



COWLITZ Tribal News

Yooyoolah
"One who calls"

Fall 2020
TENTH EDITION

Tribal Garden Expands, Meets Community Needs During Pandemic

By Alyssa Fine,
CIT Wellness
& Diabetes
Coordinator

Although only in its second year, the Cowlitz Tribe's Community Wellness Garden is quickly expanding. This past spring, Wellness Program and Natural Resource Department staff teamed up to double the size of the production garden—adding 11,000 square feet of in-ground growing space. They also installed a 70-foot x 30-foot high tunnel to allow for an extended growing season. A pole barn is being constructed on-site to store the garden's new tractor and allow for a dedicated space for composting and cold storage.

More space requires a larger staff, and this summer saw two additions to the garden crew. Cindy Callahan, the Garden Coordinator, was joined by Tessa Walker and Keith Johnson, who both serve

as Garden Assistants. The team works together to plant, harvest, and maintain the Garden, as well as distribute produce and plan and conduct educational programs.

The Garden's growth ensured the program was well prepared to respond to the unexpected and sometimes urgent needs of the community due to the COVID-19 pandemic. The increased garden output allowed for more households to receive fresh produce in a greater number of locations, a crucial development in a time of increased food insecurity. New food distribution sites in 2020 included Tacoma, Ridgefield, and Vancouver.

Knowing that safety concerns would keep

Continued on Page 5



Dalton Fry & Shalese Jorgenson (NRD) assisting with the installation of the high tunnel building



Emma Johnson Helps with Doorstep Garden Delivery



Receiving a doorstep garden delivery



Tribal member Sheril Dea assisted by grandson Matthew Mosback, Jr.



Plants in high tunnel



Philip Harju, Tribal Chairman

Chairman's Corner

By Philip Harju, Cowlitz Chairman

Greetings Tribal members,

It is an honor and privilege to write this first newsletter article as Chairman of the Cowlitz Indian Tribe. I am proud to transition into this new role after serving on the Tribal Council since 2004, and as your General Council Vice Chairman since 2008. Culture is vital to our Tribe, and I have participated in as many cultural events as possible throughout my life. Over the years, I have enjoyed volunteering for Youth, Elder, Canoe, Salmon, and Smelt ceremonies that have taught me about our identity as Cowlitz People. Once again, I would like to thank former Chairman William Iyall for his many years of dedicated service to our Tribe.

COVID-19 and Wildfires

Everyone has been affected by the COVID-19 pandemic, and many have been impacted by the recent wildfires. It has been trying and difficult, but necessary for safety, to cancel most in-person Tribal events. We look forward to meeting again in-person. In the meantime, we have adapted by having online meetings and cultural gatherings that the Culture Department has supported, and the Health Department has offered online videos and activities to do at home. We will continue to adapt and follow the best available public health recommendations.

We are working as hard as ever to support members and the community. We have been distributing the COVID-19 payments as authorized by Tribal Council as fast as possible, and members may now request emergency funds up to \$2,000. Members must call the Tribal Offices to request these emergency funds. Tribal Housing has also provided emergency assistance for wildfire victims.

ilani

ilani, our casino, is doing well after the 70-day closure that started in March. The casino has reopened and is currently a non-smoking facility, operating with reduced machines/tables and the best COVID-19 policies and procedures to protect our employees, customers, and members of the public.

The Tribe is working with the Washington State Gambling Commission on new

November 7th, 2020
General Council Meeting

Virtual Live Meeting

Registration Required
Enrollment Card & Photo ID

Questions? (360) 577-8140

More details to come,
please check link for updates
links.cowlitz.org/GC-MTG

Please note this meeting
will not be in person due
to health safety concerns



Gaming Compact amendments. Read the full press release from the State of Washington on these recent amendments on our website. We are also in negotiations with the state to implement the recently enacted sports betting legislation. Finally, the new parking garage will be completed in November, and the preliminary planning is continuing for a hotel.

Cowlitz Tribal Member Portal

All Tribal members should now be able to watch Tribal Council meetings via the Tribal Member Portal. Sign up to access the portal on our website. The November General Council meeting will be virtual with all-online access. Details are currently being worked out, and Tribal members will be updated once specifics are confirmed.

Enrollment

On September 12, 2020, the Tribal Council passed and forwarded to the General Council a proposed constitutional amendment on enrollment. This amendment will allow eligible Cowlitz children to enroll until they are 19 years of age. The vote on the constitutional amendment is planned for the June 2021 General Council meeting.

As a reminder, our enrollment rules are set out in our constitution, and any change to enrollment rules requires a constitutional amendment and must be approved by

the General membership. Any proposed constitutional amendment must first be approved in three separate meetings:

1. The Tribal Council must approve the proposed amendment and forward it to the General Council.
2. That amendment must be read at the next General Council meeting.
3. The amendment must then be voted on at the following General Council meeting, requiring a two-thirds vote to pass.

Elections

The Tribal Council has authorized a one-time emergency vote-by-mail election for the six Tribal Council positions, the General Council Vice Chair position, and the General Council Treasurer position. These positions would have been voted on at the June 2020 General Council meeting, had the meeting not been cancelled due to COVID-19. Ballots will be sent out to Tribal members for a vote, and must be returned by October 24, 2020. Make sure that the Tribe has your current mailing address. Tribal members should have already received your vote-by-mail instructions in the mail from the Tribe. If you have not received your vote-by-mail instructions, contact our Tribal Manager, Orlando Moreno.

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Orlando Moreno, Tribal Manager

Tribal Manager Updates

By Orlando Moreno, Tribal Manager

Wow—it has been quite a year so far ... With all that has happened—and is still happening—we are still doing and going strong. The team is adjusting to life with the COVID cloud above us.

We are a nimble, resourceful, and responsible organization. Looking out for the health and welfare of our Tribal members and employees is our #1 priority. Below are just some of the highlights of the work of the many directors working on your behalf.

Return to Office Guide

We developed a *Return to Office* Guide to help the organization communicate and assess how and when the employees can begin to return to the office under CDC, state, and Tribal guidelines. Emergency Management, headed by Aaron Workman, is doing a phenomenal job in sourcing supplies and working with the departments and facilities to respond to this pandemic. He has a subcommittee working on requests for Cultural Events and Tribal Gatherings.

Needs Assessment Survey

We have completed a needs assessment survey which will help with programing and developing creative ways to reach our people and assist them with their situations. This was done with the collaboration of various departments and committees (Planning, Emergency Management, Health and Human Services, Transportation, and Administration). We culled a lot of information and were extremely happy with the response—so thank you so much.

Social Distancing Practices

Dean Reynolds, our Tribal Facilities Manager, has taken point on securing office space for our employees to ensure compliance with social distancing and new safety standards. He is now looking at the needs on the Reservation (Tobacco Shop, Public Safety, and Courts). He has added staff to help him with all the projects we have going on, while he travels up and down I-5 to our various facilities. We recently replaced the carpeting in our Vancouver Office.

Ensuring Safety at all Locations

Speaking of I-5, our CIO Dan Meyer is on the road installing thermal cameras, servers, and workstations at our various facilities. He is upgrading internet speeds and infrastructure throughout the organization.

Director of Health & Human Services

What does Steve Kutz not do (or is not involved in)? He and Elizabeth Tail are instrumental in all the activities mentioned so far. They are also heavily involved in negotiating rates and expanding Health and Behavioral Health Services, ensuring the employees, tenants, patients, and Tribal members can get the care they need—not to mention COVID-19 testing. At Longview and Tukwila, we have a few Abbott machines where receiving test results only takes a few minutes. Speaking of Steve and all of his involvement, he and Elizabeth worked closely with Steve Stark, our CFO, on 105L—leasing. These leasing agreements allow the Tribe to charge rent to federal tenants, help offset our costs, and produce revenue to the Tribe.

Treasury Fund Disbursements

Steve Stark, along with Dan Meyer as the Treasurer, work on the Tribe's audits. They select the firm and review the findings prior to submitting the reports to the Tribal Council. The Accounting Group headed by Mr. Stark was also instrumental in the Treasury Fund disbursements to the Tribal membership. They could not have processed all the checks if not for our fabulous Enrollment Team and Kate Russell (from Accounting) who mailed and processed all the applications, while doing their regular jobs.

Administrative Executive Assistant

Selena Hansen, the Administrative Executive Assistant (supporting the Chairman and Tribal Manager) is exceptional. She worked with our outside legal counsel, Mike Iyall and Jerry Iyall, on making sure our payments complied with the requirements of the law and met the IRS safe harbor rules (GWE), while also managing myself and Chairman Iyall (which is huge). On a bit of a sad note, Chairman Iyall resigned, and we are still coming to terms with it; we understand why, and wish him all the best and good health in his daily walk.

Strategic Planning Project Manager

We have staffed a Strategic Planning Project Manager position. Amanda Workman is working hard to guide the organization and departments in moving our efforts forward with respect to our Comprehensive Plan. She is passionate about her new role and how we can integrate the Cowlitz Culture into our efforts.

Reservation

ilani, the casino, is doing record-breaking business despite being closed for a short time; the Tobacco Outlet likewise is hitting new milestones since we opened. I believe this is a testament to the great management and staff we have. Unfortunately, the restrictions in Wash. and Ore. have led a new, rougher clientele to the casino, especially after 10 p.m. This new clientele is more problematic to deal with from a law enforcement perspective. Our Public Safety team continues to support the Reservation and our businesses providing unheard-of response times to calls for assistance, despite a significant increase in activity. Don Walkinshaw has done an excellent job at the helm of the Tribal Police Department during a very difficult time. The department has grown under his leadership. Our officers put our safety and the safety of our employees and customers before their own—we owe them a debt of gratitude. (Thank you!) To help ensure the department is growing correctly, we have hired an outside firm to perform an audit of our Public Safety Department. The audit will reveal what we are doing well and what areas could be improved upon.

Natural Resources

Natural Resources Director Taylor Aalvik represents the Tribe in local, county, and state boards and entities. He provides a seat at the table and a voice for the Cowlitz people on Forest, River, and Wildlife issues. He also does a fantastic job with the Fish Distribution Program.

Human Resource Staff

Nancy Osborne and the HR Staff have been working so hard to keep up with the growth we are experiencing. In addition to overseeing payroll and the new migration to Microix Timesheets, they continue to help the employees with benefits and the managers with personnel issues. Nancy is working with Legal on changes to our Personnel policy manual.

Procurement System

Speaking of Microix, we are implementing a centralized procurement system, and Legal has finished working on the new purchasing policy manual with our Purchasing Manager Angie Bettineski. Angie has been training the new departments in how to use the software while supporting Payroll. All purchasing, from soup to nuts, will go through Angie and her staff.

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Disclaimer

Cowlitz Tribal News Yooyoolah

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

Editorial Team

| | |
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Questions?

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

Bill Iyall, General Council Chairman Steps Down

August 17, 2020, marked my last day as General Council Chairman and COO. I have proudly served the Cowlitz Indian Tribe for 28 years commencing as a Cowlitz Tribal Council member in 1993. While raising a young family at the time, I felt I could contribute to the tribe using my skills in engineering and development as a licensed professional engineer. I have been a prolific reader of Cowlitz history and researched carefully to better understand our story and true history.

To begin preparing for our gaming venture, I had the great pleasure of establishing and chairing our Gaming Committee from 1994 to 2006. We have been challenged on many fronts in establishing our initial reservation in Clark County, including at the US Supreme Court.

In 1995, the tribe was given a large anthropology document for the Cathlapotle village site at Ridgefield. I read the report, walked the site on the wildlife refuge, and reported back to the Tribal Council. I felt the very presence of our ancestors there. The Ridgefield area was an ideal location for a casino site and I reported that as well.

In reading a book by anthropologist, Robert Boyd, a professor at Portland State, I found a footnote reference to the proposed reservation for the Cowlitz Tribe, by the Indian Agent, William Tappan, to be located at Chelatchie Prairie in Clark County, from the 1854 Vancouver Treaty Council note. My brother, Mike found a micro film copy of the original notes by the agent in the Washington State Archives. The notes were a critical element of our successful defense of the establishment of our initial reservation. I was honored to present this as an element of our restored lands decision by the National Indian Gaming Commission.

As we continued to make progress with expanding the Tribal government and programs for our Tribal memberships, I was elected as Cowlitz General Council Vice-Chair in 2006. When it became time to establish the Cowlitz Tribal Gaming Authority (CTGA) in 2006, I was then appointed by Tribal Council, serving as Vice Chairman of the CTGA.

I have had the great fortune to receive the support of my tribe to be re-elected as Tribal

Chairman four times since 2008. It has been an honor and a joy to serve as chairman during a time of growth and resurgence of the Cowlitz people for the past 12 years.

In 2009, I was in DC to meet the incoming Assistant Secretary of Indian Affairs, Larry Echohawk. We faced a moratorium on all BIA land determinations due to the Carcieri Supreme Court Decision. With the backing of many other tribes and a very strong case, I told Larry we were the best tribe to be the test case to gain our reservation.

I have lived weekdays in my travel trailer in Castle Rock to be closer to the Tribal government office, and I can now focus on my health and my family at home for the remainder of the pandemic. At the age of 73, as the eldest Chairman in the state, after working for nearly 60 years, it is time for me to begin a new chapter in my life. I have worked ceaselessly 6 to 7 days a week as your Chairman for more than 12 years.

