

February 2021



THE BASKET WEAVER

Two Feathers Native American Family Services

COMMUNITY FOCUSED | CULTURALLY ROOTED | PREVENTION BASED

The Basket Weaver

Two Feathers Native American Family Services brings you monthly updates about the programs, events, and news from our agency to your inbox. Just as a basket is woven, we hope that *The Basket Weaver* will weave connection, inspiration, and community with our local families and communities.

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Greetings from leadership:

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Dear Community,

I hope the beginning of the year brings happiness, health and hope to you and your loved ones.

During the past year Two Feathers has done our best to weather the many storms of 2020. Despite the global pandemic rampant wildfires, a turbulent political climate, and seemingly endless uncertainty, we've continued to strive to positively impact Native American youth and families we serve. Indeed, what didn't change in 2020 is our pledge to not only serve all Native American youth and families in Humboldt County, but our strong commitment to be a leader in Native American youth and mental health services.

Over the year, we've accomplished many things we're proud of, including:

- **Hiring several new team members who have hit the ground running,**
- **Clarifying our vision and purpose,**
- **Offering consistent culturally based virtual programming,**
- **Hosting two statewide virtual youth mental health conferences**
- **Honored by the California State Assembly for outstanding healthcare services,**
- **Maintaining valuable partnerships in the community, and,**
- **Securing new sources of revenue including foundation funding.**

These are just a few of the many accomplishments that our team has worked together to achieve. Looking ahead, I'm confident 2020 has made us a stronger agency and team, and know we will serve our community in even deeper, transformational ways in upcoming years. I want to thank all of you who believe, support, partner and trust us. We strive to be better each day and look forward to working with you all in 2021.

Sincerely,

Dr. Virgil D. Moorehead Jr.

Executive Director, Two Feathers-NAFS

Speak Your Language

"Good Morning"

Hupa

he:yung de:xutt'e'-dung

Yurok

skuue'yen ue'koy

Karuk

ma'hiityav

Tolowa

xaaghii~'a~ Shvm

Wiyot

gouts walaqh

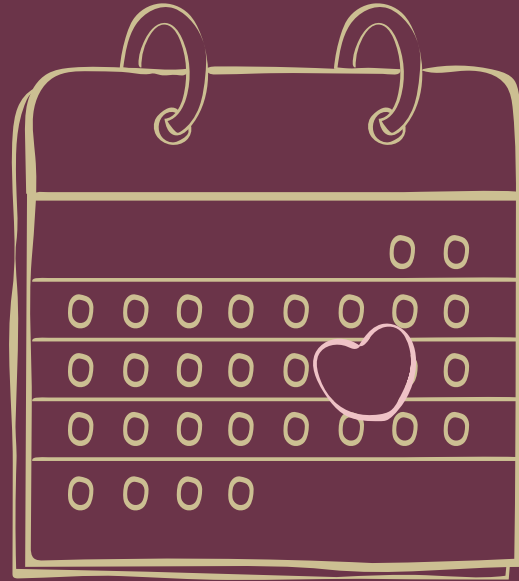


A dark, moody photograph of a forest with tall trees and dense foliage. A bright sunburst or starburst effect is visible in the upper right quadrant, casting light rays across the scene. The overall tone is dark and atmospheric.

AT-HOME CHALLENGE

Tell five family members or friends "Good Morning" in your language.

Shu' shaa nin-la to all the language speakers, learners, and teachers who continue to support us in ensuring we can include language in our newsletter and programs.



Two Feathers NAFS Recent News & Events



Native Door Dash

On December 21st, our team put on our **Native Door Dash** event. In Hoopa and on the coast, we were able to deliver hot meals to nearly 200 community members.

We thank especially **Deacon, Matthew, and Sammy's BBQ** for catering delicious food.

Xmas Tree Fun

In the beginning of December, we were able to bring locally harvested trees to **12 families** who wanted to include these in their Christmas celebrations. We thank Bubba, Keoki, and Sonners for making this happen.

Wakara also led a **Christmas Tree Decorating Contest** with cash prizes. The top tree is shown to the right!



