

HOWARD

MY JOURNEY...

BIO

I am a member of the Dine Nation. I was born and raised at Emmanuel Mission just south of Sweetwater, Arizona, where my grandfather used to run a store a long time ago. I am of the Ma'ii Deeshgiizhinii – Áshjijnii (Coyote Pass (Jemez)-Salt Clan) born for Táchii'nii (Red Running Into the-Water/Among the Red Waters/Red Soil/Red Streak) my maternal grandfather's clan is Kinyaa'áanii (Towering House People) and Bit'ahnii (Folded Arms People) is my paternal grandfather clan.





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INSPIRATION

I was called to see if I was interested in applying to the program by Frankiana Tsosie (Indigenous Peer Recovery Coach). She asked if I could provide my services with my cultural knowledge, teachings and wisdom to the program. I am inspired to help young people and veterans focusing on their mental health such as PTSD and substance use addiction along with abusive behaviors. I am very interested in working with veteran's families and connecting with their loved ones. When you're in the military, you start drinking, especially when you're lonely. From there you start learning to become addicted to alcohol, it happened to me when I was in the service. When I got out of the military, I continued to drink alcohol and I learned that drinking was not for me or my family.

1982 was the last time I drank alcohol, because I was becoming a supervisor with a company. I never used drugs. I don't know what that was like. Through the history of my culture (Navajo) with my mother and grandmother teachings and knowledge that they had, it helped me understand how to live my life. I picked it up through them, up to this day. I inspire other people to use their cultural teachings to maintain their ways of life. I am an animal lover, I have sheep, goats, horses and dogs that I care for at home.

I am a handyman, helping other people, I standby for trouble shooting with helping people with their vehicle and home repairs. I like to do this on my spare time and I am on-call all the time.

I am a retired worker from the oil and gas industry for 36 years. I have been a welder for a company for CIP Incorporated and have been a supervisor for several years. I also ran my own welding rig until 2013. When I got out of military in 1977, I went to school for welding and put me onto shipyard building and oil field business. I have been participating in community government and community land use planning committee with the Sweetwater Chapter area. I have been a Commander for the Navajo Veterans Organizations with Tohlikan (Sweetwater) Chapter. As a commander I worked the Shiprock Agency Veteran's Organization, I still work with them. I am still participating in assisting my community with the New Mexico Native American Church Incorporation. I am also a member of Azee be na anishi with the District 9 Four Corners Native American Church.

I turned 71 years old this year, I would like to write a book about my life experiences and living on the Navajo reservation.

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WHITE BISON TRAINING AND EXPERIENCE

When I attended the Warrior Down Training, from the start, it seems like I already knew what people are trying to do to help others in the White Bison Training, especially with their problems and trauma. I understand a lot now on how to communicate and recognize the areas that people are struggling with. I attended two White Bison Trainings now, Warrior Down and Medicine Wheel 12 Step, and I feel like I use the education that I learned from that within the Wellbriety Talking Circles and in the Four Corners community. I would like to thank Southwestern Colorado Area Health Education for giving me the opportunity to work with our community.

