phone, or by video—ensured that they stayed safe while remaining connected to their care team. Some patients who would typically drive over an hour for a diabetes education visit appreciated the convenience of the virtual option and scheduled more frequently than they would have otherwise. Patient education handouts, cookbooks,

and other tools were mailed to patients to complement their telehealth sessions.

Classes were also held virtually. An online version of our popular grocery store tours allowed over twenty people to attend from across the state. Most stated that the program was extremely helpful and that they would likely utilize the information they learned on their next shopping trip. We plan to continue to run virtual programming even as we re-introduce in-person events thanks to the success of these classes.

If you have questions about any of the services outlined in this article, please reach out to us at diabetes@cowlitz.org. We also encourage you to follow us on Facebook, @CowlitzWellness.

Cowlitz Tribal Member Services

March 2021 marks the first full year of the Cowlitz Tribal Member Services Program (CTMS). We have served over 1,000 Cowlitz tribal members by guiding members to services and programs within in the Cowlitz Indian Tribe and beyond. Our first cultural event was in



Rhonda Grantham

2020 and featured our very own Cowlitz Elder Patty Kinswa-Gaiser instructing members via a video on a beaded necklace project. This event was a huge success as over 850 Cowlitz Tribal member households from around the world requested the necklace kits.



Patty Kinswa Gaiser with beads

Continuing to bring Cowlitz culture to our members despite the challenges of COVID-19, this year we partnered with Cowlitz Tribal member and herbalist, Rhonda Lee Grantham, to bring an Herbal Wellness Tea kit to Cowlitz Tribal members. So far, we have received nearly 400 requests for the tea kits from Cowlitz Tribal member households from around the world, and the requests are coming in daily. As with Patty's necklace project, the tea kits are provided together with Rhonda's video instruction, including information about the herbs and their benefits. Tea kits can be requested by emailing CTMS@Cowlitz.org

Cowlitz Tribal Member Services also partnered with the Natural Resources Department to bring every Cowlitz Tribal

Member a 2021 calendar. The calendar included photos sent in from Cowlitz Tribal members and the Language Conservancy Project to add Cowlitz language for all to learn.



We are excited to announce that starting in May 2021, Cowlitz Tribal Member Services will be located in The Cowlitz Indian Tribe's newest location in Dupont, Washington. Here you will find many services available to Cowlitz Tribal members, and our Native American neighbors. Please stay connected and check your mailings for postcard updates regarding the newest Dupont location.

Visit the official Cowlitz.org website to learn more about Cowlitz Tribal Member Services, and for upcoming cultural events check your mailings for postcard and email updates.

Cowlitz Tribe Mass Vaccination Clinics

The Cowlitz Tribal Health and Human Services offered mass COVID-19 vaccination clinics for Cowlitz Tribal members and their families. We had vaccine clinics going at both our Longview and Tukwila locations. We hosted our first clinic February 20, 2021, where we vaccinated a combined 525 Cowlitz Tribal members and their families. We had people coming from as far as Alaska and Arizona. Our second vaccine clinic was March 20, 2021, where we completed second and first doses to 748 Cowlitz Tribal members and their families.

Cowlitz HHS Longview and Tukwila clinics continue to schedule and vaccinate their patients, Tribal members and their families, and employees during the week. The clinics have given a total of 4,820 COVID-19 vaccinations as of April 23, 2021.



A quote from one Cowlitz Tribal Member who participated in the clinic:
"Thank you for all the hard work you do getting these vaccines administered to as many people as possible. My hands go up to you and the staff, with your outstanding communication with us all." — Cowlitz Tribal member





COWLITZ TRIBAL NEWS

YOYOOLAH!

INVITES YOU TO SUBMIT
YOUR NEWS FOR THE
TRIBAL NEWSPAPER!

news@cowlitz.org

We welcome Tribal related submissions on the following:

<ul style="list-style-type: none"> Advertisements Events & Activities Updates on Programs & Departments Awards Camps 	<ul style="list-style-type: none"> Historical Stories Successes Native Related News Art Obituaries 	<ul style="list-style-type: none"> Reunions Veteran Honors & Retirements Tribal Member Business Info Announcements for Births and Marriages.
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For additional information visit:
cowlitz.org/newsroom/tribal-news

From Longview to Florida, Tribal members seek help in quitting commercial tobacco

By: DeAnna Pearl, CSTEP

In January 2021, Cessation Support and Tobacco Education Program (CSTEP) sent out postcards to any member over the age of 18, offering cessation

support on quitting commercial

tobacco, such as cigarettes, chew, and electronic nicotine devices.

The response has been amazing but not surprising. While the smoking rates for AI/AN has dropped to 24 percent, it is still double the rate of non-natives.

What most do not know, the abuse of commercial tobacco, including e-cigarettes, is a risk factor for Type 2 Diabetes. With the mix of over 7000 chemicals, these products also contain up to 3 percent high fructose corn syrup and sucralose—all in the effort to make it less harsh. The health factors for

Type 2 Diabetes and other chronic diseases can often be reduced or be reversed with quitting commercial tobacco products; they are also 100 percent preventable.

Individualized support for Tribal and family members is available to help to reduce these health factors. We can now have options for appointments: in-office, online, or by phone! Tribal members are connecting with us as far away as Florida! Appointments are available after 5 p.m. upon request

regardless of your time zone. CSTEP offers FREE nicotine patches, gum, or lozenges to individuals who engage with our service. We help you pick a quit date, develop a quit plan set by your intentions, and weekly support.

Every person's journey is personal, whether you use commercial tobacco, or you are looking to quit. When you or a loved one are ready, support is available no matter the length of time on your plan. Contact the Cessation Support Specialist, DeAnna Pearl at dpearl@cowlitz.org or (360) 353-0640. You can also find us on CIT Health and Human Services Facebook page.



The Cowlitz Health Board seeks to promote Cowlitz health and well-being

By: Cassandra (Cassy) Sellards-Reck

The global pandemic has been nothing but overwhelming and consuming. The Health Board has been diligently working to stay on top of the daily, and sometimes minute-by-minute, changes. There is much respect and appreciation to our Tribal partner the Northwest Portland Area Indian Health Board (NPAIHB), NPAIHB Epidemiology Center, state agencies like the Clark County Public Health, many federal Agencies (Centers for Disease Control, White House Office of Intergovernmental Affairs, Substance Abuse Mental Health Services Administration, and many others), and the National Indian Health Board. As the Health Board Chair and a nurse working in the COVID-19 Biohazard Intensive Care Unit, this has been my duty and mission. It has been an enormous challenge and opportunity, staying collectively on top of the constant changes. By utilizing multiple meetings a day and collaborating with Cowlitz Health, Culture, and other programs, we have gotten through this together. The dedicated commitment of the Health Board members and Health and Human Services staff has been commendable.

Your Health Board (HB) has a mission to promote the health and well-being of the membership of the Cowlitz Tribe and other Native Americans of Southwest Washington and their families. We are

committed to serving our Cowlitz Tribal members wherever they live. We meet monthly, and are here to advocate for Tribal members, carry out governmental responsibilities as delegated by Tribal Council, plan, monitor and assess programs, work with Tribal Council and other community outside agencies, provide oversight, assure quality, and approve the budgets of the health services.