The Healing Journey

We at Two Feathers believe that stories can help promote holistic health. Stories have the power to teach and inspire us. They can create change and make movements. Stories can bring us hope, and they help us heal. With this belief, we are working in collaboration with Native communities to create the digital project, **THE HEALING JOURNEY**.

This series will uplift the voices of Native Peoples as they share their unique journeys towards wellness and recovery. With this work, we hope to honor the great strength and wisdom that each of these participants have gained along their way. We offer this series as an invitation everyone to share more and listen to more stories. We also hope it is a reminder that we never have to make the journey alone.

Our first story is with **Katlyn Garza** (Cherokee Descent) who shares how she navigated through and out of juvenile incarceration and addiction. At 19-years-old, she offers advice to those of all ages who struggle with addiction and remains hopeful for a brighter future. Her story is available on our [Instagram](#) and [Facebook](#).



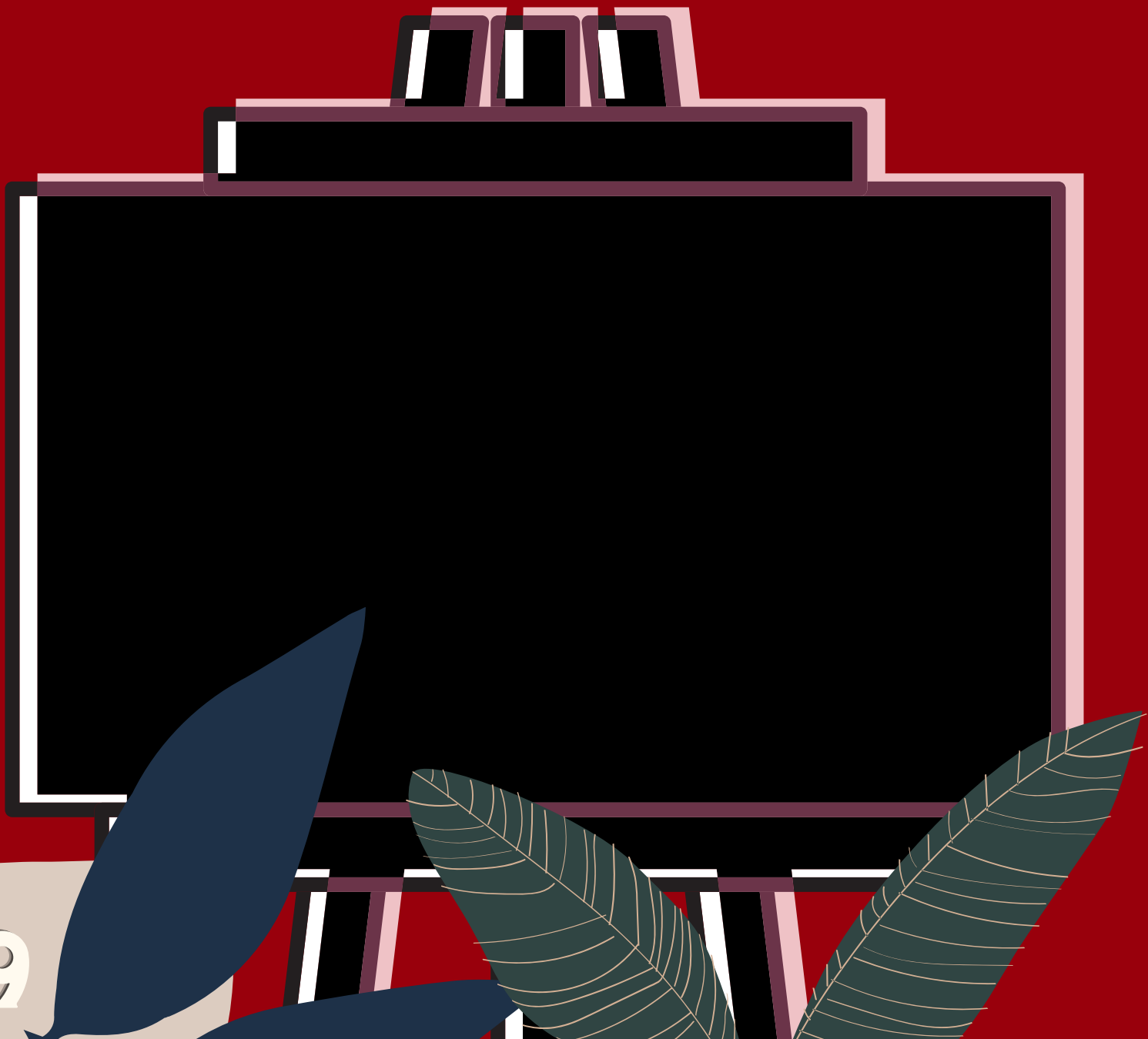
DOUK

We were able to close January with a film screening of DOUK and a virtual conversation with DOUK director, **Michelle Hernandez** (Wiyot), and DOUK actress, **Destiny Lewis** (Tolowa, Wiyot, Hupa, Yurok, Karuk, Wiylaki, Chimariko). This short film dives into the heaviness of boarding schools and how that era impacted many Native People's connection to cultural lifeways. Michelle and Destiny were able to share how being a part of this project affected them, and what they hope for in the future for their communities.

You can find the discussion on our Facebook. For more information about Douk, visit www.doukfilm.com

Dreaming With Community

On January 23rd and February 3rd, we hosted a **Community Aspiration Board Hunt**. On the coast and in Hoopa Valley, we hid a big board and put clues on our social media for families to come find us. Once they located the board, they wrote hopes and dreams for 2021 and collectively created a Community Aspiration Board! The messages were so inspiring, we made sure to include a few entries below:



Telling A Story for Our Children

