

**Mother Nation
The Second Annual**



**January 27, 28, & 29, 2021
Virtual Gathering**



MASTER OF CEREMONY (MC)



daniseten (don-niece-sut-ton) (Michael) Vendiola, Swinomish/Lummi/Visayan

daniseten comes from a family of educators. He is the Education Director for the Swinomish Indian Tribal Community. The Swinomish Education Department oversees educational support and opportunities for the Swinomish community ranging from the Swinomish Daycare and Preschool, K-12 tribal para-professionals, GED/HS21+, and the Swinomish Scholarship Program. Previously daniseten served three years as the Program Supervisor for the Office of Native Education (ONE) at the Washington State Office of

Superintendent of Public Instruction. ONE oversees the implementation of the *Since Time Immemorial*: Tribal Sovereignty in Washington State curriculum, the State's State-Tribal Education Compact schools (STECs), and provides consultation and support to Tribal and Indian Education programs across the state. He also served as the Swinomish Communications director, a coordinator/activities adviser at Western Washington University, the director of student activities at Northwest Indian College and Native American recruiter and retention specialist at Skagit Valley College, totaling over 20 years in education. He is a doctoral student at the University of Washington studying educational leadership and policy studies. He earned a master's degree in adult education administration from Western Washington University and earned his bachelor's in American Cultural Studies from Western Washington. daniseten likes to spend time with his wife of 26 years, Michelle, growing with their family, especially their granddaughter, Auviannah. He also enjoys his time in service to the community as a speaker for events ranging from pow wows to conferences to canoe races.

PRESENTERS

(order of appearance on agenda)



Elder Ramona Ahto, Yakama Nation - Mother Nation Board Chair, Facilitator

Ramona Ahto has over thirty-seven years of work in the addictions field with 34 years in recovery, a strong cultural background and exemplary facilitation skills are an asset to Mother Nation's leadership Team. She is a highly respected Elder in the Native AA Community and Native American community of Seattle. A member of the Shaker Church with a Chemical Dependency license, BAS, and 30 years of cultural teaching experience and knowledge. Mona also appeared in the television series "Northern Exposure," and was recently honored the 2014 Enduring Spirit Award.



Natosha Gobin, Tulalip - Aunties in Action Singer

Natosha Gobin is a Tulalip Tribal Member from the Gobin/Young, Hill/Price Families; descendant from the Snohomish, Snoqualmie, Sauk-Suiattle, Skagit, and Puyallup peoples and proud mother of 5 children. For the past two decades, she has dedicated her work as a student, speaker and teacher of the Northern dialect of the Lushootseed Language, working with all ages and currently teaching two classes at Marysville-Pilchuck High School. As a part of her healing journey, Natosha is active in her community with Together We're Better and Aunties In Action, offering up assistance to the community in a variety of ways including food distributions, COVID community events, and other outreach as needed. "Reconnecting with my roots has helped my walk in sobriety. I have fallen in love with traditional medicines as well as crafting to keep my mind busy and enjoy sharing these blessings with those around me. I also enjoy researching our history as well as current challenges our communities face. These were not in the forefront of my mind before I once again chose a sober life; they deserved a clear mind to process and honor their gifts and honestly, they saved me."



Wendy Hill, Cayuga Nation/ Bear Clan - Traditional Healer/Mediator

Wendy was raised in a traditional longhouse family and participated in the ceremonies all her life. From a near death experience and illness at the age of 20 years old the spirit world gifted Wendy with healing abilities. Today she works as a Traditional Healer in numerous Indigenous Communities in North America. The healing for pain and illnesses are done with hands-on healing. The spiritual advice comes from each person's spirit guide to her to deliver to the individual. She does a variety of workshops regarding colonization, wellness and healing, peace-building, compassionate communication, gestational diabetes, prophecies and importance of healing. She is the author of "Understanding Life...what my ancestors taught me through my dreams". Wendy has recently accepted a position as a professor at the University of Windsor teaching about Haudenosaunee Laws. She is a mother to three daughters and a grandmother to a granddaughter and a grandson.