Our goal is to get health care coverage for all. We hear the need for support and it's our goal to meet our Tribal members' needs. Currently, we are taking a motion to Tribal Council to get the interest on HHS funds turned back to the department. These funds can be made Cowlitz-specific, allowing us to prioritize our Elders and start with some coverage in 2022 for hearing, eyeglasses, and dental request applications. This is only a start and we will continue to expand to take care of anyone wherever they live. We are committed to our Cowlitz Tribal families.

Currently, we are consulting with Geoff Stromer, a leading health care attorney, to better understand our health care dollars. This will allow us to better understand the profit that has been earned by HHS and how we can use it more equitably and equally. This has been a need for many years.

The HB has worked collaboratively with Tribal Admin and Tribal programs for the safety of the Cowlitz Indian Tribe during COVID-19. The vaccine rollout has been successful with the goal of being inclusive to all Tribal members.

The HB advocated for the Elders Medicare reimbursement. This benefit will be offered again through the GWE process — applications are in the enrollment office. Our Elders have paid and should not have their social security affected.

HHS has been able to purchase a building located in Dupont, Washington, to better serve our Tribal members. We will hold a blessing on May 2 for Tribal members to view the building and enjoy a community event that follows CDC guidelines. This will allow the programs to grow and bring services closer to our Tribal members. Culture events and gatherings can be offered along with other community connecting events. The Youth Program has planned to feature this site this summer.

Health and Human Services continue in Vancouver, Longview, and Tukwilla. The Clinic is in Longview, Washington, located behind the Administration Building. COVID vaccines are being scheduled and administered at the Longview and Tukwilla locations. The

clinic serves all Cowlitz Tribal members or any enrolled Tribal member, along with descendants. Each site offers services, and our mission is to better serve our Tribal members.

Contract Health Services (CHS), or as Indian Health Services (IHS) has named it Purchased and Referred Care (PRC), is available to people living in the 10 counties of Clark, Skamania, Wahkiakum, Cowlitz, Lewis, Thurston, Pierce, Columbia, King, and Kittitas. This is available to Tribal members by application and covers most health care costs. There are requirements and pre-authorization to assure funding. All information is on the Cowlitz Tribal website; please call (360) 575-8275 for further assistance.

Health services and coverage are financially limited at this point. The Tribe is in a place of growth and transition. We know the need is great, and we are preparing to meet the need. As the delegate to the NPAIHB, I have advocated for CHS coverage throughout the nation for Cowlitz Tribal members. Currently, California is the only state that is allowed this privilege. This will take a federal change. The Portland Area IHS Director Dean Seyler has advocated for the Tribes to be allowed the sovereignty to choose. We are asking for the changes and will advocate for our Cowlitz people.

The Health Board is here to serve you. If you have questions or concerns, please reach out to Cassandra Sellards Reck at (360) 513-1243 or csellards-reck@tc.cowlitz.org.

The Community Wellness Garden is still blooming!

By: Tessa Walker,
Community
Garden Assistant

The CIT Community Wellness Garden is still going strong in the middle of its third year. We were able to utilize the new hoop house, built in 2020, to grow food for clients throughout the winter. At least one delivery was completed to each location over winter; we are making plans to increase this number during the 2021–2022 off-season. Although we did not expand the footprint of the garden for 2021, we have still been able to increase production levels by adapting our growing methods.



Garden Spring 2021 – New pole barn during construction.

Construction has been completed on a 16' x 72' pole barn. This will allow us to begin composting garden and kitchen waste as well as cardboard. It features a large walk-in cooler for produce storage and other protected areas to be able to store crops such as potatoes, onions, and garlic to distribute throughout the winter. It will also serve as tool storage and provide us with a processing area for cleaning and packing produce.



Garden Spring 2021 – Turnips grown over the winter in the high tunnel.

A native plant walk surrounding the garden has been designed in collaboration with the Culture and Natural Resource Departments. Installation will begin this year. The walk will include a variety of edible and medicinal native plants as well as informational signage throughout. We look forward to sharing this resource with the Cowlitz Indian Tribe community once it is completed.

We are looking forward to sharing the fruits (and veggies) of this season with all



Garden Spring 2021 – Square foot garden growing in the high tunnel over the winter.

of you! If you are not signed up for garden produce, have questions about the garden, or would like to come out and volunteer email garden@cowlitz.org or call Cindy at (360) 787-3777 or Tessa at (360) 355-2197. We distribute to over five locations from Vancouver to Tacoma.

If you would like to keep in touch with the garden, follow us on Instagram @cowlitz_garden_wellness, or on Facebook at Cowlitz Tribal Health and Human Services.



Garden Spring 2021 – Completed pole barn will serve our garden and community. All photos Tessa Walker

A new space for growth

By: David Pullman, Mental
Health Clinical Supervisor

If there is one word that could describe the journey of Cowlitz Tribal Health and Human Services (CTHHS) over the last ten years, it would be growth. The mental health program is no exception. Ten years ago, the Tribe's mental health services in Longview and Vancouver consisted of two therapists who shared a support staff employee with the Vocational Rehabilitation Program. Today the program has grown to include ten therapist positions, two psychiatric nurse practitioner positions, and six administrative support staff members. With even more growth expected over the next few years, the program is contending with space issues and the Longview facility is presently at full capacity.

Fortunately, plans are being implemented to allow for the continued growth of the program and to meet new requirements brought about by the COVID-19 pandemic. Health Director, Kay Culbertson, MPH/HA, was acutely aware of changes faced by the health care industry as a result of the pandemic and worked quickly

and diligently to create an opportunity and plan that would remedy the facility challenges faced by Cowlitz Tribal Mental Health. Culbertson was able to apply for and secure funding through the Centers for Disease Control (CDC) that was specifically geared toward supporting facility modifications to ensure safety for staff and individuals receiving services.

The Fir complex, directly adjacent to the main Cowlitz clinic campus, has been a good solution for HHS's rapid growth, with several of the Fir complex buildings now housing various CTHHS and Cowlitz Tribal Administration programs. The largest of the buildings in the Fir Complex currently houses the Cowlitz Tribal Substance Use Disorder program. However, the building is large enough to accommodate the SUD program with a significant portion of its floor space available for other uses. After several months of planning, it was determined this square footage could be renovated using

the CDC funding to create a new home for Cowlitz Tribal Mental Health.

Emily Gardner, LMHC, MAC, Longview and Vancouver's mental health program manager, has been a strong advocate for the program's space needs. She has been present throughout the planning stages, working with the architects and interior design specialists of design firm Mackenzie, to develop a clinic floorplan that is large enough to safely accommodate current staff and provide room for future growth.

Of equal importance to the need for space is the need to create an interior aesthetic that feels like a place of healing for Cowlitz Tribal members and other American Indian and Alaska Native community members who receive services with the program.

"We want to weave representations of culture into every aspect of the design," says Gardner.

To capture this aesthetic, interior designers have introduced the concept of biophilic design, which is the art of incorporating

nature into an interior environment to produce a connection with the natural world. The Cowlitz Tribe has had a deep connection with the land and rivers of the area since time immemorial. Bringing nature into the design of the new mental health space is a way to honor that connection.

When completed, the new clinic will have fourteen individual offices where therapists can create their own therapeutic space to better serve Native clients. Advocacy services provided by Pathways to Healing will also be included in the space. In addition to these individual office spaces, the floor plans also call for a group therapy room, a family and play therapy room, and a large conference room.

"Our [mental health] services were developed to help an individual achieve wellness and find balance in all areas of functioning," says Gardner. "We are looking forward to having a space that reflects this philosophy of care."