We have partnered with Native Cultures Fund to launch **Telling A Story For Our Children**: an intergenerational storytelling series featuring local families. Each family will be sharing a story or experience that uplifts cultural values and lessons to pass on to the next generations. This project was in response to community members expressing the desire for more connection to culture and especially missing storytelling. With permission from some participating families, we will record their story and put it on a usb drive, to be sent home to Two Feathers youth and families. The usb will also include previous episodes of our Indigenous Speaker Series that are culturally relevant. **Make sure to watch our first episode with Ernie and Caleb Albers on Thursday, 2/11 at 6pm on our Facebook Live!**

Foodways & Mental Health

The Food Sovereignty Team finished off their virtual series with Indigenous thought leader, **Dr. Michael Yellow Bird**. He joined us for a conversation on Traditional Foodways and Mental Health, making deep connections between what we eat and how it affects every part of our wellness. He spoke on traditional agriculture, hunting and gathering, and even gave us a sneak peak of his newly released book, *Sahnish Ethnobotany*. We are grateful to have ended this incredible series with an incredible speaker!

If you missed any episodes so far, you can find them on our **[Two Feathers NAFS YouTube](#)**

Reclaiming Healthy Masculinity

We launched February's Teen Dating Violence Awareness Month with a virtual panel on **Reclaiming Healthy Masculinity**. A rare and important conversation, this panel attracted thousands from all over the world. Audience members echoed the panelists in their desire to undo toxic masculinity and end violence in Native communities by reclaiming healthier ways.

If you missed this vibrant discussion, make sure to check it out on our [YouTube](#).

Panelists included inspirational men from local Tribes and other Native Nations outside of Northern California, shown on the next page. We also included one quote powerful quote by each panelist, though there were many to choose from!





There's not a lot of spaces like this, and it needs to be a priority in order for our communities to heal.

Damen Bell-Holter (Haida)
Tlaatsgaa Development Founder and Former NBA Athlete



Our community's very capable of building a bridge to a brighter future, and that includes everyone -- however you identify. We never pushed anyone away. Everyone was welcome, especially the people that have good heart and good intention. I'd say that [Two Spirit Relatives] have a vital role in our future; in reclaiming healthy communities.

Charley Reed (Hupa/Karuk/Yurok)
Two Feathers NAFS Youth Advocate



The most toxic thing is trying to measure my masculinity by other men, when it should be looking to those women to define what it is to be a man.

