



## **Cowlitz Indian Tribe**

VOLUME XVII, NUMBER 2  
2015 FALL NEWSLETTER

# YOOYOOLAH!

### FROM THE CHAIRMAN

Klahowya! It's time for our fall gathering of the year--November 7th--The Semi-Annual General Council Meeting starts at 10 am at St Mary's. It is a time that we can all look forward to. The Youth Board hosts the Youth Day Gathering at St. Mary's so that parents can be in the meeting. The Canoe Honoring Dinner will be held Saturday after the meeting at the Pot Luck.

It has been a historic and remarkable year for the Cowlitz Tribe. We all share the joy and heartfelt warmth after receiving the reservation land in trust after 160 years of waiting. There was no better sight than seeing our reservation signs on the freeway marking the exit to the reservation. Our casino project is rapidly moving forward. We have a phenomenal team working on the casino led by our partner Salishan-Mohegan. We all must thank the Mohegan Tribe and David Barnett for their steadfast dedication to the tribe's casino. The rest of the team was selected by the Cowlitz Tribal gaming Authority from the best talent in the country in casino development. We have Freidmutter Architects out of Las Vegas designing the casino. We selected Swinerton Contractors from Portland to build the casino and the freeway interchange. Our project management firm is Keating Associates from Pennsylvania. Berger Abam's Portland office is the site civil engineer. Olson Engineers is the offsite civil engineer. Kittelson & Associates from Portland is the lead engineer for the interchange work. The entire project for the casino, roadways, parking and freeway interchange is being done under a design-build contract with a guaranteed maximum price to control the costs

and the schedule. The project is scheduled for opening by June of 2017. We are extremely pleased with the quality of the design and planning efforts of our team. They are truly the A-team. We are working with the Mohegan finance team and Bank of America to assemble the full finance package for the GMP (guaranteed maximum price), the related development costs, furnishings, gaming machines, operational costs, finance costs and debt repayment to assure adequate funding to meet the scheduled opening. Closing of the finance package is expected to be complete by the end of October. We have issued a NTP (notice to proceed) to the contractor for the project, which includes early site work for site preparation for the coming winter. After finance closing, the project will get into full swing. We are nearly in constant meetings and conference calls to expedite the project work. It will be something to see the building rise and the roads and interchange being built over the next year and a half.

It is important to know that the appeals court is holding to a schedule. The Department of Interior approved the Tribe's request to take our land into federal trust was upheld in Washington DC federal district court. The challenge to the 2013 BIA approval of our reservation was rejected by Judge Rothstein. We are confident of an affirmative decision emerging from the appeals court by June of 2016. The arguments by the Grand Ronde Tribe, the La Center Card Rooms, Clark County, Vancouver, CARS, and local land owners were all rejected in a very strong district court decision.

The Senate Indians Affairs continues work to achieve a legislative fix for the disastrous 2009 Carcieri decision by the Supreme Court. A new bill that came out of committee is promising.

With Governor Jay Inslee and the State Gambling Commission approval of a gaming compact we now receive significant new revenue by leasing its machine allocation to other tribes, while we wait for our casino

development. This is one more step closer for economic independence for the tribe.

The future of our tribal operations must now look toward centralizing the administration on the reservation. The majority of the employees are now in Longview. We must start planning for a new administration building on the reservation.

The tribe is working with other tribes on the Columbia River and Puget Sound to improve water quality for everyone. Modern societal needs stress aquatic systems with pollution that is diminishing our fisheries and the life ways that rely on those fisheries and their natural environment. All of these systems are facing global climate change as well.

The Cowlitz Tribe supports protecting the resources we hold most sacred from pollution. We also aim to restore the past damages that have occurred. It is important that we all work together in the region in the effort to clean up our environment and keep it clean for generations to come.

An ancient way of life for Salmon  
People must not be a lost legacy.

The Cowlitz Tribe continues a well-supported Child Care and Development Program by providing a child care subsidy program for those who are members of Federally-recognized Tribes who reside in Skamania, Clark, Cowlitz and South Lewis Counties. Whitney Devlin and Anna Williams are the Child Care and Development Program Administrators for the Cowlitz Tribe.

We thank all of our volunteers for their work on all the boards and committees that do the hard work for our services. The Housing Board insures quality services for Housing assistance and Elder Housing. The Health Board provides guidance for tribal health services. The Youth Board for their work at Youth Camp and other Youth programs. The Youth Board develops vital youth programs and youth activities. The Audit Review

Committee has been formed to oversee the annual audit of our financial systems to protect the financial security of our government. The Cultural Resource Board supports our ever expanding cultural programs. The Drum Group and Canoe Family are integral to our cultural activities. Devon Reck heads up the Canoe Family on the journey on the river and the Salish Sea. Thanks to the skippers, the pullers and the ground crews for this important cultural event. Next year's journey is to Nisqually.

We look forward to all the cultural and spiritual events throughout the year.

Good things are happening now, and more good will follow with the patience and good will of the Cowlitz people.

AMR,

Bill Iyall  
Chairman

## **FROM THE VICE-CHAIR**

This November 7th will be a great time for the Cowlitz at our General Council meeting. A lot of information will be available about our Reservation and the Cowlitz Casino Project. With our land in trust, I hope we will be able to announce that we have secured final financing and will have a timeline for development on our Reservation and the Casino Project. A lot of difficult work, meetings and paperwork still need to be completed for our Tribe. I continue to be proud to be part of the dedicated and hardworking team that is working for the Cowlitz Tribe and our People.

The Cowlitz Tribe continues to work on other important matters involving our Culture, our Natural Resources, our Lands, and our People. Many dedicated employees and volunteers are at work every day for our Tribe.

I understand that we need to continue to work to improve our communications and our ability to provide timely information to our People. I know that our staff are working hard to get this newsletter out as soon as possible. We still need to update our website and provide more timely newsletters to our members.