Renovations are scheduled to be completed by year-end.

Participate in a virtual Positive Indian Parenting Class

An update from the Indian Child Welfare Program

By: D.J. Personius,
Program
Coordinator

April is Child Abuse Prevention Month. The Indian Child Welfare Program will be placing blue pinwheels at Tukwila, Longview, and Vancouver to bring awareness. The ICW program works closely with the Department of Children, Youth and Families, and we are joining them in their Child Abuse Prevention campaign to help raise awareness.

- Here are some ways you can help raise awareness virtually and safely throughout this pandemic in partnership with DCYF: While using social media use the hashtags #GrowingBetterTogether and #CAPMonth to let them know you're committed to helping children, families, and entire communities to flourish.
- Email dcyf.strengtheningfamilies@dcyf.wa.gov for Pinwheel for Prevention stickers, temporary tattoos, posters, and garden seed packets.
- Keep your local intake number on hand to report abuse or neglect. You can find your local intake number at <https://www.dcyf.wa.gov/safety/report-abuse>.

In other news, the Cowlitz Indian Child Welfare Program is partnering with the National Indian Child Welfare Association (NICWA), Child Trends, and Casey Family Programs to provide virtual and in-home

Positive Indian Parenting (PIP) curricula as a pilot study. By participating in the study, the Tribe could receive valuable information to help meet the needs of local families. If a parent or caregiver agrees to participate, they will be assigned either to a group that receives the PIP curriculum right away or a group that receives it several months later. Parents and caregivers that do not want to participate in the study will still have the option to receive PIP.

The PIP curriculum was designed to support American Indian and Alaska Native parents and caregivers. It engages participants in culturally-based lessons over 8–10 weeks, so they can develop their own positive parenting style. The sessions emphasize the strengths of historic tribal child-rearing practices while blending traditional values with contemporary skills. The study will help to better understand how the curriculum works when it is delivered by a home visitor or virtually in a series of one-on-one sessions.

If you are interested in receiving PIP or learning more about the possibility of participating in the evaluation study, please contact Antonia Bancroft at (360) 846-3692 or at abancroft@cowlitz.org. There are exciting and valuable incentives to parents for participating!



COWLITZ INDIAN TRIBE CHILD CARE AND DEVELOPMENT PROGRAM

LET US PAY FOR THE CHILD CARE OF YOUR CHOICE INCLUDING 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.
- ⇒ Employed, enrolled in school, job training or searching.

Apply Today:

Walk-ins welcome
1003 Fir St.
Longview, WA 98632

OR Contact:

Nichole Meyers
Phone: 360-353-9528
Email: CCDP@cowlitz.org



Our Elders' wellness continues to be our priority

By: Trynity Manning,
Elders Wellness Advocate

The Elders Program has been working tirelessly to provide nutritious meals and resources for our Elders in need during this global pandemic. Care packages continue to go out daily with the help of our wonderful Wanda from the Childcare Program of Substance Use Disorder (SUD).

With the kitchen remodel finished and our work force returning to Cowlitz Village, we are back in full swing. The

ovens and new equipment are sparkling, the walls are brand new and shiny, and new lights have reinvigorated the space. The staff has repainted the dining room a beautiful teal to compliment the grey trim and brown furniture — it is ready for your return! And with the remodel providing a brand-new kitchen, we are eager for the re-opening of the Dining Room and the return of our beloved luncheons!

Due to COVID-19, we are still closed to the public, but we can serve you a to-go lunch from a safe distance, Monday–Thursday, upon request. Call Deb Mizner, at (360) 864-7006, or Brandy Manning, at (360) 324-9917, before 10 a.m. to reserve a lunch! Fish fillets continue to go out, as we receive them from NRD, to our Cowlitz Elders who wish for them!

Our Elders Wellness Advocate has been providing resources, transportation, and front porch wellness checks to our Cowlitz Tribal members all over the state. We are thankful for the success of the remodel, for our Elders, and for all the support we are given from our Tribal members. So far, this year has been full of wonderful things for our program despite the virus, and we cannot wait to see what the future holds for our Elders Program and its members.

Healing of the Canoe



Healing of the Canoe (HOC) is now offering youth (Native and non-Native 9–17 years old) our program via virtual platform this year. This resilience building, Native-based curriculum is a 12-week self-paced workshop that provides life skills and prevention tools that youth will be able to use in their own life’s journey. Our virtual platform will allow youth to complete each week on their own time and space. We have open enrollment, and we are providing all supplies needed for curriculum and cultural activities. All youth enrolled will have the opportunity to join us for weekly cultural field trips starting mid-July to mid-August. Youth must complete all 12 weeks by May 21, 2021, to be able to attend summer cultural opportunities. Space will be limited, as we will be following all COVID-19 guidelines for these activities. Please call Vashti Langford at (360) 353-9547 for more information.

For more information call:
Ali (360) 353-9535 | Vashti (360) 353-9547

Save the Dates!

Canoe Pulls
May 16 & 29, June 20

Cedar Pull
May 30

General Council meeting
June 5, 2021, 10 a.m.
ilani ballroom
ilani Casino & Resort
1 Cowlitz Way
Ridgefield, WA

First Salmon Ceremony & Meal
June 6, 2021, 10 a.m.,
meal approximately at noon
122 Mulford Rd.
Vader, WA

Youth Safety Event
June 12, 11 a.m.

ilani
1 Cowlitz Way
Ridgefield, WA

Campout at Vader Property
July 22–28, 2021
122 Mulford Rd, Vader, WA

Journeys of the Elders
August 8 & 9
ilani
1 Cowlitz Way
Ridgefield, WA

Huckleberry Camp at Swift Schoolhouse
August 26–31, 2021
Cougar, WA

All the campouts will be COVID safe. Bring your own chairs, water, snacks, canopy, tents, or RV. You can attend for a day or stay for the week. Meals provided.

There will be cultural activities, drumming, beading, and cedar weaving.

Meet the Problem Gambling Team

We would like to introduce our Problem Gambling Team: Keith Seals, Gambling Counselor, and Claire Beck, Program Coordinator. We asked Keith and Claire some questions, so we could get to know them a little bit better and put a friendly face to this program.

Keith Seals

1. How long have you been with the Cowlitz Indian Tribe, and how long have you worked in the field of Substance Use Disorders (SUD)?

I started at the Tribe on November 16, 2020. My first job in the substance use field was in Castle Rock, Washington, at Drug Abuse Prevention Center as a Relief staff night shift in 2003. I went to school and interned, then became fully credentialed in 2008.

2. What have been the most interesting differences between Problem Gambling and other SUD work?

Harm reduction and dealing with finances are the big differences. Working with people’s finances can feel like a very personal thing, and sometimes that can be a challenge.

3. Why do you want to work in problem gambling and SUD?

I struggled with addiction myself, and I wanted to give back to my community and help others with addiction problems. When I was a child, I used to tell everyone I wanted to be a “brain surgeon.” I just did not know at the time it would be like this.

4. What are your favorite things to do outside of work?

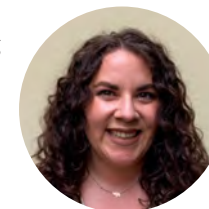
I have three teenage daughters and love going to their sporting events, taking them camping, playing video games with them, and in my free time I am working toward a master’s degree in human services.

We hope you feel a little closer to Keith and Claire after learning a bit about them. Our SUD clinical supervisors Greg Erbes and Leslie Pfannes are also trained in gambling disorders and can act as back-up counselors when needed.

