Bridging the gap of cultures and continents

by Linda Myers, Executive Director, Adopt-A-Native-Elder

In the early days of the Program during the 1980’s, there were only 30 Elders from the Big Mountain area that I was helping with food and special needs. There were very few volunteers to help get the food to the land. One day, I received a phone call from a young man from Germany named Yost. He was 18 years old and had just graduated high school. Yost’s father, who was a doctor, had gifted Yost a trip to the U.S. for the summer before he was expected to return to Germany to enter college and then go on to medical school.

Yost had done some research on Native American organizations and decided that on his trip to the U.S., he would like to meet “real Indians”. When we spoke on the phone, I told him about my (Continued on page 2)
plans to pack and take all the donated food I had collected and stored in my garage down to the Elders on the Navajo Reservation. I told him he could help me and I would take him with me to the land. He could stay with a Navajo family for six weeks and help with sheepherding. And we agreed on a date. I asked Yost why he chose to contact Adopt-A-Native-Elder. He replied, “You were the only one who answered my phone calls.”

Yost flew into Salt Lake City and I picked him up at the airport. There were no cell phones at that time, and since we had never met, I arrived at the airport with a sign with his name written on it and I waited. Several friends and family thought I was crazy for having set this up. And, my two girls were upset with me for having invited him to stay with us at our house.

I was a little nervous not knowing anything about Yost. Then I realized how apprehensive he must have been not knowing anything about me or where he would be going.

When I finally met Yost in person at that airport, I realized just how young he was. I soon learned he knew little about America except for what had seen on TV and in the movies.

As we rode up the canyon to my home, I asked Yost why he wanted to come help Native people. He replied very simply that he seen the movie Dances With Wolves 20 times, and he wanted to help them. I very carefully explained to Yost that the Navajo are not the same tribe he saw in the movie.

Yost stayed at my house for the following two weeks and helped pack food in preparation for the Food Run to Big Mountain. I taught him about the Navajo people and made the final arrangements for him to be a sheepherder for two months once we delivered the food. I explained to Yost that he should take his own food and supplies with him to the Reservation, telling him he should not depend on the Elders, since they had so little.

Before our trip to the Reservation, I took Yost shopping for his supplies. He bought
eight cases of Coca-Cola and some canned food. Although he had never tasted this food before, he said he liked what it looked like on the labels.

When we arrived for the Food Runs, we spent several days in Winslow, Arizona picking up and packing more supplies for the Elders and meeting with the volunteers who were there to help us. I felt I had helped Yost to prepare for the weeks ahead as best I could.

“I went to his motel room and knocked on his door. When he opened it, I could see he was scared.”

The morning of the Big Mountain Food Run, the volunteers were lined up in their vehicles for the convoy. Everyone was there and ready, with the exception of Yost. I went to his motel room and knocked on his door. When he opened it, I could see he was scared. I reassured Yost that if he changed his mind, he could write me a letter, (since the Elders did not have telephones), and I would come back to the Reservation for him.

When we arrived at Big Mountain, we visited with the Elders and gave out all of the food and giveaways. The family I had arranged for Yost to stay with was not there. We waited, until most of the Elders and their families left for home with their food and supplies. Grandma Dorothy Deel was an Elder who lived alone. She didn’t own a vehicle and depended on other family to help her with her needs. Dorothy’s family had dropped her off at the Food Run and she asked me to take her back home. I had to make a quick decision and asked Dorothy if Yost could stay with her and help to herd her sheep. She agreed. Dorothy’s home was very small and humble, with no electricity, no running water, and an outhouse. With Yost’s size, the cases of Coke, clothing, and supplies, he seemed to fill half the space of her home.

I left not sure of how Yost’s stay would be for him. I received a letter from him several weeks later. In it, he said it was hard to wait for someone to get a ride to a border town
to wash clothes and get food. He also wrote that even though someone had reassured
him he didn’t have to worry about snakes when he was herding sheep, in big letters he
wrote, “BOY, WAS I SURPRISED!” He wrote that Dorothy didn’t talk much, but she
showed him what to do and sometimes went with him to herd the sheep. When she had
groceries, Dorothy would offer him food, usually fry bread and potatoes.

