



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

MAY 2024

CHAPA-DE News



SEED WARRIORS

by Sami Enos

As told by Deb Echo-Hawk (Pawnee), Electa Hare Redcorn (Pawnee), Ronnie O'Brien, and Del Ficke of the Pawnee Seed Preservation Society in the PBS film, Seed Warriors

The Akeetahdu (Pawnee) didn't always live in Oklahoma; their homeland was on the land that later became Nebraska. The Pawnee ancestors were taken from their land. They could not take very much with them, but they did bring their sacred corn. They held onto that corn all the way from Nebraska down to Oklahoma. However, the corn could not reach its full potential in Oklahoma. The Oklahoma soil weakened the seed. So, the Pawnee put the seeds away for many, many years.



Deb Echo-Hawk

PHOTO COURTESY OF THE PAWNEE SEED PRESERVATION SOCIETY

Then, Deb Echo-Hawk (Pawnee) started thinking about those seeds. The Pawnee were known for their corn; she wanted to grow and show it to the next generation. To do that, there were things they had to do. First they had to locate the corn and that took a while. The Cultural Committee and the Chiefs started asking the Pawnee families if they had corn. The families would bring what they had. Some of the corn was stored so poorly it wouldn't grow. Yet, others were stored in bundles but still there would only be 20 seeds in a

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11670 Atwood Rd., Auburn, CA 95603
(530) 887-2800

Grass Valley Health Center
1350 E. Main St., Grass Valley, CA 95945
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MISSION STATEMENT

The mission of Chapa-De Indian Health is to advance the health and well-being of American Indians and low income individuals living in our communities by providing convenient access to high-quality, compassionate care.

LIST OF SERVICES

- Dental
- Prenatal Care
- Substance Use Disorders
- Medical
- Pharmacy
- Classes and Support Groups
- Behavioral Health
- Diabetes Program
- Telehealth
- Optometry
- Lab/Phlebotomy

BOARD OF DIRECTORS

Chapa-De's Board of Directors is made up of members from our sponsoring tribe, the United Auburn Indian Community.



Brenda Adams, Chair



Gene Whitehouse, Secretary



David Keyser, Vice-Chair



Jason Camp, Member



John L. Williams, Member

We acknowledge that we are on the traditional lands of the Nisenan, Miwok and Maidu, past and present, and honor with gratitude the land itself and the Nisenan, Miwok and Maidu people.



WE ARE TURNING 50!

Chapa-De is proud to celebrate 50 years supporting the health of our communities. What started out as a single dental chair in 1974 has grown into two locations providing the whole-person care our patients deserve. Take a look at the milestones that made us who we are today with our History of Chapa-De Timeline. Scan the QR code with your phone camera or visit us online at chapa-de.org/the-history-of-chapa-de/ to view now.

We can't wait for the next 50 years!



SEED WARRIORS

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bundle. Eventually, Deb was able to assemble a small but mighty collection of Pawnee corn.

Then, one day Deb got a call from Ronnie O'Brien in Nebraska. Ronnie grew up on a corn farm and worked at The Great Platte River Road Archway Monument. This is a giant archway near Kearney, Nebraska that spans over Interstate 80. Inside is a public exhibit about the Great Platte River. However, at the time, it predominately focused on pioneers, the Oregon Trail, and transportation of settlers. Ronnie explained that natives encouraged her to teach more about the years long before that. In her research, Ronnie learned that the Pawnee were originally from that area, and they were known for their corn. She also learned about Deb Echo-Hawk.

In 2004, Deb sent Ronnie 25 seeds that she planted in late April, just like the corn that is grown in Nebraska. She was excited to plant them, but they all rotted in the ground. It was too early and too cold for this type of corn. The next year Deb told Ronnie that she had 50 seeds left. She would send 25 to Ronnie but she was keeping the last 25. She wanted future generations to be able to see and feel the seeds. She wanted them to learn about their ancestors and how they saved their precious corn seeds.