During my tenure, I have provided leadership in the tribe's economic development projects on our initial reservation, including ilani, Cowlitz Crossing, Water Reclamation Plant, Cowlitz Way, I-5 Interchange upgrade and expansion, the Cowlitz Tobacco Outlet, parking garage at ilani, and master planning initiatives for the future of our reservation. I was also responsible for the Tribal operations in Administration, Natural Resources, Cultural Resources, Financial Operation, Housing, Transportation, Tribal Gaming Authority, Public Safety, and Health and Human Services. We now deliver extensive services for the general welfare of Tribal members that reside across the United States.

Some additional highlights during my years as Chairman include:

- Appointed by Governor Gary Locke to the Lewis and Clark 200 Year Commemoration Commission.
- Served as a delegate to eight White House Tribal Leader Conferences and testified before the Congress on tribal land issues. Worked with the Obama Administration on improving tribal consultation, including Treasury and taxation issues,

culminating with the General Welfare Exclusion Act, allowing GWE payments to tribal members free from tax burden.

- Worked at the national and local level with the US Congress, House and Senate, Department of Interior, the Bureau of Indian Affairs, the National Congress of American Indians, the Indian Health Service, HUD, EPA, DOC, DOJ, the Governor's Office, the State Legislature, and many others.
- Aided in the improvement of Cowlitz Tribal issues that allowed for increased services for Tribal members, restoration of the tribe, and self-sufficiency leading to economic independence for the tribe.
- A Supreme Court victory (the Carcieri land determination) allowing for a gaming compact which led to the opening of ilani. I also steered efforts to expand gaming limits in the State of Washington and the introduction of tribal-only sports better. We gained our initial Reservation, ilani casino, after many generations of effort as a Tribal family. It has taken a whole tribe to accomplish this.
- Contributed to the extension of the Cowlitz Tribe's delivery of services which include Housing, Health Clinics, Natural and Cultural Resource, and Transportation departments. The general government went from 62 employees in 2008 to now having 370 and additionally nearly 1,500 employed at ilani.
- Guided the Cowlitz Indian Tribe as an example during the COVID-19 pandemic. The tribe's dedication to responsiveness, flexibility, and compassion to the local business community is strong. The tribe channeled the Education and Arts funds to address pressing basic needs for vulnerable individuals finding themselves in dire straits due to the economic upheaval caused by the pandemic. The tribe's contributions helped to stabilize local businesses by supporting community members in great need.

To fulfill the commitment I started 28 years ago when first elected to the Cowlitz Tribal Council and in the creation of our gaming committee, that now oversees development and operation of ilani, as the CTGA. I will continue to serve the tribe as the Vice



Chairman of the Cowlitz Tribal Gaming Authority. I will also continue to serve on two Regional Transportation Councils, both in Clark and Cowlitz Counties, to continue the effort to improve regional transportation improvements, including a new I-5 Bridge to Portland.

I am very proud of the efforts of our dedicated and loyal staff at the Cowlitz Tribal government offices and ilani and am grateful for their commitment to working diligently serving our Tribal community. There is much that has been accomplished and much more yet that needs to be accomplished. After overseeing and managing the rapid growth of the Tribal operations for 12 years, I am comfortable to turn that duty over to our newly appointed Tribal Manager Orlando Moreno with his capable assistant Selena Hansen.

Since opening ilani in 2017, the Cowlitz Indian Tribe has been dedicated to contributing to the future economic growth of Ridgefield, and we will continue to do exactly that to further benefit Southwest Washington and the surrounding communities. I continue to receive congratulatory messages, including a personal call from Senator Patty Murray, the Ridgefield Mayor and City Council, the Attorney General, former Assistant Secretary of the Interior Larry Echohawk, WDFW Director Susswind, and tribal leaders across the country.

I leave with full confidence that with the leadership of Chairman Harju, the Tribal Council, our ilani team, and the staff in the general government that the Cowlitz Indian Tribe will continue to grow and work relentlessly to serve the Cowlitz Tribal Members, other Native Americans, and the communities in which we live and work.

- AMR, Bill Iyall

Chairman's Corner continued from Page 2

Legal Department

I resigned as the General Counsel (Tribal Attorney) for the Tribe on August 17, 2020, when I became your Chairman. I am so proud of our Legal Department and our dedicated Legal staff. When we complete the current hiring process, we will have three staff attorneys and a new paralegal. Lori Goodwin, our current paralegal, will transition to become my Executive Assistant. Selena Hansen will become the Administrative Assistant for Orlando Moreno, our Tribal Manager. We are blessed to have Orlando, Lori, and Selena working for our Tribe every day. I also want to thank every Cowlitz Indian Tribe employee for their continued hard work and dedication.

Priorities

I want to let the membership know that better communication is one of my priorities. Our member portal, Tribal website, and official Cowlitz Indian Tribe Facebook postings will be primary channels of consistent communication. Additionally, Tribal leaders will be posting timely video updates for our members. I am also working with staff and the Tribal Council on establishing a Tribal pharmacy, along with expanded health and housing benefits.

I invite ideas and concerns about all these issues from our membership. Please, always feel free to contact me or any member of the Tribal Council.

As I close, I hope everyone can access our Tribal website and our official Cowlitz Indian Tribe Facebook page. Members can sign up on the Member Portal to view past and future meetings. These times of pandemic and wildfires are difficult for all of us. As I said previously, we are working hard as ever to support members and the community. I look forward to continuing to serve the Tribe and to work toward positive changes that will benefit our Tribal members. I send my best wishes and hope everyone is safe and healthy.

- Philip Harju, Chairman

Tribal Garden continued from Page 1

many from visiting the Garden, Wellness Program staff designed the Doorstep Garden Program. Over 70 community members received soil, seeds, starts, and growing instructions delivered directly to their door. The youth internship program was also adapted to allow for at-home learning. Seven Native youth received support to build, plant, and maintain their gardens. The youth met virtually weekly to learn from guest speakers about food sovereignty and traditional foods. All participants prepared a meal with their garden produce and a traditional food item before program completion.

Engaging, safe activities are in high demand during this unusual time. In response to this demand, the garden has offered activities like a virtual canning program, during which participants received all the supplies needed to prepare their bread and butter pickles. Garden staff have also distributed recipe kits that included all the ingredients to prepare a healthy dish, including Garden produce, spices, and oil. Volunteers continued to visit the Garden during the pandemic; measures such as screenings, masks, and social distancing have helped to ensure everyone's safety.

The Garden has many exciting plans for the months to come. Funding is allocated to construct a nature walk to highlight Indigenous and culturally significant plants. In addition, we are actively looking to expand our growing footprint and food preservation programs, while also enhancing our year-round educational offerings. A tribal food sovereignty assessment is also currently underway.

We hope you will consider participating in one of our many programs next year! To get more information, please contact Cindy at 360-787-3777 or ccallahan@cowlitz.org.

Tribal Manager continued from Page 3

Information Technology

I forgot to mention that IT is also going to be upgrading our PBX system (phones) this year. We are also looking to expand our Communication Department, which is currently under IT. We are in the process of engaging a public relations firm to help us grow our communication footprint and

Grant Department Update

By Kyle Grant, Grant Writer

Youth Program

Indian Education Discretionary Grant Program. Demonstration Grants for Indian Children and Youth Program. This funding opportunity will support distance learning, supplies and tutoring for Cowlitz youth.

Healthy Pathways for Native Youth. The Canoe Family provides our youth with life-changing skills of partnership, friendship, and building community. This funding will aid the Canoe Family in expanding opportunities for the Cowlitz youth to participate in culturally-rich traditional experiences.

Natural Resources Department

Wash. State Archives Records Retention. This funding opportunity will be used to improve the department's records retention, management, and disclosure of public records. This funding will be used to dedicate time to improve our record request procedure, record tracking procedure, record management, and create an organized, secure room for confidential files.

Indian Environmental General Assistance Program. This funding opportunity will allow the Cowlitz Indian Tribe to coordinate with local, state, and federal agencies to propose expansion of water quality monitoring sites in the Cowlitz Indian Tribe's region. Also, the grant allows for future development of a water quality assurance project plan.

build a plan—Debbie Hassler and Jerry Iyall are spearheading this effort.

Tribal Council

The Tribal Council approved moving forward with a vote-by-mail election for the June 2020 election. We hired a firm who has helped other tribes with this process, and the election of six Tribal Council members and two General Council officers is scheduled for October 24, 2020.

Health and Human Services Department

King County 2020 MIDD Behavioral Health Small Grant. This funding opportunity is directed to the Substance Use Disorder Tukwila location (SUD-Seattle). The funding will be used to increase access of integrated SUD services to members of the AI/AN community.

Transportation Department

National Infrastructure Investments. Cowlitz Bypass Road for Safe Multimodal Transversal of the Reservation. The funding will increase safety on the regional transportation network by reducing the traffic congestion.

Public Transportation on Indian Reservations Program. This funding opportunity is supported by the Department of Transportation. Cowlitz Tribal Transportation Service (CTTS) is seeking to add new emergency vehicles.

Child Care Development Program (CCDP)

Native American Library Services Basic Grant. This funding opportunity will provide for a learning library. The Cowlitz Learning Library will be able to offer services to youth, young adults, and adults at the Cowlitz Indian Tribe.

Wellness

Native American Agriculture Fund (NAAF). This funding opportunity will support our Tribal Community Garden. The goal is to work on expanding the capacity.

I wanted to highlight some of the activities we accomplished this year. I am extremely proud of our staff, and they are a joy to work with. I am looking forward to working with Chairman Harju to grow the organization and improve the quality of life of our Tribal membership. It is through unity that we will all experience prosperity.

Human Resources

By Nancy Osborne,
HR Director

The number of employees has grown significantly and continues to grow with the expansion of departments and programs. To date, we have 360 employees; 167 of those are Native American, Alaska or Hawaiian Natives (NAAHA), and of those, 61 are Cowlitz Tribal members.

The Tribe has a preference policy, provided individuals meet the job qualifications. Preference is Cowlitz Tribal member, other Native American, Alaska Native or Hawaiian Native, veterans, and all other applicants.

When managers/directors have a new or existing position, they notify Human Resources to post for the position. Those job openings are posted on the Cowlitz Indian Tribe website – www.cowlitz.org, Washington Indian Gaming Association (WIGA), all Tribal locations, WorkSource, Monster, and Indeed. More specialized positions will be posted on other sites relating to that type of position, e.g., Indian Health Service, Legal.

Enrollment Department

By Cathy Raphael, Enrollment Officer

Our current total enrolled population is 4,261 with 65 pending applications awaiting Tribal Council ratification at the September Tribal Council Meeting.

Our current enrollment criteria are (applicant must meet all three):

- 1) Applicant must be a direct lineal descendant of a Cowlitz Indian.
- 2) Applicant must have a parent (mother/father) on Cowlitz Tribal Roll.
- 3) Applicant shall be no older than 12 months of age, or applicant is 18 but not yet 19 years of age.

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.

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

Unknown Addresses

| | | | | | |
|----------------|------------|---------------|-------------|-----------|---------------|
| Abbott | Alvin | E | Judge | Janet | LaVerne |
| Albrecht | Shelly | Christine | Kniss | Sandra | Lee |
| Baker | Kaiden | Christopher | Lane | David | Mark |
| Baker | Kamryn | Danielle | Lang | Gayle | Darlene |
| Baker | David | Bradley | Link | Sheryl | Diane |
| Boles | William | George | Lund | Gwendolyn | Marie |
| Boles | Nancy | Jane | Mabry | Kimberly | Ann |
| Bouchard | Adam | Oliver | McMillon II | Micheal | Allen |
| Bouchard | Stefanie | Alta | Miller | Reece | Andrew |
| Bowman | Sean | Aaron | Minkel | Glenn | William |
| Bridges | L. Jacob | Eli | Morrison | Lee | Hoyt |
| Butterton | Jason | Allen | Morrison | Patricia | Frances |
| Campbell | William | Bradley | Myers | Jason | Ross |
| Carnes | Ryan | Richard | Myers | Daniel | Lee |
| Carnes Jr | Ryan | Richard | Neilsen | Ricky | Dean |
| Ciarfella | Michael | Andrew | Nichols | Marilyn | Inez |
| Connolly | Gavin | David | Pardee | Betty | Rose |
| Cornett | Michelle | Lee | Pearson | Ellen | Grace |
| Corpuz | Deborah | Kelleen | Pearson | Elizabeth | Anne |
| Dawson | Maurice | R | Pellegrini | Mark | Stephen |
| Dawson | Gary | L | Perez | Lori | Louise |
| Denney | Victoria | Lynn | Pfohlman | Donald | Arthur |
| DeNobrega | Nio | Arcenio | Putas | Anthony | Micheal |
| Dill | Tazzmen | Justice | Rayman | Jeremy | Lewis |
| Dunckel | Dustin | Dean | Richards | Debra | Ann |
| Duprey | Meryl | Wayne | Robinson | Stephanie | Lynn |
| Duprey | Thomas | Gerard | Rockwood | Michael | James |
| Duprey | Suzanne | Marie | Ruemker | Lena | Maureen |
| Easley | Aaron | Dean | Sabatella | Thomas | Vincent |
| Easley | Makayla | Ann | Saunders | Troy | Allen |
| Eichler-Miller | Hyacinth | Donna Maxine | Simmons | Sarah | Ruby |
| Fulton | Angela | Michele | Sims | Karen | Joyce |
| Galloway | Barbara | Jane | Sims | Evan | Danielle |
| Galloway III | John | Baxter | Smith | Keaton | Vaughn Jaeger |
| Gilbert | Kelly | LaDon | Smith | William | Winfield |
| Gilbert | Buddy | Gene | Smith | James | R |
| Gilbert | Darrell | John | Smith | Linda | Lee |
| Gilbert Jr | William | David | Smith | Jesse | Lee |
| Harris | Leslie | Ervin | Stalcup | Joyce | Leslie |
| Hiebert | Lisa | Marie | Swaggard | Jeneen | |
| James | William | Julius | Thomas | Eric | V |
| James | Judith | Ann | Tucker | Gwenith | Christine |
| James | Jacqueline | Marie | Valdez | August | Analdo |
| Johnson | Tanis | Fisten-Dodlus | Wilson | Jeffrey | John |
| Jones | Zada | Mae | Zawistowski | Vernon | Lloyd |