If you or someone you love has a gambling problem, help is closer than you think. We offer free problem gambling treatment to all Native and non-Native individuals and their loved ones right here at the Cowlitz Indian Tribe. We can serve people through both our Longview and Vancouver offices. If you want more information, feel free to reach out to either Keith at kseals@cowlitz.org or Claire at cbeck@cowlitz.org or by calling one of the emergency preparedness offices: Longview at (360) 575-3316 or Vancouver at (360) 947-2247. You can also go to the problem gambling program webpage at www.cowlitz.org/problemgambling.



Keith Seals,
Gambling Counselor.



Claire Beck,
Program Coordinator.
Photos courtesy
of Claire Beck

Claire Beck

1. How long have you worked for The Cowlitz Indian Tribe, and where did you work before?

I started on July 6, 2020. Before coming here, I worked at Red Canoe CU for 5 years, most recently as an Assistant Branch Manager.

2. What has been the most interesting thing you’ve learned about Problem Gambling while working here?

The most interesting things have been how much of an impact problem gambling makes on the whole family. So much so that if someone has a problem, their

loved ones can seek treatment for themselves before that individual has sought their own treatment. It has also been interesting seeing how much personal finances plays into problem gambling — one of the things that drew me to this in the first place! We offer financial literacy classes to help with this, too.

3. Why do you want to work in problem gambling and SUD?

I want to work where I know I can support people who are working toward wholeness in themselves, their families, and their community.

4. What are your favorite things to do outside of work?

I like to go on adventures with my husband (usually revolving around finding something fun to eat), riding motorcycles, hanging out with family and friends when I can, and writing and playing music.

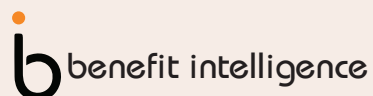
Would a Cowlitz Tribal pharmacy serve you? Take a survey and share your voice

Tribal leadership is exploring how to mobilize resources to address some identified needs of our membership. The possibility of providing a pharmacy benefit to our members is a long-standing hope. We can't determine what the costs of a pharmacy benefit would be without your help.

- Do you take prescribed medications?
- Do you have health insurance?
- Are your medications covered under a health insurance plan?

Your answers to these and other questions are needed by Tribal leadership to understand the scope of need of our Cowlitz families and the costs of different elements of a pharmacy benefit plan. Tribal Council hired a consulting firm, Benefit Intelligence, to assist us by administering a survey for all adult Cowlitz Tribal members. The survey will be completely confidential. Benefit Intelligence will provide access to the survey through a web address and will receive the survey responses. Benefit Intelligence will analyze the data and provide de-identified information to Tribal leadership.

Your voice as a Tribal member is needed. Please go to the Tribe's website—cowlitz.org—to get the link to complete the survey. You will need to provide your Cowlitz Tribal I.D. number to access the survey. If you prefer, you can have a survey mailed to your street address together with information on how to get your responses back to Benefit Intelligence.



**Saturday
June 12th, 2021
11am-2pm**
Cowlitz Reservation
Just off exit 16
Parking Lot #8



Event is dependent on State and Tribal COVID-19 guidelines at time of event. Masks will be required!

COWLITZ YOUTH SAFETY EVENT

Sponsors

COWLITZ:

Public Safety
Transportation
Administration
Culture
Department

Natural Resources
Health & Human
Services

CLARK COUNTY:

Emergency Services



Food & Fun

Raffle prizes
Games
Safety
Vendors



Fire Safety • Poison Control
Natural Disasters • Internet Safety
Medication Storage & Disposal

Brought to you by the
Cowlitz Youth Program
Free emergency awareness
and preparedness safety event



Meet the Child Care Development Program team! From left to right Ann Little, Tanya Beltz, Nichole Meyers, Justina Wilson, Rica Doty. Photo courtesy of Ann Little

Child Care Development Program is growing to provide more services to Cowlitz families

The Child Care and Development Program is a federally funded resource to increase the availability, affordability, and quality of child care services for Native Americans and Alaska Natives enrolled in a federally recognized tribe. Funding is available through Child Care Subsidy Programs that are child-focused for families with children under the age of 13 years.

We support education, work, self-sufficiency, and high-quality child care in a stable, safe environment that encourages the development of socially and culturally appropriate outcomes and long-term success in children.

Our team is growing with two new staff members. Rica Doty began on July 1, 2020, as Admin Assistant/Billing Specialist. Rica has a background in Early Childhood Education and received her AAS in ECE from Clark College. She has 12 years of experience working in a Head Start Program and was an Early Childhood teacher at the Lab School for Portland State University. Justina Wilson is our new Early Learning Coach and was previously in a director position. Justina has an AA in Education, and a BA in Psychology with an extensive background in working in early childhood programs.

With COVID-19 we have had to pivot and implement a new way of serving our families. We've been unable to physically meet with families and had to update our online application and forms. We spent a lot of time on the phone answering questions and encouraging families to hang in there. Some families had to stop center care and use Relative/Non-Relative providers. We have waived monthly co-pays for all families, which is still in effect.

Due to the changes that COVID-19 has brought to our families, we negotiated with the state to waive all income requirements for our grant. We were also able to increase our payment rates being paid to all providers by 15 percent. Our reasoning being that providers for the school-age children were taking on extra duties to help support children's learning and education. The state agreed with the reasoning and allowed the changes.

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

Cowlitz Tribal Member Tax Exemptions

Cowlitz Tribal members can purchase motor vehicles and other items on the reservation without paying Washington state sales tax. Delivery of the motor vehicle or other property must physically take place on the Cowlitz Reservation in Clark County, Washington. Please note that there are new forms published by the state to simplify this process!

For More details please review the latest update from the Dept of Revenue or call Washington State Department of Revenue at (360) 705-6705

Youth Board: change brings growth

By: Melanie Mariano,
Youth Program Manager

Historically, I would have started this article talking about all the great gatherings we had planned for the spring and summer. I would have talked about our Christmas party and how many youths we were able to serve. Before COVID-19, I would have highlighted all the amazing in-person teaching the Youth Program and Board were able to do over the winter break.

But alas, times have changed.

Due to the overwhelming response required by the global pandemic, our Youth Program has grown to meet the ever-changing needs of our Tribal youth across the country. Our Youth Council worked diligently to approve a mask design which represents our resiliency. In early February, the Youth Program sent masks to each Tribal youth across the nation. Thinking of the need for connection with our elders during this social distancing time, the Youth Council developed a pen pal program, highlighted in the flyer provided by the Youth Program. As we navigate our new normal, the Youth Council will continue to seek avenues to further help our Tribe's future generations.

The Youth Program is busy planning our first in-person event since March 2020.

The second Youth Safety Event is planned to happen in June. This event will follow all state and federal social distancing guidelines but will be an amazing opportunity for our local youth to learn more about being safe in these changing times and other tribal departments.

We at the Youth Board are steadily looking for ways we can better serve all our youth. We are grateful to our staff who work hard to grow the Youth Program into the dream we all had many years ago. A dedicated person who led and drove us to achieve our dream of a Youth Program was Melody Lopez. She devoted her blood sweat and tears to what our program is today. It is with great sadness and respect that we at the Youth Board and Youth Program are saying goodbye to Melody. She announced in March she would be moving to work with the Housing Department, and we are all sad to see her go. Many of the youth have grown up in the program with her as their patient auntie and mentor — they will surely miss hearing her jovial laughter and seeing her warm smile.

