



# Round Valley Reader



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Past Present Future

November 10, 2023

## Present written by Jenn Procacci

### More Power to You... with Senior Power!

On last Thursday afternoon, Nov. 2nd, seniors gathered in the spacious community room at The Round Valley Library Commons for the first Senior Power class. Senior Power is a weekly class for older adults aimed to improve strength, balance and conditioning. Emily Bruton, PD, DPT and July Perez-Perreault, PTA are physical therapists at The Round Valley Indian Health Center who taught Thursday's class. The class was well attended, with 10 seniors in attendance to move and strengthen together. Participants report that they had a blast not only working out, but also talking and laughing, another boon to your health. Seniors are particularly

susceptible to social isolation, which is reported to be as bad for you or worse than inactivity. So, kill two birds with one stone and check out Senior Power! It's FREE every Thursday in November, except Thanksgiving (11/23). Emily and June ask that you dress in loose, comfortable clothing and good shoes for exercise so that you can move easily. The class begins at 3:30 and goes until 4:30 (that's a great amount of time to get a solid workout!). Please arrive 15 minutes early, at 3:15, to check in and get ready.

## SENIOR POWER

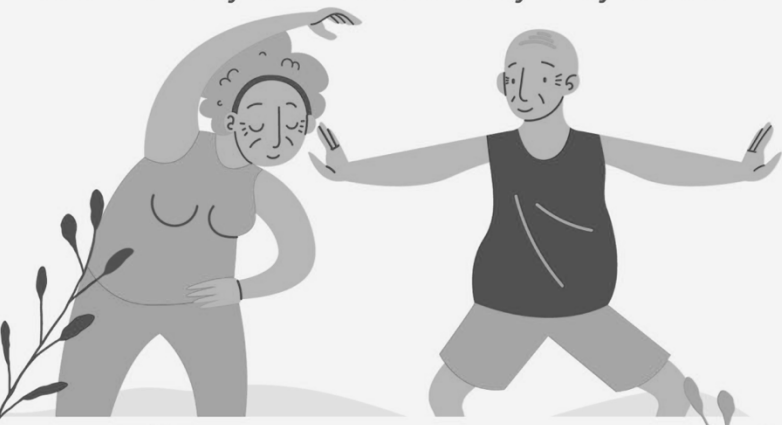

**A FREE weekly class for Seniors of all fitness levels to improve strength, balance, and conditioning, offered by the Round Valley Indian Health Center and the Round Valley Branch Library, and taught by Emily Bruton, PT, DPT and July Perez-Perreault, PTA**

**Wear loose clothes and good shoes for movement.**

**THURSDAYS IN NOVEMBER | 3:30-4:30 PM**

**Please arrive 15 minutes before the class begins to check in with the physical therapist.**

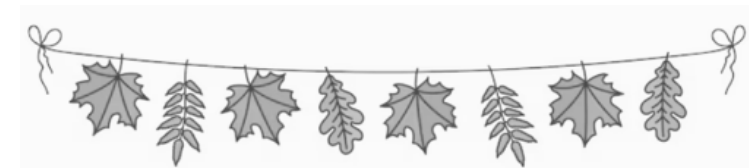
**In the Community Room at the Round Valley Library Commons**

silencing of Indigenous voices has left a scar on the land and suppressed opportunities for new growth—both on the forest floor and for those committed to the protection of Mother Earth. "Elemental: Reimagining Wildfire" (84 min) takes viewers on a journey with the top experts in the nation to better understand fire. The film follows the harrowing escape from Paradise, California as the town ignited from wind-driven embers and burned within a few hours of the fire's start. It then continues to even more recent fires, when Oregon, California and Colorado suffered their worst wildfires in recorded history. The showing will take place in the Community Room at 6:45 PM. Everyone is welcome to attend this free event.

### Fun Family Night at Resource Center!

In other weekly news, there will be a family night on Wednesday Nov. 15th at the Round Valley Family Resource Center in honor of Native American Heritage Month. A presentation will be made by The Tis-Bill Indians Education Center Youth Services Program on their fall 2023-winter 2024 schedule, and there will also be a presentation on California Indian Basketry. A turkey dinner with all the fixin's will be provided, and everyone is welcome to attend. The event takes place from 5:30-8:30pm.



### Help Needed for Spay & Neuter Clinic This Weekend

Covelo's own Bones Pet Rescue has UC Davis coming November 11th and 12th to spay and neuter

animals in the area and it is a HUGE production. There will be 91 folks needing to be fed and Barb at Bones cannot handle feeding all those hungry folks on her own. They are looking for grab-and-go foods, baked goods, etc., that can be dropped off at HSMC on Friday morning, 11/10, or items that can be frozen or are shelf stable can be dropped off sooner. Onsite, in Covelo, there is a refrigerator, microwave, and toaster available for the crew and everyone camps out. They work from sunup to sundown to help as much as they can in the two days they are there. Please call 707-485-0123 or email [director@hsmc.org](mailto:director@hsmc.org) if you can help!