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
Substance Use Disorder
Healing of the Canoe
Pathways to Healing
Indian Child Welfare
Child Care Development
HHS Childcare
Employment Support Services
Transportation

ST. MARY'S

107 Spencer Rd.
Toledo, WA 98591

Housing
Senior Nutrition
Elders Program
Youth Program
Community Garden
Employment Support Services

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
Employment Support Services

RESERVATION

1 Cowlitz Way 1
Ridgefield, WA 98642

ilani
Cowlitz Tobacco Outlet
Cowlitz Crossing
Tribal Gaming Agency
Public Safety
Tribal Court
Emergency Management
Cultural Resources

VANCOUVER

7700 NE 26th Ave.
Vancouver, WA 9866

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

For more information call 360-577-8140 or visit cowlitz.org

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



Cowlitz Tribal Resource Guide

Updated
9/30/2020

Comprehensive List compiled by the Emergency Management Department. For general inquiries please contact 1-877-COWLITZ

Health & Human Services

Substance Use Disorder Program

Assessments, intakes, referral to detox and inpatient, problem gambling
Longview 360-575-3316
Vancouver 360-947-2247
Tukwila 206-466-5112

Healing of the Canoe

Youth Substance Abuse Prevention
360-575-3315 ext. 2547
Cell: 360-353-8202
HealingOfTheCanoe@cowlitz.org

Elders Program

Delivery of home cooked freezer meals, salmon (enrolled Cowlitz Elders only), sage, medicinal tea, hand sanitizer, cleaning products, prescription pick-up, rides to doctors' appointments and/or grocery shopping
360-864-7003 | 360-600-4552

Pathways to Healing

Domestic violence, sexual assault, stalking, elder abuse, sex trafficking
Advocacy & therapy services
Longview 360-575-6239 ext. 3
Vancouver 360-397-8228
Tukwila 206-466-5131

Mental Health

Counseling & Medication Management
Longview 360-353-9422
Vancouver 360-397-8228 ext. 2
Tukwila 206-721-5170 ext. 2313

24-Hour Hotlines

National Domestic Violence Hotline
1-800-799-7233
Rape, Abuse and Incest National Network (RAINN) 1-800-656-4673

Employment Support Services

Career guidance, education and/or job training. Housing assistance for youth and families.
360-575-6220

Medical Clinic

360-575-8275

Member Patient Benefits & Support

360-575-8275
CowlitzHealth@cowlitz.org

Medical Assisted Treatment Clinic

Tukwila 206-466-5410

Tobacco Cessation Program

360-353-9533 | dpearl@cowlitz.org

Any tribal member in need of support regardless of location can call
360-397-8228 ext. 2

Transportation

Transit Services

Medical & Medicaid transportation, and rural transit services
360-232-8585 | transit@cowlitz.org

Food, Household, Financial

Food Vouchers

360-577-8140 ext. 2201
MemberServices@cowlitz.org

Produce Boxes

360-577-8140 ext. 2234
Garden@cowlitz.org

Commodities (food boxes)

360-577-8140 ext. 2214
MemberServices@cowlitz.org

Fish/Fillets

360-772-9935
360-353-9509
FishDistribution@cowlitz.org

GWE

One time payment (62+)
Annual payments (65+)
360-353-9589
MemberServices@cowlitz.org

Housing

Down payment assistance
Student rental assistance
Elder housing apartments
Elder rental/mortgage assistance
Rental assistance/mortgage
Assistance home rehab
Aging in place
Help to avoid foreclosure
Well and sewer repair or replacement
Covid-19 utility assistance
360-864-8720
CowlitzHousing@cith.us

LIEHEAP (Electricity Assistance)

360-575-3310
CowlitzEnrollment@cowlitz.org

Assistance Finding Resources Cowlitz Tribal Member Services (CTMS)
Here to help members learn about available services, programs, and resources.
1-877-COWLITZ (1-877-269-5489) | ctms@cowlitz.org

Children, Youth & Education Services

Child Care Assistance

360-353-9909 | CCDP@cowlitz.org

Indian Child Welfare (ICW)

Child and family welfare services
Longview 360-355-2835
Vancouver 360-831-1950
Tukwila 206-491-9266

Tuition Assistance

360-353-9588 | education@cowlitz.org

Cowlitz Youth Program

Tutoring, learning and online interactions, language, culture connection
360-353-9915 | mmariano@cowlitz.org

COVID-19

Relief Fund

(360) 353-9589 | (360) 353-9922
MemberServices@cowlitz.org
If you have not applied already you can request an application from member services. Deadline 11/30/2020

Housing utility assistance

(360) 864-8720 | CowlitzHousing@cith.us

Face Masks

Adult & youth sizes. The department of Emergency Management has face masks for distribution to Tribal Members.
(360) 577-8140
EmergencyManagement@cowlitz.org

Facilities Department Update

The spring, summer, and fall of 2020 have been the result of a lot of hard work and great outcomes for the Facilities Department. Since taking my position in the spring, we have successfully upgraded the HVAC system, installed air purification systems, upgraded our filters from an 8 to a 13 MERV, and maximized our air flow.

Our true focused response to the COVID-19 pandemic has been cleaning. We have doubled and tripled our cleaning

services. Any high-touch areas in Cowlitz Tribal facilities are now constantly being cleaned throughout the day. Prior to the pandemic, we would clean out facilities according to normal janitorial schedules; however, that has changed. We are working very hard to clean those high-touch areas throughout the entire day, so that staff, visitors, and Tribal members are as safe as possible. Part of this around-the-clock cleaning strategy is adding another cleaning shift. We have an evening crew

that comes in after normal business hours to clean critical parts of the facility. I want everyone to know that I'm committed to doing everything that I can to guide my staff to help keep everyone safe.

The Facilities Department is also growing. We have recently added multiple new hires, as we continue to work tirelessly to provide the best facilities experience possible for staff, Tribal members, and visitors.

By Dean Reynolds

Welcome New Facilities Manager

Hi, everyone, I'm Dean Reynolds, the new Facilities Manager and Public Works Director for the Cowlitz Indian Tribe. I have 30 plus years of experience. I've spent decades working in facilities-related management roles in Florida and Washington. I have high hopes as I begin my work for the Tribe. Together, I think we will accomplish great things.

Veterans' Corner

By: Jerry Iyall, Cowlitz Veterans Representative, j.iyall@cowlitz.org

Due to COVID-19, we will not have the Veterans' Luncheon scheduled to take place on Veterans Day this year. We hope to resume the Veterans' Luncheon in 2021.

We are developing a plan to hire a full-time Cowlitz Tribal Veterans Representative. We expect this to be completed by early next year. The Cowlitz Tribal Veterans Representative will be a full-time advocate for Cowlitz veterans and the benefits they are entitled to. If you have had any interactions with Veterans Affairs, you know this can be a complex and daunting task. The Cowlitz Veterans Representative will be here to help you.

The Veterans Representative will be housed in the new DuPont site that is being acquired by Cowlitz Health and Human Services. DuPont is a great location, situated

between Pierce and Thurston Counties; the largest Cowlitz Tribal member population lives in Pierce County, followed by the second-largest population in Thurston County. This facility is also close to Joint Base Lewis McCord and American Lake VA Medical Center.

The job announcement will be made available on our website around the first of the year. Any interested Cowlitz veterans are encouraged to apply. Cowlitz veterans can still provide us with their contact information by completing the Cowlitz Veterans Registration, which is on Cowlitz.org under the "Newsroom" tab on Page 3 of "Announcements." This contact information will be used to notify Cowlitz veterans of upcoming events.

"If you love your freedom, thank a veteran."

Cowlitz Tribal Member Services

Cultural Events Go Virtual

2020 is the first year of a new program at the Cowlitz Indian Tribe – Cowlitz Tribal Member Services. The program was just getting started early this year when COVID-19 hit. Our plans to schedule monthly cultural events in Pierce County, Wash., had to be adapted so that we could support everyone's safety by being compliant with social distancing. But that didn't stop Cowlitz Elder Patty Kinswa-Gaiser from sharing her knowledge with the membership.

The first cultural event that had been planned was a beading project. Cowlitz Tribal Member Services switched the project to a virtual event featuring Patty and invited Cowlitz Tribal members to request a kit that included all the beads and materials needed. A video of Patty, stringing a beaded necklace and giving guidance to Tribal members was filmed, and the link to the video was sent out with the bead kits so members could do the project at home. Over 700 Tribal members requested the kits, and we received many thanks from the members who were able to participate and make a necklace.



Photographed by Jerry Iyall

Tribal Elder Patty Kinswa-Gaiser demonstrates beading.

Please look on the Cowlitz website or keep an eye on your mail for more information about upcoming events.

Cowlitz Tribal Member Services (CTMS) employs two staff members as Navigators, here to help members learn about available services, programs, and resources. Cowlitz Tribal members who contact the program will be guided to services provided by Cowlitz or, through referral, to other Tribes or agencies that can provide services for which they are eligible. Our Cowlitz Tribal Member Assistors welcome your questions and comments and can be reached by calling **1-877-COWLITZ (1-877-269-5489)** or by emailing ctms@cowlitz.org.

General Welfare Exclusion Program

By: Jerry Iyall

The Cowlitz Tribe has continued to expand the use of the General Welfare Exclusion (GWE) Program. In addition to using GWE for scholarship funds, Elders Program, Elders Health Care and Wellness Program, Essential Needs Program, Funeral Service expenses, and Cultural events, we also used the GWE Program to distribute funds from the "Corona Virus Aid, Relief, and Economic Security Act" (CARES Act) using the Essential Needs Program, a GWE for Childcare Program, and a GWE Program for personal emergencies.

As a reminder, the General Welfare Exclusion Act was passed by Congress and signed into law by President Obama

in 2014. The GWE Act allows Tribes to set up programs to benefit the General Welfare of tribal members as well as the tribe as a whole. Cowlitz GWE programs are designed to be consistent with the IRS guidelines. Payments made under these GWE programs are not considered income by the Internal Revenue Service; Cowlitz will not report these payments to the IRS.

So far, in 2020 we have paid over \$300 million to Cowlitz Tribal members as GWE payments. By using the GWE Program, we have saved Tribal members thousands in taxes. (Total GWE payments times the average tax rate for 2018 of 14.8%=total savings for Tribal members.)

COWLITZ TRIBAL NEWS
YOOYOOLAH!

INVITES YOU TO SUBMIT YOUR NEWS FOR THE TRIBAL NEWSPAPER!

news@cowlitz.org

We welcome Tribal related submissions on the following; Advertisements, Events & Activities, Updates on Programs & Departments, Awards, Camps, Historical Stories, Successes, Native Related News, Art, Obituaries, Reunions, Veteran Honors & Retirements, Tribal Member Business Info and Announcements for Births & Marriage.

For additional information visit:
www.cowlitz.org/newsroom/tribal-news

New Program Title

Cowlitz Employment Support Services

Exciting things are happening within the Health and Human Services Department! A new program title that embodies all employment support services within the Cowlitz Tribe is now in place. With our new name, “Cowlitz Employment Support Services,” people will be able to access several programs to fully address the needs of those seeking employment, including self-employment.

We know it is going to be difficult for people to change the mindset of “VR,” but in time it will become the norm. Trying to remember all the acronyms for the different programs is confusing and using one name will make it easier to understand who to contact. We hope to continue to grow and search for additional employment program opportunities to become part of our Employment Support Services.

The Cowlitz Vocational Rehabilitation Program (VR) has been in place for over 15 years to assist Tribal citizens with disabilities to obtain and maintain employment. We have expanded employment services specifically to Cowlitz Tribal members, with no eligibility requirements by starting Cowlitz Career and Employment Services (CCES). We also have two additional programs dealing with homeless, transition, and employment support services through a Building Changes grant.

As we have developed over time, our services are not strictly VR services; they encompass several programs, with each program measured by employment outcomes. Our four programs currently offered are housed in three sites: Toledo, Longview, and Vancouver. Employment Support Services are also available to all Cowlitz Tribal members across the nation. Our Case Managers will work with tribal members across or out of Washington state in person or virtually to research jobs or training, help with job searches, résumés, interviewing skills, and more. We also have programs for American Indians in SW Washington in need of assistance to find housing and employment to become self-sufficient. These include services to youth and families and do have some eligibility requirements.

Tribal citizens will be provided services in a holistic way, specific to their individual needs and goals. Case Managers will work together to assure we are accessing all relevant resources to “wrap” clients in services beneficial to them.

Programs and descriptions we currently offer are:

- **Vocational Rehabilitation (CITVR):** A program that focuses on clients with disabilities to obtain and maintain employment.
- **Cowlitz Career & Education Services (CCES):** This program is offered to enrolled Cowlitz Tribal members nationwide for guidance and support toward a career.
- **Independent Housing Assistance (IHA):** A housing program to place homeless or near homeless clients into sustainable, permanent housing, as they work toward employment to become self-sufficient.
- **Critical Transition Coaching (CTC):** Serves Native American youth ages 13–24 statewide (excluding Pierce, King, and Snohomish Counties), who are or have experienced recent homelessness or are transitioning from a system of care and are in danger of becoming homeless.

