IT’S SPRING FOOD RUN TIME!

This is a sacred time of year when the Food Run orders start coming into the office and the pallets of food begin to be delivered in the warehouse. This is why we work for Adopt-A-Native-Elder, the moments when we can see months of effort beginning to come together on behalf of the Elders.

This Spring Adopt-A-Native-Elder and our big family of volunteers will deliver more than 430 thousand pounds of food, medical supplies, clothing, and everyday necessities to the Elders on the reservation. This massive undertaking requires a huge commitment of time, resources, and hard work from our volunteer community. In total, we will need more than fifty volunteer vehicles to help transport all the goods and supplies to the reservation, and we will need more than 160 volunteers to help unload and organize all

(Continued on page 2)
the boxes and reload them into the Elders' vehicles at the Food Run locations.

**THE IMPORTANCE OF THE FOOD RUNS**

Howard Benally and John Burrow: two friends who have served the Elders for many years.

The mission of the Adopt-A-Native-Elder Program is to "create a bridge of hope between Native Americans and other cultures. The program allows us to reach out to one another, share our gifts, and mend the broken circle of our relationship with the Land and the Native Americans who hold it in sacred trust." For the Elders who receive needed food and supplies on the Food Runs, the impact the Food Runs have on their lives is easy to see. For these Elders, the Food Runs are a time when they receive Food Boxes to feed their families, Medical Boxes to ease their aches and pains, and Firewood Vouchers to heat their homes.

In addition to the distribution of this life-sustaining support, the Food Runs give the Elders an opportunity to gather and spend time with their community on the reservation. This is an opportunity to see relatives and interact with loved ones that they do not get to see on a regular basis. The Food Runs also give the Elders an opportunity to meet friends from the Adopt-A-Native-Elder Program. This interaction between cultures is a core tenant of the Adopt-A-Native-Elder Program, the part where we reach out, share our gifts, and mend the broken circle of our relationships. This mending and healing has an impact that lasts long after the food in the food box is all consumed. Just like generations of abuses have continued to negatively impact young indigenous people around the globe, the generosity, kindness, and love shared by our volunteers leaves a legacy of hope and compassion that continues long after we have left the reservation and returned home.

"I have found that among its other benefits, giving liberates the soul of the giver."

- Maya Angelou

For our volunteers, the Food Runs are the embodiment of a commitment to service. When you give your time, your hands, and your heart to join Adopt-A-Native-Elder on a Food Run, the experiences and perspective you return home with are priceless. The growth and connection that are gained by giving of yourself to serve another are an affirmation of the fact that we are all capable of making a difference in the world every day. Whether it’s the sense of peace that you get from touching an Elders hand and...
sharing a moment of their gratitude, or the stillness you experience standing on the Elders homeland and witnessing a few minutes of the simplicity that still exists in the world away from technology and our busy lives; you will not return to your everyday life as the same person you were when you left.

For me, the Food Runs are an opportunity to spend time immersed in service. During the majority of the year, even though I work full time on behalf of the Elders, like everyone else, my days are filled with urgent phone calls, emergency emails, and quickly approaching deadlines. But on a Food Run, everyday is devoted to one goal, the distribution of life sustaining supplies to Elders in need. I look forward to the opportunity to exist for a cause and be surrounded by genuine, kind, and giving people who have chosen to give a week of their lives to the Elders. I leave every Food Run refreshed in mind and spirit and with renewed vigor and dedication for The Adopt-A-Native-Elder Program and the Elders that we cherish. I think one of the greatest gifts of volunteering and charitable work is perspective. As Maya Angelou stated, “I have found that among its other benefits, giving liberates the soul of the giver.” The feeling of liberation is exactly what I feel when I return from Food Runs, a profound sense that the problems and anxiety of everyday life have been left behind, and the potential for a better tomorrow is once again limitless.

I hope you'll join The Adopt-A-Native-Elder Program on a Food Run this year. The impact of your volunteerism is immeasurable and makes everything we do possible, but on an even greater level, we all deserve the experience of knowing that our time has made a difference in the life of another. For the Elders in the program, our commitment to service allows their lives to continue and that makes a difference that will last generations.

C.J. Robb
Director of Business and Operations
He was of the Salt Clan and born for the Manygoats Clan. At 103, Medicine Man Buck Navajo passed away on the land where the water falls, the land he considered as very sacred. Buck was the last Medicine Man of the Navajo Nation.

Buck grew up with his grandparents living with them. They taught him the Earth Prayer and the Sky Prayer. They told him to always use the ceremonial basket when doing ceremonies to help sick people.