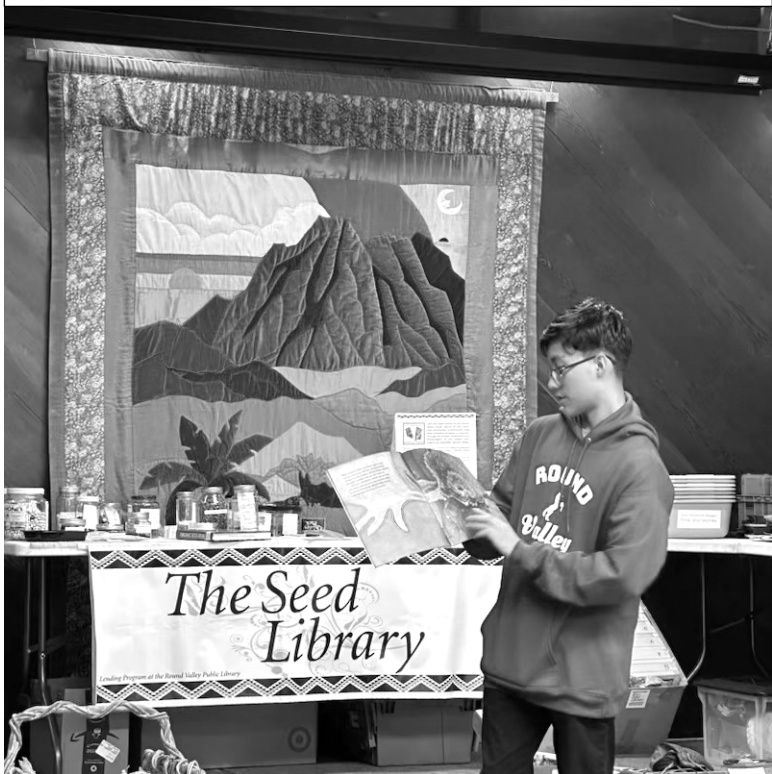


### Public Service Announcement

Round Valley Indian Health Center wishes to emphasize the importance of education, early detection, and access to timely care for cancer screening. The goal of breast cancer screening is to detect cancer at an early stage before a person discovers a lump. Early detected breast cancer is more easily treated and more likely to be cured. Screening mammography is the only method of breast imaging that consistently has been found to decrease breast cancer related mortality. Round Valley Indian Health Center wishes to honor our sisters, mothers, cousins and aunts. RVIHC offers women, ages 50-74, a referral for a breast cancer screening mammogram. Referrals may be given at a regular clinical visit or by a phone call from one of our providers. Women may also call the clinic (707-983-6181 extension 142) to request a referral. To assist with the cost of travel RVIHC will give a \$20 gasoline certificate to women who complete their mammogram. (Thanks to Linda Lohne for sharing this important information!)



Above: Emary Betts and Dimitri Betts sort seeds  
Below: Logan Carillo shares a story of seed saving



Seed savers, past, current, and future gathered at the Round Valley Library's Seed Library Gathering on Saturday, November 4th. Folks brought seeds to share with one another and with the Seed Library. Pat Sobrero coordinated seed cleaning and saving on behalf of the Round Valley Seed Library while Julia Dakin and Camila Guerrero of the Mendocino SeedMobile shared seeds from all over the county and collected seeds from Round Valley to share. Native WAY youth, Logan Carillo, Valerie Troncoso, Berenice Troncoso, Evie Artman, & Selene Hinman, presented their experiences of the garden mentoring program while sharing traditional foods they prepared for public tasting.



Top right: Julia Dakin, Camila Guerrero, & Pat Sobrero; Middle right: Pat Sobrero  
Bottom left: Evie Artman & Berenice Troncoso; Bottom right: Logan Carillo, Valerie Troncoso, Berenice Troncoso, Selene Hinman, Evie Artman, Katie Newman Arndt, Noah Arndt, & Michelle Merrifield



L to R: Aliciaana Davila, Alameda Parker, Gemma Derby

**Name:** Alameda Parker

**What are some things you've done and/or made during your time participating in Native WAY?** I made baskets, a drum, tie-dye, beaded necklaces, key chains, & regalia. I wrote stories about the future and I ate snacks, too.

**What are you most proud of making or doing during your time in the program?** I'm most proud of making my basket because I always wanted to learn how to do that. Almost all my family members know how to do that.