Jeff Guido (Yurok/Tolowa)
Trinidad Rancheria Social Services SUD Counselor



No matter how hard life may seem sometimes, Creator only pushes us so far...It's up to us to find that balance.

Mettah Kuska (Yurok/Tolowa/Karuk)
Two Feathers NAFS Youth Mentee and TAY Advocate



We're reclaiming our roles and our purpose in this world. And I think for a lot of Native men, that role was cut. That's why we're here today...[We are] trying to find a way that we fit into this world with respect to ourselves and our relatives.

Stephan Cheney (Lakota - Kul Wicasa Oyate)
High Rez Wood Founder

Bike Club Shout Outs

Thank you for those who have been waiting on new updates for the **Bike Wednesday Bike Club**! We have been working hard to get a club container for our club's future bike rental system that is for Native youth and their families. The club container was delivered mid January. We would like to give a HUGE shoutout to some of the awesome people who have helped make this dream a reality:

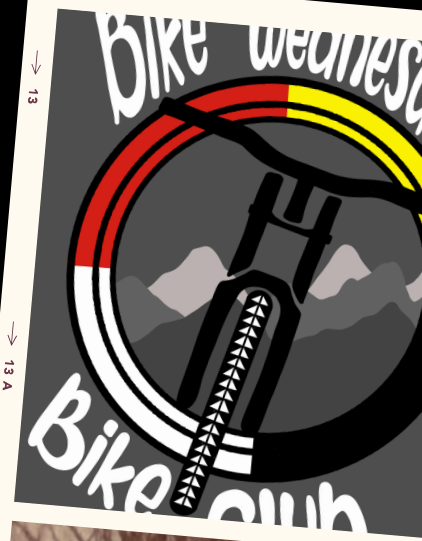
A generous donation from **Naomi Lang** of \$2,000.00 was donated from a Gofundme fundraiser she started originally for Jason Lang's (her father) memorial. We are honoring Naomi's father and Amada Lang's Great Uncle **Jason Lang** with purchasing this container for Native Youth and Families of Two Feathers; for current and future generations. We will have a plaque in honor of Jason and the donation soon!

We thank **Dean Meyer** of Bike Wednesday Bike Club of the Covelo Reservation for all your help with formulating our bike club and delivering our club container!

Thank you to **Revolution Bicycle** and the **Eureka Bike Kitchen** for working to get Native youth out on bikes in our community alongside our club's drive to do so!

Thank you to **The Redwood Coast Mountain Bike Association** for your amazing donation of youth helmets!

Thank you to the **The Eel River Valley Daughters of the American Revolution** for your collaboration with your organization to fundraise both new and used bikes, bike locks, helmets, CRV donations and funds for our club!



Movement Medicine



**“I am very thankful for
Two Feathers for the sports
equipment they had gifted me.
It makes us stay active and
out of trouble, first basketball
I ever owned.”**

JOSEPH LEWIS
Two Feathers NAFS Youth

**As a way to encourage physical
fitness and outdoor activities,
the Two Feathers Sports
Equipment project aimed to
provide soccer balls, footballs,
volleyballs, and basketballs to
youth and families. So far, 75
have been delivered, impacting
a total 193 youth.**

**We reached youth in Redding,
Loleta, Carlota, Fortuna, Eureka,
Acrata, Mckinleyville, Big
Lagoon, Willow Creek, Hoopa,
and Orleans.**

Two Feathers Ongoing Groups

Beginning February 11th, we will be hosting a weekly beading group for women and girls to connect to culture and enjoy time with community. Register by calling our office at (707) 839-1933.