Dr. Sidney Stone Brown, Blackfeet Nation - Behavioral Health Specialist/Author/Traditional Teachings on her book - Native Self Actualization - Transformation Beyond Greed

Dr. Brown lived in her great grandmother's log house and was raised on the North East side next to Milk River on the Blackfeet reservation. Her school was a one room with 1st-8th grade, the Wren School, named after Melinda Wren (Blood), her great grandmother. When she was little she wanted to know her tribal history, roles and relationships and her family's attachment to relatives in Canada. Now, Dr. Brown teaches how we can actualize and reach our full human potential wherever we are and no matter the circumstances.



Glen Pinkham, Yakama Nation – Mother Nation Homeless Outreach Engagement Coordinator

Glen is an enrolled member of the Yakama Nation and has 40+ year's as a cultural mentor, advisor and group facilitator. He brings a wealth of knowledge in working with all socio-economic backgrounds and people. He currently works with Mother Nation as the Homeless Outreach Representative, reaching out to the Native community in King County. He is also a Chief Seattle Club Elder conducting sweat lodge, prayer services at hospitals, homes, and out in the field. Other past and present experiences include being a

Spiritual counselor at United Indians [Labateyah Youth Home] which is for young adults 18-24 year olds; and working at Thunderbird Treatment Center [Seattle Indian Health Board] as a Traditional Health Practitioner. Glen has been married for 34 years to Yvette Pinkham; they have three adult children.



Yvette Pinkham, MSW/CDP, So. Cheyenne – Mother Nation Cultural Services Coordinator/Wellness Coach

Yvette is a member of the So. Cheyenne tribe and has a wealth of 20+ year’s working experience with underrepresented and diverse youth/families and Elders. She is a life-long student of Traditional teachings, Holistic practices, and Wellness education. In her background as a Chemical Dependency Professional, an Indian Child Welfare foster care social worker, and as a Wellness coach, Yvette brings enthusiasm, patience, positive attitude, serene personality to her role as Cultural Services Coordinator at Mother Nation. She is a dedicated to giving back to the Native community and is honored to serve as a board member for Red Eagle Soaring board member. And past board member for UNEA. She is an Adult Child of Alcoholics (ACA) and has an on-going miraculous recovery from a paralysis injury. We feel blessed to have her join the Mother Nation family!



Mylo Smith, Crow Creek Dakota - Wellness Comedian

Mylo’s comedy debut was anxiously anticipated to a crowd of 14 in a Small Treatment Center in Rosebud SD! Needless to say it was a humble beginning! In 2006 Mylo was 19 years old, broke, homeless, car-less and girlfriend-less! He was that guy in the movie who loses everything and walks around aimlessly with sad music playing in the background. Mylo was hungry to establish himself as a Comedian! Mylo continued working on his craft, booking on his own and opening for Native Comedy Heavyweight JR Redwater! It was under that mentorship that Mylo would learn the ropes of doing standup comedy. Continuing to work on his craft he traveled throughout the US and Indian Country! Growing his own body of work Mylo’s quick witty crowd interaction and physical style of comedy began coming together. He headlines at Conferences, Casinos, and any other venue where requested today! Mylo is what Willis was talking about!!



Norine Hill, Oneida Nation of the Thames - Chief Executive Officer/Founder of Mother Nation

Norine Hill, Founder of Mother Nation (formerly Native Women In Need) created the vision for women supporting each other during times of crisis. The vision turned into a Sisterhood with teachings of the Haudenosaunee (Iroquois Confederacy) of Trust, Respect and Friendship. Elders and local Tribal Leaders came forward to support the vision and became the Board of Directors with Norine appointed as the Chief Executive Officer. Within a year Mother Nation became a non-profit charitable 501 (C) (3) organization. Norine has over 25 years of Executive Management experience building non-profits, cultural services, networking and collaborations with various Tribes and off-reserve agencies. As a survivor of multi-abuse trauma, homelessness and alcoholism, her strong leadership, faith and compassion for Native women has created one of the leading culturally informed healing service organizations in the Pacific Northwest.