These are some of the Case Management services we offer:

- Career and education guidance, creating résumés, job readiness
- Skills, job search skills, and mock interviews
- Support services such as advocacy and work experience
- Work clothing, footwear, tools, and other supplies
- Certification and training opportunities
- Self-employment guidance
- Housing assistance for homeless youth and families
- Transition of youth from foster care or other communities of care

Anyone with questions regarding the program is encouraged to contact Cowlitz Employment Support Services at the main number 360-575-6220, where we will answer questions and guide you to the appropriate Case Manager to fit your needs and location.

Contact Phone Numbers

| | |
|-----------------|--------------|
| Information | 360-575-3318 |
| CITVR Longview | 360-575-6221 |
| CITVR Vancouver | 360-397-8228 |
| CCES | 360-907-7609 |
| IHA Longview | 360-916-6156 |
| IHA Vancouver | 360-397-8228 |
| CTC | 360-577-8276 |

Cowlitz Tribal Tuition Assistance Program Update

By Gregg Ford,
Tribal Education Committee Chair

If you are motivated and prepared to work toward a Vocational Certificate, Associate Degree, Bachelor’s Degree, Master’s Degree, or a Doctorate Degree, the Cowlitz Tribal Tuition Assistance program would like to help you achieve your goal. Thanks to the continued support of the Tribal Council the Education Committee has been able to support over 200 Cowlitz Tribal members with tuition assistance throughout the past school year. Cowlitz members from all over the United States and Canada have received this Tribal benefit. Though most of those receiving this award are recent high school graduates, many are older adults going back to school.

The Education Committee’s definition of academic year starts on May 1 because many summer programs start in May, and we want to include support for students in these early summer programs. We currently

have over 195 tribal members with tuition awards for the 2020-2021 academic year (May 1, 2020 to April 30, 2021). There is still tuition money available. Don’t delay. Submit your application today! The application form is posted on the cowlitz.org website. We encourage you to apply early as funding is limited. Applications for the 2021-2022 academic year will be available in January 2021.

If you have questions or comments, please e-mail education@cowlitz.org or call Carol Burnison, Tuition Assistance Coordinator,

at 360-353-9588. Check out the Cowlitz.org website for updates on our application process and to investigate the many

scholarships and learning opportunities available. Often recipients of the Cowlitz award receive other scholarships and will not need all or part of their award. This helps us reassign their unused funds to another Cowlitz member that might be on a waiting list.

I want to thank the volunteers of the Education Committee: Karissa Lowe, Becky Lowe, Celine Cloquet,

Suzanne Donaldson, David Iyall, Dave Reichel, Dave Littleton, Joan Iyall, Mike Iyall, Timi Russin, and Crystal Leigh, as well as the Tribal Council, Carol Burnison the Tuition Assistance Coordinator, and the Cowlitz Information Technology and Accounting staff. This program does not run on its own. For many years several Tribal members have worked hard volunteering to provide scholarship/tuition assistance for the Cowlitz people. In the “early days” the tribe had very little money to spare, but it was clear that education was a priority, even though the scholarships were few and limited. Today, the tribe is blessed to have the financial ability to provide more and larger tuition assistance than in the past.

For information about Cowlitz Education, check out the Education page on the Cowlitz website www.cowlitz.org under Services or e-mail us at education@cowlitz.org.

Funding available for Cowlitz Tribal members enrolled in the following programs.

Vocational Certificate
up to \$11,000/year
Associate Degree
up to \$6,000/year
Bachelor’s Degree
up to \$11,000/year
Master’s Degree
up to \$16,500/year
Doctorate Degree
up to \$16,500/year

Language Corner

By Michael J. Hubbs

Words of Nature

The below words are Nature oriented, broken down for you.

| English | Cowlitz | Phonetically |
|-------------|----------|--------------|
| Flower | Sxís | S-hase |
| Fruit | Stóól'šn | Stall-shun |
| Grass | Q'anápsu | Qa-nop-sow |
| Deer | Sł'aláš | STa-losht |
| Huckleberry | Wəná'y'x | Won-aye x |
| Camas | Qáwm' | Kawum |

New Cowlitz Word

I am officially announcing a new word for our Cowlitz Language.

Currently, we have been using Chinook Jargon for our greetings: Kla-how-ya is the word for "Hello".

I am now changing that. The new word for "Hello" will be in our Lower Cowlitz Language, (łpúlmixq).

"Hello" will now be: Nák'ws

Pronounced like "Knock-ws"

Its definition is: *to nod or bow the head in greeting.*

The Language Conservancy

The Language Conservancy (TLC) has been busy developing an online database utilizing M. Dale Kinkade's *Cowlitz Dictionary and Grammatical Sketch*, as well as a series of 57 audio recordings from conversations between Kinkade, Emma Mesplie, and Lucy James, the last two proficient Cowlitz Coast Salish speakers, taken in 1967. This database will have a Vocab Builder app, accompanied

by a pronunciation and spelling guide. Come January, the Tribe will be entering into its second year of contracting with TLC, and we are looking forward to being able to provide Tribal members with more resources to learn the Cowlitz Coast Salish Language. If you would like to be added to the Culture Department's email list for culture updates please email culture@cowlitz.org.

Cowlitz Weavers

The scheduled weavers' conferences for 2020 have all been canceled. I do have supplies and will be ordering more to keep on hand. When the time comes for us to meet again, we will be gathering to learn how to process the cedar from start to finish to prepare it for weaving. If you wish to learn about weaving, there are many videos on YouTube and Pinterest. It is difficult during these times, but it will prepare you for actually doing this wonderful cultural experience. There are

many beginner video lessons that you can venture to do on your own as well. You can also find places to purchase cedar, if you are not able to go gather.

Until the time comes to get together, please take care of yourself; check www.cowlitz.org for information on various cultural opportunities.

Blessings, Patty Kinswa-Gaiser
360-520-2578

Cowlitz Canoe Family Update

By Cassandra Sellards Reck

COVID-19 has halted Cowlitz cultural gatherings, starting in March when the pandemic was first declared. We appreciate and honor the need to stop the spread, but it's been very difficult. Being the Forever People, we have had to survive the spread of diseases before. We know how sacred our Elders and Youth are, so we humble ourselves to stop the spread, which means all of our canoe practices, gatherings, and even Canoe Journey have been cancelled. This has been painful to people who know and believe in the sacred connection of the water.

Moving forward, we have decided to pause the Canoe Princess competition. The 2019-20 Canoe royalty have been asked to serve until next year. This will allow us to get ready for 2021 and offer opportunity to future royalty. We are honored to have Kim Pemberton McGill from the Portland All Nations Canoe family providing the bead work, and our own Christine Hawkins (former TC, current Health Board, Drum Group, and Canoe Family member) who is weaving the cedar crowns. The sacred cedar is from our Aboriginal area. Please stay tuned for more information, which will be announced on the Cowlitz website and Facebook.

Cowlitz Canoe merchandise will be available for sale soon. Christine Hawkins and Jacqui Spar have championed the canoe merchandise. We will soon have t-shirts, sweatshirts, and more available.



Canoe Awakening

Tribal Canoes

The first Tribal Canoe was gifted to the Cowlitz people by our former honorable Chairman, John Barnett. He saw the draw of our people to the Canoe movement; he knew and honored our history of being a canoe traveling people. This gift has given us back the connection to our canoe heritage and re-connected us to the water and other water Nations.

Present day, the Cowlitz people were honored again by Dave Barnett, repeating the selfless gifting of his father, John. In the fall of last year, Dave gifted a new canoe to the Cowlitz Indian Tribe. The Canoe Family was able to wake it up; however, with the start of COVID-19, it hasn't been dedicated with ceremony. When it's time, we will invite everyone to come witness the ceremony in person. We will honor the canoe, our people, and Dave Barnett. This gift is one of the most meaningful for a canoe-traveling Tribe and will serve our Tribal people for generations.



Canoe Awakening

Stay tuned for the Canoe Honoring Ceremony; the time and date will be posted via the Cowlitz website and on the "Cowlitz Culture and Canoe" Facebook group ([links.cowlitz.org/FB-Culture-and-Canoe](https://www.facebook.com/CowlitzCultureandCanoe)).

For more information please contact:

Cassandra Reck | 360-513-1243
csellardsreck@hotmail.com
John O'Brien | 360-880-4560
David Cottonware | 360-644-8088
Dale Cottenware | 360-261-4977
Jeremiah Wallace | 360-266-7720

Drum Group

By Cassandra Sellards Reck

2020 has been perhaps the most difficult year in recent times for the Drum Group due to the COVID-19 pandemic. The Drum Group is a very active cultural presence at the Cowlitz Indian Tribe. The group is open to all Tribal members and affiliated individuals who walk in a good way. We are open to anyone who wants to learn and sing.

All activities, practices, gatherings, connections, and community representation have stopped. Thus, our people have suffered. We have had to stand with those who have had a void. Drumming for many is part of their recovery program — our culture heals. By filling that void with drumming, we have helped people get into rehab, stop suicide, and feel supported.

From the COVID-19 pandemic culture void, the Drum Group has tried to expand and started meeting virtually. It's difficult, as technology doesn't support multiple sounds coming from multiple devices. With

those technical limitations, we have evolved for the time being into individual Drum Group practices. Jeramiah Wallace is leading small group practices (5 total) in Longview with social distance (20+ feet for singing), sanitation, and mask-wearing. We have been able to work with Tribal administration who has chosen to follow Governor Jay Inslee's COVID-19 safety recommendations. We have humbled ourselves and know the importance of protecting our vulnerable Elders and Youth.

We've had an evolution of virtual Cowlitz cultural gatherings. Some of our Cowlitz people have stepped forward to offer teachings and connections. Suzanne Donaldson has stepped up and is coordinating a connection that is open to all Cowlitz people. This is advertised on the Cowlitz Culture and Canoe Facebook group and via the Cowlitz Culture Department. We are looking for culture class teachers.

For anyone interested in teaching, please contact Cassandra Reck at 360-513-1243 or email at csellardsreck@hotmail.com.

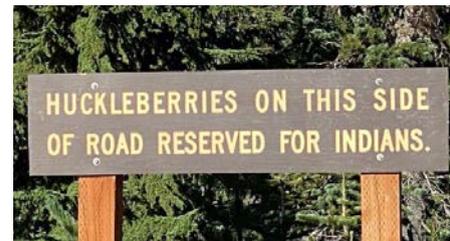
Huckleberry

By Cassandra Sellards Reck

Huckleberries and our first foods provide healing and protection. Gathering during the food cycles was a way we have always protected our families; learning these practices is very important. The connection to the mountain and the water happens when we gather. This is essential for our people.

A big "Thank You" to the Cowlitz Cultural Resources Board (CRB) and Tribal Council (TC) for recognizing the need for the connection. Due to the Covid-19 pandemic, the annual Huckleberry Camp had to be cancelled. However, the CRB and TC respected the request to take the funding and convert it to gas cards that families could apply for to be able to continue to gather.

Many Cowlitz Tribal members have gone to the mountains, in different locations, to pick Huckleberries. Instead of gathering



Handshake agreement

together, they have social-distanced and independently gathered to prevent the spread of COVID-19 among the Cowlitz Indian Tribe.

Rhonda Grantham has gathered stories and practices and will be putting out a Cowlitz Huckleberry connection. Please look for the announcement on the Facebook group "Cowlitz Culture and Canoe" and on the Cowlitz website. This will be an in-person experience shared via Zoom.

For more information, please contact Cassandra Reck at 360-513-1243 or email at csellardsreck@hotmail.com.

Ohanapecosh Campground

The Cowlitz-designated use sites at Ohanapecosh Campground have been used by Tribal members now for three summers! This camping season started off a bit late with COVID-19 and hazardous tree issues, but Cowlitz members have been using it steadily now since mid-July.

Mt. Rainier National Park staff have been working on updating the Ohanapecosh Visitors Centers. Two Upper Cowlitz Taidnapam Elders were able to participate in the new film welcoming visitors to the park. Come summer 2021, you will see Patty Kinswa-Gaiser and Greg Ladue-Grove in the new film!