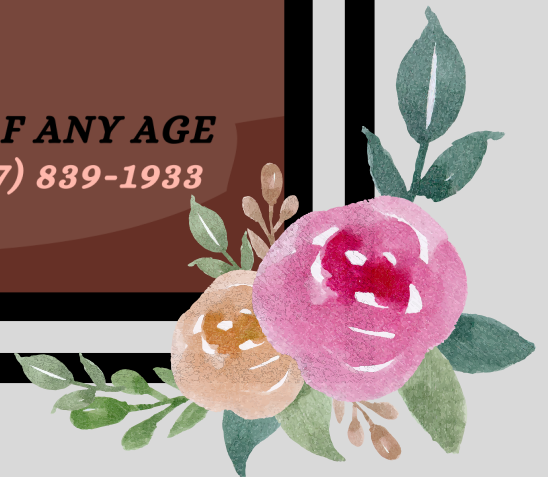
WOMEN'S WEEKLY BEADING GROUP

Facilitated by Yvonne Guido & Wakara Scott

Learn to make necklaces, bracelets, and earrings. Start something new or bring a project to finish. Connect to culture and to each other during these times. Materials included.

**EVERY THURSDAY
6:30-7:30PM
STARTING FEB 11TH**

***OPEN TO WOMEN & GIRLS OF ANY AGE
Register today by calling (707) 839-1933***



Two Feathers Native American F

Red Road to **Wellbreity**

facilitated by Dennis Moffett

**Every Monday
6:30 - 7:30pm PST**

Via ZOOM

Meeting ID: 889 0694 9559

Password: 247359

*open to anyone
in Recovery*

Every Monday at 6:30pm, we host Red Road to Wellbreity, facilitated by Dennis Moffett. Red Road is a meeting for people looking to connect in a cultural way for support in their recovery journey. Feel free to come or share with loved ones.

Virtual

Fatherhood and Motherhood is Sacred



Every Wednesday & Friday
Beginning January 27
11 am- 12 pm via Zoom



Please join Two Feathers Native American Family Services and Trinidad Rancheria as we host a 12-week virtual Fatherhood and Motherhood group created by the Native American Fatherhood & Families Association.

Facilitated by Yvonne and Jeff Guido

The Fatherhood and Motherhood is Sacred program is designed and aimed to offer the participants the opportunity to gain a deeper understanding of the importance of responsible fatherhood and motherhood as reflected in Native American values and



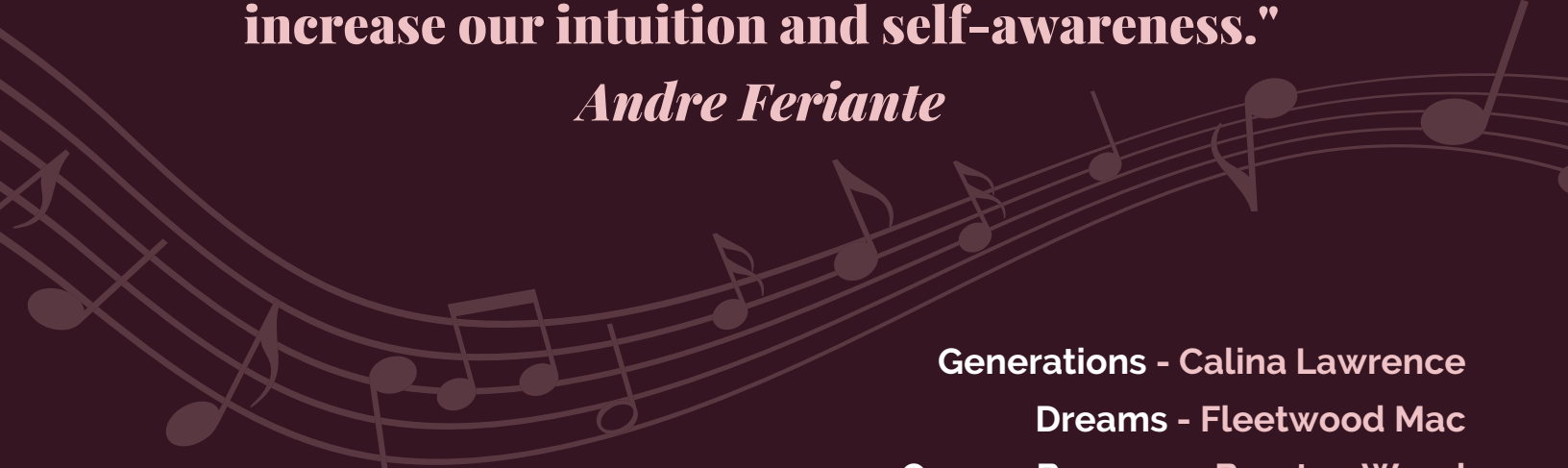
On January 27th, we launched a 12-week Virtual Fatherhood and Motherhood is Sacred group. They meet every Wednesday and Friday at 11am PST. Participants will receive a certificate if they attend all the sessions!