Terri Claw, Navajo – Mother Nation Yeha:wi Services Advocate

Hello, my name is Terri Claw, I am born from the Coyote Pass People, my father is from the Big Water People, my maternal grandfather is from the Bitter Water People and my paternal grandfather is from the Arrow People clan. In this way, I am a Navajo Woman. I am from Pinon Arizona. I am enrolled with the Navajo Nation. I have done numerous volunteering with my Tribal community and served many great employment and experiences all through the years on the Reservation. I am a Certified Medical Assistant and trained to work with Gender-Based Violence Organizations. Prior to Mother Nation, I fulfilled my role at the Seattle Indian Health Board as a Domestic Violence Advocate with great pride and passion. I resided in Southern Arizona for many years working with the

Gila River Indian Community before moving to Washington. My great spiritedness is helping my Native relations through trauma and Domestic Violence in hopes of the outcome of survival. It is my privilege to be part of a powerful, STRONG, and devoted team here at Mother Nation.



Jasmine Booth, Hoopa and Yurok Tribes in Northern California – Mother Nation Yeha:wi and Diversion Case Manager

With more than a decade of experience providing direct care services to Native youth/families and Elders in various communities. Jasmine, a conscientious, sensitive and hardworking professional, has worked in Alaska providing case management to Native Elders, and mentoring services to Native youth. In Montana, Jasmine led cultural competency groups, providing therapeutic services and teaching emotional regulation skills to Native youth/families. Jasmine wants to use all of her skills and knowledge to really make a difference in the lives of the people she serves. She is known for helping, educating and supporting community members in their pursuit to develop strategic plans towards positive integration back into their communities. She has a long track record of demonstrated success in a professional and therapeutic environment, and is more than

able to track, monitor, and follow up on case management outcomes to ensure established connections to long-term community resources and continuity of care for community members served.



Elder Arlene Red Elk, MA, Jamestown S’Klallam Tribe - Circle of Life Workshop Series Trainor and Mother Nation Facilitator

Arlene is a Lead Facilitator and master designer of the Circle of Life workshop series and multi-abuse Advocacy Training component incorporating culture in all workshops. Arlene’s four decades of experience serving thousands of women is known

across Indian Country due to her creative talents to custom design such programs as the architect of the original Ina Maka program at United Indians of All Tribes. With over 34 years in recovery, a Masters, and thirty years specializing in the field of multi-abuse trauma, Arlene has mastered the skills of combining culture to clinical practice. Her work and compassion is a true blessing in this work transforming the lives of hundreds of women, staff and men in the field of violence against women.



Jason (Biggie) Umtuch, Warm Springs/Wasco/Yakama/Blackfeet

He is best recognized for his kindness, dedication to service, ability to stay balanced and trust in the Creator. Jason believes that everyone has a unique reason, a purpose and a gift in life and that everyone is more connected than we are unconnected. For Jason, “No” is rarely an option when helping others. Those around him notices a big change in his life when he got involved with the Portland Wellbriety Movement group, known as Lifted Spirit. His devotion to himself , not only those he loves but to, our community as a whole. Jason never expects anything in return for all that he has done for his

community, which makes this recognition and award even more remarkable. Some significant words used to describe him by his peers are: resilient, trustworthy, listener, warrior and leader.



Selina Washington, Siletz Tribe

Selina Washington, Yakama Nation descendant and member of the Confederated Tribes of Siletz. As an "Urban" Indian I strive to get a better understanding about myself and be of service for my people as I continue to walk on my path laid before me. A member of Wellbriety, a sister, a mother, a grandmother and an indigenous woman, I can only be who I am with the help of my elders and community.



Rose Looking, Assiniboine Sioux - Ft. Peck Tribes – Mother Nation Trainor/Facilitator

Rose serves Indian Country’s non-profit treatment industry with 40 years of service at the Thunderbird Treatment Center, United Indians of All Tribes and co-founder of Native American Rehabilitation Association of the Northwest (NARA). Rose has valuable work experience in all capacities of treatment implementing Native culture to all services. She carries credentials in Levels I, II and III of Counseling, Clinical Supervisor, Tribal Liaison and Treatment Director. Her years of service coupled with 38 years in recovery brings a wealth of expertise and knowledge as Facilitator/Trainer.