With the second letter I received from Yost, he wrote about the many new things that
he was learning about the Elders. He said they were not like the Elders in *Dances With
Wolves*. He had attended two healing ceremonies and was greatly moved and humbled.

I received a call from Yost eight weeks later. He
was in Flagstaff, Arizona and had purchased a car
to drive to Beverly Hills. He was to hoping to
meet the Beverly Hills Cops, another movie that
had inspired his trip to the U.S.

By August, Yost called me to say he was coming
stay with me before going back home to
Germany. The car he had bought was old and
only took leaded gas. He said he was having a
hard time finding gas stations that had leaded
gas, but he was hoping he could make the drive
from California.

In my second in-person meeting with Yost, I
found a changed young man. He told me that his
experience with the Navajo and Dorothy Deel
had given him a much humbler sense of life. He said, with a smile, he had learned to
make a case of Coca-Cola last much longer than a week. Then, he stated, more
seriously, that he learned that food is sacred and is not always readily available.

Yost flew back to Germany and entered the university. He wrote me several times after
returning home. Years later, I received a phone call from Yost. He call to see how
Dorothy was doing. His experience of shepherding on the Navajo Reservation,
though brief, was life-changing. I learned many lessons as well.
Yá’át’ééh! My Clan is Edgewater. I was born for Salt Clan. My mother was Ashikeh Bistie. My father was Leonard Deel. When I was born my parents lived in Big Mountain. My parents had nine children, including me. I had three brothers and five sisters.

My grandparents lived a few miles away, but still on Big Mountain. As a child I spent a lot of time with them. I used to herd sheep with my grandmother. She was so patient and sweet. She had lots of love for her grandchildren. However, she made sure that we understood that you could not make mistakes when you were driving the herd on Big Mountain. If you are not paying attention, wildlife will get the sheep.

As children, my grandparents went through a lot because of the Long Walk. To this day it is very sad what our tribe, which we call Dine or “The People”, suffered. Every single family’s livestock were killed. All of their horses, cattle and sheep were slaughtered. Their crops were destroyed, too. Babies, older men and women died out there. I am sorry, it brings tears to my heart. It is unbearable to think of.

When it was time, I had my Kinaalda. It was a lot of work. I had to prepare the corn for the Kinaalda cake by cleaning it and then grinding it on a traditional stone. It was then put into the ground to bake most of the night. For the first time, after my hair was washed, my hair was tied back in a traditional bun. I had to stay up all night and it was important that I did not sleep. I needed to stay alert and listen to the chanting of the medicine men. The next morning I had to run toward the rising sun for two miles.

Several of my family were medicine people. They were Herbalists, Chanters and Hand Tremblers. My mother knew plants for healing both humans and livestock. My father was a Medicine Man who did the Beauty Way. My grandfather was also a Medicine Man and did ceremonies for many patients.

Big Mountain is definitely a sacred place for me. I love it when the flowers bloom in the springtime and in mid-August when the monsoon summer rains come. I wish that my health was like it was in my earlier days. I miss those times when I could ride a horse across Big Mountain.
Volunteer Activities:
Volunteer days are every Tuesday & Friday 9:00-11:30 am and Wednesday 12:30-2:30 pm at our warehouse: 328 W Gregson Ave., Salt Lake City. Sign up online: www.AnElder.org

Or call the A.N.E. office and we will be happy to sign you up for a shift: 801-474-0535. Let us know if you would like to receive Kindred Spirits, our volunteer enewsletter!

Food Delivery & Food Packing Volunteer Activity:
Semi Truck Food Delivery: Saturday, March 12: 9:00—11:00am
Food Packing 2 Saturdays: March 19 & 26, 8:00-11:00am both days

Food Runs:
Driver Applications due by March 1st
Oljato, Navajo Mountain, Kayenta Food Run Dates: April 4th—7th

Driver Applications due by April 15th
Many Farms, Forest Lake, Tsaile Food Run Dates: April 27th—30th
Dilkon, Leupp, Birdsprings, Tolani Lake Food Run Dates: May 2nd—6th
Sanders, Big Mountain, Teesto Food Run Dates: May 9th—12th

Food Run Orders:
All Food Run orders for your Elder due by March 15th

2021 Rug Show
The 2021 Navajo Rug Show & Sale was a huge success. Thanks to you, our amazing community, the Rug Show sold more than 280 rugs on behalf of the Elders who rely on their sales to help sustain themselves in their traditional way. We shipped out more than 600 packages of rugs, jewelry, and crafts in the five days following the Show. This amazing feat was accomplished thanks to the incredible help of volunteers who spent numerous hours everyday helping staff to package and ship all of the items.

