



## CHEROKEE NATION

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Wilma P. Mankiller  
Principal Chief

John A. Ketcher  
Deputy Chief

June 1, 1994

Ms. Tonya Lockwood  
11338 Armstrong Road  
North Rose, NY 14516


Dear Ms. Lockwood:

During a recent visit to Rochester, I met your nurse, Diane Christler, who informed me of your Seminole heritage. I just wanted to touch base with you to say hello and wish you well in your current health crisis.

One of the things I learned from my own Cherokee relatives a long time ago is to try to find something positive to hang onto even in the most troublesome periods of time. It has worked for me through a kidney transplant, an almost fatal car accident, a serious bout with myasthenia gravis and numerous political situations. I understand this philosophy used to be called "having a good mind." It meant trying desperately to keep negative thoughts out of your mind, even in very dark times. All of us have to find things to use as touchstones when things tumble out of balance. For me, "having a good mind" is a good touchstone.

Best wishes to you as you continue treatment. If you care to write, I will certainly respond.

Sincerely,

  
Wilma P. Mankiller  
Principal Chief