For more information on upcoming events from the Youth Program, please reach out to youth@cowlitz.org.

Attention Cowlitz members

Join the Pen Pal Letter Program Today!



Why should you participate?

- It's a great way to connect with new people and become more actively involved in the community!
- It also gives you the opportunity to know more about your youth council members and/or their leadership!

Send us a letter/email!

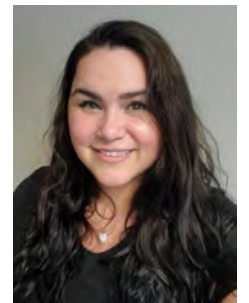
P.O. Box 164, Toledo, WA 98591

Have any more questions?
Contact us at
youth@cowlitz.org

Cowlitz Treatment Program is here to support you and your family

By: Kat Alexander, Tuscarora/Mohawk,
Program Coordinator Communities

Native Specific SUD Groups are growing! We are looking for another Native American counselor for our Vancouver, Washington location. If you are looking for a special Native-led and attended group, be sure to mention when calling.



Heather Kraft, Sisseton Wahpeton & Santee Sioux

SUD Treatment (Treatment for Everyone): On April 1, we began seeing people IN PERSON for orientations, on-takes, assessments and one-on-one appointments. We are working on getting back to the "new normal," as the month of May is the target for IN-PERSON groups to resume.

St. Mary's Update

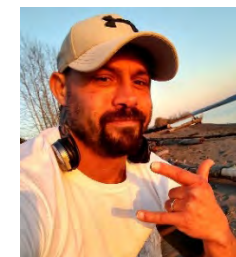
Last October the Tribe contracted to have air quality and mold spore testing throughout St. Mary's. Concern for the health and wellbeing of the Elders, as well as the Tribal staff working at the facility, led Tribal leadership to mobilize a team from multiple departments to manage the Tribe's response to the situation. It was determined that the best course of action was to temporarily relocate our Elders while testing and remediation work was completed.

Elders were moved to hotels in the region and provided with financial support to cover the cost of meals, gas

and the related expenses of being away from their homes. Cowlitz Tribal Housing waived tenants' rent for the period of the relocation. The Elders Program continued to provide meals where delivery was possible, and a group of Tribal members delivered home cooked food and handmade gifts to the Elders. Weekly meetings were held virtually with the Elders, Tribal leadership and staff to communicate effectively about the progress of the work being done at St. Mary's and to make sure any questions the Elders had were answered.

Our hands are up to our Elders who, despite being inconvenienced for some

weeks, kept a positive attitude. We also thank the team of staff who worked tirelessly to resolve the situation. Staff from Administration, Health and Human Services, Cowlitz Tribal Housing, Emergency Management and Public Works/Facilities collaborated effectively making the best of a difficult situation. We continue to investigate structural issues at the property and have several contracts with engineering firms working on identifying and resolving the problem(s). In addition, we hired a firm to evaluate quality of care, operations, and safety of the facility.



Gerry Bailey, Cherokee

Positive Indian Parenting: In-person classes to begin soon in both Longview and Vancouver. Classes are eight weeks and LIMITED (three families in Longview, four in Vancouver); all supplies including childcare will be provided. Elder involvement makes this a unique learning environment for participants with years of experience. COVID-19 guidelines will be followed. Native Families with children ages 0-8 welcome. Contact Kat directly for registration.

Continued on page 27

Pathways to Healing Coordinated Community Response Team works with ilani, gathering data on MMIP and Public Safety

By: Karyn Kameroff

Pathways to Healing (PTH) created a Coordinated Community Response Team (CCRT) that has four focus areas addressing violence and victimization. The focus areas are (1) ilani Resort, (2) Victims of Crime, (3) Murdered and Missing Cowlitz, and (4) Clark County Multidisciplinary Team participation. The first collaborative meeting occurred on July 17, 2018. Present at the meeting were PTH staff, Public Safety, Tribal Court, ilani's Executive Team, Tribal Gaming Agents, Cowlitz Gaming Commission, and former Tribal Chair Bill Iyall. The accompanying infographic provides a visual representation of CCRT.

The intention with ilani is to provide guidance on identifying human trafficking, to assist with the development of policy and procedure, so each department knows how to respond to trafficking and to be proactive while planning for a hotel. Projects include creating an online learning module for all staff to learn how to recognize signs of human trafficking. The training will be mandatory during onboarding for each employee. Stickers with the toll-free National

Human Trafficking Hotline, text support for victims, and the ilani Security Team number for onsite emergencies will be installed in restrooms and various places throughout the property. PTH also plans to print these stickers with additional contact information to be placed in other tribal facilities.

Recently, Indigenous organizations and individuals collected data on the high rates of Murdered and Missing Indigenous People (MMIP). PTH found the data is missing the tribal identity of these individuals and wondered how this epidemic impacts Cowlitz. The Murdered and Missing Cowlitz (MMC) focus area was created to identify Cowlitz members on various databases. PTH has been collecting names from our community and honoring those impacted. We currently have four names on the list. Numbers have fluctuated since we started. Two of the missing cases were resolved. We were contacted with additional names, which have been added to the list.

The Victims of Crime work has been primarily with PTH, Public Safety (PS),

legal and tribal court. This area intends to strengthen community response and understanding of violence and victimization. PTH has provided training to Public Safety, created resource packets for each officer, and reviewed the DV Response Manual with PS administration using a victim-centered approach ensuring best practices.

The final focus area is PTH's participation and collaboration with the Clark County Human Trafficking Task Force (CCHTTF). Completed projects include attendance at training, attending general Task Force meetings, membership on the Steering Committee, and participation in monthly Multidisciplinary Team case review meetings. PTH has assisted with revisions to the CCHTTF Mission/Vision/Values statement addressing equity and inclusion and be survivor-led, and founding a coalition.

It is important to acknowledge the innovation and dedication of the CCRT. The work achieved by building relationships between business ventures, government entities, and social service providers is impactful to our Tribal members. Please contact us if you need assistance obtaining any of the services PTH provides, have questions about the work with the CCRT, or want to provide us with information about a missing or murdered Cowlitz family member.

For the full report from PTH, please email pathwaystohealing@cowlitz.org or reach out to Karyn Kameroff at kkameroff@cowlitz.org.



Treatment, continued from page 26

Peer Support Specialists are people who have been successful in the recovery process by helping others experiencing similar situations. Through mutual understanding, respect, and experiences, they stay engaged in the recovery process, reducing the likelihood of relapse. Peer Support Services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of



Kevin Mason, Cowlitz

those seeking a successful, sustained recovery process.

What can you expect? A qualified/trained "Peer" that (1) you can talk to, (2) is a good listener, (3) is able to provide encouragement and support, (4) doesn't make false promises, (5) is able to work with their group to solve and learn about issues, (6) is able to ask health professionals questions on behalf of the group, (7) is trustworthy, (8) knows how to build rapport, (9)



Kat Alexander, Tuscarora/Mohawk

is compassionate, (10) has a desire to help, (11) doesn't give advice, and (12) doesn't judge. Currently we have two Peer Support Specialists: Heather Kraft and Gerry Bailey.

SUD Outreach/Re-Engagement Support Staff Kevin Mason is the department's outreach person. Kevin reaches out to group members, and he will also conduct graduate and discharged client calls. He calls those who have lost contact with our team and disengaged from services to check in and connect them to any desired services.