Good Feels Playlist

**"Music has the power to heal, transform, and inspire.
And we have the power through deep listening to
increase our intuition and self-awareness."**

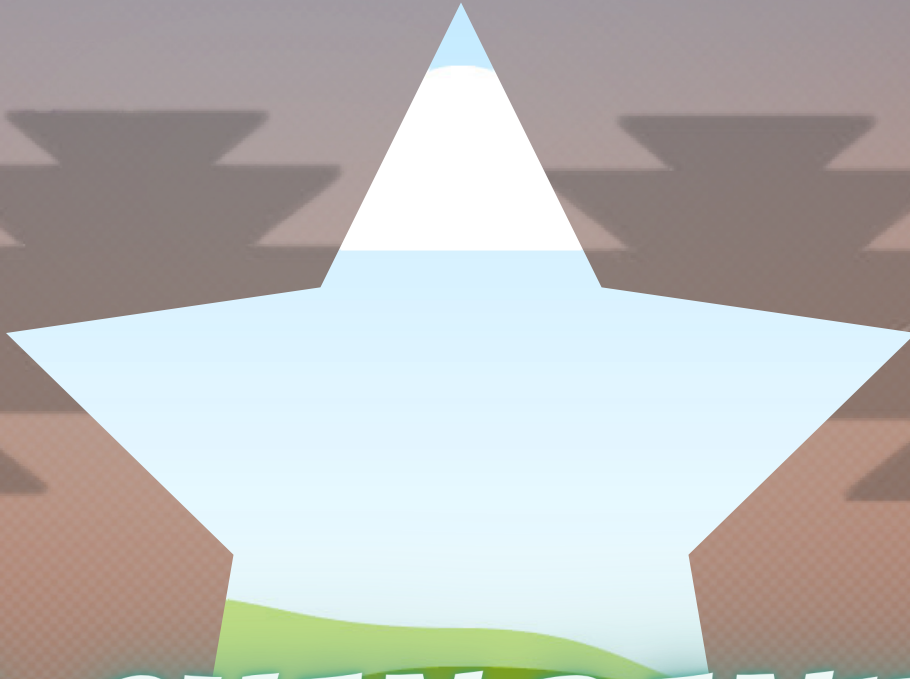
Andre Feriante

We are happy to gift a **Good Feels Playlist** to our community! **50 songs** have been chosen by some staff and Youth Ambassadors -- songs that make us feel happy or encourage us to get up and dance! We hope it brings joy to you. We have a handful of featured songs to the right, but you can listen to the full playlist by clicking [**HERE**](#).



Generations - Calina Lawrence
Dreams - Fleetwood Mac
Oogum Boogum - Brenton Wood
Where is the Love? - Black Eyed Peas
Look Who's Dancin' - Ziggy Marley
Waterfalls - TLC
Take Care - Drake, Rihanna
Intentions - Justin Bieber
Californication - Red Hot Chili Peppers
Catch & Release - Matt Simons
Happy Song - George Porter Jr.
Better - Khalid
Into Me - Natural Vibrations
Pray - Duendita
Drift Away - Uncle Kracker
Wild - John Legend
Don't Stop Me Now - Queen
Smells Like Teen Spirit - Nirvana