At the General Council meeting held on June 6, 2015, Tribal members voted and approved a constitutional amendment that would allow eligible individuals to apply for Cowlitz Tribal membership when they turn 18 years old. The new amendment would allow otherwise eligible individuals to apply for enrollment when they turn 18, for a period of one year after they turn 18. The amendment passed with over a 2/3 vote, and it took effect immediately. I fully supported this narrow enrollment change that now allows enrollment of eligible Cowlitz who, for whatever reason, did not get enrolled by a parent or guardian in the past. The General Council also approved a limited onetime special open enrollment period from June 6, 2015, to June 1, 2016, for applicants that turned 18 years of age on or after January 1, 2006, and who are now less than 29 years of age. These applicants must still meet the other Cowlitz Constitutional enrollment requirements and have only until June 1, 2016, to apply.

On Interstate Five at Exit 16, Cowlitz Indian Reservation signs are in place! Finally, the Cowlitz Tribal Council has renamed NW 319th Street on our Reservation, to Cowlitz Way. The Tribe in the future will have to name all the new side streets on the Reservation. I encourage all members to bring their ideas, suggestions and questions to our General Council meeting.

As always, I enjoy talking to our Cowlitz Members, Family and Friends. I look forward to seeing many of you at the November meeting.

Philip Harju

General Council Vice-Chairman

## FROM THE ADMINISTRATIVE EXECUTIVE ASSISSTANT

### **Social Services**

Child Care: Cowlitz Child Care and Development Program (CCDP) advocates for high quality child care in tribal programs across the United States. In September 2015, Administrator Whitney Devlin and Co-Administrator Anna Williams met with Senator Lisa Murkowski on Capitol Hill in Washington, DC along with Director of Federal Policy Jay Nichols from Child Care Aware of America and five tribal representatives from across the country. The meeting was centered on increasing awareness of a long overdue need for additional financial support in Indian Country. This provision will improve health and safety measures and quality services which are based on distinct needs of each Tribal child care program. We discussed success stories of Cowlitz families whose lives have significantly improved. Specifically, we referenced a single father who joined Cowlitz CCDP because he could not afford child care, a car or even a stroller to bring his two year old to child care. In the fall of 2014, the father was walking with the boy on his shoulders until he received a stroller from CCDP. Less than a year later, the father purchased a car and has almost completed his college degree. We are very proud of this family's success! Also, highlighted

at the meeting was how the program impacts communities through culturally sensitive child care services with special attention on improving quality of care for all Native children in designated regions. We are grateful for the high level of support and recognition at a national level!

Child Care and Development Programs help to increase availability and affordability of quality child care services. These vouchers services support families who work, attend trainings and are enrolled in college. However, we are reaching a family maximum in our budget which serves four counties in Southwest Washington. Increasing our budget to reach Cowlitz families outside of the designated area is an issue we are working on and hope to resolve in 2016. Continue contacting with us about your child care needs.

If you are interested in the program and would like more information, please contact Whitney Devlin or Anna Williams at (360) 353-9559, [CCDP@cowlitz.org](mailto:CCDP@cowlitz.org) or read about the program online at [Cowlitz.org](http://cowlitz.org) (<http://cowlitz.org/index.php/resources/other-services/ccdp>).

More social services: Funeral/Burial Assistance is offered for any enrolled tribal member or spouse, no matter where they live. The tribe will pay up to \$4,000 directly to the facility handling arrangements applied to the disposition of the decedent and tomb. Burial Assistance, LIHEAP, food commodities, and food voucher program are managed by Randy Russell. Contact the Administration Department for an application and information at (360) 577-8140.

## **Communications**

Communications Team: The communications team meets several times throughout the year. In 2013 the team discussed the need for an onsite information technology specialist. Early in 2014 Dan Meyer was hired as

the first full-time IT Specialist. We continue working to ensure the tribal website, Facebook page and newsletter is current, inviting and informative. Website: Cowlitz.org continues to bring information to the community about upcoming events, meetings, press releases and announcements. We are working on a plan to improve the look and feel of the website, as well as adding content to increase communication with the community. All recommendations for website publications can be directed to IT Specialist, Dan Meyer at dmeyer@cowlitz.org.

Facebook: “Like” us on Facebook at <https://www.facebook.com/cowlitzindiantribe>. All recommendations for posts can be directed to Administrator, Whitney Devlin at (360) 577-8140 or wdevlin@cowlitz.org.

Whitney Devlin,  
Administrative Executive Assistant  
Child Care and Development Program Administrator

## GRANTS UPDATE

Here is what’s going on with our grant applications.

### Grants awarded:

#### **Administration Department:**

The Potlatch Fund, based in Seattle, awarded the Tribe \$5,000 for some of the costs of the Cowlitz Youth Summer Camp at the Cispus Learning Center in August. Melody Pfeifer, Youth Board Chair, helped shape our application proposal and managed the grant.

**Cultural Resources Department:**

The Federal Communications Commission (FCC) and seven major railroads reached a monetary settlement agreement, resulting from non-compliance with tribal consultation requirements. The resulting Cultural Resource Fund was set up to benefit tribes on the FCC's consultation list. The fund awarded the Tribe \$15,000 (\$5,000 more than we had expected) for our proposed project to digitize the Tribe's important historic documents and various artifacts. This will create a searchable database, with software many museums use. Cultural Resources Department Director dAVe burlingame will manage the project, which will begin next year.

**Health and Human Services Department:**

The Washington State Office of Crime Victims Advocacy awarded the Tribe \$81,991 for the second year of a three year grant for the Pathways to Healing program. The funding is more than we had expected and allows us to continue providing advocacy and other vital services for victims of sexual assault in Clark, Cowlitz, and Lewis counties.

**Transportation Department:**

The Washington State Department of Transportation awarded the Tribe part of a grant we requested for continuing operation of Cowlitz Tribal Transit Service in rural parts of Cowlitz and Lewis counties near I-5. Department Director Kim Stube will manage the grant.

Pending grant decisions: At the newsletter deadline, we were waiting to hear from federal agencies about several of our grant applications for programs in the following areas:

**Health and Human Services Department:**

At the newsletter deadline, we had two grant applications pending with the U.S. Department of Health and Human Services, Indian Health Service (IHS). Both were for programs that could continue to receive grants for five

years. The Methamphetamine and Suicide Prevention Initiative (MSPI) and the Domestic Violence Prevention Initiative (DVPI) grants would allow the Tribe to add professional staff to provide direct services to American Indian and Alaska Native clients in Clark, Cowlitz, and Lewis counties.