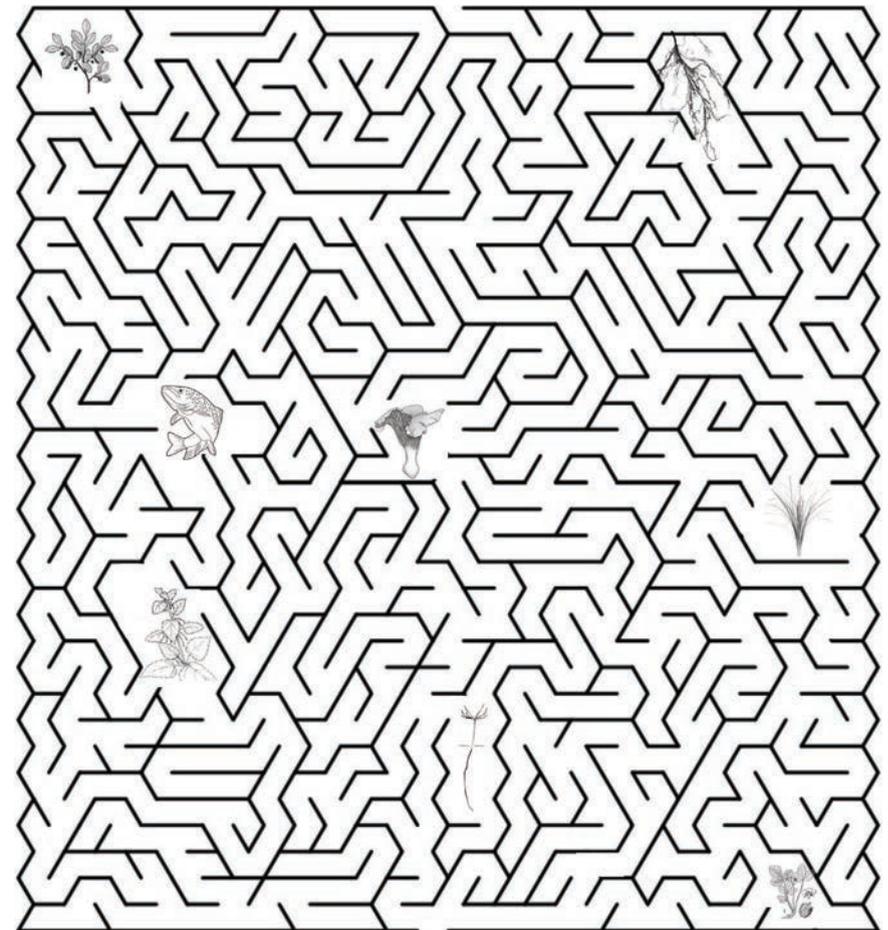
Taidnapam Elders Greg Ladue-Grove and Patty Kinswa-Gaiser

Gathering Maze

Can you find your way through the maze, collect all the plants and the salmon, and not touch any lines?

Cedar
Huckleberry
Beargrass
Salmon

Chantrelle
Nettle
Strawberry
Douglas Fir



BONUS: What are the gathering items? Where would you find them?

Have You Signed Up for the Tribal Member Portal?

Visit the COWLITZ.ORG website and sign up for online access. You will need an email and your tribal member number to start; no need to sign-up again, if you have already signed up.

Go to www.links.cowlitz.org/update or scan this QR code on your phone.

If you are having trouble with signing up and need more directions, go to www.links.cowlitz.org/VideoHelp



GRADUATION ANNOUNCEMENT

Jonathan Mascarenas

Jonathan Mascarenas graduated from University High School in Tolleson, Arizona on June 29. Jonathan competed in Track and Field while at UHS. He also started a powerlifting club and competed in several powerlifting and CrossFit competitions throughout high school. Jonathan has enlisted in the Navy and has received a contract to be an Air Rescue Swimmer as part of the Special Warfare Program. Jonathan is the son of Amy Sirb and grandson of Tom and Jodi Golden.



WEDDING ANNOUNCEMENT

Ryan Lloyd Ward & Allison Robin Hodgin

Ryan Lloyd Ward and Allison Robin Hodgin were married July 11, 2020, at the Hoh Rainforest near Forks, Washington. The bride is originally from Port Angeles, Washington, and is the daughter of Randy and Nancy Hodgin. She received her bachelor's degree in Elementary Education from the University of Idaho in 2016. The groom is from Castle Rock, Washington, and is the son of Tribal members Kevin and Beth Ward and the grandson of Yvonne Ward and Margaret Melton. He received his bachelor's degree in History from Washington State University in 2015, and will graduate with a bachelor's degree in Science Education in 2020 from Western Governors University.



The couple lives in Castle Rock, Washington, with their pets, Nala and Fitzgerald. Ryan is a 9th grade science teacher at Castle Rock High School and Allison is a 3rd grade elementary teacher at St. Helens Elementary.

GRADUATION ANNOUNCEMENT

Korine Porter

Leandra Korine Porter, Cowlitz Tribal member, graduated on July 20, 2020, with her master of arts in English Language Learning from Western Governors University.



Leandra has a passion for teaching and a love for children. She is a dedicated educator who advocates for her students and their well-being. She is kind, caring, and compassionate. She respects their individuality, and values them as important people with so much to offer. Leandra has the enthusiasm and passion to be a positive influence in the lives of her students, and they are lucky to have her as their teacher.

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/>



GRADUATION ANNOUNCEMENT

Logann Golden

Logann Golden graduated from Castle Rock High School on June 12, 2020. She lettered four years in volleyball and softball and two years in basketball. Logann is an active member of 4H and the CRHS FFA program and has been a class officer for four years and involved in her high school leadership class. She also played club volleyball with Excel NW 18 Rox. Logann received 13 local scholarships as well as the WSU MOU Tribal Scholarship and the Cowlitz Indian Tribal Scholarship.



Logann will be attending Washington State University in Pullman, majoring in Interior Design and will be playing volleyball for the Washington State Women's Volleyball team.

She is the daughter of Tom and Tiffaney Golden, granddaughter of Tom and Jodi Golden, Dean and Sherry Schwinn, great granddaughter of the late Yvonne Ward.

Places I've Been

I've walked the wild beaches and jumped their endless waves
 played in piles of driftwood and explored the hidden caves
 I've waded rambling rivers with water cold as ice
 hiked the rugged mountains more than once or twice
 I've camped in giant forests where moss hides from the light
 sat around a campfire and talked into the night
 I've watched wild herds of roaming elk that felt no need to hide
 looked into a clear blue sky to see an eagle glide
 I've ridden busy ferries up and down the Puget Sound
 roamed the many harbors where fishing boats abound
 I've fished in lakes wild and clear and the Pacific Ocean blue
 dug up clams, gathered smelt, and picked an oyster or two
 I've spent many Indian Summers that were always slow to end
 watched the brightly colored leaves twirling in the Autumn wind
 I've been to Paradise
 ~ Sandra Marinsik-Cloquet

Around the Farm

By Guest Contributor Autumn Forespring
 wəʔəbʔəltxʷ – Intellectual House
 First Nations at UW, Fundraiser Chair
 B.S., Environmental Science
 and Resource Management

Klahowyah!

My name is Autumn. I am a Cowlitz Tribal citizen and proud student worker at the wəʔəbʔəltxʷ – Intellectual House. A plot at the UW farm is dedicated to growing Indigenous foods for the Indigenous population at the university. As a student worker, part of my job description is to



Autumn's work in the garden

work on our plot. So far, I have had the pleasure of gathering muck from Lake Washington to plant Columbia River and East Coast wapato, planting corn, beans, squash, and Hopi watermelon, and working with the UW Farm staff washing produce and performing other essential tasks.

As an Indigenous woman, having a connection with and respect for my ancestral lands and the lands that I currently live on are essential to my everyday life. The farm is built on stolen Duwamish territories. Having space for Indigenous foods to grow, and for Indigenous students to interact with the plants, has been an important part of my experience as a Native undergraduate.

First Nations (the Native undergraduate student group on campus) plans to harvest and use the crops in the wəʔəbʔəltxʷ plot to serve at our annual Taking Back the Dinner event, provided that we don't have to cancel due to COVID-19 guidelines. Another option may be to box the corn, beans, and squash and distribute to first nations students living in Seattle.

I look forward to the days each week that I can make it out to the Farm. Tending to our Indigenous foods plot, weeding, watering, and sharing space (from 6 ft apart) with



other farm employees and my small group of less than five Indigenous students, has been the highlight of the last few months of relative isolation. The plot has been a unifying place for those of us who used to spend all of our time together before stay-at-home orders were put in place. Seeing the corn grow from tiny kernels to big leafy stalks as high as my waist is rewarding and exciting, and knowing that when it is safe to return to campus, the Native community will be out among the stalks, harvesting and being in community.

Masi to Perry and Adam for keeping the farm running through these uncertain times, and masi to Peter for babysitting the plot on the days that I cannot be at the farm!



No Longer With Us

We sadly report since our last edition the following tribal members have been reported to have passed away:

Christopher Bruckner
 Gary Knowles
 Dolores Fox
 Leonard Lane
 Dianne Friese
 Leslie Ockfen
 Cheryl Kennedy
 George Ragan
 Edgar Kennedy
 Rosalie Ragan-Larsen

Cowlitz Tribal Council



Top Back: Cassandra Sellards-Reck, Debbie Hassler, Tim Van Mechelen, Steve Kutz, Celine Cloquet, Dave Barnett, Whitney Mosback, Dan Meyer, Christine Dupres, Karissa Lowe, Justice Rhodes, Ty Koch (resigned). Front Row: Phil Harju, Nancy Osborne, Robin Torner, Mike Iyall, Katherine Iyall-Vasquez, Patty Kinsaw-Gaiser, Bill Iyall (resigned), Rourk Monohon (resigned), Jerry Iyall, Don Walkinshaw Sr.

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| *Dan Meyer | GC-Treasurer | 2020 | treasurer@cowlitz.org |
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| *Jerry Iyall | TC-At Large Rep. | 2022 | jiyall@tc.cowlitz.org |
| *Karissa Lowe | TC-At Large Rep. | 2020 | klowe@tc.cowlitz.org |
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| Robin Torner | Member | 2020 | rtorner@tc.cowlitz.org |
| Aaron Workman | Member | 2020 | aworkman@tc.cowlitz.org |

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| Tanna Engdahl | Spiritual Leader | |

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Strategic Planning

By Jerry Iyall,
strategic
planning
chair

The Cowlitz Tribe has hired the Setting Sun Institute (SSI) to help Tribal Council implement Goals #6 “Work better together” and #2 “Provide enhanced, transparent, meaningful communication” of our Comprehensive Plan. SSI is led by former Lummi Tribal Chairmen Darrell Hillaire and Jay Julius, as well as Debra Lekanoff. We felt they were the right choice to lead us through this work because of their expertise and experience. They have gone through many of the same challenges we are facing.

Because of COVID-19, we have been unable to meet in person. We have had several online Tribal Council retreats that are shorter in duration. For these retreats, we have the following goals: 1) work better together as a governing body; 2) develop a Tribal Council Governance Manual and job descriptions defining roles and responsibilities of Tribal Council members and others; 3) work to identify gaps and prioritize professional trainings for Tribal Council; and 4) improve communications amongst Tribal Council members, between Tribal Council and Tribal membership, and between the Tribal Council and Tribal government operations.

As of the writing of this article, we are working on improving communication. One of the things we hear most often from Tribal members, is that we need to improve communication with Tribal members, so we are developing a comprehensive Communication Strategy with SSI. Following are some of the things being considered to improve communication: form a Governmental Public Affairs and Communications Office to build communications infrastructure and

consolidate communications resources; increase infrastructure and capacity to support the Tribal Council and the Tribal Administrative offices; and identify a Communications Committee to transition to a Government Public Affairs and Communications Committee to increase capacity and provide oversight comprised of Tribal Council members, Department directors, and other Tribal leaders.

We hope to quickly implement some of these ideas being pursued, including increased use of the Tribes Portal for video casts or podcasts before and after Tribal Council meetings, to announce new GWE programs, developments such as distribution of CARES Act funds, and other topics of interest to Tribal members. We will also make more use of communication tools, such as social media, emails, e-newsletters, Cowlitz website, and video casts or podcasts.

We will also be working with SSI to develop a dispute resolution process for disputes among Tribal Council members, as well as disputes that involve Tribal Council members, Tribal boards, committees, and Tribal Administrative managers.

Some of these things may have changed, as time has passed from the creation of this article. The Strategic Planning Committee members are myself Jerry Iyall as Chair, Debbie Hassler as Vice Chair, Diane Riley as Secretary, and Dan Meyer, Phil Harju, Kim Stube, and Kristopher Kitz. Selena Hanson, Dave Martinson, Amanda Workman, and Orlando Moreno are also key contributors to this committee. With the retirement of my brother as Tribal Chairman, Phil Harju moves into that role creating a vacancy on this committee for a Tribal Council member that we will fill shortly. If you have questions or comments, you can contact me at jiyall@cowlitz.org

Spirit Life Force

By Tanna
Engdahl,
Spiritual
Leader

Our Cowlitz ancestors believed in circles, seasons, cycles, and interconnection of all life forms. It was a common thread through all the villages spread out along river systems in the vast territories of mountain and prairie landscapes. The constant flow of life was enabled by a higher unseen power thought to be a creative energy. Village culture was structured to always be aware, be thankful, and to live in such a way as to honor this life force.

Across ancient time zones, Villagers developed behavior protocols that would maintain this tribute, provided a choreography for living with others in compact village life, and harmonized two-legged survival tactics with the natural world.

The Spiritual nature of each individual was encouraged by teachers, relatives, those associated with the Spirit realm, and even those who crossed over into the next life. Adjustments were swift for those whose actions undermined the delicate balance of spiritual reverence and the principles by which village life operated.

Life was in constant motion, constant production, constant harvesting. Life lists were long: daily chores, seasonal preparations, raising children, assisting elders, repairs, creative arts, new construction, building maintenance, teaching, researching, storytelling, village safety and defense alerts, visitation, journeys, hunting expeditions, spiritual journeys, vision quests, solar observances, ceremonial or potlatch preparations, and endless counsel discussions concerning all of the above. Life was busy!

Prayers, chants, songs, and meditations were infused in the individual and collective groups as power connection aides. The subtle difference is, the Cowlitz soul and weight of mind supported the collective body over individual dominance. There was rank based on individual and family skills and asset development/management, but entitlement based on a societal pyramid structure was unknown, so NO kings, emperors, khans, demi-gods, or dictators.

The world of Spirit was charged with highly evolved connection points with every identity in which the mind could see, hear, feel, taste, touch, smell, or even had a “feeling” about. The nations comprised of four-leggeds, winged, swimmers, crawlers, plants, stones, mountains, water, earth elements, and solar bodies were respected equally as part of the spiritual essence of the life source and life surround.