Special thanks go to Caroline Murdock and John Aldrich. Caroline for going above and beyond in designing the virtual format for this year's show and creating the behind-the-scenes infrastructure that facilitated a technologically glitch-free show. John Aldrich for his countless hours of work photographing and listing all the Elder's rugs. Thank you to all!
**2022 spring Food Runs begin in April**

We ask you to please place your Food Run orders early and, if possible, to donate for both the spring and fall Food Runs at the same time. Thank you. If you haven’t made your Food Run donation yet, please do so today at: www.AnElder.org

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**2021 Spring & Fall Food Runs, with your help, over 800,000 pounds of food & supplies were delivered to the Elders:**

- 728 x 120 lb. Rainbow Food box sets
- 1783 x $125 Rainbow Food Certificates
- 1227 x $25 Food Certificates
- 885 x $100 Firewood Vouchers
- 1388 x $35 Medical Boxes
- 324 x $40 Grandma Boxes
- 121 x $35 Grandpa Boxes
- 268 x $35 Forgotten Feather Boxes
- 598 x $50 Yarn Bundles
- 650 x $15 Backpacks for school children
- 136 x boxes of incontinence supplies
- $81,640 in household necessities (shampoo, lotion, soap, cleaning supplies, etc.)
- $8,080 in Mobility Equipment (wheelchairs, walkers, canes)

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Additionally in 2021, Adopt-A-Native-Elder mailed the Elders monthly support from sponsors and donors:

- 9470 x $100 Food Certificates
- 426 x Firewood Vouchers
- 678 x Yarn Bundles

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Thank
Each spring and fall, the Adopt-A-Native Elder Program purchases more than 400 bags of flour. Each bag currently costs $10.00. We are asking for your help to buy bags of flour for the Elders as we prepare to go to the reservation this spring. Bluebird Flour is a special flour the Elders use for making their traditional fry bread. Because many of the Elders are used to having only bread to eat when the other foods are gone, the flour is especially important so the Elders can use the flour to make bread.

You may order more than one $100 Rainbow Food Certificate or, if your Elder lives in an area where we deliver Rainbow Food Boxes, you can add an additional $100 Rainbow Food Certificate to help them.

**MAKE IT A BLUEBIRD FLOUR DAY**

Each spring and fall, the Adopt-A-Native Elder Program purchases more than 400 bags of flour. Each bag currently costs $10.00. We are asking for your help to buy bags of flour for the Elders as we prepare to go to the reservation this spring. Bluebird Flour is a special flour the Elders use for making their traditional fry bread. Because many of the Elders are used to having only bread to eat when the other foods are gone, the flour is especially important so the Elders can use the flour to make bread.

**GRANDMA BOXES**

When you order a Grandma Box, it’s like taking an elder shopping. They love to open the box and see what color their outfits will be. In each box are 3 yards of Panne velvet for a blouse and 5 yards of print fabric for a skirt.

They prefer vibrant colors such as blues, burgundies, browns, and purples. The Grandma Boxes include new socks, needles, thread, and yarn for traditional hair ties.
Yarn bundle color combinations:

**Chiefs:**
- Red, black, blue, grey heather, and white

**Ganado:**
- Black, red, white, charcoal & silver-grey heather

**Greyhills:**
- Heather grey, sable brown, crème, rust brown & oatmeal

**Old Style:**
- Deep charcoal, sable brown, cream, gold & oatmeal

**Traditional:**
- Red, deep charcoal, white, black & light grey heather

The gift of yarn allows the weavers to earn income through the sales of their rugs.

Give the gift of yarn

We have chosen the most weaver-requested yarn color combinations. Each box contains six skeins of wool and one warp, enough to weave a 2’ x 3’ rug. The cost for each yarn box is $50.

If you are ordering more than one box, we recommend that you order at least two of the same color. This will allow the Elder to weave a larger rug.