Dr. Karina L. Walters, MSW/Ph.D, Choctaw Nation of Oklahoma - Professor and Director of the Indigenous Wellness Research Institute

Dr. Walters has over 25 years of experience in social epidemiological research on the environmental, historical, social, and cultural determinants of define AIAN health and health equity as well as expertise in Indigenous methodologies and in designing culturally derived chronic disease prevention research. She has written landmark papers in the field of traumatic stress and health, historical and intergenerational trauma, and developed the Indigenist Stress-Coping model. Methodologically, she has expertise in decolonizing methodologies, particularly with respect to designing community-based, culturally

derived interventions. Dr. Walters has presented at over 360+ national and international conferences; was an invited speaker for Wednesday Afternoon Lecture Series (WALS) at the NIH; and was a Fulbright scholar at the University of Auckland, New Zealand. Dr. Walters has served as Principal Investigator or Co-Investigator on 33 NIH studies (22 as PI) from diverse NIH institutes. Currently, she is Chair of the NIH’s Intervention Research to Improve Native American Health (IRINAH) Committee, a member of the NIH COVID-19 Prevention Network (CoVPN) American Indian/Alaska Native Expert panel, and member of the Alliance of National Psychological Associations for Racial and Ethnic Equity’s Covid-19 Needs Assessment Group. Dr. Walters received her B.A.

(sociology) in 1987, her M.S.W. (clinical) in 1990, and her Ph.D. in 1995 all from the University of California, Los Angeles. After serving on faculty at Columbia University School of Social Work (1995-2001), she joined the University of Washington faculty in 2001. She has served as Director of the Doctoral Program (2003-05) and as Associate Dean for Research (2012-2019). Prior to her career in academia, Dr. Walters was a community-based psychotherapist in Los Angeles where she worked with children, families and adult survivors of trauma and sexual abuse. In the early 1990s, Dr. Walters served as a Commissioner for the Los Angeles City and County American Indian Commission as a mayoral appointee.



Henry M. Cagey, Councilman, Lummi Nation - Board of Director Treasurer

Henry Cagey is a resilient leader known across Indian Country for his dedication towards changing policy and accessing funds to strengthen health and wellness for Indian people serving as Board Member and Chair for several non-profits. His commitment to the Lummi Nation for over 30 years resulted in Directors of TERO, Vocational Rehabilitation, and Economic Development Director, with 19 years' on the Lummi Indian Business Council, 12 years of which were spent serving as Tribal Chairman. Henry has shaped many federal policies including health, housing working President Clinton, natural resources, transportation, and education. His funding accomplishments include federal Departments of Transportation, Labor, the Interior, Health and Human Services, Indian Health Service, Veterans Administration, Department of Agriculture, Education, and Commerce with \$25 million in support to Lummi Nation priorities.



Elder Alma Goddard, Mexican/Native American (Yaqui) – Mother Nation Board of Directors and Volunteer Facilitator

Elder Alma Goddard is an active member for over 30 years in the movement to end violence against women. Her work at the Seattle Indian Health Board has created several collaborations, DV programs on and off-reserve. Alma's work with the Women Spirit Coalition in outreach, facilitation of many workshops and training in areas of domestic violence and sexual assault is highly respected amongst the Pacific Northwest Tribes. Alma's work in Indian Country also includes presentations and workshops on internalized oppression, historical and intergenerational trauma, and healing. Alma's personal experience and knowledge as a cancer survivor, survivor of domestic violence, foster child and compassion to continue in the movement to end violence against women is a definite asset to the NWIN Leadership Team!