With the introduction of new people from distant places, the tribal world changed. Village life ceased in the chaos of disease, land interferences, and the dramatic reduction of tribal populations. The Spiritual state was cast as superstition and the native populations categorized as pagans. It became a mission to redefine spiritually, narrow its effect, and package it in a new form called religion, which was presented in a variety of modalities.

There was a god in this religion and it contained some trace elements of spirituality known to native populations. But one horrifying fundamental aspect of this imposed religion was the strangely convoluted phrase “dominion over land and water” resources. Thousands of secular acts to change and reform landscapes were protected within the strong messaging of “dominion over” as a god-given right.

It is a troubling premise even today, regardless of generations of native absorption into religious patterns. In fact, spiritual linkages have attracted non-Native citizenry who now see the absence of harmony in earth practices as blundering errors. Assaults on the natural world have caused so many imbalances that the dominant societies now battle each other mostly in a uniquely developed legal framework.

With certain individual liberties returned to whole masses of Natives and non-Natives alike, an abundance of Native populations returned unrestricted to the enduring spiritual essence of former lifeways. Remarkably, the native continuum has the flexibility to retain religious patterning AND the spiritual connections of their ancestors. Spirituality truly is a time-traveling, amazing connective gift of the creative life source.



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 www.cowlitz.org.

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

culture@cowlitz.org
360-577-6962



COVID-19 DRIVE-THRU TESTING

Available to anyone currently utilizing Cowlitz Tribal Services.

Call today to schedule your test:
(360) 575-8275



Mental Health Resources Avoiding the Emergency Room

As we go through these challenging times, it is our community that makes us stronger. Even though we are under recommendations for continued social distancing and safe practices, the outbreak of the coronavirus disease (COVID-19) may be stressful for people and the community. Fear and anxiety can be overwhelming and cause strong emotions in adults and children. In addition to the recent loss of community members, it may initiate feeling confused, overwhelmed, or powerless during this infectious disease outbreak.

We understand it may be difficult to maintain a physical distance to stop the spread of COVID-19, especially when the need for human connection and emotional closeness is at its peak. However, it is important we stay connected with family and friends through different forms of communication to ensure no one feels they are alone.

If you or someone you care about talks about wanting to die such as, "I just don't want to be here anymore," or feels extreme sadness and is showing behaviors such as changes in sleep or eating patterns, and/or wants to harm themselves, then we can take action to try to help and support them.

We are in this together, and help is available. If you're feeling alone and struggling, you can reach out to the Crisis Text Line by texting "TALK" to 741741, or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

If you or someone you care about is feeling anxious or overwhelmed related specifically to the COVID-19 pandemic and suicidality IS NOT a concern, you can call the **Disaster Distress Helpline** to help reduce emotional distress, this number is **1-800-985-5990**.

****Important Reminder – YOUR SAFETY IS IMPORTANT – so reducing possible exposure to COVID-19 is imperative. If you or someone you know needs assistance with a mental health concern, please call the Suicide Prevention Lifeline at 1-800-273-8255, the Disaster Distress Helpline at 1-800-985-5990 or your local crisis line.** The accessible and free mental health crisis

services that these helplines offer is especially vital during times of physical distancing and are an essential service during COVID-19. These helplines may be used to overcome barriers of access to services caused by distance or unavailability of in-person mental health support and can prevent unnecessary exposure during the coronavirus pandemic.

These may be tough decisions to make, however reaching out and helping others protects ourselves, our families, friends, and tribal communities. We are deeply grateful for each of you and hope you can find moments of peace as well as a connection during this time. **Remember you are not alone, we are connected and we need you here.**

Resources

- For Emotional Distress assistance, not related to suicidality, please call the **Disaster Distress Helpline** at **1-800-985-5990** or text "Talkwithus" to **66746**.
- For concerns with suicide, please call the **Suicide Prevention Lifeline** at 1-800-273-8255
- Text "TALK" to **741741** to connect with the **Crisis Textline**
- For Two Spirit LGBTQ+ crises call **The Trevor Project** at **1-866-488-7386**, or text **START** to **678678**, or check out **TheTrevorProject.org**
- County Crisis Lines or **211** in some areas
- We R Native **wernative.org**
- **National Suicide Prevention Lifeline** Emotional Wellbeing During the COVID-19 Outbreak webpage: **suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/**
- CDC's Managing Anxiety and Stress during COVID-19 webpage: **cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html**

Attention Cowlitz Tribal Members!

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

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

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



David Doucette

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

See what's offered!

www.hrapply.com/ilani/setup.app



ATTENTION PARENTS!

We can help with your child care cost

Net Income Requirement

- ⇒ Family Size of 2: **\$0-4,420**
- ⇒ Family Size of 3: **\$0-5,460**
- ⇒ Family Size of 4: **\$0-6,499**
- ⇒ Family Size of 5: **\$0-7,540**
- ⇒ Family Size of 6: **\$0-8,579**
- ⇒ Family Size of 7: **\$0-8,775**
- ⇒ Family Size of 8: **\$0-8,970**

It's
easy to
apply!

Walk-ins are welcome

Cowlitz Indian Tribe
Child Care and Development Program
1055 9th Ave. Suite D
Longview, WA 98632

OR Contact

Nichole Meyers at 360-353-9524
CCDP@cowlitz.org
Ann Little at 360-353-9528
CCDP@cowlitz.org

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.



The Coping with COVID Interviews

By David Pulliam, MHP

One would be hard pressed to remember a year that has brought more unwanted change to our lives than 2020. March came on innocently enough but ended with swift and decisive change for most Cowlitz employees in response to the growing COVID-19 pandemic. With only a few days' notice, we suddenly found ourselves working from home when possible or, when not possible, drastically altering our work routines in order to keep ourselves healthy and comply with CDC regulations, mask mandates, and social distancing, while still providing care and support for patients and clients. Daily life changed seemingly overnight, as we struggled to transition to a new normal both personally and professionally and do everything we could to "flatten the curve."

"I wanted there to be a sense of community," remarked Celia, "to let people know that we were all in this together."

It was in the early stages of this transition that the mental health team was asked to brainstorm some ideas of how to best support Cowlitz employees through this stressful time. Celia Delaney, Licensed Mental Health Counselor, has been a part of Cowlitz Tribal Mental Health for six years. She agreed to take on this task and created what she would call the "Coping with COVID" interview series. The goal of the series would be to share the combined knowledge, skills, and resources of Tribal employees in order to help the Tribal workforce as a whole. She would do this by embracing the new Microsoft Teams program as a platform for streaming live interviews over the lunch hour.

"I knew I was surrounded by smart people," says Celia, "I just wanted to pick their brains in order to get more insight about coping with stress and building skills."

The interview topics ranged from discussions on mindfulness, cognitive behavioral therapy, and general resiliency, to ideas of how to talk to kids about the pandemic, reduce fear, and

best support at-home learning for parents who suddenly found themselves in the role of teacher. Participation in the series was high, becoming a weekly routine for a lot of Tribal employees and a way to experience something as a team, even though most of us were isolated at home.

"I wanted there to be a sense of community," remarked Celia, "to let people know that we were all in this together."

Due to her work with this series, Celia was invited to sit on Cowlitz Tribal Health and Human Service's newly formed NPAIHB Communication Team, which was funded through a grant from the Northwest Portland

Area Indian Health Board. The purpose of the team is to increase communication and awareness around issues related to COVID-19 within our Tribal communities. This includes getting information out to the public about changes in Tribal services as well as general self-care and wellness. Celia's 'Coping with COVID' series

certainly falls into this latter category. The hope is that the committee will identify a platform where the series can be posted and accessed by Tribal employees and perhaps even the general public.

As we continue to adapt to our ever-changing environment, there is no doubt the series came along at just the right time, offering support, stability, and unity.

Celia noted, "We were able to hear from a lot of voices during the series. My hope is that it helped others build some insight and coping skills through a difficult time."



Gambling is fun for most, but a problem for some

By Claire Beck,
Problem Gambling
Program Coordinator

The Substance Use Disorder (SUD) Program is now offering assistance to individuals who are struggling with Problem Gambling behaviors. The Problem Gambling program is generously funded by ilani, and treatment services are free. We encourage anyone who feels they or a family member may be struggling with problem gambling to reach out to us.

Some signs of a gambling problem include:

- A growing preoccupation with gambling.
- Lying about wins and losses.
- A need to bet more money, more frequently.
- Losing track of time while gambling.
- Neglecting family members or friends in order to gamble.
- Loss of control in spite of negative consequences.

Gambling is simply risking something of value for a potential reward that you may or may not get. Things people gamble on can also include lotteries, dice and/or card games, sports, as well as table games and electronic games found in casinos. A

growing concern that could be a gateway to gambling problems are video games and mobile games that prompt you to continually pay in order to reach the next level or collect items you need to advance.

Gambling should be engaged in as entertainment only and while it is fun. There are many things you can do to make sure you are gambling responsibly, including:

- Setting time and money limits and sticking to them.
- Only gamble when it's fun.
- Don't use gambling as a means to gain financial stability.
- Never borrow money to gamble.
- Don't gamble when you are in distress or as a way to cope with emotional or physical pain.

Stay tuned for more information about Problem Gambling and some other information and resources to support financial literacy and independence!

cbeck@cowlitz.org

Murdered and Missing Cowlitz

By Debbie Hassler

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



Positive Indian Parenting

Honoring Our Children by Honoring Our Traditions

Several Cowlitz employees were trained in facilitating the training for Native families. In the middle of August, Kat Alexander and Charity Williams began the first class of Positive Indian Parenting (PIP) with two families. Tanya Beltz, from Child Care & Development Program was our first “guest” participant, and the parents enjoyed her contribution and interaction. We will feature different guests in our upcoming classes, such as Susan Galovin, SUD Therapist, and Patty Kinswa-Gaiser, Cowlitz Elder—to mention a few.

“PIP curriculum is designed to provide a brief, practical, and culturally specific training program for Indian parents. The first goal of the curriculum is to help Indian parents explore the values and attitudes expressed in traditional Indian child-rearing practices and then to apply those values to modern parenting skills. Since there is no one tradition among Indian people for child-rearing, several examples from numerous tribes are used. When we speak of traditional, we are referring to the old ways—ways that existed prior to the white influence. Because the concept of traditional varies among people, we will refer to these ways as old ways or historical ways. It is up to each individual using the material to tailor the old ways to fit their own community.”

“A second goal of the Positive Indian Parenting curriculum is to help parents develop positive and satisfying attitudes, values, and skills that have roots in their cultural heritage.”
– Positive Indian Parenting Manual

The curriculum runs for eight weeks, with one two-hour session per week. All sessions are held online. The following topics are covered: Traditional Parenting, Lessons of the Storyteller, Lessons of the Cradleboard, Harmony in Childrearing, Traditional Behavior Management, Lessons of Mother Nature, Praise in Traditional Parenting, and Choices in Parenting. All supplies are provided to parents each week as part of each lesson. For example, Lessons of the Storyteller will include age-appropriate Native American-authored books, the Lesson of Walking in a Child's Moccasins, and a moccasin kit for the parents to make for their child. The photo above is part of the Lessons of Mother Nature.

Sign up for the upcoming classes, once we have four families on the wait list, we will begin another session. Call/Text 360-827-0102 for Kat Alexander, from the SUD Department in Longview. Check out the Facebook page “Positive Indian Parenting” for more info at facebook.com/PIPwithCIT.



Indian Child Welfare Program updates

- ICW has a surplus of diapers and wipes that are available for Tribal families. See Caseworkers to obtain them. They are also available for home delivery. Please coordinate with the ICW team. There are now ICW workers in Vancouver, Longview, and Tukwila to help families. Dial 360-575-3307 for a liaison near you.
- School supplies can be provided on a case by case and need basis from the ICWA unit to ICW cases.
- ICWA Program reached a 50 percent rate of prevention cases in ratio to the totality of dependency cases briefly this summer. This is good news, less cases in court and more families intact.

An agreement was executed between the National Indian Child Welfare Association (NICWA), Child Trends, and the Cowlitz

Tribe in January 2020. The Positive Indian Parenting (PIP) Pilot Evaluation project has accomplished the following:

- Collaborated with the Cowlitz Indian Child Welfare program staff and elders to record local cultural stories and content for use with all families who will receive PIP. Final editing of the videos is in progress in coordination with partners at Casey Family Programs. Much appreciation to Patty Kinswa-Gaiser for the cultural supports.
- Delivered a presentation on the study goals and partnership at NICWA's annual conference in March, with presenters from NICWA, Child Trends, and the Cowlitz Indian Child Welfare program.
- Made minor revisions to the study materials reviewed by the Tribal Council

in late 2019 to increase clarity and streamline questionnaires to reduce burden on families who choose to participate in the study. A full study protocol and the revised study materials were submitted to the BRANY Institutional Review Board (IRB) in May. Minor revisions were made in response to the IRB review, and formal approval was received in July.

- Trained all Cowlitz PIP Trainers in the in-home PIP model and prepared a fidelity monitoring protocol.

The intensive in-home Positive Indian Parenting lessons are available to be



ICW team June 2020: Mike Yates, Antonia Bancroft, DJ Personius, and Andrea French. Congratulations to DJ for her achievement on obtaining her MSW!

delivered via loanable equipment or with social distancing. Please contact Andrea French at 360-831-1950 to get more information and sign up. Lessons can be provided in Washington or Oregon.