The MSPI grant project would involve hiring another mental health counselor for adult clients, individual and group therapy, training for tribal staff in recognizing and responding to suicide risk factors, and four gatherings hosted by the mental health program and open to the tribal community. We asked for \$100,000. Emily Gardner, Program Manager for Tribal Mental Health, would manage the grant.

The DVPI grant would include hiring another advocate for the Pathways to Healing (PTH) program. The project would include the “Where We Live” child sex abuse prevention curriculum for parents and guardians. We asked for \$87,403. Debbie Hassler, PTH Program Manager, would manage the DVPI grant.

Our application for a 2016 Special Diabetes Program for Indians grant is being considered by the U.S. Department of Health and Human Services, Indian Health Service (IHS). As in previous years, the Tribe’s award amount would be \$50,000 to continue the clinic-based program to prevent and monitor diabetes in the American Indians and Alaska Native people who use the Tribe’s Longview clinic. Funding would begin in January. Maggie Miller, the Tribe’s Health Educator and Diabetes Program Coordinator, would manage the project.

#### **Transportation Department:**

Earlier this year, an engineering consultant reported on safety improvements needed at the Tribe’s Longview complex, such as speed and stop signs, pavement striping, and better lighting in the outdoor areas. Transportation Director Kim Stube and I prepared a grant application to the Federal

Highway Administration, Department of Transportation, for a Tribal Transportation Program Safety grant. The \$123,439 we requested would allow the Tribe to complete the recommended safety improvements next year, with Aaron Workman, Tribal Administration Manager, providing onsite supervision. Grant awards were to be announced by the time you receive this newsletter, but may be delayed by the federal budget process.

Jan Healy  
Grant Writer

## ENROLLMENT DEPARTMENT

Current enrollment criteria are as follows (applicant must meet all three):

Applicant must be a direct lineal descendant of a Cowlitz Indian; and

Must have a parent (mother/father) on Cowlitz Tribal Roll; and

Shall be no older than 12 months of age (effective 01/01/2006) or

applicant is 18 years of

age and no more than 19 years of age (effective 06/06/2015). The change made in June of 2015 allows descendants whose parent did not enroll them by their first birthday to enroll as an adult between their 18<sup>th</sup> and 19<sup>th</sup> birthdays.

There is a one-time fix for those descendants who turned 18 years of age on or after 01/01/2006 – June 05, 2015 to enroll as an adult as they did not have the opportunity to enroll at the age of 18 as other descendants did. These descendants have between June 06, 2015 and June 01, 2016 to

request and return an enrollment application. They must be at least 18 years of age and not yet 29 years of age and meet the other two requirements of being a direct lineal descendant and having a parent (mother/father) on Cowlitz Tribal Roll.

Our current total enrolled population is 3895. In May 2015 we enrolled 22 infants; September 18th the enrollment committee reviewed and forwarded to Tribal Council for ratification 58 enrollment applications.

**There have been nine tribal members who have passed on which were reported to the Enrollment Office since the spring newsletter; Robert E. Reynolds Sr, David J. Edwards, Cora E. Burchett, Margaret “Frances” Claire Hansman, Duane J. Reichel, Candace M. Atchison, Lois A. Truluck, Lex Braley, Jessica M. Osborne and Kay M. Hecox.**

Please remember to advise the enrollment office of any name changes, address or telephone number changes you may have.

The Office of Special Trustee is trying to locate the following tribal members or descendants regarding their IIM Account or Land Allotment:

Bree Blevins, Ronald L. Bouchard, David M. Ciarfella, Michael A. Ciarfella, Robert J. Cloquet, Jacqueline Crisp, Diana M. Garrard, Thomas H. Garrard, Dru A. Harden, Jack Rainey, Bernice C. Jaharis, Fred M. Kirkpatrick, Holly Kirkpatrick, Nellie R. Koch, Barbara J. Krahn, Lisa D. LeClaire, Henry Lyle, James L. McAllister, Frances W. Oliver, Sandra J. Olsen, Donald Patton, Lisa M. Perez, Lori L. Perez, Richard A. Rangel, Ronald D. Sterling.

These people are either on my Unknown Address List or I have no record of enrollment for them. If you are in contact with any of the above named people please have them contact Gino Orazi at the NW Regional Office (503) 231-6732.

Randy Russell

Enrollment Officer  
(360) 575-3310 Direct

## **CONTRACT HEALTH SERVICES (CHS)**

CHS Utilization continues to increase each year. So far this year we have at least 61 new users to the CHS system. If you reside in the service delivery area (WA Counties: Clark, Cowlitz, Skamania, Lewis, Thurston, Pierce, King, Kittitas or Wahkiakum or Columbia County in Oregon) you may be eligible to receive help paying for medical, dental, pharmacy and optical services. Please be aware that registration is required annually so stay current by filling out and returning any and all paperwork mailed to you. Also very important is the requirement to notify CHS at least 72-hours prior to your appointment.

CHS is not considered a benefits package but is also not based on income. Most importantly, CHS is a payer of last resort. This means that CHS must ensure that all alternate resources (other payers) be utilized prior to CHS. For those who DO NOT have an alternate resource or insurance you will be required to apply for all alternate resources available to you. The two main resources are “direct” services provided by a tribal clinic near you and submission of an application through the Washington Health Plan Finder. This process will determine if you qualify for Apple Health (provided at no cost to you) or if eligible to purchase insurance through the State Insurance Benefit Exchange (premium will depend upon income). Programs available to you at no cost must be accepted. There are plans available with a small premium and NO additional out of pocket expenses for anything provided by a contracted provider. We have staff trained and

certified to assist you, please call so we can assist you with the application process.

On another note, if you've called CHS for an authorization and receive a bill anyway you must follow up on that bill in order for CHS to assist.

Step 1) Call your provider and ask them to send CHS the claim and EOB (CHS cannot pay on a patient statement). Document the date and who you spoke with.

Step 2) Hopefully you won't have to call again but if you receive another bill you must be persistent.

Step 3) Call CHS for help. Don't wait for a collection notice to arrive in your mail box.