*Please refer to page 11 to place your order or order online: www.AnElder.org*
Please order Rainbow Food for your Elder

The Rainbow Food Boxes or Rainbow Food Certificates for your elder are $125. We ask you to walk the Circle of the Giveaway by helping us to see that each Elder receives a $125 Rainbow Food Box Set/$125 Rainbow Food Certificate.

Rainbow Food Box, $125: coffee, tea, toasted oats, 2 cartons oatmeal, cornflakes, shortening, 2 baking powders, salt, 4 cans Vienna Sausages, 2 cans pork and beans, 2 cans corn, 2 cans carrots, 2 cans mandarin oranges, applesauce, pears, 2 cans peaches, 2 cans fruit cocktail, 2 cans chicken noodle soup, 2 cases Ramen noodles, 2 boxes graham crackers, sugar, spaghetti sauce, noodles, macaroni, 20 lbs. Bluebird flour, 4 pkgs. sugar free Jello, strawberry jam, 10 lbs. potatoes, 2 cans of veggie beef stew, 2 cans evaporated milk, 2 cans green beans, corned beef, 2 boxes of pudding mixes and 3 lbs. of onions

Grandma Box, $40: 3 yards Panne velvet fabric for blouse, 4 yards cotton print fabric for skirt, matching thread, 2 pairs socks, white yarn for hair ties, safety pins, and sewing needles

Grandpa Box, $35: 1 sweatshirt, 2 t-shirts, 2 pairs of socks, bandana, 1 golf shirt, beef jerky, peanut butter crackers and 1 can of Spam

Medical Box, $40: Ace bandage, Acetaminophen, chest rub, cough drops, Pepto-Bismol, antibacterial wipes, lotion, petroleum jelly, Band-Aids, 2 Ben-Gay, 3 Chapstick, triple antibiotic ointment, hand sanitizer, soap, eye drops, tooth brush, tooth paste, mouth wash

Mother’s Day Box, $30: (Spring only) Cottonelle wipes, Kleenex, wash cloth, bath towel, hair brush, hand lotion, shampoo, hand sanitizer, emery boards, and bandana

Children’s Box, $15: 2 spiral notebooks, wide rule filler paper, book: ‘Illustrated Classics’, facial tissue, markers (8), colored pencils (12), pencil case, crayons (24), 2 glue sticks, 2 erasers, scissors, 12” ruler, Rice Krispy treat, fruit snacks and Vienna Sausages

Forgotten Elder’s Box, $35: (Spring only) 1 can Spam, Honey Bear, 1 can beef stew, 3 lbs. blue corn meal, tea, peanut butter crackers, 2 cans of fruit, and baked beans

Yarn Box, $50: See page 9 for details

Notice: Reasonable efforts will be made to use donations for the specific purpose designated. All donations become the property of Adopt-A-Native-Elder and will be used at the discretion of the organization to further the mission of the Adopt-A-Native-Elder Program in delivering materials and services to the Elders.
**Order Form**

<table>
<thead>
<tr>
<th>Elder #1:</th>
<th>Elder’s Food Run:</th>
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<td>Elder #2:</td>
<td>Elder’s Food Run:</td>
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**Sponsor Name:**

**Address:**

**City/State/Zip:**

**Telephone:**

**email:**

**Check#**

**Card#**

**SUPPORT FOR YOUR ELDER:** (May be ordered throughout the year or you may specify delivery at Food Runs)

- Food Certificates *(Circle Send to: Elder / Sponsor)* @ $25 ea... Spring Fall Mail Now $[________]
- Firewood @ $100... Spring Fall Mail Now $[________]
- Yarn Box @ $50 *(Greyhills, Ganado, Chiefs, Crystal, Old Style, Traditional, ANE Choice)*... Spring Fall Mail Now $[________]

**SUPPORT FOR YOUR ELDER: FOOD RUN BOXES**

- RB Food Box @ $125... Spring Fall $[________]
- RB Rainbow Certificate @ $125 *(KA, DK, LP, BS, TL, FL, SA)*... Spring Fall $[________]
- Med Box @ $40... Spring Fall $[________]
- Grandma Box @ $40... Spring Fall $[________]
- Grandpa Box @ $35... Spring Fall $[________]
- Mother’s Day Box *(Spring Only)* @ $30... Spring $[________]
- Forgotten Box *(Spring Only)* @ $35... Spring $[________]
- Forgotten Blanket *(Fall Only)* @ $35... Fall $[________]
- Child School Box @ $15... Spring Fall $[________]