Youth Highlight



KI-SHAN DANIELS

(Identity)

summary

Employee the Month

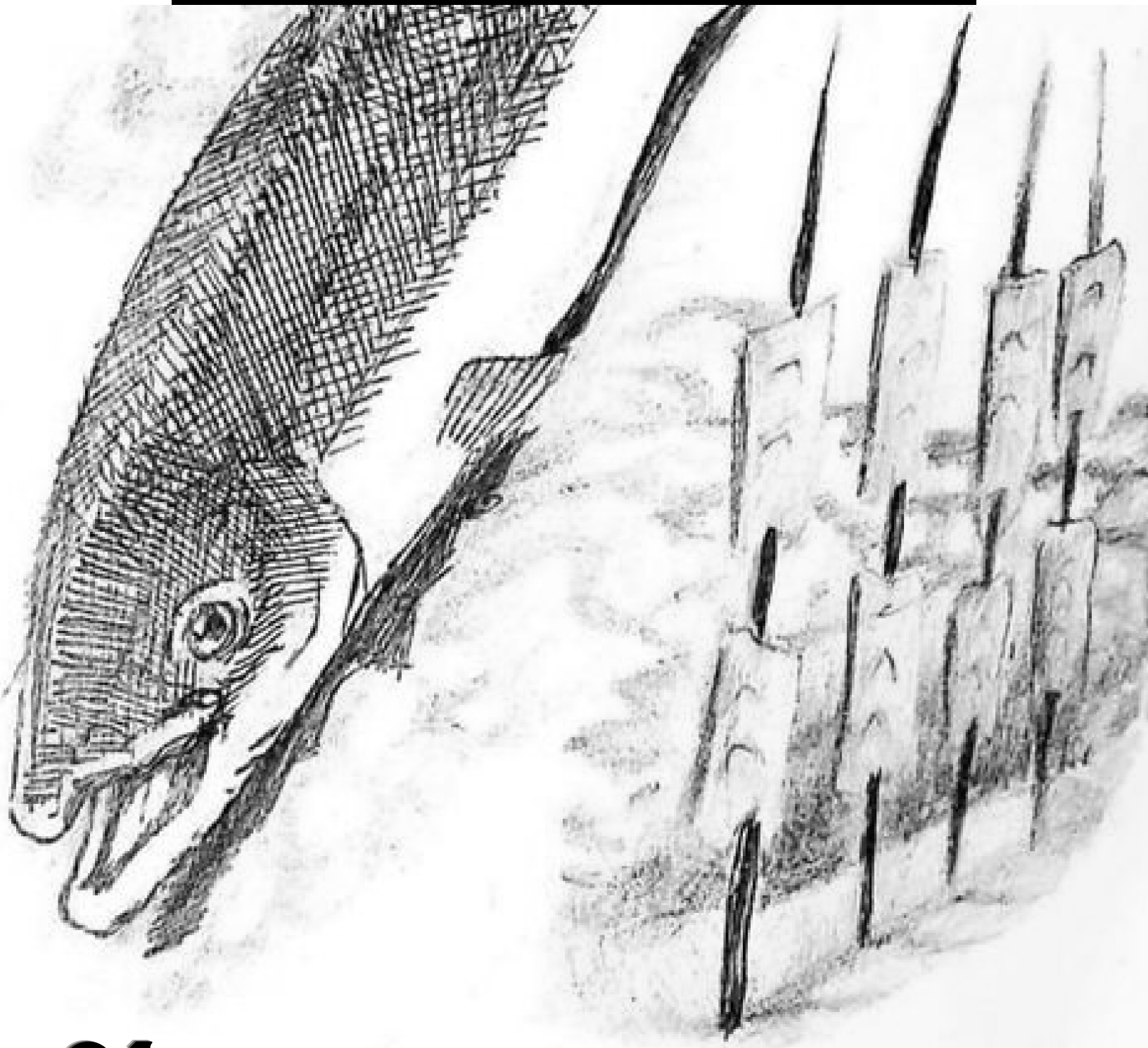


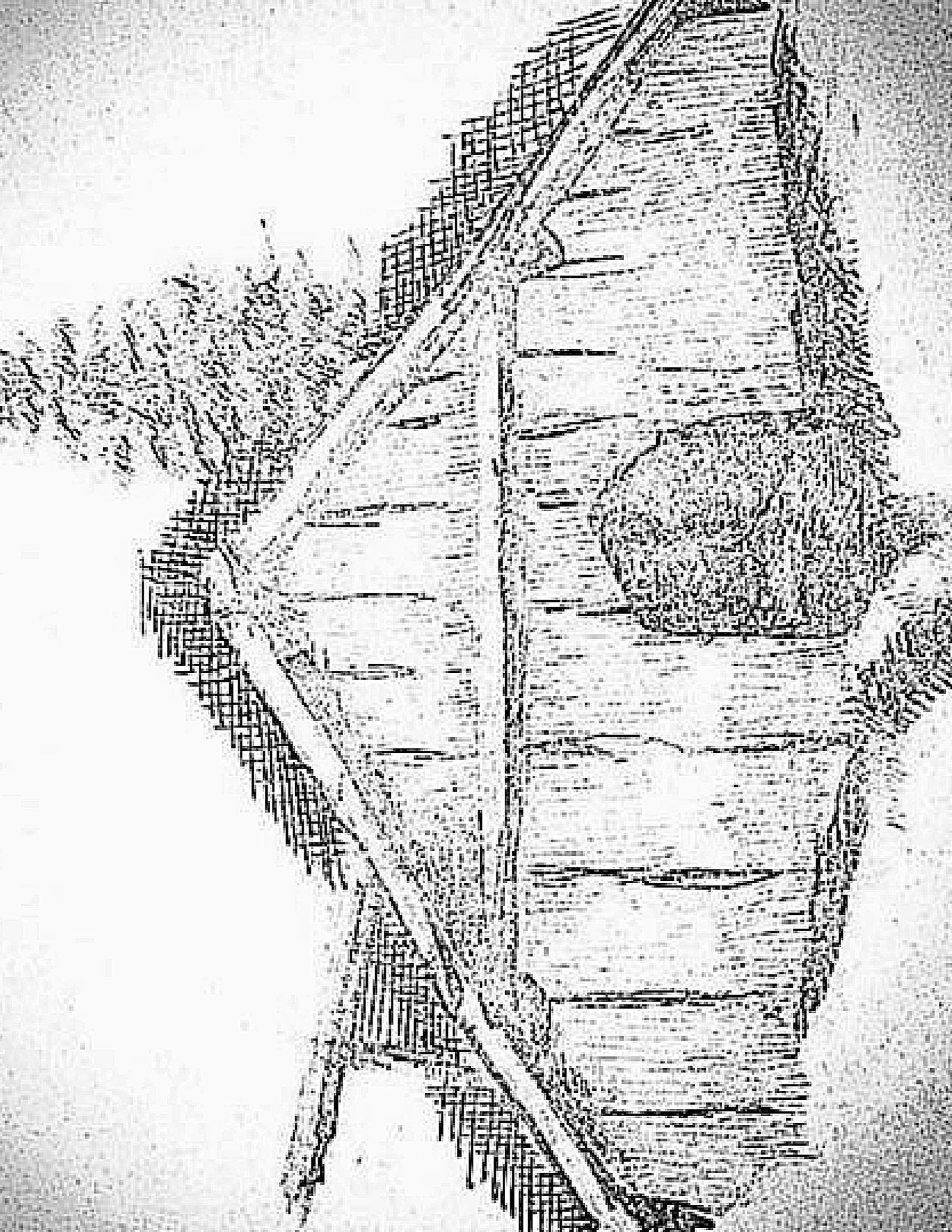
KAREN SANTOS

(Black Foot / Crow)

It is for good reason that **Karen Santos**, Licensed Clinical Social Worker, has been nominated as the Two Feathers December employee of the month. For nearly a decade Karen has shown up with incredible passion and commitment to those she serves. She is known for going the extra mile for youth and families, often working long hours and driving out to harder to reach areas of the county without complaint. Two Feathers youth and colleagues alike get to enjoy the creativity and humor she brings to the work and Karen is even known around the office for elaborate and hilarious pranks! Karen doesn't hesitate to jump in and help out, her kindness is endless and she has truly been an asset to the Native Communities of Humboldt County.

Local Artist Coloring Pages *by Tyler Conrad (Karuk)*









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TWO FEATHERS NAFS