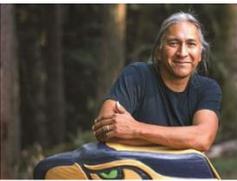
Roxanne Best, Colville - Owner of Ruxtography and 2018 AIBL Fellow with First People Fund

Roxanne is an enrolled member of the Confederated Tribes of the Colville Reservation. She is self-employed and believes in doing epic things and helping others do the same. She does this through her work as a Yoga for Trauma specialist, helping artist turn their art hobby into an art business, and working with nonprofit organizations to provide education to their communities with topics like: developing business plans, marketing strategies, self-care skills, photographing your products to share online, and learning about social media and its roll in the marketing strategy. She also teaches SUP Yoga in the summer and in 2021 will be offering Youth Photo Camps and youth paddle board camps across the Colville Reservation.



Reuben Twin, Lakota – Mother Nation Homeless Prevention and Cultural Aftercare Services

Reuben Twin is an Oglala Lakota from Pine Ridge South Dakota, who has worked in the Substance Use Disorder field for the last 20yrs. In this time he has utilized Native Teachings to assist individuals who are Healing and entering into Recovery. Reuben has worked with the Coast Salish Tribes of Muckleshoot, Puyallup, Snoqualmie and Cowlitz Tribes of Washington. During this time, Tribal Members and Elders within these Tribes have shared with him Coast Salish Teachings, which he has used to assist Individuals in their Healing Journey. In his presentation, he will show how the Medicine Wheel can be used in a Coast Salish model, which can be used in a person's Healing.



Gene Tagaban, Cherokee/Tlingit/Filipino

Over 30 years Gene has worked nationally and internationally creating a world in which we want to belong. Gene's passion is mentoring, speaking, performing, facilitation and healing. Gene is a board member and trainer with the Native Wellness Institute. A trainer for ANDVSA, facilitating COMPASS: Choose Respect, a male engagement and mentorship program to end Domestic Violence, Sexual Assault, Hurt and Harm. Gene has also been featured at storytelling festivals nationally and internationally and is a specialty instructor and honorary uncle with the Wilderness Awareness School. Gene performs with Khu'eex, a Native Funk band based out of Seattle. Gene is always open to share stories, spirit and inspiration with people of all ages. In the words of one participant, "Gene has the ability to make the audience feel safe while holding our hearts in his hands."



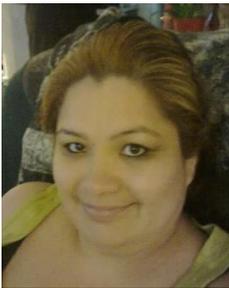
Sally John, Puyallup – Mother Nation Mentee

My mom is an enrolled Yakama. Dad is an enrolled Puyallup. Born and raised in the Tacoma/Puyallup WA area. I'm an alcoholic in recovery. 9/14/2015 was the last time I woke up half drunk/hungover. Spent all my twenty's into drinking and trying to quit drinking. Few college attempts as well but honestly school got in the way of my drinking, so I quit. Told my self I would try again when I knew I was really ready to quit drinking. Few odd jobs here and there nothing too interesting. Also have had friends from the rooms of AA suggest other forms of healing like Al anon/ACA. I never had an interest in those in my twenty's because I could never sober up myself. 35 now and all avenues of healing and recovery are an interest if i have the time to invest in it. Spent most of my time these last 5 years making sure I do what I can to not drink. Also taking care of my family has been a big part of life starting when I was about 16 with helping off and on with my young nieces and nephews while other family has been occupied with work or other addictions that took a few of them away from us completely. Now days most of them are grown and now take care of my elderly mom and 6 year old nephew. Fishing with my dad every year has a been a great joy and a whole other different type of learning experience all on its own.



Tonya Luke, Nottoway-Tuscarora Nation - Mother Nation Mentee

Tonya Luke is Cheroenhaka Nottoway & Tuscarora from the Southeast. She has dedicated 20+ years advocating for Black and Indigenous youth locally and abroad. She attributes much of her cultural and spiritual growth to the weekly healing circles at Mother Nation. She is a sexual assault survivor who stands for & with victims who are navigating through their healing journey. She is an active mentee supporting Native American women through the use of essential oils at Mother Nation.



