39th Annual
Traditional Indian Health Gathering
May 17 - 19, 2019

Strengthening Spiritual Wellness
Within Our Communities

Ya-Ka-Ama Indian Education & Development Center
7465 Steve Olson Lane, Forestville, CA 95436

Artwork by Jason Hill

Sponsored by: The California Rural Indian Health Board, Inc. & Traditional Indian Health Advisory Committee
For more information: (916) 929-9761 or rph@crihb.org
Complete ONE Registration form per family

Name ___________________________________ Tribe(s) __________________________

Address _________________________________________________________________
(Street or PO Box) _________________________________________________________
(City) __________________________ (Zip) ____________________

Email Address: ____________________________________________________________

List spouse/partner/significant other and children attending (please include the child’s age if under 18):

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<tr>
<th>#</th>
<th>Name</th>
<th>Tribe(s)</th>
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Check Dates Attending

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<tr>
<th></th>
<th>Friday May 17th</th>
<th>Saturday May 18th</th>
<th>Sunday May 19th</th>
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Submit Completed Form To:

California Rural Indian Health Board, Inc.
Attn: Luana Hill/Michelle Frase
1020 Sundown Way
Roseville, CA  95661

Fax: (916) 771-9671
Email: lhill@crihb.org/mfrase@crihb.org
If you have any questions, please contact:
Luana Hill or Michelle Frase at (916) 929-9761

PHOTO RELEASE CONSENT

By my initials in the space provided, I grant CRIHB the right to take photographs of me, my family, and children I may be chaperoning at this TIH event and authorize CRIHB to use such photos of me with or without my name and for any lawful purpose, including for such purposes as publicity, illustration, advertising, and web content.
ADDITIONAL INFORMATION

On-site registration will open Friday at 8:00 AM, and the event will begin at approximately 9:30 AM with lighting of the ceremonial fire and walk-around, a welcome from the committee, a general session, lunch and dinner. Saturday will begin with breakfast at 8:30 AM with the opening at 9:00 AM, followed by keynote speaker and general sessions; lunch and dinner will be provided on Saturday. Sunday will begin at 8:30 AM with breakfast followed by general session and closing. At noon, a “to go” lunch will be provided.

The format for this gathering is traditional. Come and be a part of the gathering in a good and respectful way. Long skirts are suggested for women and girls. All youth must be accompanied by an adult or chaperone (maximum of 5 youth per 1 adult) at all times, including evening activities.

LOCAL LODGING OPTIONS

PLEASE NOTE: This is a busy time of year for this area, please book lodging ASAP. Due to multiple local events and recent flooding lodging may be limited.

Available Lodging in Local Area:
Hotel Santa Rosa
2632 Cleveland Ave, Santa Rosa, CA 95403
11 miles from Forestville (22 min drive)
(707) 542-5544
Hotel: Contact Breanda, Reference Traditional Indian Health Gathering/CRIHB

Pricing as of Mid-April 2019
2 beds
Thursday: $89
Friday: $119
Saturday: $119

Camp Grounds @ Ya-Ka-Ama
- Campsites are available May 17, 18, 19 only
- RVs up to 27 ft. long, no hookups
- Maximum number of occupants per site is 8 people
- NO PETS
- Showers available

Call Michelle Frase or Luana Hill to reserve a campsite at (916) 929.9761
# AGENDA

*Strengthening Spiritual Wellness Within Our Community*

**Friday, May 17, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00am</td>
<td>Registration</td>
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<td>8:30am</td>
<td>Morning Snack</td>
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<tr>
<td>9:30am — 11:30am</td>
<td>Lighting of Ceremonial Fire/Walk around and Calling in the Spirits</td>
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<td>11:00am — 5:00pm</td>
<td>Activities for the Young Ones</td>
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<td>12:00pm</td>
<td>Lunch</td>
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<tr>
<td>1:00pm</td>
<td><strong>Session: Importance of Tribal Activism/Cooperative Activism</strong></td>
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<td><em>We live in a climate where our culture and our rights are still being challenged. We must be able to walk out there and know who we are. Even if we don’t know our language, we must know our culture. How can we do this? How do we help the Tribe that is not rich? How do we support the Tribes that need support? We do this by reaching out and supporting one another. It takes all Tribes working together to heal and build our communities. This session will discuss these questions and their solutions.</em></td>
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<td>Cheryl Snyder, <em>Wiyot Tribe</em></td>
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<td>2:15pm</td>
<td><strong>Session: Tea Making Demonstration</strong></td>
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<td><em>Herbal medicines are a mainstay in many Tribal traditions. Many powerful plants are readily available, effective, and simple to use. This session will include information on how to use plants to make tea. A demonstration will also be provided.</em></td>
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<td>Carol Larsen, <em>Paiute/Pit River/Chippewa and Tribal Member of Susanville Indian Rancheria</em></td>
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Strengthening Spiritual Wellness Within Our Community