This time, the corn grew and there would be several other Nebraska farmers that wanted to plant and grow Pawnee corn. One of those farmers is Del Ficke. Del's family would not be here if it weren't for the Pawnee helping his ancestors when his family homesteaded in 1869. There was a Pawnee encampment a mile south of the homestead where his family would trade food and other supplies. They helped them survive the winters. Del said, "We still have a connection with the Pawnee people...This is a manicuring of a precious resource from a historical and spiritual base that is teaching us how we need to be in the future. It is teaching the next generations."

Today, the Pawnee Seed Preservation Society travels to Nebraska each year to pick and prepare Pawnee corn for their ceremonies and to restore their traditional diets. The Pawnee use corn in every celebration there is. It is wonderful to know that our great-great-grandmothers were able to save seeds so we can see, consume, and pass it down to the next generation.

Watch the full story here on the PBS Website

(run time 10 minutes and 36 seconds):

<https://www.pbs.org/video/pawnee-seed-warriors-revive-ancient-ties-to-ancestors-fo9tjl/>





NOT OAKAY: NATIVE OAK TREES ARE IN TROUBLE

By Sunie Wood

The U.S. Forest Service conducted an aerial survey of California's Forest Land in 2023. The news was not good. An estimated 36 million trees died in one year. Oak, pine, and fir trees turned from green to brown. What is causing the trees to die? It's not exactly clear but it seems to be a combination of factors like drought, climate change, air pollution, wildfire smoke, disease, and insects. Land development and intense wildfires are also reducing our forests. Historically, Indigenous people used controlled burns to manage the land. Doing this on a regular basis did several things. It kept understory brush from getting too dense. It created open space for new tree seedlings to sprout. It fertilized the land. It encouraged wild game. And it prevented catastrophic wildfires.

Of the 20 oak species native to California, several have been particularly impacted by the changing environment. These are blue, valley, black, coast live, tanoak, and Engelmann oaks. Not only have many of these majestic 100 plus year old trees died, but the

ones that have managed to survive are not regenerating new oak seedlings for future forests. Current studies are being done to find the causes. Diseases like sudden oak death caused by a pathogen has killed over one million trees alone, mostly coast live oak, black oak, and tanoak. The latest threat to our oak trees is the Mediterranean oak borer, a type of beetle, that can weaken and eventually kill oak trees. They have been found in Sacramento county. Please report possible infestations to www.cdfa.ca.gov/plant/reportapest. When trees die, the wildlife that depends on them is also impacted. In California, over 300 species of birds, mammals, and reptiles rely on oak trees for survival.

Here are some ways you can help. Check your county's guidelines on oaks. Many cities and counties have rules about preserving oak trees. If you own property with oak trees, do not cut them all down. To be safe, trees should be trimmed away from our homes and we should follow the wildfire defensible space guidelines. The general recommendation is to space trees from 10 ft.- 30 ft.

apart depending on your slope. Allow some native oaks to grow. Trim them up from the base and they will look beautiful. Replace those that have died or had to be removed. It is important to choose oak trees native to your particular county/region. Studies have shown trees not native to the local area can cross pollinate with local native oak trees creating acorns that are sterile and cannot grow which only makes the problem worse. One comparison is it is like crossing a horse and a donkey. The offspring is a mule, which cannot reproduce.



PHOTO BY EILEEN LINSON



The best way to start a new oak tree is by planting an acorn from a nearby tree. If you don't have an oak tree in your yard, ask a neighbor. Acorns are ready to plant when the cap comes off easily. Put your acorns in a bucket of water. Toss any acorns that float as they will not sprout. Choose an area in your yard that may be cooler and doesn't already have a tree. Think about how it will look in that space when it is mature. Oak trees provide welcome shade on hot summer days. Planting can be as simple as laying the acorn on the soil in the Fall. If you want a better chance of survival, dig a hole 1 foot deep and then put the soil back into the hole. Then plant your acorn 1 inch deep into that loose soil. Surround the hole with a wire cage with a top to protect it from browsing deer, squirrels, and birds. For the first few years, water the seedling every two weeks during the summer months until it reaches a height of five feet. Although California oaks are naturally drought tolerant, they will do better with some summer deep watering once a month. Remember, it is the extra dry, hot summers that is killing so many of them. As the tree matures, use a soaker hose placed around the dripline for several hours to overnight to slowly water them once a month.