Always give the provider's office your CHS card along with your primary insurance card. If you are receiving care at a hospital for example, there will probably be multiple providers billing for services (facility charge, physician charge, radiology charge, lab charge, anesthesia, ambulance, etc.) Sometimes your insurance information does not trickle down to all the entities providing services to you. Just like you, there is no way for CHS to know where all the charges will be coming from. When reviewing the bill please also make sure that your primary insurance was billed. Primary: Medicare, Apple Health, Regence, Premera, Medicare Supplement or Advantage plan. Secondary: CHS (if no other insurances are available and you are eligible for CHS).

We hope this helps! If you still have questions please do not hesitate to call (360) 575-8275.

**COWLITZ TRIBAL HEALTH CLINIC**

The Cowlitz Tribal Health Clinic is happy to announce that it is fully staffed and looking forward to serving our patients. The next couple of months should show dramatic improvements. We are looking at ways to speed the delivery of quality care in all areas. Along with process changes for greater access, we have discussed providing procedures routinely done in clinic settings, creating increased availability for patients, and a greater range of services.

Thank you for your feedback through our patient surveys and/or suggestion drop box at the front of the clinic check-in. We look forward to seeing you and meeting your medical needs.

Please welcome our new Medical Providers:

### **Freida Eng, MD**

Dr. Eng is a Tlingit tribal member whose family is from Hoonah, Alaska. She graduated from St. Martin's University in Lacey, WA, with a Bachelor of Science in Nursing and worked for several tribes in the Puget Sound area and St. Peters Hospital before returning to the University of Washington to complete her medical degree.

She graduated in 1999 with an MD and an Indian Health Pathway certificate. Her Family Practice residency was done at the Seattle Indian Health board for Providence/Swedish Family medicine in Seattle. Past work experience includes Tribal/Urban Indian health programs, integrated health clinics, and rural Alaska Tribal Health. She has an interest in integrated and Traditional Indian Medicine. She enjoys treating people of all ages and she is currently board certified in Family Medicine.

### **Margaret Mary Russell, MD**

Dr. Russell is a board certified Family Practice Physician. She was born in Sandpoint, Idaho and grew up a miner's daughter in Kellogg, Idaho

with 11 siblings and two wonderful grandparents. She became a biology teacher in 1979 and taught for 21 years. She left teaching for medical school in 2000. Dr. Russell practiced rural medicine in Yerington, Nevada over five years, then at a Community Health Center in Sandpoint, Idaho. She is glad to be back in SW Washington as skiing, fishing, hiking and enjoying the ocean are great hobbies of hers.

### **Cheyney Lindgren, ARNP-C**

Originally from Georgia, Cheyney Lindgren received her BSN from Westminster College in Salt Lake City, UT in 2001. She enjoyed working as a pediatric and travel Registered nurse. In 2006, she received an MSN at UCLA and became a Family Nurse Practitioner (FNP). After getting married, she moved to Raleigh, NC and enjoyed working as an FNP in Orthopedics at the University of North Carolina Medical Center. Each of her three children was born in a different state. She has worked in Public Health at Peterson Air Force Base and as a Clinical Instructor at the University of Colorado at Colorado Springs.

### **Victoria A. Wright, ARNP-C**

Victoria graduated from Seattle Pacific University with MSN and ANCC Certification in Family Practice. In 2009, she received an MSN in Mental Health Counseling, from Stetson University Florida. Victoria will graduate in December 2015 from University of Central Florida with a DNP (doctorate in nursing practice). She currently resides in Olympia, WA. She has worked in Critical care at Harborview Medical Center, Evergreen Hospital, and Oncology Department. She also has experience with Healthcare for the Homeless, Occupational Medicine, and Family Practice. Victoria's future plan is to seek a Functional Medicine Certification and enroll in a Psychiatric Nurse Practitioner program this winter.

Following the introduction of our Medical Providers we have a number of other new staff:

Jewelee Spencer: MA/Lab

Lori Olsen: On Call Reception Vancouver/Longview

Myssie Eiland: Medical Reception Longview

Stephanie Moyers: Patient Benefits/Medical Reception Supervisor

Cindy Sexton: Benefits Coordinator

Tim Carrillo: Clinical Application Coordinator

Rob Allen

Clinic Manager

## **HEALTH BOARD REPORT**

It continues to be an honor to serve you as the Cowlitz Health Board. A Brief Update- The Board continues to work toward covering all Tribal members' healthcare needs. Currently, we are working on how to pay for our Elders Medicare part B and D. There are meetings to discuss how we can start with our Eldest and most financially challenged. We hope to have more information to you as soon as possible.

Prescriptions have been changed to 90 day refill for medications that have been used for longer than 6 months and if the insurance allows a 90 refill. We are always looking to make healthcare easier. If there is a way we can help you please let the Health Board know.

The Board has reviewed, amended and approved many of the policies needed for the Clinic accreditation. Solidifying our standards and having approved policies is our goal. Accreditation allows us to achieve our goal, apply for grants, create and keep standards with policies that are living documents.

To update on one grant we have worked with extensively- The Special Diabetes Program for Indians (SDPI) is now entering its 19th year of providing diabetes treatment and prevention to hundreds of programs across Indian Country. As a representative, I was able to attend the Tribal Leaders Diabetes Consultation in May held in Washington D.C. and give testimony on how to allow this funding to be better used in our communities. The IHS Acting Director has made the following decisions for SDPI FY 2016:

- ✦ SDPI set-aside funds formerly assigned to Centers for Disease Control and Prevention's Native Diabetes Wellness Program will now be assigned to SDPI Community-Directed (C-D) grant program.
- ✦ In FY 2016, ALL federally recognized Tribes to apply for funding.
- ✦ No changes have been to the national funding formula. This is how the funding is given to each Tribe.
- ✦ More recent data (FY 2012) will be used in the funding formula to address changes in AI/AN user population and diabetes prevalence that have occurred over the past decade. By using recent data Indian Health Service can assure that Tribes are being funded appropriately.
- ✦ The SDPI Diabetes Prevention and Healthy Heart (DP/HH) Initiative program will be merged into the SDPI C-D grant program. By merging the Diabetes Prevention/Healthy Heart funds into the Community Directed grant program, all Areas and Urban programs will have an increase in funds. This was the goal all along as Congress hasn't

increased the base funding. This forces every program to do more with less each year.