**What would you say to people who could fund the program continuing?** You can learn lots of new stuff here and learn how to do stuff and make stuff that you never knew you could do.

**What do you hope for the future of Native WAY in 10 years?** I hope it keeps going and I hope more people join and learn more about Native culture.

**Name:** Gemma Derby

**What are you most proud of making or doing during your time in the program?** My drum, my key chain, and my tie dye—I really loved my shirt.

**As the program ends, (for now, hopefully, not forever!), what will you miss most about the program?** Learning how to make new things; having a place to go after school instead of home.

**What would you say to people who could fund the program continuing?** It's helpful; you can learn about Native things and how to make them.

**What do you hope for the future of Native WAY in 10 years?** For it to still be here, for it to be here to help kids.

**Name:** Aliciaana Davila

**As the program ends, (for now, hopefully, not forever!), what will you miss most about the program?** Hanging out here because it's fun and you can be with your friends.

**What do you hope for the future of Native WAY in 10 years?** I hope it's still going on.

# FUTURE

written by Michelle Peñaloza in collaboration with Native WAY Youth: Alameda Parker, Gemma Derby, Lavina (Lovey) Lincoln, Isabella Tymn, Dino Blackbear, Lakayla Britton, & Raquel Britton; photos courtesy of Gemma Derby / This week, the future looks a little different, with Native WAY youth's take on the Native WAY program and their hopes for its future. 🌈

**Name:** Lavina (Lovey) Lincoln

**What are you most proud of making or doing during your time in the program?** Throwing people during self-defense class and basket weaving because I love making baskets for other people and I learned how to do it fast.

**What would you say to people who could fund the program continuing?** It helps kids understand their culture. I know a lot of people don't know how to make baskets and regalia, so the program has taught a lot of us to make stuff our own parents don't know how to make. It just gives kids confidence to make stuff from the culture and not be embarrassed.

**What do you hope for the future of Native WAY in 10 years?**

More food! It can be for people to come from everywhere to participate; it would be bigger; everyone can learn almost everything. Kids 10 years from now will learn how to make way more stuff. It'll teach kids to respect and love their culture. It'll teach them to be safe, responsible, and respectful.

**Name:** Isabella Tymn

**What are some things you've done and/or made during your time participating in Native WAY?** I've made key chains, baskets, drums, regalia, skirts, tie-dyed shirts, taken self-defense, decorated signs for Hidden Oaks, MMIW signs. I got paid and I ate food. Oh, and I wood carved, too.

**What are you most proud of making or doing during your time in the program?** My key chains, they came out really good. Self-defense—I got to throw people bigger than me, and they couldn't do nothing about it. I took two down. Mud, too.

**As the program ends, (for now, hopefully, not forever!), what will you miss most about the program?** Throwing people, eating food, getting paid. That's the life. I will miss beading, too.

**What would you say to people who could fund the program continuing?** What is wrong with you? We need more programs like this. Most people my age don't know how to do any of these things I know how to do now.

**What do you hope for the future of Native WAY in 10 years?** More people to sign up and actually do it and stick with it. A bigger space to do it. I hope that they have more food.

**Name:** Dino Blackbear

**What are some things you've done and/or made during your time participating in Native WAY?** Making drums, native whistles, canoe paddles.

**What are you most proud of making or doing during your time in the program?** The drum I made on my own.

**What would you say to people who could fund the program continuing?** The program brings more light to Native folks. It proves we aren't in the past. It changes the view that we're not a people that used to be.

**What do you hope for the future of Native WAY in 10 years?** 10 years from now a lot more people joining and taking part and making regalia

**Name:** Lakayla Britton

**What are some things you've done and/or made during your time participating in Native WAY?** Painting, made a headset regalia, two medallions, a skirt, self-defense classes

**What are you most proud of making or doing during your time in the program?** Learning how to make regalia. If I have a daughter, I'll now be able to teach her how to make her own regalia, how to make her own skirt. I'll be able to pass down what I've learned.

**As the program ends, (for now, hopefully, not forever!), what will you miss most about the program?** I'll miss most coming in and making what I want. I'll miss having been taught by ancestors through the people teaching us, like how to sing the songs of my people.

**What do you hope for the future of Native WAY in 10 years?** I hope we get more funding, more people come in, more space, and eventually for the program to spread to different reservations and places like Willits and some suburban, whiter areas where folks with less access can learn more about their culture.

**Name:** Raquel Britton

**What are some things you've done and/or made during your time participating in Native WAY?** Made skirts, baskets, helped facilitated younger kids participating in GONA (Gathering of Native Americans), helping kids be in community together and learn how to make a safe space, how to make an inner circle, how to help people having a hard time.

**What are you most proud of making or doing during your time in the program?** I'm most proud of being a mentor and helping people.