For thousands of years, oak trees have provided food and shelter for many species, including humans. They are an important part of the ecosystem. They reduce erosion, create shade, and absorb carbon dioxide. It was said most California tribes had no words to describe 'hunger' because they had an abundance of food from the oak trees.

Sources and further reading;

- <https://ucanr.edu/sites/mobpc/files/330538.pdf>
- <https://www.fire.ca.gov/dspace>

VISIT THE EFFIE YEAW NATURE CENTER

By Sunie Wood

Put on your walking shoes, grab your family or friends, pack a lunch, and head out for a hike! Effie Yeaw Nature Center is 100 acres of woodland and riparian area along the American River in Sacramento. It adjoins Ancil Hoffman County Park.

Along with numerous hiking trails, there is also a replica of a Nisenan Maidu village, picnic areas, a play area for children, a butterfly garden, and a visitors center complete with resident wildlife. Walking trails are open from dawn to dusk. The visitor center is open Tuesday through Sunday 9:00 am- 5:00 pm. Wildlife you may see include deer, squirrels, birds, coyotes, reptiles, turtles, and more so bring your binoculars!

Location Details:

- **Address:** 2850 San Lorenzo Way, Carmichael, CA 95608
- **Admission:** Free with a \$2.00 for adults and \$1.00 for children optional donation
- **Parking:** located inside Ancil Hoffman Park and is \$7.00 per car
- **More information:**
<https://www.sacnaturecenter.net/visit-us/>





THE STORY OF TU-TOK-A-NU-LA A MIWOK STORY

A long time ago, a mother bear and her cubs were out walking around Yosemite Valley to a beautiful flowing river. They stopped at the river to play and waded in the water until they were soaking wet. When they were done, they decided to take a break and lay on a flat warm stone rock and nap in the sunlight. While they slept on the stone, it rose high into the sky. The mother bear and cubs were trapped on this great steep sided rock! Mother bear and cubs were not able to get down, so they called out for help.

In the valley below a council of animals were deciding who would go climb up the rock and help them down. Meadow mouse tried climbing up but only made it a short way up before sliding back down. The pack rat also tried and slid down as well. The raccoon bragged that he would be the one to save them but got no further than the others. Next the Great Grizzly Bear tried by jumping high to the top of the rock but could

not reach them and grabbed the side of the rock with his sharp claws and could not pull himself up leaving long scrapes on the side of the great rock. Mountain lion also tried, leaving more scrapes on the side of the rock. All the other animals also boasted about reaching the bears up top but to no success in doing so.

While all this talk was going on, without a word, measuring worm slowly made her way to the rock, only moving a little at a time. Days and nights passed and measuring worm slowly made her way to the rock and was able to make her way up to the top without sliding back down. She spun a rope to help lower the mother bear and her cubs back down to the bottom. That great rock still stands high above the valley of Yosemite. Today it is known as El Capitan, but the name of which the old people knew it as Tu-Tok-A-Nu-La. Measuring Worm's Rock.



Illustration by Stefano Vitale from the book The Girl Who Helped Thunder and Other Native American Folktales.

HOME LOAN PROGRAM FOR NATIVE AMERICANS

By Darla Clark

Did you know there is a home loan program specifically for American Indians and Alaska Natives? It is a federal loan designed to increase home ownership and access to capital in Indian Country.

Known as Section 184 Home Loan Guarantee Program, or just Section 184, this program was established by Congress in 1992. The loan funds can be used to refinance an existing loan, build a new home, purchase or renovate an existing home on or off tribal lands.