Corinna Stasso, Confederated Salish and Kootenai Tribes/Spokane Tribe - Mother Nation Homeless Prevention and Cultural Services Mentee

Raised in Seattle and Spokane, Corinna enjoys crafts and learning new projects. She loves supporting the Circle of Life craft activities, traditional foods and meeting a lot of strong woman along the way. Corinna believes in conservation and helping the environment and has her own sweet grass and organic veggies garden with the “three sisters” corn, beans and squash. Her goal is to teach crafts, run sweats and grow healthy Native traditional foods to future generations to promote a healthier way of living. *“I always want to*

improve myself and learn from others and I am thankful to Native Women In Need Mentorship Program. It helps keep me going on a better path and positive mindset in an urban environment. It's a struggle to hang on to this simple luxury of sweat. Living in a city isn't always easy for these things and this program helps with urban Native woman who otherwise couldn't have a place to sweat to potluck to pray together or to empower one another. Thanks for inviting me to be a part of the Native Women In Need community.”



Arlene Zahne, Dine - Mother Nation Accounts Payable

I am from the Bitterwater clan born for the Red Bottom People clan, my maternal grandfather's clan is Ta'Chinii and my paternal grandfather's clan is The Tangle People Clan, in this way, I am a Navajo woman. I was born in Tuba City, Arizona.

I am currently an Accounts Payable Mentee for Mother Nation. I have been with Mother Nation for 4 years. I started my journey on the Red Road at the Spirit Journey House in August 2017. I've struggled with homelessness and alcohol abuse in the past. I will be celebrating 4 years of sobriety this year. I am so grateful to have come to this

organization, I needed to return to my native ceremonies and spirituality to begin my wellness journey. I love all my sisters and mentors I have met here at Mother Nation.



Deborah tsicyaltsa Parker, Tulalip Tribes/Yaqui - Former Vice Chair of Tulalip Tribes, Environmental Leader, Activist, Global Representative of Indigenous Women and lifelong Sister of Mother Nation

Deborah is dedicated to restoring Sovereignty and safeguarding Indigenous women and children. In her political career she joined other Indigenous women leaders in the re-authorizing the Violence Against Women Act with the Obama Administration. As a compassionate leader and speaker, she has provided keynote speeches throughout Indian Country and abroad at various conferences across the globe including a Ted presentation on Wisdom of the Cedars. Deborah’s commitment and love to Indian Country in standing for Indigenous women and girls is known across the Nation and abroad. She holds a bachelor’s degree in American Ethnic studies and Sociology with a focus on racial disparities from University of Washington.

Kayah halthleah George, Tulalip and Tseil-Waututh Nations - Indigenous Scholar and Environmental Leader

Kayah George is an advocate for environmental, social justice and Indigenous women’s rights. She proudly carries the teachings of her Tulalip and Tseil-Waututh Nations. She is a young Indigenous leader, scholar, and activist. Kayah worked with Sacred Trust and Greenpeace, and traveled globally speaking on Indigenous and environmental issues, most notably COP21-Paris and Garma-Australia and more recently writing an op-ed for Teen Vogue, making it her second feature in the magazine. Kayah is been a great supporter of Mother Nation. She spent a summer as Youth Camp Coordinator with traditional teachings at Mother Nation.

PRODUCER



The **Native Wellness Institute** recognizes the great impacts of historical trauma and oppression on our people. We understand that historic trauma has caused current day trauma in our families and communities. This is evident by the high rates of substance abuse, violence, gossip, negativity, poverty and other destructive behaviors and conditions. As Native people we have the strength and resiliency to move beyond and forward from the hurtful past and utilize what our ancestors left us- prayer, faith, songs, dances, ceremony, language and the perseverance to leave a positive legacy for our future generations. The Native Wellness Institute exists to help create an awareness of where our negative behavior comes from, provide opportunities for growth and healing and most importantly to help our people move forward in a good way. We do this by providing training and technical assistance based in Native culture that promotes the well-being of individuals, families, communities and places of work. NWI lives and promotes the “Warrior’s Spirit” which means paying the greatest respect to our ancestors by being as positive, productive and proactive as we can, everyday of our lives.