**As the program ends, (for now, hopefully, not forever!), what will you miss most about the program?** Coming down here and being in this safe space to get away from the trouble outside.

**What do you hope for the future of Native WAY in 10 years?**

I hope to see the program bigger and brighter, more space, and not having to worry about funding and grants.



L to R: Raquel Britton, Dino Blackbear, Lakayla Britton

*Attention reader – the following article is fictional and does not represent current or past happenings in Round Valley.*

## Round Valley Native WAY Program Celebrates 10 Years November 10, 2033

The Native WAY (Walking Amongst Youth) program had a brief hiatus in the fall of 2023, but, through community crowdfunding as well as new sources of grant funding, which eventually led to the start of a community trust specifically created for Native WAY, came back in the early spring of 2024. Each year since, the program's work of bringing together youth with adults in mentoring and work experience has expanded exponentially, with mentors offering lessons to more young folks each year. When the program restarted in 2024, about 38 young people were regular participants. As the program rounds into its tenth year, the number of young participants has grown to over 250, with mentors offering workshops in Native regalia making, canoe carving, basket weaving, organic gardening, beadwork, ceramics, creative writing, wood working, textile crafts, culinary arts, and peer counseling, with more and more offerings added each year. The program has been so successful in Round Valley, that it's become a model to other Native communities across the state of California thanks to the hard work and dedication of Michelle Merrifield and Mudcat Hoaglen who have been with the program since the beginning when the meeting space for Native WAY was housed in the old June Marie building. Congrats to all the youth and mentors, current and through the years, who've made and continue to make such an important program thrive—now and even further into the future. 🌈 -Michelle Peñaloza

Do you have archives from the past, present news, and/or imaginings for the future of Round Valley? Tell us in person at Fridays' farmers' markets (where we will also have the latest issues of the paper!) Or email us at: coveloarts@gmail.com

Volume 11

Arts Alive!

By Bear Kaufmann

The arts are coming back to Round Valley High School. After years of arts programs being cut nation-wide educators are once again realizing the importance of arts in schools. This year was the first year of "Arts Alive!" in Round Valley which in conjunction with 11 other school districts in California hopes to create a system for teachers and schools to use when incorporating arts into their curriculum again. The Round Valley School District has received \$50,000 for this program. Some of it is allotted to 11 teachers to invite local artists to present their craft to students. On April 6th Kevin Wells was invited to show students his craft, music. You could hear a drum set being played half way across the quad as Kevin instructed students how to play, and gave descriptions of how the music industry works along with jokes and his own songs; while encouraging individual use of creativity as a way of expressing your feelings and emotions. More events like these will be taking place throughout the district in the following years, as teachers learn how to enhance the learning process with the arts. Also included in the grant spending are projects such as the murals in the High School hall, and other things yet to come.



State Honors in Covelo

By Katie Smith

The highest state honor that one can receive from the National Future Farmers Of America Association is the State Farmer Degree. This degree has minimum standards which have to be met in order to qualify for this honor.

Total years in the organization, scope and hours of project, record keeping, financial management and investment and a lot of hard work are the criteria for this honor and Covelo has four young people to congratulate for this year. They are: Seniors: Amanda Brush, Treavor Faulkner, Wenona

Matthias and Junior Lindsey Avalos. They were honored at the State Convention in Fresno at the end of April. They, along with several hundred youth from the state of California, received top honors for their hard work. These young people competed with some of the largest agriculture producing regions in the state and came out on top, Covelo has good reason to be proud and thankful for the dedication of these youth to the commitment of excellence as FFA members.



State Farmer Honors: Treavor Faulkner, Wenona Matthias, Lindsey Avalos, and Amanda Brush of the Covelo FFA.

Issue 6

Associated Arts Degree

By Tom Helme

Last January, Title 1 regulations indicated that by July 2002, persons assisting teachers will be required to have at least a high school or equivalence diploma and paraprofessionals working in a classroom will need two years of college education. This condition is just one part of a series of plans to help along California's youth.

"I think it's definitely a good thing" says Sheena Kanovich a teacher's aid at the Round Valley Elementary School, "the more we can do for the kid's education, the better."

Title 1 help is given to schools with a poverty-level of 50% or higher, such schools are in need of aid. "I've been wanting to get my degree for a really long time," says Donna Mangel who has been talking classes regularly to earn her AA, "this is just the motivation that I needed to get going."

Classes are now being offered in Round Valley through Medocino Junior College for those who wish to pursue their diploma. "I'm so glad they're offering classes here," says Mangel, "it's so much easier than having to travel to Ukiah to do it."

In addition to this program, student performance standards will also be raised in the upcoming future. Students will need to meet the English and reading level requirements.