There are many other grant opportunities that are being worked on that help HHS thrive. We recently re-applied for the Domestic Violence grant for the Pathways to Healing Program, the Methamphetamine and Suicide Youth Prevention grant had partnering between the Youth Board and HHS to better serve all youth, the Vocational Rehabilitation received an award for continued funding, there are so many more. We look for every opportunity to be able to get more funding and be able to serve you.

Please let us know how we can better serve our Tribal members; your input is critical to our growth. We honor our Tribal members by focusing on the Elders and how we can plan for the next seven generations. We remind ourselves the funding for our healthcare was given to us by seeding millions of acers of Cowlitz land. We take all of that seriously in every decision we make.

Please call or email with any questions.

Respectfully,

Cassandra Sellards Reck

Health Board Chair

(360) 513-1243 or [csellardsreck@hotmail.com](mailto:csellardsreck@hotmail.com)

**PATHWAYS TO HEALING**

## What is an Advocate?

I am often asked, “What do you do?” My answer is that I am a Domestic Violence/Sexual Assault Advocate. This is often met with an uncomfortable smile, followed by silence, then the phrase, “Oh I couldn’t do that but thank you for what you do”, or “It takes a special person to be able to do that, thank you for what you do.” I usually smile and thank them then move on. But it occurred to me that if we can’t even talk about what advocacy is how can we ever hope to stop the violence? I began to think about it and I looked up the definition of “Advocate,” and this is what I found:

recommend or support something: to support or speak in favor of something

somebody giving support: somebody who supports or speaks in favor of something

helper: somebody who acts or intercedes on behalf of another

Synonyms: supporter, backer, promoter, believer, activist, campaigner, sponsor

(Bing dictionary)

I love the synonyms *supporter, backer, promoter, believer, activist, campaigner, and sponsor*. Advocates are all these things but more importantly Advocates help those who have experienced abuse to be all these things for themselves. That is the goal. Advocates offer the tools survivors can use to build a healthy strong foundation for their future.

Sounds simple enough, provide resources, support individuals on their road to healing, support their choices, decisions. All without judgment. Believe in their ability to move forward, and help them believe in themselves. Advocate for the right to a violence free life, the right to live without fear,

oppression, the right to feel safe. Does it take a special person to do this? No it does not take a special person to be an Advocate. We can all do this, we are all advocates in one way or another whether it is supporting a particular cause, or through donations to organizations we believe in. We know how to advocate for cleaner air, we know how to advocate for smaller classrooms, lower taxes etc. We know how to advocate, it is simply speaking up when we see an injustice. It is speaking up when we see bullying. It is simply speaking up and offering support.

We can all advocate for victims/survivors of abuse. We all know someone who has been a victim or is currently a victim of abuse. We can support them without judgment. It is as simple as listening to them, giving them a shoulder to cry on, and helping them find resources. You don't have to fix the problem, you just have to support the victim in their efforts to heal, and believe in them. Not everyone will volunteer at a shelter, or man a hotline. Not everyone will council survivors but we can all speak up with our voices and our actions. It can be as simple as not buying a magazine that is sexualizing our children, or buying a product that promotes sexism or violence. We can donate clothing or other items to our local shelters, and talk to our kids. It isn't hard. We see violence every day in our neighborhoods, our community, perhaps our own families. We hear about it on the news. Violence is easy to talk about, why shouldn't talking about ending it be just as simple?

Penney Wilson

Advocate

**EDUCATION COMMITTEE NEWS**

At the June General Council meeting, 46 Cowlitz scholars were awarded tribal scholarships in varying amounts and a total of \$196,000 was awarded. We have been notified that Cowlitz scholars also received scholarship awards from Washington Indian Gaming Association (WIGA), Washington State University (WSU), and Washington Student Achievement Council. Congratulations to all of our scholars!

In January 2016, the Cowlitz Tribal Scholarship application for the 2016-17 school year will be posted on the website [cowlitz.org](http://cowlitz.org). Over \$100,000 will be awarded next year. This scholarship is open to enrolled Cowlitz tribal members, full-time and part-time undergraduate, graduate, or vocational students attending accredited schools. The Education Committee encourages you to submit a completed application by the April 15, 2016 deadline.

You may be eligible for additional scholarships. Your school counselors have information on scholarships that may be a good fit for you and your college plans. Do not forget to check our website at [www.Cowlitz.org](http://www.Cowlitz.org). Deadlines for scholarships vary, so check early and often to avoid missing out.

Thanks to all those who have helped us make these scholarships available for our Cowlitz scholars.

Mike Iyall  
Chair, Education Committee

**NATURAL RESOURCES DEPARTMENT(NRD)**

Salmon Restoration Projects

The Natural Resources staff has been busy this last summer implementing several salmon restoration projects in the region. We have projects located in several areas within the Lower Columbia Region. We are implementing a large tidal restoration project called the “Wallooskee Youngs Confluence”, which is located near Astoria, OR. This project is geared to improve survivorship of salmonids in areas where they transition from the Columbia River to the Ocean. Out-migrating salmon from our homelands along with all the salmon in the Columbia River will be able to utilize this critical habitat in the near future.

We have projects within the Abernathy Creek watershed which is just downstream of Longview, WA. We are establishing improved habitat for adult spawning and juvenile rearing areas, which is a critical component of salmon survival. Abernathy Creek is located in a designated area called an “Intensively Monitored Watershed”. This designation means that it is being monitored to see if the actions taken to improve habitat is making a difference in recovery of species. Numerous Agencies and individuals are monitoring this watershed to see if the prescribed restoration efforts being made are making a positive impact towards recovery. It is exciting that our Tribe is making significant headway in this watershed and taking a leading effort towards restoration success.

We have projects that are being implemented on the Cowlitz River as well and project developments on the Lewis River system. Of note, we are working on investigating the potential opportunity of removing a dam on a tributary of the North Fork of the Lewis River. We have ambitious restoration practitioners that continue to grow the NRD and the Tribe in the region as being one of the leaders in salmon recovery efforts.