**DONATIONS FOR FORGOTTEN ELDERS**

- General $[________]
- Food - suggested $125 $[________]
- Firewood - suggested $100 $[________]
- Yarn - suggested $50 $[________]
- Bluebird Flour *(20-lb @ $10.00 ea. bag)* $[________]
- Children’s Program – suggested $15 $[________]

**OTHER**

- Annual Newsletter Renewal @ $25 *(1-year subscription)* $[________]
- Cedar Bead Necklace @ $10 $[________]
- T-shirt @ $22 Circle Men’s/Woman’s Size____ $[________]
- Hat @ $15 *(one size fits all)* $[________]

**TOTAL** $[________]
WHEN EAGLES FLY
Elders we have loved and lost

Julius Ray Chavez
January 21, 1963 - December 31, 2021

Adopt-A-Native-Elder Mourns The Loss Of A Good Friend

Julius Chavez passed away due to complications from Covid-19. Julius generously leant his irreplaceable skills to A.N.E. for many years. From exhibiting his masterful weavings at the Rug Show, to sharing his traditional stories and vast cultural knowledge at Winter Stories, Julius was an integral and beloved member of the A.N.E. community. He will be missed, and his impact will continue to live on in the hearts of all that knew him.
MEMORIALS
Karen Dodson donated in memory of Camilla Abraham Workman
Leonard Family Charitable Fund donated in memory of Pierre Leonard
Carol & Tom Schneider made a memorial donation for Louis Glayre
Mrs Patricia Fry made a memory donation for Frederick E Fry
Karen Dodson made a memorial donation for Mary Milano
A donation was made anonymously in memory of Melvin R Seiden
Lillian Stratton donated in memory of Louis Glayre
Gail Cowan Wariner made memorial donations for Minnie Zwicker Cowan and Edna Harder Cowan
Karen Dodson donated in memory of Leonard Dodson
Mary Lou Gottschall made a memory donation of John Bowers
Nancy Richards donated in memory of Louis Glayre
Andrea Barrish made a donation in memory of her little girl Molly
Ms. Sita Kapadia donated in memory of her husband Naren Kapadia

HONORINGS
Patrick & Debra Pridie donated to honor Bud & Barb Pridie
Irene Peters set up a recurring month donation in honor of her four Navajo grandchildren
Fred & Patti Palmer donated in honor of Jim & Heidi Weber of Tumwater, WA
Fred & Patti Palmer donated in honor of Kelly & Wyatt Palmer of Tumwater, WA
Katherine Blass donated in honor of Greg Gordon who for his birthday wishes to give to the Native community.
Elane Streets donated in honor of her brother, Stacy Hall of Dawson, GA
The Shana Alexander Charitable Foundation donated in honor of Yermo, a guide at Amangiri
Nancy Hartnagel donated in honor of Kelly Costello
Emily Rosenberg donated in honor of Florence (Daisy) tum Suden
Katherine Blass donated in honor of Greg Gordon
Peter & Leslie Glenn in honor of Pat Glenn, Prescott, AZ
William Bennett donated to honor John C Bennett of Montrose, CO
Kathryn Steadward donated in name of friends Bud & Barb Pridie
Martin Lindquist donated in honor of his sister, Alexa Sandmann
Jane Gant donated in honor of Beth Deal who has participates in annual ANE food runs.
William Meister donated in honor of Jenna Meister
Jeff & Helen Cardon Family Charitable Fund donated in honor of Fredale Burns
Jennifer L Heuson made a gift donation in honor of Suzy Spira’s 50th birthday
Christopher Shott donated in names of Heidi Munzinger and John Shott
Charles Brasher donated in names of Charles Brasher and wife, Betty Lavis
The Plassard Family donated in honor of grandma Jean Plassard
Christine Carlson donated in honor of Lauren Carlson and in memory of Erin Carlson
Greg Masters donated in honor of Mason & Niki Masters anniversary
Jean Siebert donated in honor of Luke & Emily Siebert in Escanaba, MI
Adele Barree donated in honor of Phil Marsom of Greensboro, NC
Jeanne Seiber donated in honor of Luke and Emily Siebert
William Bennett donated in honor of John C. Bennett
Bruce Miller donated in honor of Pam Berg
ADOPT-A-NATIVE-ELDER PROGRAM

You are entering NAVAJO LAND.