Kevin also calls those who complete orientation people but have not followed through to see if there are any barriers they may be facing, and will do what he can to help.

SUD Community Outreach:

Beautiful, breathable and REUSABLE facemasks are provided to SUD clients and as outreach to community for new clients.

Forty masks were donated to Kelso Little League, as a tip from Cowlitz Member Kevin Mason. All SUD staff were also given a mask to wear and promote our program.

SUD Presentations: I am available to present to SMALL groups (following CDC standards) to talk to employees, co-workers, students, etc. about substance use disorder. Treatment is available for everyone. Call me, Kat Alexander, for more information at (360) 827-0102.



Fish Distribution Program

Are you an enrolled Cowlitz Tribal member who is interested in receiving fish?

Rules:

- Fish collected by the Tribe may be processed into fillets, vacuum packed and frozen or be made available as whole fresh fish for distribution to Tribal members.
- A limit of ten (10) processed fillets or ten (10) whole fresh fish will be distributed per Tribal member at a time. Tribal Elders and Tribal families in need will have priority for fish at this time.
- The option of having fillets mailed or delivered to the Tribal member's home will be available to Tribal Elders; to Tribal members who have a demonstrated need; or to other Tribal members who live over sixty (60) miles from a distribution checkpoint.
- For fish distribution at a Tribally designated checkpoint, Tribal members must call ahead to schedule a time to pick up their fish.
- Social distancing measures at designated checkpoints or delivery points will be adhered to.
- Once the needs of Tribal members are met, then fish may be available to Tribal programs for Cowlitz Tribal members only.

Once the Stay-at-Home order has been lifted, we will resume the fish distribution as previously conducted or as directed by Tribal Council. Please note that receiving fish is subject to availability.

To be added to the Fish Distribution List please call Kirk Russell at (360) 772-9935, or contact Charity Sabido-Hodges at (360) 206-0972. Email the program at fishdistribution@cowlitz.org.

Journeys of the Elders: Cowlitz Senior Symposium, August 2021

The Cowlitz Indian Tribe is pleased to announce its first-ever "Journeys of the Elders: Cowlitz Senior Symposium" set for Sunday, August 8 and Monday, August 9 at ilani in Ridgefield.

The symposium is being put together by a committee of Tribal members and staff excited for this opportunity to provide information and experiences to enrich the lives of our elders age 60 and above. While the primary intended audience is Cowlitz elders and their caregivers, all Native Elders in our service area are welcome to attend this free event.

The content of the symposium is based on the results of an Elder's survey conducted by planners of the event. Thank you to the over 200 members who returned the survey. The Cowlitz Tribe Indian Child Welfare (ICW) program generously donated three \$100 Safeway gift cards, and the winners have been contacted.

The lineup will include a keynote speaker focusing on Cowlitz Tribal history, several breakout sessions, and informational and vendor booths. The topics generating the most interest include:

Cultural/Spiritual topics including genealogy, oral or written storytelling, and Native spirituality.

Financial/Estate topics including wills/trusts and estate planning, health insurance options, long-term care insurance and care options, Social Security & Medicare/Medicaid, housing options, and caregiver support/resources.

Technology topics, including cybersecurity/identity theft protection, smart phones/tablets and computer training.

Health topics, including medicinal plant use, senior healthy eating, physical fitness, and illness prevention.

To heighten the sense of community and connection, our desire is to have as many of the presenters be from the Cowlitz Indian Tribe as possible. If you or someone you know has expertise in any of the topics listed above, please reach out to Selena Hansen at shansen@cowlitz.org to discuss opportunities to present or share resources.

To balance the desire of Elders to gather and commune with one another and the COVID-19 restrictions in place at the time, we have taken steps to make the best use of limited capacity. The same workshops will be presented on both days giving participants the choice of attending on Sunday or Monday, without missing out on any content. We will also offer live-streamed content and video recordings of presentations uploaded to a conference website for on-demand access after the event.

Due to the possibility of COVID-19 imposed space limitations and to ensure we have enough snacks and lunch for those attending, pre-registration is strongly encouraged. Cowlitz Elders age 60 and up will receive registration materials by mail in early June. The hours of the event are 9 a.m. to 4 p.m., with breakfast and registration starting at 8 a.m. There will also be special events from 4–6 p.m. — more details to come. Although lodging is not provided, we encourage you to call the Best Western Woodland Inn at (360) 225-1000 about available discounted rooms.

Cowlitz Tribal Transportation will provide rides for Elders between St. Mary's, Longview, and ilani. Other pick-up locations may be offered based on need and availability.

For those not eligible to attend as seniors, there are plenty of opportunities to be part of this event. Besides presenters, we are looking for sponsors, vendors, and volunteers. There are multiple volunteer opportunities both in planning the event and during the event. Volunteer opportunities include sponsor, exhibitor, presenter selection and support; marketing; special events and activities; registration; hospitality; and technology support. Any volunteer who has potential contact with vulnerable adults must be screened and have a background check on file.

More information can be found on www.cowlitz.org.

Journeys of the Elders: Cowlitz Senior Symposium

SAVE THE DATE

WHO: Natives American Elders age 60 and over and their caregivers are encouraged to attend. We are also seeking presenters, vendors, sponsors, and volunteers.

WHAT: An informational symposium and resource fair offering a keynote speaker focusing on Cowlitz Tribal history, several breakout sessions, and informational and vendor booths.

WHEN: Sunday, August 8 or Monday, August 9 (Content will be repeated each day.)

WHERE: ilani, Cowlitz Ballroom, 1 Cowlitz Way, Ridgefield, WA 98642. Or join us virtually — sessions will be livestreamed and available online.

For more information or to get involved, please contact Selena Hansen, Administrative Executive Assistant, at shansen@cowlitz.org or (253) 255-6012.



The Forever People and a Forever Mountain

By: Tanna Engdahl, Spiritual Leader

The great sacred mountain of the Cowlitz peoples is known by its Native name, Lawetlat'la, and was designated in 2013 as a "Traditional Cultural Property," one of only a few sites in the country to qualify for this listing. Lawetlat'la is depicted on the Tribe's seal and emblem.

The ancestors knew that Lawetlat'la had a connection with the deep earth, the high sky, and changes of air which when combined in random places opened portals to certain energies. These early energies were felt by our ancestors, who had not yet lost their sense of the earth, sky, and animal languages.

The Creator endowed Coyote to assist in creation, so Coyote danced through time and space, singing the birthing songs. Mountain ranges were created, and the lands in between became green and lush, with hills, canyons, rivers, and prairies. They were ripened by winds, sunlight, moonlight, rains, and mist. To put the crowning glory on these marvels,

Coyote spun height, wind, power, and beauty to conjure up a mountain that was topped in snow but burned with a deep inner fire.

In the Sahaptin language of the Upper Cowlitz (Taidnapam) Latwetlat'la translates as "one who smokes." The villages of the Upper Cowlitz, Lower Cowlitz, and Lewis River Cowlitz had varied processions to Latwetlat'la through time. It is not clear if the Mountain Cowlitz (Kwalhiokwa Cowlitz) had similar connections.

The sacred mountain was a place of pilgrimage by those who sought a place to pray and give homage to the High God. It drew youth who sought their medicine *Tomanowaus in the form of a Vision Quest. Others went individually or in groups to ask for a healing, a safe journey, a good life, or to seek insights to a problem.