#### Forest Service Memorandum of Understanding (MOU)

The NRD recently received funding to add a Forest land steward position for the Tribe. Last Spring Tribal Council amended an existing

MOU with the Forest Service which details additional opportunities available for the Tribe and Tribal Members on the Gifford Pinchot National Forest. We have a good relationship with the Forest Service and the MOU we have with them solidifies this relationship and sets forth opportunities. One of the major opportunities is the development of commercial harvest of special forest products on the Gifford Pinchot National Forest (GPNF) such as huckleberries.

This is a major new development for the NRD. In order for us to take advantage of the numerous opportunities that could be identified on the GPNF, there was an identified need to have professional staff to oversee and work with the Forest Service on developing opportunities and to manage/monitor Tribe and Tribal Member harvest. The new staff person is expected to be on Board prior to November, and will work on developments and promotion for taking advantage of Forest work and harvest opportunities next year. There will be considerable follow up in this regard and I am excited to see capacity building for the benefit of Tribal Members.

#### Coal and Oil Terminal Concerns

The NRD has been expending considerable resources to restore and preserve significant resources for the Tribe. These developments pose as a threat to our efforts and would present a challenge for the health future generations. We have and will continue to engage with State and Federal Agencies regarding these developments and will continue to work with Tribal Leadership in defending our homelands to the threats associated with these developments.

#### Climate Change

The last edition of YooYoolah reported on the concern of climate change. Since that time, we have seen a tremendously dry summer that has impacted our homelands. There were numerous forest fires and drought conditions in the region that have never been seen before. The developments of oil and

coal terminals in the region have a larger concern which has been shown to be connected to global climate change. We are working with many others to address the continued concerns that have already presented itself both locally and globally. There are heightened efforts to begin preparing for climate change and find ways to curb its effects. The NRD is seeking to secure additional funding to bring focus on climate change planning and mitigation efforts while we continue to work with Tribal leaders on changes that will be important to slow this process down. It is hopeful that we all do our part in regards to this issue of concern. Water conservation and seeking alternative sources of energy/transportation that reduces emissions of pollutants contributing to climate change is an important step that we all can try and achieve within our own lifestyles.

#### Other

The NRD has and continues to develop in many areas or resource issues. From forest and mountain landscapes to important water resources, we work with both on the ground restoration efforts and large policy issues that have impact towards the health and wellbeing of the membership. Please contact me if you would like to understand more about the projects and programs we implement for the Tribe.

Taylor Aalvik,  
Director, Natural Resources Department  
(360) 577-8140

**HONORING THE SPIRIT OF ALL COWLITZ PEOPLE:  
16TH ANNUAL COWLITZ POW WOW**

This year was the best Cowlitz Indian Tribe Pow Wow (so far)! There were 8 drums including The Allen Family Singers of Auburn as Honor Drum, Ninja Foot as Host drum and several others. Cowlitz Headman and Headwoman dancers Nathan Hooton and Teri Graves, Cowlitz Tribal Members and Veterans made us very proud. Along with Ed Wulf (Yupik-Athabascan) as Arena Director and Don Ryan (Cowlitz) as Master of Ceremonies.

The energy was wonderful with smiles and laughter shared by friends and families. The Cowlitz Indian Tribe Pow Wow is known for honoring veterans of the armed forces. Over 75 Veterans from all ages and branches of service were honored with gifts made by the Pow Wow Committee.

Events for the day included vendor booths, drum groups performing, competition dancing with cash prizes, smoked salmon, a 5 pm salmon dinner, raffles, and the program for kids which included musical chairs and storytelling by Toby Joseph. Concessions were also offered throughout the day both by the Committee and by food vendors, with a variety of choices.

*“The Pow Wow was culturally enriching with amazing dancers and great food!”* Amanda McFarland, first time attendee and volunteer.

*“I like the way you guys do your pow wow.....the feeling that it has is why we keep coming back”* The Allen Family Singers.

*“I can’t wait for next year”* Shawna Sicilia, Cowlitz Tribal Member and Vendor.

Thank you to all the help from the Cowlitz Canoe Family, Toledo High School Cheerleaders, Green Hill School Staff and Students and all the volunteers!

The Pow Wow is not possible without the generosity of kind hearted business owners and friends of the pow wow who donated funds, food and supplies. Thank you!

Last but not least...a shout out to the Pow Wow Committee who works all year long without stipends or per diems to make the largest cultural event for the tribe a success. Larry Knutson, Vice Chair; Linda Foley, Secretary; Jane Meyer, Treasurer; Lindsey Foley, Merchandise Coordinator; Patty Kinswa-Gaiser, Food and Beverage lead; Curt Stephens, Vendor Coordinator; Jennifer Johnson, Kitchen Assistant; Lenny Bridges, Smoked Salmon and Pizza Coordinator; Don Ryan, MC. A special thank you to their families for the time spent away to make this event a success.

Want to be involved? Anybody is welcome to serve on the committee. Responsibilities include attending and participating in committee meetings throughout the year, day before pow wow and all day and night of pow wow. If you can't commit to the meetings and still want to help out we are always looking for volunteers.

Updates related to our pow wow can be found at the Cowlitz tribal website ([cowlitz.org/events](http://cowlitz.org/events)) or "Like" us at "Cowlitz Indian Tribe Pow Wow" on Facebook to keep posted on our activities! There you can find information about vendor details and registration forms as well as contact information for some of the Committee members. Take ownership in this significant cultural event by being a part of our Pow Wow Committee or become a volunteer! We welcome your interest, your help, and your support throughout the year, including the day of the pow wow. Specific information on who to contact in order to help your tribe present this annual, successful event is located on our website or contact Pow Wow Chair Suzanne Donaldson Stephens at [suzanne@donaldson-enterprises.com](mailto:suzanne@donaldson-enterprises.com).

Suzanne Donaldson Stephens  
Pow Wow Committee Chairwoman

## **CULTURAL RESOURCES BOARD**

The Cowlitz Cultural gatherings were successful and are open to all. Please always feel free to get involved. Everyone brings their own energy, experiences and teachings that enrich us all. The Cultural Resources Board is recruiting a youth member to join. Meetings are regularly scheduled at 7 am on the day of Tribal Council at St. Mary's in Toledo, WA. If you are interested please contact Roy Wilson at (360) 990-4265, Steve Kutz (360) 731-2885 or Cassandra Sellards Reck (360) 513-1243.