3:15pm    Break—Snacks and Beverages

3:30pm    **Session: Ya-Ka-Ama Garden Project**
          Connection to the land and growing and gathering food is a central component of indigenous culture and health. This session will discuss the importance of revitalizing these connections, share the journey of this work at Ya-Ka-Ama and provide practical advise for incorporating these skills in your own life.
          Cuauhtemoc Landeros (Cherokee/Mexica)

4:30pm    **Session: Cho’ skuy’ soo hey-we-chem’! Live a Healthy Life.**
          Discussion on how language and culture promotes healing, and builds resilience. Will also discuss different avenues to infuse language and culture in the community and homes.
          James Gensaw, Yurok Tribe

5:00pm    Sweat Lodge Ceremony

5:30pm    Dinner

7:00pm    **Traditional Dancers**
          Big Valley Pomo Dancers
          Tule River Yokuts
          Sonoma County Pomo Dancers
          Torres Martinez Desert Cahuilla Bird Singers
Strengthening Spiritual Wellness Within Our Community

Saturday, May 18, 2019

8:00am  Registration
8:30am  Breakfast
9:00am  Lighting of Ceremonial Fire, Walk Around, and Calling in the Spirits
10:00am Opening Prayer
10:30am Session: Female perspective on Strengthening Spiritual Wellness Within Our Community
         Presenter: TBD

11:15am Session: Maintaining Cultural Identity in the Age of Social Media
         This session will discuss cultural appropriateness, disclosure, dilution and false interpretations of sacred or traditional teaching on social media platforms. The new struggle with social media to maintain culture while following rules, “Grandma never told me the rule for live streaming in the Round House.”
         Reno Franklin, Kashia Band of Pomo Indians of the Stewarts Point Rancheria

12:00pm Lunch
1:00pm Concurrent Session: Benefits of Traditional Practices/Involvement
       Jacob Alvarado, Rincon Band of Lusieno Indians
       Walt Lara, Yurok
       Dr. Kishan Lara, Hupa/Yurok
AGENDA

Strengthening Spiritual Wellness Within Our Community

2:00pm  
**Session: Traditional Foods**
Indigenous foods should become staples in our daily consumption of foods. This session shares the importance of traditional foods and will showcase a live demo on salmon patties and huckleberry dumplings.

Megan Baldy, Hoopa Valley Tribe

3:15pm  
Break—Snacks and Beverages

3:30pm-4:30pm  
**Elder Honoring**

4:30pm  
**Session: Trade Walk/Working with Youth**
The Trade Walks with youth place an emphasis on culture and tradition and focuses on revitalization of rites of passage and ancestral trade routes. This five day adventure takes youth deep into the Sierra Nevada mountain range and over the summit Paiute Pass into the North Lake trail head, a journey of 30 miles and a climb of twenty five hundred feet over in elevation over rugged terrain. This session shares the Toiyabe Family Service’s Traditional Trade Walk and the impact on youth as they take the ancestral trade routes to meet the Big Sandy Rancheria Mono kids and trade traditional songs and stories.

Earl Lent, Bishop Paiute Tribe

5:30pm  
Dinner

7:00pm  
**Traditional Dancers**
Tule River Band of Yokuts
Tachi Youth Dancers
## AGENDA

**Strengthening Spiritual Wellness Within Our Community**

### Sunday, May 19, 2019

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:00am</td>
<td>Registration</td>
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<tr>
<td>8:30am</td>
<td>Breakfast</td>
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<tr>
<td>9:00am</td>
<td><strong>Session: Medicine Making</strong></td>
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<td><em>This demonstration is an interactive workshop to learn about various traditional medicines, their functions, and uses to relieve ailment. This session promotes cultural protective factors.</em></td>
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<td>Carol Larsen, Paiute/Pit River/Chippewa and Tribal member of Susanville Indian Rancheria</td>
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<td>10:30am</td>
<td>Closing Prayer</td>
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<td>12:00pm</td>
<td>Lunch to go</td>
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Safe Travels Home!