How it Works

The Office of Loan Guarantee within HUD's Office of Native American Programs guarantees the Section 184 home mortgage loans made to Native borrowers. The loan guarantee assures the lender that its investment will be repaid in full in the event of foreclosure (the borrower is unable to pay back the loan).

The borrower applies for the Section 184 loan with a participating lender, and works with their tribe. The lender then evaluates the necessary loan documentation and submits the loan for approval to HUD's Office of Loan Guarantee.

The loan is limited to single-family housing (1-4 units), and fixed-rate loans for 30 years or less. Neither adjustable rate mortgages (ARMs) nor commercial buildings are eligible for Section 184 loans. Maximum loan limits vary by county (from \$498k to \$1.1m in California). It is available to first-time homebuyers as well as repeat homebuyers.

What Makes a Section 184 Loan Better?

- **Low Down Payment:** 2.25% on loans over \$50,000 and only 1.25% on loans under \$50,000
- **Low Interest Rates:** based on market rates, not on applicant's Credit Scores
- **Manual Underwriting:** The Program utilizes a hands-on approach to underwriting and approval rather than automated decision-making tools. That also means there is no minimum credit score to qualify.

- **Growing National Network of Approved Lenders:** A network of approved lenders includes national companies and local banks to suit your needs. Lenders have also been trained on the unique circumstances of Native home ownership.
- **Protection from predatory lending:** The Program monitors the fees approved lenders can charge Native borrowers.
- **Knowledgeable Staff:** The 184 Loan Program staff understand the unique circumstances of Native Americans and they work with borrowers to achieve home ownership and to avoid default and foreclosure.

Limitations of the Program

- You must be a Member of a participating federally-recognized tribe and your tribe must verify your enrollment. Not all Native Americans meet this criteria. Many Chapa-De patients are descendants of tribal members or descendants of California Tribes that were terminated years ago under the California Rancheria Termination Act and never regained federal-recognition.
- You must use a participating lender. Here in California, there are more than 80 companies that are participating. Still, it is a very unique program so make sure you work with a lender who is familiar and understands how the program works.
- While the Section 184 loan makes home ownership more attainable, there is still the reality that home prices are very expensive and out of reach for some people.

For more information, go to the HUD website at

<https://www.hud.gov/section184>

or email to Section184@hud.gov.



BLESSING CEREMONY FOR FUTURE CHAPA-DE LOCATION

On March 18th a small group gathered to bless the site of Chapa-De's future health center location in Rocklin. Members of Chapa-De's Board of Directors, staff, and construction team joined together to participate in the blessing offered by Alan Wallace (Washoe/Maidu).

The new location is tentatively planned to open in early 2026 and construction will begin later this year. The new South Placer campus will be a convenient location for current and future patients in South Placer and Sacramento County.



UAIC OPIOID SETTLEMENT FUNDS: EXPANDED SERVICES COMING SOON TO CHAPA-DE!

Lawyers representing American Indian Tribal nations successfully filed suits against numerous companies involved in the manufacturing and sale of opioids in the United States. These actions by pharmaceutical companies caused a decades-long opioid crisis that we are still feeling today. The lawsuits claim that opioid manufacturers, distributors, and retailers knew that opioids are more addictive than they previously reported. They successfully showed this caused increased addiction and harm to tribal members and communities.

As part of settlements reached in 2022, the United Auburn Indian Community (UAIC) received over \$1.3 million and has elected to give the funds to Chapa-De. We will invest these dollars in combating the opioid crisis in our communities. We are deeply honored to receive this additional funding to enhance our substance use disorder and harm reduction programs.

If you or a loved one would like help stopping or cutting back on using substances, please call us. The Chapa-De Substance Use Disorder Team is available to offer non-judgmental support and information. We also have free fentanyl test strips and Narcan (overdose reversal medication) available for community members.