Pathways to Healing

By Penney Wilson,
Advocate

Suddenly everything is different, seemingly overnight our world has changed. We have become a world of masks, physical distancing, and social unrest. The way we spend time with family and friends, the way we communicate, travel, work, and so much more has changed. Everything has become more difficult, unfamiliar and, sadly at times, less safe. With so many drastic changes in our lives we may experience feelings of fear, anxiety, uncertainty, anger, and isolation. The world seems a more dangerous, darker place for many, and for those already living with violence or abuse, things may have become much worse. For those who may be experiencing violence or abuse, please know that there is help available through **the Cowlitz Tribe Pathways to Healing program. No matter**



where you are, we are available to help and are just a phone call away. We have three locations, Vancouver 360-355-5921, Longview 360-957-8917, and Tukwila 206-771-1422. Please reach out, we are here with resources, information, referrals, assistance, and the realization that even in a time of such uncertainty there is

hope. While many things have changed, our commitment to our community has not! We are still here, and though we have had to adapt to the current situation, we are still able to help support you. It is easy to get lost in the isolation of what we are all going through, but if you or someone you know is experiencing violence or abuse, please reach out. Our advocates are experienced, caring, non-judgmental, and are here to help. You are not alone.

When You Are Ready, Support is Here

Did you know that a commercial tobacco user tries an average of 11 times to quit smoking? Quitting cold turkey is only successful 7 percent of the time? That people who get support with their quit are two times more likely to quit for good? The quit journey is not easy and very personal.

There is no ONE way to begin a journey of quitting commercial tobacco. With the Cowlitz Indian Tribe's Cessation Support Program, now it is easier to help clear the underbrush to help you find your path in becoming commercial tobacco free.

The Cessation Support Program offers information, support, planning, and free NRT (nicotine replacement therapy) if applicable to any Tribal member. Far away or close? We can meet online or by telephone. If you have concerns about your health when trying, contact your provider. You can also call 1-800-784-8669 or Quitline.com from wherever you are for more information.

What stage are you?

- Not interested in quitting.
- Starting to think about quitting.
- Starting to think how.
- Wanting to know more about options.
- Ready to talk to someone about making a quit plan.
- Setting a quit date.
- Quit but struggling with what to do with cravings.
- Having slips but trying again.
- Quit for years and relapsed.
- Ready to try again.

No matter where you are on the different stages of readiness listed above, DeAnna is here WHEN YOU are ready.



Contact:

DeAnna Pearl,
Tobacco Prevention
and Cessation
Specialist
Cowlitz Indian Tribe
Health Clinic
Dpearl@cowlitz.org
Office: 360-353-9533
Cell: 360-353-0640

Healing of the Canoe



Pictured: Ella Kulman, Vera Shulz, Zowie Ramirez, Bradlee and Hayden Lewis

Healing of the Canoe (HOC) staff had the opportunity to support our families during this time with food boxes, weekly cultural activities, virtual QPR for youth, Tobacco Education (by DeAnna Pearl), and virtual HOC classes. We have been working hard to help support our families and help them fill needs during this time. We are currently working on virtual options for the school year, so please be on the lookout for class starting dates. Please contact Vashti at 360-353-9547 or Ali at 360-353-9535 for more information and if you would like to be contacted once we launch the school year sessions.

QPR stands for Question, Persuade, and Refer. The QPR Institute mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training.

Youth Program

Nike Backpack Gifts

By Melanie Mariano,
Youth Program Manager

In August and September, the Cowlitz Youth Program partnered with Nike and its N7 program to provide all 500+ enrolled Cowlitz Youth between the ages of 7–17 with Nike backpacks full of various department swag (including ilani swag) and a gift card for school supplies. We had a few distribution locations at Toledo, Lacey, and ilani, our casino, for those living within Washington state. To enrolled families living outside of Washington who could not come and pick up a backpack, the Youth Program began mailing them out beginning in September.

**YOUTH PROGRAM
COORDINATOR**
Melody Lopez

VOLUNTEER
Myrihe Rohbock

**YOUTH COUNCIL
MEMBERS**
Meya Rohbock
Stacie Spahr
Bailey Simper
Nigel Barnett

INTERN
Sandee Spahr

**YOUTH COUNCIL
ADVISOR**
Theresa Shortman

**YOUTH PROGRAM
MANAGER**
Melanie Mariano

If you live out of state and are not sure if we have the correct mailing address, or it has recently changed, contact the Enrollment Office at enrollment@cowlitz.org to ensure we have the correct mailing address on file.



Cynthia Reck

Cowlitz Tribal Housing

Some programs are provided only in Washington state; applicants must be an enrolled member of the Cowlitz Tribe or an American Indian/Alaskan Native (AIAN).

Housing and Urban Development (HUD) regulations and Cowlitz Indian Tribal Housing (CITH) policies regarding applicants and homes apply to all programs.

*In addition to the programs listed below, with casino funding, we are currently able to help qualifying Cowlitz members with household incomes of up to 150 percent of the median income with the following programs ***while funding lasts***: Down payment assistance and student rental assistance anywhere in the United States; and for elders, the Aging in Place program which provides limited home repairs/rehab and assistance with homeowners insurance and property taxes in Idaho, Oregon, California and Washington state.

SERVICES

Down Payment Assistance

Your Tribal Housing Department is proud of our vigorous down payment assistance program, where qualifying tribal families anywhere in the United States can receive up to \$35,000 as a down payment on their primary residence. This program is growing by leaps and bounds and has helped many Cowlitz families realize the American Dream of Homeownership! Some restrictions apply; call for further information, and an application.

Elder Housing Apartments

Cowlitz Indian Tribal Housing welcomes you to the Tribe's Housing complex, Cowlitz Village, located in Toledo, Wash. Accommodation choices are efficiency apartments and one-bedroom units. Rents are calculated on a sliding scale according to income. Small pets (one dog or cat) are welcome. Cowlitz Village is an independent living complex, not an assisted living facility. The minimum age requirement

to live at the complex is 62. In order to live at the facility, applicants must be low-income, be an enrolled member of a federally recognized Indian tribe and pass a background check, reference check, and drug screening.

Standard Rental and Mortgage Assistance

Tribal Housing assists qualifying low-income Tribal members with rent or mortgage payments for up to six months.

Student Rental Assistance

Student Rental Assistance is available for full-time college students, anywhere in the United States. HUD rules apply, except income guidelines that are expanded by casino funding.

Elder Rental and Mortgage Assistance

We assist qualifying low-income Cowlitz elders (age 62+) with a portion of their rent or mortgage payment each month until the lifetime limit of \$50,000 is reached.

Home Rehab/Repair

With HUD funds, we repair qualifying low-income Tribal members' homes to provide a decent, safe, and sanitary place to live. We serve most of the state of Washington with this program.

Help to Avoid Foreclosure

In some cases, we can help low-income tribal families avoid foreclosure. Restrictions apply; call for further information and an application.

Well and Sewer Repair or Replacement

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

For applications or information, call us at 360-864-8720 or email us at cowlitzhousing@CITH.US.

Youth Program—Virtual Gatherings

By Melanie Mariano, Youth program Manager

As a result of the spread of COVID-19, the Cowlitz Youth Program's annual summer camp at Yelm, Washington, was canceled causing us to be unable to host it this year. However, in light of the inability to have an in-person summer camp, the Youth Program decided to host a two-day virtual event through Microsoft Teams. On August 24 and 25, the Youth Program held "Virtual Gatherings" broadcasting live from St. Mary's, with me, Youth Program Manager Melanie Mariano, as the emcee. We had roughly 15–25 viewers at any given time, watching the broadcasts each day.

We had two live guests on Tuesday, August 25: Dave Barnett, who spoke to our youth about being proud of who they are, and Abram Benally, taking live questions about his experiences on American Ninja Warrior. Also broadcasting live both days, our own Melody Lopez, Youth Program Coordinator, told Cowlitz stories, passed down from her grandfather.

Pre-recorded Cowlitz cultural pieces on language (Michael Hubbs), canoe culture (John O'Brien), and herbal medicines (Rhonda Grantham) were shown, along with one about our community garden at St. Mary's (Cindy Callahan, Garden

Coordinator). Tanna Engdahl, our spiritual leader, recorded a blessing for our youth, and Chairman Harju kicked off the event with a special message to Cowlitz Youth.

Guest presenters included: A lesson on how to play the stick game from

LoVina Louie (Coeur d'Alene) from Native Wellness Institute; a message of inspiration from Indigenous rap artist and MTV VMA winner Supaman Hip Hop (Apsaalooke); Calisthenic fitness and yoga workouts from American Ninja Warrior competitor Abram Benally (Navajo); Goals Motivation from Strong Warriors' own Toqua Ticeahkie (Comanche); and Hoop Dance Lessons from champion dancer Ella Bearsheart (Lakota). There were also special messages from Nike N7 Ambassadors: Lauren Schad (Cheyenne River Sioux) from her volleyball training in France and former WNBA player Jude Schimmel (Confederated Tribes of the Umatilla Reservation, Ore.). All presenters spoke about staying connected/safe and shared positive messages in these uncertain times during the pandemic.



Melanie live-streaming as Emcee

We called this event "Virtual Gatherings," because we shared not only pieces of our own Salish culture, but also incorporated wisdom, advice, and motivational speeches from Indigenous mentors around Indian Country.

The silver lining in not having the summer camp this year is that we're able to reach out to many more of our Cowlitz youth across the country who would otherwise not be able to attend our five-day camp up in Yelm, Washington. As a "first" for this type of event for our Cowlitz Tribe, we plan to utilize this platform again in the future to reach more of our youth families across the country during COVID-19/social distancing and hope that other programs move in this direction, too.



Dream-catcher Making video; one of the videos shown during the live streaming.

Senior Nutrition COVID-19

When COVID-19 struck, the staff at St. Mary's in Toledo provided essential help to tribal elders. The kitchen staff, led by Deb Mizner, provided meals to elders who were at greater risk of harm from the pandemic.

"Since COVID started, we jumped in right away and started reaching out to our homebound and elders who are out of our area to make sure that they were getting what they needed," said Mizner. "We went from serving about 150 meals a week to, our highest number, which was 1,300 in a week. The elders are extremely overwhelmed and thankful. They're so thankful. We've had elders call just to say

thank you because we've sent a letter out right away to them letting them know that we're here for them, even if it's just for conversation. I can't even tell you how grateful they are."

While the amount of meals has fluctuated, the dedication of the staff at St. Mary's remains strongly focused on providing vital assistance to elders of the Cowlitz Indian Tribe. Looking ahead, Mizner underlined the dedication her staff has to the elders, saying, "We've been doing this (meal outreach) since COVID started and we will continue until the need and COVID have gone away."

Greetings from the Elders of Cowlitz Village

The Elders of Cowlitz Village wish to send our best wishes and blessings to the many amazing young Cowlitz who recently started their schooling and classes for the new school year. It has been a strange year full of change and confusion; but as is our nature, we shall adjust and bend with the winds of change. Here is our blessing:

"Our children, it is your day. May your road be fulfilled reaching to the road of your ancestors. When your road is fulfilled, may we be the ones your thoughts will embrace. May you help us all finish our roads, for this, we give honor to the ancestors." Aho

Public Safety Department

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

Greetings Cowlitz members. It is a very exciting time for the Public Safety Department, the ilani resort, our tribal members, and our tribe. The Cowlitz Indian Tribe's Public Safety Department has grown in number of employees, professionalism, and overall positive influence and reputation within the local community. We currently have 16 commissioned officers that provides two officers and 24-hour service to the reservation. 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 three vacant positions that we are attempting to fill immediately. With the parking garage nearing completion,



and construction of the hotel in 2021, 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.

We are in the final stages of completing an agreement with the Clark County Sheriff's Office that will give us "General Peace Officer Authority." The agreement and the requirements that we have completed will allow the Tribal police to function like any other mainstream police department with arrest powers over non-tribal members and allow enforcement against crimes in the vicinity of the reservation. This is a significant accomplishment for any tribal agency. All our officers are state certified and are qualified peace officers anywhere in the state with federal authority from the Bureau of Indian Affairs. We comply with all the standards and training of the Clark County Sheriff's Office. This is major step towards a first-class department, tribal or otherwise.

We have taken delivery of our new patrol boat that will allow us to serve the Canoe Family in their voyages, as well as participating in a regional task force for the



Chief of Police Donald Walkinshaw Sr.

protection of cultural sites and in the future, jurisdiction on the water to enforce state and federal wildlife offenses. We have always strived to provide Cowlitz members, programs, and business ventures with any assistance we can. Senior officer Harris and senior officer Ehrhorn have been assigned to the Patrol Boat. Senior officer Ehrhorn will be attending an

intensive 19-day training program through the Federal Law Enforcement Training Center in the spring that will designate him as a Certified Marine Law Enforcement Officer upon completion of the course.

Aaron Workman is now the Director of Emergency Management under the Public Safety Department. Aaron has done an outstanding job coordinating the tribes COVID-19 response, and we are proud to report that the fire engine we secured in a grant proposal in 2019 is finally under construction. The fully equipped fire engine will be based in La Center and will allow the fire station to reopen and support emergency response at the reservation.

We are actively looking for Tribal members who may wish to pursue a career in law enforcement and become future leaders of our Tribe. We currently have two Cowlitz Tribal members, Seth Ehrhorn and Austin Moore, working as officers. I would encourage anyone who is interested

Entry Level Police Officer

The Cowlitz Indian Tribe's Department of Public Safety is recruiting for an Entry Level police officer. The Department of Public Safety serves as first-line public safety officers for the Cowlitz Tribe, properties, reservation, businesses, and Tribal programs and all properties, both trust and fee. Under direction of the Director or Supervisor, participates in the work of law enforcement, patrol, traffic, tribal-community relations, investigations, crime prevention, special projects, and coordination and assisting other tribal, federal, state, county, and city departments.