Food Run Driver’s Application

SPRING 2022

NAME: __________________________ PHONE: __________________________

ADDRESS: ____________________________________________________________

CITY: ___________________________ STATE: _____ ZIP: ________________

EMAIL: __________________________

VEHICLE TYPE: ________________________________________________________

BED SIZE: ______________ SHELL ____ YES ____NO

(Note: Vehicles need to be able to carry at least 16 food boxes. Each food box weighs 45 lbs.)

PASSenger NAME: __________________________ PHONE: __________________________

ADDRESS: ____________________________________________________________

CITY: ___________________________ STATE: _____ ZIP: ________________

EMAIL: __________________________

I AM INTERESTED IN THE FOLLOWING FOOD RUN(S)

Please do not apply if you cannot be present for the entire Food Run area you have selected.

____ Olijato-Navajo Mountain-Kayenta April 4-7 App. Due by March 1 - Space is Limited
____ Many Farms-Forest Lake-Tsailie April 27-30 App. Due by April 15
____ Dilkon-Leupp-Birdsprings/Tolani Lake May 2-6 App. Due by April 15
____ Sanders-Big Mountain-Teesto May 9-12 App. Due by April 15

Please mail application to: Adopt-A-Native-Elder Program 328 W Gregson Ave. Salt Lake City, UT 84115
Alternatively, your Driver’s Application may be filled out and submitted online: www.AnElder.org

COVID-19 UPDATE: The spring 2022 Food Runs will be drop-off only. Participants from Utah who can load their vehicles with food boxes from our Salt Lake City warehouse will receive first consideration for the spring 2022 Food Runs.

Applications will be considered based on a variety of factors such as vehicle size and the number of volunteers needed for each Food Run. You will be notified and sent a Food Run information packet if your application is accepted.
Hello to all of you who help us Native people with food certificates and with the money for the firewoods. Thank you so much to all of you. May the Lord be with you all and your family and friends.

Arlene T. Reed, Navajo Mtn.

Thank you! For all the support you have given me with wood money and food certificate whenever it is possible. I truly do appreciate all the help. It really helps me a lot. Take care and be safe in all you do.

Eleanor Barton, Dilkon

I am writing to express my gratitude for two full truckloads of wood. You have no idea how happy I was because it is extremely cold nowadays. Thank you very much!

Betty Begay, Kayenta

Thank you for the $100. I got some firewood to keep warm this winter. Thank you for the $100 food certificate. I bought spam and potatoes and bacon and eggs.

Thank you!

Meta C. Atene, Oljato

Thanks for everything you all done for the Elders. I am so pleased with all you have done for all of us. We got a firewood voucher and two food certificates. Came just in time. Thanks again for all you are doing. Love you all.

Elizabeth Begay, Tsaile

Thank you for all you do for the Elderlies and most of all thank you for the food certificate and for the woods. We bought the food and got the woods hauled for us.

Signed,
Rita Hayou, Tsaile
**Adopt-A-Native-Elder Program**
328 West Gregson Ave
Salt Lake City, UT 84115

**YOU MAKE A DIFFERENCE**

Thank you from Grace T. Brown, Tsaile

Hello my friends. I really appreciate the voucher for fire woods and also the Food Certificates that you sent me. Thank you so much. I sure did use it to buy food. How did you know that I didn’t have any food? Thank you again. It is just too cold right now. This really helps me. May God bless you all. Thank you all of you.

**Please place your order for the spring Food Runs**

Note:
Earlier Date For All Areas

**MARCH 15: ALL FOOD RUN MONEY DUE FOR FOOD RUNS. YOU MAY ALSO ORDER FOR THE ENTIRE YEAR NOW.**

Drivers are still needed for the Food Runs. A Driver Application is on page 14 or you may fill out and submit an application on our website.

Online is the quickest way to place your order for the spring Food Run:
www.AnElder.org

This newsletter is brought to you through a generous donation by jlcollinsnh.com