A TASTY SUMMER SALAD: HOMINY WITH BACON BITS

This recipe is from the New Native Kitchen, Chef Freddie Bitsoie & James O. Fraio

Serves 4-6

- 4 strips bacon, diced
- 4 cups cooked hominy
(if canned rinse well)
- ¼ cup diced onion
(make sure dice is smaller than hominy)
- ½ cup diced red bell pepper
- ¼ cup chopped fresh flat-leaf parsley
- 2 cups of loosely packed watercress
- 2 cloves garlic peeled and minced
- 1 teaspoon ground sage
- Salt to taste
- 1 teaspoon freshly cracked ground pepper
- ¼ cup olive oil
- Zest and juice of 2 lemons

In a medium sauté pan, add the bacon and turn the heat on to medium. Render the bacon until crispy, being careful not to let burn. Remove the bacon bits and drain on a paper towel-lined plate. In a medium bowl, add the bacon bits and hominy, onion, bell pepper, parsley, garlic, sage, salt and pepper, and lemon juice. Then stir in the watercress. Serve immediately.

This recipe can also be made to your liking, omit the bacon for turkey bacon, try Mrs. Dash as a salt alternative. If watercress is not available, try spinach.

Enjoy it for the warm summer months ahead.



WELCOME TO THE CHAPA-DE TEAM!

Please join us in welcoming the following dentists to Chapa-De:

Nicole Shanklin, DDS

Dentist, Auburn



Nicole Shanklin is a Dentist at our Auburn Health Center. She has been a Dentist with Chapa-De before and is excited to be back. Her goal is to help people regain their confidence and smile. She accomplishes this by providing excellent dental care and empowering patients. She

strives to offer education and knowledge that patients can use to care for their oral and overall health.

Dr. Shanklin attended Dental School at the Medical College of Georgia, College of Dental Medicine. Outside of work, she spends a lot of time with her husband, two teenage children, their Pomeranian and two cockatiels. She also enjoys beach trips with long books.

Wendy Carvajal, DDS

Dentist, Auburn



Wendy Carvajal is a Dentist at our Auburn Health Center. As a Dentist, she works to establish a positive relationship with her patients and to help them along their journey to dental wellbeing. She focuses on prevention and education to help patient feel empowered to

regain their dental health.

Dr. Carvajal attended Dental School at University of the Pacific Arthur A. Dugoni School of Dentistry. Outside of work, she is a hobbyist. She tries a new hobby every year. Right now this includes beekeeping, surfing, yoga and cooking.

David Sulsh, DDS

Dentist, Auburn



David Sulsh is a Dentist at our Auburn Health Center. As a Dentist, he strives to get to know patients as individuals. This way he can offer care that is personalized to their needs and wants. He also believes education and prevention is very important.

His goal is to be a partner. He does this by offering education and empowering patients to focus on their dental health.

Dr. Sulsh attended Texas A&M University School of Dentistry. Outside of work he enjoys spending time with family, hiking, mountain-biking, golfing, skiing and gardening.



INTRODUCING RESIDENT PHYSICIANS AT CHAPA-DE

Chapa-De is excited to have resident physicians at our Grass Valley health center. A resident is someone who has completed college and medical school, receiving their Doctor of Medicine degree (MD or DO). They are now completing direct training in their chosen specialty. The residents at Chapa-De will become family medicine doctors.

Family medicine residents must complete three years of firsthand training. Then they can become licensed board-certified doctors. An experienced doctor supervises residents. This doctor is certified by the American Board of Family Medicine.

There are great benefits to receiving care from a resident. Residents have the most up to date medical knowledge. Patients also benefit from the experience of the supervising doctor as they also oversee their care.

Residents spend a lot of time with patients and do a detailed exam. They ask questions about symptoms and medical history. The resident then talks to their supervising doctor. The supervisor will ask questions and offer guidance. Then the resident will decide on a diagnosis and care plan. This process is called precepting. Precepting makes sure patients are getting the best possible care. It also ensures the resident is prepared to work on their own in the future.

Our residents work extremely hard to give the best care possible. They are proud to be serving Chapa-De patients. We hope you will have an opportunity to meet and possibly receive care from them.