For more openings, visit cowlitz.org/careers/jobs.html

in applying to speak with them or myself about working conditions and their satisfaction with their career. We further ask Tribal members to look at the careers that are available and come be part of an exciting time for our Tribe. We will continue to grow the department and our positive influence on local communities and government agencies.

CIT COMMUNITY WELLNESS GARDEN

Produce bags for Cowlitz Tribal Members now available!

Sign up now to be contacted when seasonal, fresh, organic produce from the garden becomes available.

Go here to register:
<https://www.surveymonkey.com/r/CITgarden>
 or call Cindy at (360)787-3777

COWLITZ TRIBAL DISCOUNTS

MICHAEL JORDAN'S / LINE & LURE
 15% Off* and Tax Exemption

TOM'S URBN
 15% Off* and Tax Exemption

ROSE & THORN / LONGHOUSE
 25% Off* and Tax Exemption

MARSHALL ROUSSO / RUBY BLUE
 10% Off* and Tax Exemption

COWLITZ TRADING POST
 15% Off* and Tax Exemption

*Conditions may apply

For our upcoming 2021 Cowlitz, Natural Resource Calendar

We want your photos!

We are seeking nature and cultural related photos from you to feature!

For consideration, email your photos with credits to aboyn@cowlitz.org

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, Tribal Council Member.

206-707-5765 | jakeybelle@aol.com

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



Lewis and Clark State Park located between Longview and Chehalis, the inaccurately named Lewis and Clark State Park in fact straddles a segment of the Historic Cowlitz Trail. The park has over five miles of hiking trails in and around the old growth forests the park was originally created to protect. Lewis and Clark State Park has also hosted Cowlitz Cedar Gathering and camas harvest events in the past few years. It is a fairly lightly used park and a good place to get, get some exercise, and enjoy the Cowlitz landscape that was. You may want to wear boots, though, as the trails can be muddy!

Address: 4583 Jackson Highway
Winlock, WA 98596

For further questions, contact
Amy Boyd at 360-353-9202 or
a Boyd@cowlitz.org



COWLITZ TRIBAL MEMBERS

Would you like fish?

(360) 772.9935 | (360) 353.9509

FishDistribution@cowlitz.org

Submit your news to Cowlitz Tribal News YOOYOOLAH

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
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.

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

Next edition submissions due
Monday, February 1 2020

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

Legal Department Update

We hope this update finds everyone healthy and happy.

As you are all aware, since the last newsletter, we have lost our General Counsel, as Philip Harju accepted the position of Chairman. It has been a pleasure for all of us in the Legal Department to work with Phil, and we are confident he will do great things for the Cowlitz people! We are sure you will join us in wishing him well as he leads both members and employees toward a very promising and exciting future.

We have begun advertising to hire another Staff Attorney and hope to find someone who will be equally as knowledgeable and experienced as Keegan, Sara, and Lori. In the meantime, Keegan has been named the acting Lead Staff Attorney.

Cowlitz Indian Pow Wow

The Pow Wow Committee Has Announced that we came to the decision due to the Covid-19 virus outbreak to cancel the 21st Pow Wow for the safety and concern of the wellbeing of our elders and our attendees.

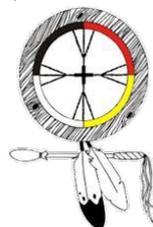
We will continue move on to plan the 2021 Pow Wow and are always looking for volunteers to come help and get to know the committee. If you are interested please feel free to get ahold of krisdil43@gmail.com

Our Committee members:

Kris Dillehay -Chairwoman
Nathan Hooton Vice Chairman
Jane Meyers- Treasurer
Nicole Meyers -Secretary
Beth Ward

Our new committee members:

Ali Guerra
Melanie Mariano
Brianna Cassity



COWLITZ TRIBAL MEMBERS

Would you like fish?

(360) 772.9935 | (360) 353.9509

FishDistribution@cowlitz.org

Full Fish Passage Under Threat by PacifiCorp on the Lewis River

By Taylor Aalvik, NRD Director

The Tribe signed a Settlement Agreement with PacifiCorp and Cowlitz PUD in 2004, promising not to oppose the licensing of four hydropower projects on the condition that the utilities faithfully implemented measures designed to offset their projects' impacts on Tribal resources. Specifically, the Tribe negotiated aggressively to restore salmon and steelhead passage as a condition of any operating license, and succeeded in securing agreement from all parties that fish passage throughout the entire Lewis River watershed would be the "centerpiece" of the license. The Federal Energy Regulatory Commission (FERC) granted a 50-year operating license to the utilities in 2008 based on the Settlement Agreement. Since that time, the Tribe

has dedicated significant staff time to supervising implementation of FERC's licenses for the project. Beginning roughly three years after the license was issued in 2008, PacifiCorp began efforts to wiggle out of their obligations to provide fish passage, culminating in an intense flurry of political lobbying in Washington D.C., to convince political appointees to allow them to provide a small "in-lieu" fund instead of fulfilling their fish passage obligations as agreed in the Settlement Agreement. This move would save PacifiCorp hundreds of millions of dollars, while leaving the salmon and the Tribe holding the bag.

The Tribe's ancestors depended on the salmon and other resources within the Lewis River. Many homes and villages are now underwater, impounded by

PacifiCorp's dams, and what was once a bountiful area is now a money-maker for the Utilities, who never compensated the Tribe for their impacts to Tribal life. Full fish passage throughout the Lewis River watershed will not make the Tribe whole, but is the least that the Tribe would settle for in 2004; any effort by PacifiCorp to backtrack on their promise is an affront to the Tribe and to the FERC licensing process.

The Tribe maintains vigilance in fighting for salmon recovery in the region and has developed expertise in implementing salmon recovery projects throughout Cowlitz Aboriginal lands. We, as many others in the basin, believe that the benefit of getting the fish back home to spawn is the most certain approach to recovery. As a result, several parties have joined the Tribe

in opposing PacifiCorp's efforts, including the Washington State Department of Fish and Wildlife, Lower Columbia Fish Recovery Board, Trout Unlimited, Native Fish Society, and American Rivers. Tribal staff have actively engaged additional parties to fight PacifiCorp's efforts to snuff out Lewis River salmon and steelhead for their own profit.

Tribal leadership has stepped up to stop this travesty under the current Federal Administration. The Natural Resources Department (NRD) and the Tribe's Legal Department are poised to fight this matter as far as necessary to ensure that PacifiCorp provides fish passage as they promised in 2004. We will provide frequent updates on this important quest for the Tribe as the fight continues.

Rudy Salakory

Habitat Restoration and Conservation Program Manager

The Cowlitz Indian Tribe's Habitat Restoration and Conservation Program resides within the Natural Resources Department. This program is managed by Rudy Salakory. Rudy came to work for the Tribe in 2008 when he was hired to implement a grant to plant trees on the Lewis River. Afterward, he began writing grants, increasing the portfolio and reputation of the Cowlitz Tribe's Natural Resources Department, and hiring some of the best restoration practitioners in the business who in turn have exponentially increased the Tribe's portfolio of successful projects and conserved land.

The Habitat Restoration and Conservation is a completely grant-funded program that aims to restore function and health to rivers and streams, and conserve land to provide high-quality and high-functioning habitat for the fish, wildlife, and plants central to Cowlitz Identity and Culture. We've designed, funded, and implemented projects throughout Southwest Washington that have improved miles and miles of fish habitat, reconnected floodplains, conserved hundreds of acres of aquatic habitat, and

restored passage to blocked habitats.

"It continues to be my honor and privilege to work for the Cowlitz People," Rudy said.

"The opportunities they have allowed me to pursue have helped to elevate the Tribe as a leader in habitat restoration and conservation throughout the state. This is an important part of the Tribe being the leader throughout its historic area of interest in all Natural Resource issues."

Over the coming months, we'll be bringing you information on our other Habitat Restoration and Conservation Program staff members. Look for biographies of Eli Asher and Peter Barber. We'll also bring you a featured project article each issue about individual projects we are working on, and the work we've done. We look forward to sharing those stories with you and hope you find them interesting.

In the meantime, if you want to know more about the Tribe's Habitat and Conservation Program, or want to know how you can get involved, please contact Rudy at rsalakory@cowlitz.org.



Rudy Salakory

Contract Health Service or Purchase Referred Care

Enrolled Tribal Member Steps to Utilizing CHS/PRC

Complete Registration Process

Maintain Residency in the Service Delivery Area →

Receive Eligibility Determination

Make Your Appointment

Call for Prior Authorization as Soon as Possible

| CLARK | PIERCE |
|------------|---------------|
| COWLITZ | THURSTON |
| SKAMANIA | KING |
| LEWIS | KITTITAS |
| WAHAKIACUM | COLUMBIA (OR) |

Some of the Services Available Through CHS/PRC

» \$4000 Dental Allowance

up to \$1750 in Orthodontics - no age restrictions

» Comprehensive Pharmacy Benefits

» Cataract/Glaucoma Surgery

» PT/OT/Vision/Speech Therapy

» Medical Massage

» Hearing Aids

» Chiropractic

» Sleep Disorders

» Emergency Transport

» 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

Tribal Gaming Agency

By Paul Dasaro, Executive Director,
Cowlitz Tribal Gaming Agency

ilani has been an immensely successful endeavor for the Cowlitz Tribe. But how can Tribal members be confident that the many millions of dollars generated by this powerful economic engine are safe, that the people running it are honest, and that all the rules and regulations governing Indian gaming are being complied with? The answer is, in part, your Tribal gaming regulators.

The Tribal Gaming Agency is the Tribal government agency responsible for regulating gambling activities on Cowlitz Tribal land. The Agency is overseen by the Cowlitz Tribal Gaming Commission (CTGC), an independent board of five Tribal members appointed by the Tribal Council responsible for passing gaming

regulations and making major decisions on how gambling is regulated on the reservation. The CTGC ensures that gambling activities on Cowlitz land are undertaken in a manner which is both legal and ethical.

The TGA accomplishes its mission by maintaining a constant physical presence within the casino. Even during the shutdown this spring, we had someone here 24/7. We license every person who works in the building, as well as most companies that do business with ilani. We closely monitor all casino operations, activities, and finances. We report on and track any concerning trends or issues that come up. We conduct investigations of gaming crimes and serious non-compliance with the many rules that apply to gambling in Indian country. We regularly audit every casino department and operation. We work with outside regulatory bodies, such as the Washington State Gambling Commission, and the National Indian

Gaming Commission which also keep tabs on what the casino is doing. We also work with Cowlitz PD and relevant casino department to ensure the safety of patrons and employees through such efforts as barring disruptive patrons.

Our operating philosophy is built on the idea of cooperative relationships. Unlike a stereotypical government regulator that sees its role as trying to “get” the entities it regulates, we believe that we are more successful when we work together with the casino to solve problems when they arise. This philosophy only works in practice when everyone involved is committed to working in a legal and ethical manner. So, we are fortunate that the casino’s excellent management staff share this philosophy.

TGA has 36 staff organized into four departments: Licensing, Audit, Technology, and Enforcement (Regulation). Thirty-three percent of our employees are Cowlitz Tribal members (44 percent are Native,

including Cowlitz). All combined our staff have over three centuries of experience in casino gaming, and they are—without a doubt—the best in the business.

Agency or Authority?

There has long been a lot of confusion about the acronym, TGA. We are often confused with CTGA, a totally different organization. The terminology and acronyms are an annoying point of confusion for most people (including us). But here is the explanation. The Tribal Gaming Agency (TGA) is the regulator that enforces gambling rules and laws with the goal of protecting tribal integrity, assets, and safety. The Cowlitz Tribal Gaming Authority (CTGA) is a semi-private business organization, which operates the casino and ensures that it is economically successful. The Agency regulates the gaming activities of the Authority, which runs the casino. If you still forget sometimes, don’t worry, so do we.

Parking Garage Construction Nearing Completion

Construction has successfully continued at a steady pace for the state-of-the-art parking garage at ilani. The 2,600-space garage is on track to open to the public this November. As the development of the structure continues, ilani guests can expect to see most of the lobbies completed with the garage paint job nearly finished by the end of October. During this time, parking signage installation will also be taking place on all levels of the garage.

When completed, the six-story garage will include approximately 2,600 spaces and allow for future expansion to bring that number up to as many as 4,000. The garage will include “speed ramps” to give drivers fast access to the upper levels, as well as a monitoring system to tell drivers how many spaces are left on each level.

Planning toward the future, the rooftop of the garage will be built in preparation to serve as an outdoor event space

during the summer months once larger gatherings are permitted. The garage will raise ilani’s total parking capacity enough to allow it to host major shows and events once able to do so safely. This increased number of parking spaces will provide the opportunity for additional shows and events in the future at Cowlitz Ballroom during peak casino hours, which has been limited in the past due to the overwhelming need for additional parking.

This project would not be possible without the help of many incredible partners. Swinerton Builders, the general contracting firm, Friedmutter Group, the architecture firm, Walker Parking, the engineering company, and countless other local and regional vendors and contractors that have been essential to the productivity and success of this project. As the garage nears completion, ilani is looking forward to the next chapter, inviting even more guests to experience the property when the time is right.



(left) Parking Garage porte cochere render
(right) Parking Garage near completion





Cowlitz Indian Tribe

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