### Reflections of 2015

The Cowlitz Canoe joined the inter-tribal Canoe Journey this year after pulling on the Columbia River. There was an annual celebration at Ft. Vancouver following the Canoe's arrival. The Canoe trailered up to Birch Bay and the Nooksack Nation hosted. Having so many youth, Elders and Cowlitz drop and participate was amazing. The beautiful fresh faces inspired us. The Canoe Family traveled all the way to Muckleshoot for a 4 day celebration. Devin Reck, Don Van Mechelen and Melody Pfeifer did a wonderful job coordinating our family. Teri Graves coordinated the traveling and got us to every spot. Jerimiah Wallace was lead skipper, Steve supported several times and it was an exciting time for Teri Graves as she got to skipper for the first time. Our Youth did an amazing job, lead protocol, danced and really shined bright. It was a very powerful time.

Huckleberry Camp turned into a family camp due to the berries being very early. The group was larger this year and focused on cultural activities.

There were 9 cedar hats made, beadwork, bonding and a large dinner with the Seattle HHS staff and youth. Everyone enjoyed swimming at Surprise Lake and hiking at Indian Heaven.

The Spiritual River Float happened over Labor Day weekend. They traveled the river and honored our Cowlitz ancestors. It was a beautiful time where more Cowlitz met their families, some for the first time.

The Drum Group continues to practice and represent the Tribe whenever needed and possible. Drumming has taken us all over to the first Canoe Races hosted by Squaxin Island gathering in Olympia, Tribal member weddings, funerals and all Cowlitz Cultural gatherings. Come join us any time. We always welcome our relatives to come learn our songs and enjoy gathering together. Call Cassy at (360) 513-1243, Steve at (360) 513-5886, Patty Kinswa-Gaiser at (360) 520-2578 or Melody Pfeifer (360) 577-8140 for any questions.

### Upcoming Events

Language classes will be the 3rd Saturday of each month led by Michael Hubbs at St. Mary's at 107 Spencer Road, Toledo, WA. Class is from 1-3 PM and afterwards will be cultural activities and drumming. All are welcome. There will be a potluck. Please bring a snack and dish to share.

The Canoe Honoring Dinner will be November 7th after the General Council meeting at St. Mary's. This dinner will be to thank the Canoe family for their work. All are invited and welcomed to bring a potluck dish.

The Youth and Family Christmas party will be December 12th. Melody Pfeifer will be available for RSVP- Santa Claus needs to know how many presents to bring. Melody's phone number is (360) 577-8140 extension 0 or Cassy Reck (360) 513-1243.

Spring gatherings for 2016 will be the Smelt Celebration, Red Heart Band Ceremony, Drumming practices and Canoe Family meetings to prepare for the 2016 Journey to Nisqually. In June remember the

Encampment at the Cowlitz Crossing (Vader property) before June General Council meeting.

Look for Cultural gathering announcements on the Cowlitz Canoe Facebook page, Cowlitz website or call with any questions.

Respectfully Submitted,  
Cassandra Sellards Reck

## **COWLITZ YOUTH PROGRAM**

Cowlitz Youth experienced exciting opportunities this summer.

Native Youth Leadership Athletic Camp June 22-25: Cowlitz Health and Human Services sponsored six youth who participated in healthy lifestyle choices, exercise and feeding their warrior spirit, and toured the NIKE Athletic Conference Center in Beaverton, OR, chaperoned by Cowlitz youth mental health counselor Chris Lange and Tribal CD counselor Kris Rister.

“THRIVE” Conference June 22-26: Cowlitz youth attended the 5th annual conference with a mission to increase knowledge and awareness of suicide among tribal communities, help build protective factors and create healthy lifestyles. Portland State University was the setting where kids learned film production, digital storytelling, trip to OSU medical health facility. The idea is to develop creative outlets for youth, Celia Delaney Cowlitz youth mental health counselor chaperoned four Cowlitz youth.

Science Summer Camp July 6-19: Twenty-three Native youth were chosen from across the United States to attend STEM (Science, Technology, Environment, Mathematics), a Science Summer Camp

sponsored by education grants and the Northwest Indian College Bellingham, WA.

Four Cowlitz youth received classroom education and field trips with hands on studies and native culture programs. Youth stayed in college dorms at the Lummi Indian Nation campus. Youth expressed, that this was the best experience by far and have goals to achieve higher education.

Tribal Youth Canoe Journey July 30-August 7: We put our canoe in at Cold Water Lake at the base of Mt. St. Helens. "WOW!" what an exciting, spiritual experience. First time a native canoe has traveled the waters in this location, in over one hundred years. The canoe drew quite an interest from travelers and an excited Forest Service Ranger welcomed us.

Pullers traveled from Nooksack to Muckleshoot and averaged 10-23 miles a day, except two back to back 30 mile pulls in 95 degree heat. Our youth did an amazing job. Skippering our youth journey this year were lead skipper Jeramiah Wallace, Steve Kutz, and Teri Graves.

Cowlitz Youth Summer Camp August 20-23: Cispus Learning Center in the Gifford Pinchot National Forest outside Randle, WA hosted forty-three youth ages 7-17 who bunked in cabins. Outdoors activity coordinator, camp staff and Cowlitz youth mental health counselor Chris Lange accompanied kids through rope challenges and zip lining. Cowlitz spiritual leader Roy Wilson joined for an evening of storytelling. Elder Juanita Clark, Don Van Mechelen, Patty Kinswa-Gaiser, Ron and Cathy Sellards volunteered with crafts and beading projects, drumming and songs, Devin Reck taught cedar weaving, Rhonda Grantham lead in plants and herb bingo and making handmade chap stick and sugar scrub using herbs and flowers and language teachings from Michael Hubbs Cowlitz language director. School supplies and backpacks were given out to campers.

Cowlitz Youth Board is working hard to support prevention and deliver quality programs to Cowlitz youth. We are completing a youth survey. Our hands are up to the graduating students this past spring. We wish you success for the future.