Tlya Manheimer recalls her grandfather’s words: “My father was a Medicine Man. At the time I turned 13 years old I learned how to make the Prayers for every living thing on the Earth, like the plants and trees. We didn’t have doctors so we drank herbs for our illnesses. We pray for our animals asking for the plants for them to

Buck Navajo on his donkey as he traveled on the Navajo Reservation.
eat so they in turn could feed us. We lived in a canyon near Navajo Mountain. My father taught me how to take care of the sheep and goats and cows and how to ride horses. We moved around to make sure our animals had enough water to drink. We tended to fields that we planted corn, squash, watermelon and grew apricot and apple trees. After the Harvest we laid the food on the ground."

When his older brother died, Buck was asked to take on his brother’s family. Ada Navajo would become his wife bringing her five children to the marriage. Ada and Buck had an additional seven children together.

His father Dick Navajo passed away at 107 years old. Buck learned many teachings from his father. He did ceremonies and prayers for friends and family. Even people from other countries sought out his help. He never turned anyone down.

“We never saw him mad,” his granddaughter Tlya says. “He never got upset, irritated or frustrated. He was always smiling, laughing or singing a song when we entered his hogan. He would tell us, ‘Go outside in the morning and say your prayers and that will guide you.’ Every morning Buck prayed for his home, his livestock, his family and his kids. That’s what carried him to live a long life.”

Tlya continues, “We will miss his prayers to call to the water and to the rain. He taught us to always be respectful of the Holy Ones. He knew more than 60 ceremonies.”

About a week before he passed, he told his family that his wife Ada, who was deceased, stood by him. She was waiting for him. She had on an orange velveteen top and an orange scarf. He said there was a horse outside waiting for him by the hogan. He told his family, “I’m going soon. The horse is waiting and I want to be with Ada again.”

Blessings,
Linda Myers

Buck and Ada Navajo spent many years as part of the Adopt a Native Elder Program.
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 Sorting: Saturday, March 11: 9:00—11:00am
Food Packing 2 Saturdays: March 18 & 25, 8:00-11:00am both days

FOOD RUNS:
Driver Applications due by March 13

Food Run Delivery Dates
April 3rd—6th: Navajo Mountain, Kayenta, Oljato (Based in Kayenta, AZ)
April 26th—29th: Many Farms, Forest Lake, Tsaile (Based in Chinle, AZ)
May 1st—5th: Leupp, Dilkon, Birdsprings, Tolani Lake (Based in Winslow, AZ)
May 8th—11th: Big Mountain, Sanders, Teesto (Based in Winslow, AZ)

FOOD RUN ORDERS:
All Food Run orders for your Elder due by Friday, March 3rd.

This newsletter is brought to you through a generous donation by jlcollinsnh.com
2023 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

In 2022, A.N.,E. Warehouse Volunteers packed:

- 1,500 Rainbow Food Boxes
- 1,400 Medical Boxes
- 1,000 Rainbow Gift Boxes
- 450 Grandma Boxes
- 240 Mother’s Day Boxes
- 200 Grandpa Boxes

In total, Volunteers packed and distributed more than 84,000 lbs. of assistance. This amount is equal to nine semi-trucks.

Volunteers contributed more 16,000 combined hours of volunteer work.

Thank You!
RAINBOW FOOD CERTIFICATES

Rainbow Food Certificates are gifts of food in the form of a $100 Bashas’ Rainbow Food Certificate and are given to the Elders in your name at the Food Run.

Sponsors for Elders at Kayenta, Dilkon, Leupp, Birdsprings, Forest Lake, Sanders, and Tolani Lake should purchase this item as part of their semiannual obligation. Elders at these locations have chosen to receive ‘Rainbow Food Certificates’ instead of ‘Rainbow Food Box Sets’.

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.

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

Mae Shay holds up her rug at Big Mountain.
Please order Rainbow Food for your Elder

The Rainbow Food Boxes or Rainbow Food Certificates for your elder are $150.

We ask you to walk the Circle of the Giveaway by helping us to see that each Elder receives a $150 Rainbow Food Box Set/$150 Rainbow Food Certificate.

**Rainbow Food Box, $150:**
- 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, peanut butter, spam

**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 a bandana-

**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

Elder #1: ________________________ Elder’s Food Run: ________
Elder #2: ________________________ Elder’s Food Run: ________

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 @ $200..................................................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 @ $150.................................Spring Fall ............... $ ________
_____ RB Rainbow Certificate @ $150 (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 ............... $ ________

DONATIONS FOR FORGOTTEN ELDERS

_____ General ................................................................. $ ________
_____ Food - suggested $150........................................ $ ________
_____ Firewood - suggested $200 ................................ $ ________
_____ Yarn - suggested $50 ........................................ $ ________
_____ Bluebird Flour (20-lb @ $10.00 ea. bag) ...................... $ ________
_____ Children’s Program – suggested $20......................... $ ________

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

Mary Lou Kelly
Arlene Reed
Mary Holiday Black
Harlin Harrison
Kee J. Holiday
Joseph Boone
Nelson Jackson
Florence Nelson
Nina Begay

OVER 185 ATTEND WINTER STORIES AT THE A.N.E. WAREHOUSE

Traditional teachings behind the shoe game and coyote stories were just several of the topics at our Navajo winter storytelling event for Diné urban dwellers on January 29th. Navajo Winter Stories are traditional stories that have been told from family to family across generations. As an integral part of the oral traditions of the people, the stories are used to instruct the young as well as for guideposts to living a good life.