Meet Our Residents

Nick Sparr, MD

Family Medicine Resident, Grass Valley



Nick Sparr graduated from the University of Iowa Roy J. and Lucille A. Carver College of Medicine. He has worked as a nursing assistant in an adult inpatient psychiatry unit and spent twelve years working in phlebotomy. He also spent time working as a

manager at a lab. He is passionate about community health and helping with local organizations.

Dr. Sparr is from Beaverton, Oregon. His personal interests include downhill skiing in places like Mt. Hood, Crested Butte, and Arapahoe Basin. He also enjoys woodworking and shade tree mechanics

Kelty White, MD

Family Medicine Resident, Grass Valley



Kelty White graduated from the University of Nevada, Reno School of Medicine. Prior to medical school, she earned her bachelor's degree in biology with Magna Cum Laude honors. She has focused on women's health, rural medicine, and "gut"

health. She spent ten years working in the service industry before and during medical school. She also worked for two years as a certified nursing assistant.

Dr. White is from Truckee. Her personal hobbies are skiing, mountain biking, climbing, partner acrobatics, construction/trade work, gardening, and spending time with her dogs.





PHOTO ART BY SUNIE WOOD

I can't recall ever seeing a tube of sunscreen in my home when I was young in the 1960's - 1970's. My siblings and I grew up here in the California foothills spending long summer days swimming and playing in the sun from sunrise to sunset. The first few days in the sun would result in painful sunburn. This would eventually turn into a tan that we would be proud of. Being tanned was, and still is, popular. We never wore hats.

Our home wasn't unique, sunscreen was not widely used back then. It started being used around 1978 and it wasn't until the early 1990's that sunscreen with SPF (sun protection factor) higher than 15 was readily available. We didn't realize that this early overexposure to the sun and a family history of skin cancer would affect us later in life. We are not alone; skin cancer is the most common cancer in the United States. All ethnic groups, even American Indians (AI's), can get skin cancer. In fact, the CDC reports AI's are second behind white ethnicity to get skin cancer, including melanoma. Many Native people believe their darker skin may provide natural protection. That may be why only one in ten AI's regularly use sunscreen.

Skin Care Challenges

Another challenge for American Indians is the lack of dermatologic care in Indian Health Services. Most IHS facilities lack the resources to staff a dermatologist. In fact, Christopher Bengson, MD, MHS is the only full-time dermatologist in the entire IHS program across the United States. He is based out of Phoenix Indian Medical Center in Arizona where patients come as far away as Washington State and Hawaii to receive dermatologic care. Although many IHS clinics partner with out-of-office dermatologists, other barriers like payment and driving distances can be a real problem, especially in rural areas.

Thankfully, there is a growing trend for local tribally-funded health care facilities to have dermatologists on staff. Currently, Chapa-De refers qualified patients to Pacific Skin Institute for treatment. Chapa-De also utilizes DirectDerm for our patients. Our primary care providers send digital images via telehealth to this dermatology group in Sacramento for evaluation. The cost is \$95 for AI patients.

Made in the Shade

Blocking the sun's harmful rays is the best defense against developing skin cancer for all ethnic groups. Use a broad spectrum sunscreen (UVA & UVB) year round with a SPF 15 or higher. Be aware, though, that all sunscreens are not created equal. In 2019, the Journal of the American Medical Association published research by the U.S. Food and Drug Association (FDA) that raised concerns about the safety of chemicals used in sunscreens. Sunscreens using titanium oxide and zinc oxide are considered safe. Further research is being done on the other six chemicals. Choose your sunscreen carefully and do not use on children under 6 months old. Stay indoors or in the shade from 10am-2pm in the summer months. Wear long sleeved clothing preferably with UPF (ultraviolet protection factor). These days, there is even stylish long sleeved swimwear. Wear UV sunglasses to protect your eyes and wear a wide brimmed hat! Teach your children that hats are cool and should be a part of outdoor active wear.