It was believed that the energies on the mountain could transmute knowledge, decision points, blessings, or creative thought. And some went to sing their last songs in preparation for the afterworld.

Besides the energies, the mountain gave sustenance such as meat, berries, plant foods, animal hides for clothing, and tools. The mountains had gifts at every elevation like different floors in an elevator.

Lawetlat'la is located within the Gifford Pinchot National Forest. The Traditional Cultural Property designation was a collaborative effort between the Cowlitz Tribe, the Gifford Pinchot National Forest (GPNF) and the Confederated Tribes of the Yakama.

The Cowlitz Tribe has an ongoing Memorandum of Understanding (MOU) with the GPNF, a partnership that involves cultural and resources management and projects. The non-profit Mount St. Helen's Institute is dedicated to youth outdoor and science educational programs, guided hikes, and outings with scientists and other experts, volunteer staffing of visitor centers, and trail work. All agencies honor the Tribe's TCP designation.

The modern name, "Mount St. Helens," was given to the volcanic peak in 1792 by seafarer and explorer Captain George Vancouver of the British Royal Navy. He named it in honor of a friend and fellow countryman Alleyne Fitzherbert, who held the title "Baron St. Helens," a United Kingdom peerage title emanating from the village of St. Helen's on the Isle of Wight, a little under five miles off the south English coast.

**(Tomanowaus: Spirit energy, spirit wisdom sought by individuals as in a Vision Quest, often aided by four-leggeds, flyers, swimmers, or natural world elements, such as the plant/tree people.)*

Dream Catcher Legacy Project

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

I want to put smiles on their faces and bring them happiness. If you know of a special needs Tribal member who could be uplifted with something special, please let me know and let's see if we can make it happen. Let's do this together.

Sincerely and on behalf of my father,
Dave Barnett, Founder of Ilani and Tribal Council member.
(206) 707-5765 | jakeybelle@aol.com



(left) Skye Morris on Trac Chair that takes her places her wheelchair never could, like on hiking trails. (right) Ryan Hoage received a Superbowl football autographed by Russell Wilson heading to a Seahawks game

Pəntípk^winumx C'iwí Honoring the Warriors

Nák^s pəntípk^winumx (Hello Warriors),

December 7, 2020, was the 80th anniversary of the attack on Pearl Harbor and my first day as your new Cowlitz Tribal Veterans Representative (TVR). I am Teri Graves, an Air Force medic veteran, having served from 1988 to 2000, with a tour of duty in RAF Waddington, UK for Desert Storm. I also had the Honor of being the 2015 Cowlitz Veteran Headwoman Dancer "Honoring our Cowlitz Veterans Powwow."

Our Cowlitz Warrior Program has been developing over the years with the work of Mike Caso, Jerry Iyall, and others. However, our Tribal Council felt the need of our Warriors (veterans and those still actively serving) and their families and approved the creation of the TVR position. This has been a great step for the future of our

Warrior Program. We chose the term "warrior" to include those in the military that are currently serving, as well as our veterans.

On February 6, at our Tribal Council meeting, the Cowlitz Indian Tribe and the Washington State Department of Veteran Affairs (WDVA) entered into a Memorandum of Agreement which allows WDVA to provide Veteran Service Officer training, accreditation, and technical support. I have finished the first step of this training, and my application for VSO is awaiting approval at the VA level. Once training is completed, I will be able to file VA Claims directly to the VA on behalf of our Warriors and their families.

Did you know that you can be seen at an Indian Health Clinic as a Native veteran?

The Veterans Health Administration (VHA) and the Indian Health Services (IHS) have a Memorandum of Understanding. As a veteran who qualifies for VHA, you need to contact a VHA Primary Care Provider, and request a referral to the IHS Clinic of your choice.

In addition to being able to file VA claims, we have been networking with other departments to be able to help provide mobile outreach, talking circles, Elder veteran care, and garden and fish deliveries. But more importantly, we need to hear from our Warriors and their families to see what is your Vision for our Warriors Program?

Information on our Cowlitz Warriors is limited, and we are gathering more information for a complete list of all our Warriors (living and deceased). Please go to links.cowlitz.org/cwi and fill out the update/intake form. If you do not have computer or internet access, you can call 1-877-COWLITZ and they will fill out the form with you on the phone. We are also collecting information on our Warriors that

have crossed over, for planning a "Wall of Honor" in their memories.

It is a great honor to do this work. I am looking forward to working with other Tribal veteran programs and the Washington State Dept of VA, as well as our U.S. VA to provide veterans services to our Cowlitz Warriors and their families.

Nák^w†q^wul'as (Thank You),

Teri R. Graves
(206) 308-6992 | tgraves@cowlitz.org

Cowlitz Warrior Program
Cowlitz HHS-Dupont
1000 Davis Place
DuPont, WA 98327

Facebook Page: facebook.com/CowlitzWarriors.Program

Facebook Group: facebook.com/groups/1303773599956583/

The Lands Maintenance Program announces new team members, a promising smelt run, and more



NR Technician, AJ Ulibarri planting Sitka Spruce



NR Technician, AJ Ulibarri performing Eulachon larvae and egg collection

The 6th year of the Annual Eulachon Stock Biomass Study on the Cowlitz River is underway. The 2021 run displayed a plentiful return, and has allowed Cowlitz Tribal members to harvest over 450 pounds of fish during the ceremonial dip. The numbers from this year's study suggest a promising return for the 2022 smelt run.

We would like to give a warm welcome to our new Natural Resources Technician, Shalese Jorgenson. Shalese graduated from Washington State University with her bachelor's degree in biological sciences with a minor in environmental sciences. She enjoys hunting, spending time outdoors, and photography.

The Lands Maintenance Program often partners with the Habitat Restoration and Conservation Program aiding them with the various projects they are undertaking, one of which is replanting restoration project sites. Following habitat restoration projects conducted by the Conservation Program, thousands of native plants are replanted into project sites by the lands team.

The Lands Maintenance Program has been diligently working maintaining over 750 acres of land owned by the Tribe, as well as performing the operations of the Fish Distribution Program. The team retrieves fresh fish from various local hatcheries and distributes them to Tribal members in two ways, the first way being as whole fresh fish and the other as frozen fillets.



NR Technician, Shalese Jorgenson planting Indian Plum



NR Technician, Shalese Jorgenson



NR Technician, AJ Ulibarri brush hogging in preparation for new fence installation

State-of-the-art parking garage and creative approach to opening with GUINNESS WORLD RECORDS™ titles, Michael Andretti

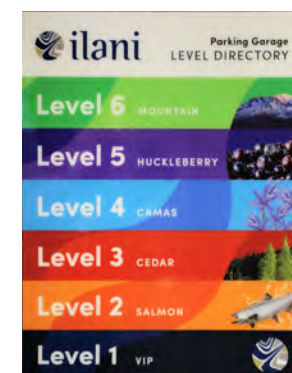
Six-floor structure offers more than 2,700 spaces

ilani, the premier gaming, dining, entertainment and meeting destination in Southwest Washington, recently opened its newest investment in economic development on the Cowlitz Reservation. The six-story, million-square-foot parking structure includes more than 2,700 spaces and will allow for a future expansion to more than 4,000 spaces.

Opening features Michael Andretti and record attempts

To mark the grand opening and to showcase the "speed ramps" that provide rapid access to the garage's upper levels, ilani hosted a private race featuring American auto racing driver Michael Andretti traveling down one of the garage's speed ramps in an edible cake car. The car was a replica of Andretti's 1991 IndyCar National Championship race car.