Many thanks to Rodger Williams, Emerson Bill & The Cliff Eagle Singers, Steve Todacheenie, Ryan Hosteen, and Eileen Quintana and her amazing students.
MEMORIALS

Denise Pouliot made a memorial donation in honor of her mother
Donna Kurdock made a donation in memory of her mother, Teresa Kurdock
Weavers and Spinners of Walla Walla donated in memory of Ann Glassley
Sally White donated in memory of Bill Bode’s wife, Beverly Bode
Leslie and Peter Glenn gave a donation in memory of Bessie Hermetevua
Joyce Eaton donated in memory of Harnett Raymond
Stephen Rosenblatt donated in memory of Sara Wimesherr
Joe Morris donated in memory of Sara Wilmesherr
Linda Hale and Michael Buchanan donated in memory of Sara Wilmesherr
James Roberts III donated in memory of Vivian Noel Ridgway
Brian and Nancy Gray donated in memory of Edward Kulsack
Linda Myers donated in memory of Barbara Jenson
Diane Bode and Another Way Montessori donated in memory of Jane Benale

HONORINGS

Rose Naputano donated in honor of Susan Episcopo’s birthday
Audrey Marlar gifted a donation for Ryan Graham in Denver, CO
Dale Sanders donated in honor of Intelligent Medical Objects Co.
Joann Stuckey donated in honor of her family: Morris and Ericka Scott, Nedra Stuckey, and Ken Winkler
Long’s Chapel United Methodist Church donated in honor of Marilyn Medford and in memory of her mother, Devoice Medford.
Jahnnavi Alyssa donated in honor of her grandparents
Tamera Federlein donated in honor of Pamela Berg
Mimi Tam donated in honor of her sister, Ruby
Alois Muench donated in honor of Ina Jordan
Darlene Smith gave a donation in honor of her children: Sheri Logan and Marty Prillhart
Patrick and Debra Pridie donated in honor of Bud and Barb Pridie
Patricia Gibson donated in honor of HV Cooper Class of 1967
Casee and John Francis donated in honor of Frances Gilmor’s 75th birthday
Jeannine and Fred Feinstein donated in honor of Maureen Taffe
William Bennett donated in honor of his son, John C. Bennett
ADOPT-A-NATIVE-ELDER PROGRAM

Food Run Driver’s Application
SPRING 2023

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.

All Driver Applications due by March 13th, 2023.

_____ April 3-6: Navajo Mountain-Kayenta-Ojlato  Based in Kayenta, Arizona
_____ April 26-29: Many Farms-Forest Lake-Tsail  Based in Chinle, Arizona
_____ May 1-5: Leupp-Dilkon-Birdsprings-Tolani Lake  Based in Winslow, Arizona
_____ May 8-11: Big Mountain-Sanders-Teesto  Based in Winslow, Arizona

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 submitted online: www.AnElder.org under the Food Runs Tab.

Currently, we are planning in-person Food Runs with the Elders. This may change based on Navajo Nation’s Guidelines.
We will mail an itinerary to you before your Food Run that will indicate whether the Food Runs will be in-person or drive-through. Applications are considered based on a variety of factors such as vehicle size, the number of volunteers needed for each Food Run, and a volunteer’s ability to participate in Food Run activities. You will be mailed a Food Run itinerary if your application is accepted.
I am really thankful for everything that you are doing for me and everybody here. I don’t know what I would do without your help. I love you for everything,
Marie G. Begay, Tsaile

Thank you kindly for supplying me and my home the funding necessary to take on this winter season. The firewood and Basha’s groceries are greatly appreciated. Thank you again,
Stanley James, Forest Lake

I really thank you people for looking after me, especially in winter. I thank you people for remember me and adopt me too. I appreciate you all and love you all.
With love,
Gladys Luna, Kayenta

First of all I would like to say a big hello to all of you. So, hello there. Thank you so much for the woods and food certificate. We got woods and groceries. Can’t thank you enough. Hope to see you in the spring.
Rita Hayou, Tsaile

I want to say thank you very much for the firewood and food certificates. I really needed it. It is 45 miles to post office from where I live. Sometime bad weather like ice and frozen roads. It is very cold. God bless you,
Rita C. Bahe, Tsaile

Thank you very much for firewood and food money. I really need the firewoods. It is very cold here at night. I really miss my wife. I will never see her again. See you next time when you come see us.
Joe Sam, Many Farms
Happy Valentine's Day!

On her first Food Run, Elise Allen made over 100 paper hearts and gave them as her giveaway for the Elders.

Please place your order for the spring Food Runs

MARCH 3rd:
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