New Treatments and Tools

New research shows a type of vitamin B3 (nicotinamide) can reduce the chance of developing basal cell and squamous cell carcinomas by up to 23%. It is safe and can be purchased over the counter. Other studies show regular use of NSAIDs like ibuprofen and aspirin may decrease the chance of skin cancers by up to 18%. Because any medication can have side effects, it's important to discuss these options with your medical provider.

Check your skin regularly. If you see something that doesn't look right, show it to your provider right away. Early treatment is important. This year, a new noninvasive tool was approved by the FDA. It uses artificial intelligence to scan skin spots and detect cancers. It's called a DermaSensor. Hopefully it will become a tool used in every primary care physician's office just like a blood pressure monitor.

New treatments for skin cancer are also being developed. Currently laser surgeries are being refined. Laser ablation is an alternative to surgical removal of actinic keratosis, squamous cell, and some basal cell carcinomas (types of skins cancers). Blue light therapy or photodynamic therapy can also be used to remove

some cancers and pre cancers. There are also several new drugs that have been approved by the FDA in the last several years that targets more advanced stages of the disease. Surgery remains the most common way to treat skin cancer but it's important to do some research and ask your doctor about all your options.

Use this link to find sun protection products recommended by The Skin Cancer Foundation:
<https://www.skincancer.org/recommended-products/>

And remember, wear your hat!

Sources and further reading;

- <https://gis.cdc.gov/Cancer/USCS/#/Demographics/>
- <https://www.mdedge.com/dermatology/article/264206/diversity-medicine/indian-health-service-dermatologist-i-saw-real-need-be>
- <https://www.ihs.gov/newsroom/factsheets/ihsprofile/>
- <https://www.dermasensor.com/health-systems/>





PINE NUT BEADS By Sunie Wood

Beads are one of the oldest items used for trade. The oldest beads found date back 75,000 years! In the United States, before the arrival of glass beads, those made from shells, bones, and stones were commonly used as jewelry, clothing decoration, and for trade. But there was also beads made from seeds. In California, pine nut beads were made from the seeds in pine cones off the grey pine. These beads were not as valuable as clam shell disc or dentalium (a type of shell) beads but they were commonly worn by mostly women as necklaces and sown into clothing for decoration.

Some of the oldest archeological sites in this state have pine nut beads dating back to 750 A.D. *Pinus sabiniana* grows naturally in a very narrow band of the Sierra foothills and inland coastal hills like a ring around the central valley of California (see map below). It is interesting that pine nut beads were found well outside the native growing range for grey pine trees. Many beads have been found in Northern California coastal areas as well as into Oregon, Nevada, and along the Pitt River into the Great Basin. This could be related to women marrying into other tribes as well as trade for other goods.