During the private race, ilani and Andretti helped break two GUINNESS WORLD RECORDS titles — for the **fastest edible vehicle** (17.08 mph) and the **longest distance covered by an edible vehicle** (349.81 feet). To meet



Continued on page 31

Parking level directory

Garage, continued from page 30

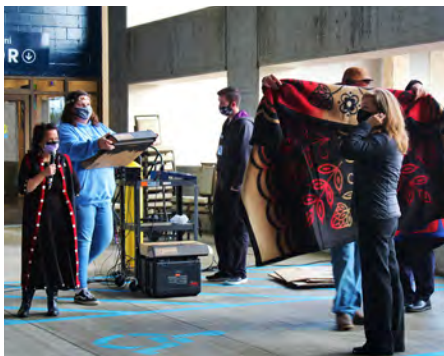
GUINNESS WORLD RECORDS guidelines, the edible vehicle had to be 90 percent edible. The car weighed in at an astounding 669 pounds, 91 percent of which was edible.

“I had a great time with Black Sheep Custom Cakes and the entire ilani team setting a new fastest edible vehicle speed record,” said Andretti. “I’ve driven a lot of vehicles, and this was by far one of the most unique. What a great way to showcase this new state-of-the-art parking facility.”

The record-breaking car was designed, baked and built by renowned celebrity cake artist Mike Elder. After the race concluded, ilani donated more than 500 pounds of the cake car to Share Vancouver, a local nonprofit whose mission is to lead the hungry and homeless to self-sufficiency by providing food, shelter, housing, education, advocacy, and compassion through the strength of the community.

“It was a dream come true for the Black Sheep Custom Cakes team and me to shatter our old fastest edible vehicle speed record and to set a new record for longest distance with Michael Andretti at ilani,” said Elder. “Building, baking, making, and decorating two 600+ pound cakes, let alone racing these legendary Andretti replica race car cakes, is a lifetime memory. Setting two GUINNESS WORLD RECORDS titles in the process is just the icing on the cake!”

“I was thrilled and honored to have witnessed Chef and Cake Artist, Mike Elder’s incredible event at ilani, which garnered him and his team two more GUINNESS WORLD RECORDS™ titles! Not only was this one of the most fun and unique attempts that I have had the opportunity to adjudicate, but it was also truly one of the most difficult and impressive challenges I have ever seen a team take on,” said Christina Flounders



Kara Fox-LaRose being wrapped in an honorary blanket

Conlon, GUINNESS WORLD RECORDS Adjudicator. “While satisfying the multitude of guidelines required of any GUINNESS WORLD RECORDS attempter, they increased the difficulty level exponentially by taking on two record titles with two historic cake vehicles in an exhilarating side-by-side attempt. This awesome team not only reached their goals but exceeded them, as the winning car (with the help of expert piloting by Michael Andretti) exceeded the speed and distance they hoped to achieve! A huge congratulations to Chef Elder and his team, Michael Andretti, the Cowlitz Indian Tribe, and the fantastic staff of ilani on making this remarkable event possible.”

The unique event would not have been possible without numerous partners and sponsors, including Swinerton, Specht, GP Energy, Maker’s Mark, White Claw, Safeway/Albertsons, CoreMark, Swire Coca-Cola, Michelob Ultra, Pacific Cabinetry & Design, Carr Vancouver, Argyle, Hop Valley, Tricor, IGN, Car Toys, Orkin, Black Sheep Custom Cakes, Les Schwab, Compass Group, Adelsheim, Satin Ice, 360 Marketing & Events, Double Barrel Print, and many more.

New parking structure enables growth

ilani continues to differentiate itself, evidenced by the investment in a parking structure that focuses on attractive finishes to create an appealing look. ilani’s current surface parking lots are often near capacity. The new garage will allow ilani to host major concerts and other events during peak business volumes on weekends, as well as support planned future expansions.

“The parking garage is a testament to the ever-increasing attraction of ilani and a further showcase of the Tribe’s commitment to the community,” said Cowlitz Indian Tribe Chairman Philip Harju. “We believe the future holds more opportunity for growth, and this garage — and its potential for expansion — will help us accommodate more visitors and more activity for years to come.”

ilani also aims to enhance the guest experience and public safety by offering the latest in technology and structural enhancements. The state-of-the-art parking garage includes an LED park-assist system to help guests with easy navigation, indicating how many spaces are available on each level.



Aerial shot of the new Parking Garage attached to ilani

Forgot where you parked? No worries! Find your car using the kiosks near the garage elevators and get directions to your vehicle. Complimentary electric charging stations are also available to guests across multiple floors.

“We are delighted to provide this modern and convenient garage for our guests and to continue the expansion of ilani’s offerings to the community,” said Kara Fox-LaRose, president and general manager of ilani. “The increased parking capacity is a key component to realizing the Cowlitz Indian Tribe’s long-term vision for the Reservation. We look forward to announcing additional new projects in the near future.”



Naming conventions for each level, which incorporate different cultural components significant to the Cowlitz Tribe’s history, provide guests with a thoughtful approach to learning about the Tribe upon arrival. Each floor also has a designated color and number, and ilani VIPs will enjoy first-come, first-served access to the first level of the garage with license plate recognition.

Other features include structural enhancements that enable the use of the rooftop area as outdoor event space in the summer, as well as a covered walkway to connect the structure to the main ilani building.

Project safety and execution relies on local teamwork

The state-of-the-art parking garage incorporates key safety features. The project team worked closely with Clark County Fire and Rescue to implement a fire suppression system that exceeds current fire codes and to ensure the entire facility has effective radio communication for first responders. In addition, there are more than 1,400 surveillance cameras installed in the garage.

“The Cowlitz Indian Tribe and the operations team at ilani continue to be great partners for

the Fire District,” said Clark County Fire Chief John Nohr. “It is clear that they understand the risk of fire and the value of a fire mitigation system. We are very pleased that they chose to make that extra investment for protection of the public, our responders and their property.”

The award-winning garage would not be possible without the support of the Cowlitz Indian Tribe and key partners, including Salishan-Mohegan, Swinerton Builders, Friedmutter Group, Walker Parking, and many other local and regional vendors and contractors.

“Since the initial casino construction, Swinerton has appreciated the opportunity to develop the Cowlitz Reservation campus,” said John Ciepiela, Senior Project Manager at Swinerton. “Our Northwest team is thrilled to continue our partnership with the Cowlitz Tribe and ilani with the delivery of the parking garage expansion. We look forward to continued growth, and we cannot thank the ilani operations team and the Cowlitz Tribal Council enough for giving us the opportunity to showcase our national expertise as a design-builder.”

“This was another tremendous team effort: the development team and ilani partnered with nearly 50 local businesses to make it happen,” said Mario Kontomerkos, CEO from Mohegan Gaming & Entertainment, for Salishan-Mohegan. “We are so appreciative of the commitment to quality, the hard work, and the additional safety measures that enabled this project to be completed in the most difficult circumstances. We are grateful for the leadership of ilani and thank all those who assisted in making this project a huge success that will support the continued growth of ilani and the future of the Cowlitz Tribe.”

With the support of all partners, the Vancouver Business Journal’s annual Top Projects special edition, which features each year’s most outstanding construction projects, designated ilani’s new parking garage as the Top Commercial Project for 2020.



Cowlitz Indian Tribe

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