Youth board thanks our volunteers; importantly our elders. Cowlitz Health and Human Services for supporting youth prevention and staff support, Cowlitz housing for St. Mary's facility, Chairman Bill Iyall and Tribal Council for their work and dedication, and grant writer Jan Healy.

Youth Program is an all-volunteer program. To get involved or share a craft or talent, there's a background process to complete. We appreciate and welcome donations of crafting items, cash donations, etc. Inquiries maybe addressed to Longview administration Office (360) 577-8140 ext. 2201

Youth Board Members:

Melody Pfeifer – Chair

Cassandra Sellards Reck – Vice Chair

Charity Sabido-Hodges – Secretary

Devin Reck – Youth Advocate

Patty Kinswa Gaiser

Claudia Tenney

Jennifer McCauley

## **CULTURAL RESOURCES DEPARTMENT(CRD)**

Archaeology Roadshow: This marked the first year the Tribe participated in the Archaeology Roadshow at Portland State University, which took place

on 30 May. The event, held outdoors, included representatives from dozens of Tribes, archaeological firms, and state and federal agencies. We helped sponsor the event, and Nathan Reynolds and I manned the Cowlitz table.

Our primary function was to remind people of the Cowlitz Tribe and our Culture, especially the prehistoric and current ties to the landscape. We offered samples of the smoked Eulachon our Members gathered earlier this year from the Cowlitz River near Castle Rock. This was a suggestion from PSU, and we were happy to fulfill their request. A banner was made for us, and we displayed pictures and a collection of photos and other documents at the table. We fielded a large variety of questions, from the political (Casino, hunting and fishing rights) to the Cultural to the ingredients used in the smoking process (mostly because of soy allergies).

The event was a success and I'm looking forward to what we can do next year.

Cowlitz County Museum Canoe: In 2011 we carved a canoe for the Port of Kalama's visitor's center. Since the center had yet to be built, the canoe was temporarily housed at the Cowlitz County Historical Museum. The center opened earlier this year, and the canoe is now on display at its intended home.

This left a gap at the museum, and it's a gap the museum wants to fill. They recently received funds for a permanent display and the museum's director, David Freece, asked if we would be interested in contracting for a canoe to be a central part of the new exhibit. After a couple lunches, we arrived at an agreement. We are carving a replica canoe—approximately 16.5' because of the limits of the display space—in exchange for a small sum of money. Included in the deal is one of their display cases, which I intend to install in the Cowlitz County Visitors Center in Kelso after some safety/security mods are made.

On 24 June, David Frecce and three other Museum personnel; Tribal Members Randy Cottonware and Greg LaDue Grove; and Nathan Reynolds joined Robert and me to bless the log which will be formed into a canoe for said display. As the project progresses, myself and the museum will be photographing the forthcoming canoe. Of course, there will be a grand unveiling at the museum once the canoe is finished, which is on track for completion as I write this in early October.

Clark County Historical Museum: On 3 September I met with Katie Anderson, Executive Director of the Clark County Historical Society & Museum to discuss their upcoming Native bead exhibit, which will run for two years beginning in November. The museum is interested in educating the public regarding Native Tribes, and wants to ensure the Cowlitz is an active participant. There will be opportunities for Cowlitz speakers, beading demonstrations, and sales of our work. We've only scratched the surface of possibilities, and I'm anxious to see what we can accomplish together.

Mt. Rainier: On 2 October I met with Greg Burtchard, Archaeologist with the Natural and Cultural Resources Division at Mt. Rainier National Forest. I was accompanied by a couple Tribal Members and together we were shown one of the sites Greg has been anxious to study since last year.

At the Ohanapacosh campground, work had begun on repairing and replacing some of the underground utility lines for rest stations. The first stage of such work is archaeological assessment of the project area. Greg was of the opinion significant material had yet to be uncovered, as almost nothing had been reported when the stations were first installed, most probably because of a lack of diligence that simply was not present "back in the day."

Greg's suppositions were correct, as preliminary testing pointed to several unknown archaeological sites. This summer, more rigorous testing

and excavation took place; it is not yet completely finished. Greg uncovered a current test unit and showed us what he and his crew found.

While it is difficult to see in this picture, Greg is pointing to a volcanic ash layer that is more than 7,000 years old. All throughout this profile there is evidence of continued use of this area, as shown by the recovery of stone flakes and even hardened plant material. (The rocks at his feet are the result of glacial deposition and melting.)

The search continues for something that will show more permanent settlement on the mountain, such as a hearth, but archaeology is usually a lot of testing and very little discovery (the same philosophy applies to why I don't fish).

The work so far has elicited tens of thousands of artifacts, many of which will be tested both for age and the presence of blood and/or plant material.

Draft reports of these sites are still many months away, but the work itself is already giving pause to those whom have argued against Native use of Tahoma. Progress on the cultural/archaeological front can be slow, and sometimes things can be pulled into sharp focus over a single summer. We are indebted to Greg and his crew, as this kind of consultation is the exception rather than the rule. (Mike Iyall and I have attended the annual Tribal Cultural Resources Meetings Greg has hosted for the past several years.)

Lastly, a Personal Note: Roy Wilson's health has dipped lately, resulting in some testing and hospital time for the permanent Chair of our Cultural Resources Board and acting Spiritual Leader. I do not have all the facts, but I do know he was discharged from the hospital the same day I tried to stop by. We've had a couple frank conversations recently, resulting in the settling of some differences between us. I just want to acknowledge my respect for this man and let him know now that he—along with former Chariman John

Barnett—is one of this Tribe’s greatest advocates and we won’t see his like for quite a while, if ever again.

All My Relations,

dAVe burlingame  
Director, Cultural Resources Department

360.577.6962  
culture@cowlitz.org

Don’t forget our November General Council Meeting, Sat. Nov.7 at St. Mary’s,  
starting at 10 AM. Lunch is potluck, so please bring something to share!  
(Suggested assignments: those whose last name begins  
A-H bring dessert; I-P main dish; and Q-Z please bring salads)  
St. Mary’s is located at 107 Spencer Rd., at the intersection of  
Jackson Hwy. with the flashing light near Toledo.

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The Pow Wow Committee will be selling cinnamon rolls and coffee at  
Saturday’s meeting.  
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