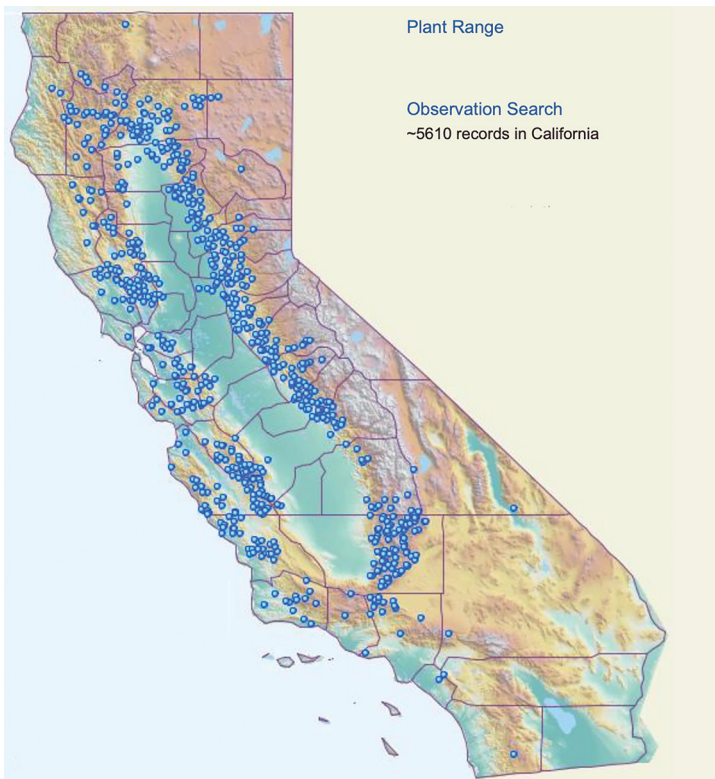


PHOTO BY CALIFLORA

Grey Pine, *Pinus sabiniana*, range map.



PHOTO BY SUNIE WOOD

Pine nut bead earrings

The pine nuts are very hard and it was time consuming to make them into beads. That shows the people had basic needs met and could enjoy extracurricular activities. Pine nut beads are still made today and with the help of modern tools, it is a lot easier. Generally, a hole is made in both ends of the nut and then the meat of the nut is removed so it is hollow. This can be done by rubbing each end of the nut on sandpaper until a hole appears. Then use a straightened paperclip to push the meal out. The oily meal inside can be rubbed on the outside of the nut to make it shiny. Sometimes the nut is charred on coals to create a darker color. Then the beads are ready to be used for jewelry or other projects. This can be a fun learning project to share with children.

Pine Nute Bead Making How To Video by CHIRP CA:
<https://www.youtube.com/watch?v=93ZEO11ifzw>

Sources and further reading;

- <https://escholarship.org/content/qt4j4980xq/qt4j4980xq.pdf?t=krnj6m>
- <https://www.calflora.org/app/taxon?crn=6524>

Note: Grey pine were also called digger pines. This term was associated with colonists calling local Indigenous People "Digger Indians" and is no longer used out of respect for the Native People.



CELEBRATIONS, GATHERINGS & EVENTS

Missing Murdered Indigenous Peoples Day

Please wear red on May 5th to show your support

Stanford Pow-Wow

May 10–12 at the Eucalyptus Grove
291 Lasuen Street, Stanford, CA 94305

44th Annual Honored Elders Day

Saturday, June 1, 2024 from 9:00 am – 4:00 pm.
California State Indian Museum
2618 K St, Sacramento, CA 95816

Admission is free to the public and food is available for purchase. Call for details: (916) 324-0971

The Story of Land, Water, and People Exhibit

Thursdays/Sundays 12:00 pm – 6:00 pm
Fridays/Saturdays 11:00 am – 6:00 pm
At Uba Seo: Nisenan Arts and Culture Gallery and Culture Center
225 Broad Street, Nevada City, CA 95959

Hours are subject to change due to Tribal needs; please call 530-559-6115 before visiting.
More information: www.ubaseo.org/landwaterpeople

Nimbus Fish Hatchery Tours

2nd Saturday of the Month
2001 Nimbus Road, Gold River, CA 95670
<https://wildlife.ca.gov/Fishing/Hatcheries/Nimbus>

Plan early for Berkeley's 32nd Annual Indigenous People's Day Pow Wow and Indian Market

October 12, 2024 at MLK Civic Center and Park

Find more information at: <https://calendar.powwows.com/events/berkeleys-annual-indigenous-peoples-day-pow-wow-celebration/>

THANK YOU FOR READING CHAPA-DE NEWS

This newsletter is intended to keep our patients informed of the latest Chapa-De news and information, offer tips and recipes for a healthy lifestyle, and feature Native American fact and fiction stories inclusive of all American Indian Tribes. Our goal is to create a publication that is educational and fun to read. If you have ideas for improvement or stories you would like us to feature, please contact us at newsletter@chapa-de.org.



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If you no longer want to receive this newsletter, email us at Newsletter@chapa-de.org or call (530) 887-2800 ext. 2924



CHAPA-DE
 INDIAN HEALTH

**Passionate People.
 Compassionate Care.**

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CHAPA-DE *News*



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