

Date: March 19, 2025

To:

Anyone assessing the credibility of Sondra Wilson and/or [Wild Willpower PAC](#)

From:

Richard “Lonewolf” Legan
Founder | [Richard Lonewolf Survival School](#)

Re: Letter of Endorsement for Sondra “Distance” Wilson and Wild Willpower PAC

Letter of Endorsement

To anyone who is interested in who I am, who Sondra Wilson aka Distance is, and/or if Wild Willpower PAC (WWP) is an organization worth supporting:

My name is Richard “Lonewolf” Legan. I am of Cherokee, Lakota, and Northern Cheyenne descent and have also been adopted by many different native families. I am deeply in touch with this heritage because much of my time as a youth was spent learning wildliving skills from my grandparents and other family members.

My mother, grandmother and other family members all migrated during the Dust Bowl from Oklahoma to California where I was later born. They migrated here to pick cotton and do other agricultural work. I learned from them how to hunt, fish, garden, pick wild plants such as wild asparagus and many other outdoor skills. On my fathers side my grandmother had taught me the value of appreciating nature and by the time I was 5 years old I had learned how to make wild acorn flour. By the time I was 9 years old I was taking myself and sometimes my friends out into the wilderness alone and learned how to survive off of the land.

While serving in the US Army, my superiors realized that I knew more about wilderness survival than the officers who were teaching it at the time. Later in life I was teaching survival classes to several different military units. You can [view some of my credential letters here](#), on the website Distance built for me between 2010 and 2016, as we worked together documenting and developing our ethnobotany textbook, [More Valuable Than Gold](#), as well as several other projects.

When I got older, I was bitten by a rattlesnake on my right index finger so I went to find a respected Medicine Man from my tribe and his name was Rolling Thunder. He told me to take as much echinacea root as possible and the next morning my hand was completely healed. When I asked if he would teach me the traditional way he responded, “Can you dig ditches?” My response was, “How far and how deep?” I told this story to Distance when she first approached me, wanting to learn. I did not realize at the time, however, to what length she might go, or how dedicated she actually was. Since then she has far exceeded my expectations. I have never met a student so dedicated, and am proud of her for building Wild Willpower PAC. I see how it is

poised to help me and my family, and believe that, if given the proper level of support, the organization can locate and lift up other indigenous elders who still possess this rare knowledge as well. While many tribes are working to relearn their languages, ceremonies, dances, and crafting skills, many still severely lack – or have lost – the knowledge of the plants.

Not only will lifting up indigenous teachers and teachers in general who possess old world ethnobotanical skills inspire and assist native people in restoring and lifting up their cultures, this knowledge can be used by anyone interested in gardening, foraging, or farming. From learning how to make acorn or buckeye nut bread, to harvesting cattail plants for food or sandal making, native plants which for thousands of years were used by indigenous people for their edible, utility, and (traditional) medicinal values will likely be seen as “more valuable than gold” by anyone who takes the time to apply these skills. I believe that the [Wild Living Skills](#) and the [Gardens Across Iowa](#) apps, though still in early stages of development, are promising pieces of technology that WWP is capable of building and managing in a manner that could greatly aid humanity and help solve resource issues around the world. I also trust that the indigenous teachers who are bringing forth this knowledge and working with WWP will be taken care of, assisted in the endeavors they are passionate about, and given the dignity and respect I am sure they, too, will offer in return, as this is the way of honorable people.

To anyone who may be in doubt about whether or not native people should feel safe sharing the ancient knowledge of the plants with everyone around the world, I want to tell you about [Grandfather Greene](#), a [Nuwa](#) elder who grew up in [Nettle Springs](#), near where Distance and I first met in [Tehachapi](#). Many native people were upset that Grandfather was showing white people our sacred sites. “Grandfather, they will destroy them,” they said. He would reply, “No, if we teach them about these sites, they will learn to respect them as we do.” Many of those sites Grandfather Greene taught people about went on to become [protected cultural sites](#). I believe that by teaching people about native plant uses, more people will plant them in their gardens, and this knowledge will help their lives. They, too, will learn to respect the plants.

The biggest reason that I started learning, teaching, and then writing a book on this knowledge is that – in my heart – I truly believe in the power of these ancient skills: that they can be very helpful for humanity because there are so many different benefits to learning the uses of these wild plants. Ethnobotany can assist with world hunger, discovering new medicines, economic uplift, and overall well-being for the body, mind and soul.

Lastly, my heart goes out to the world. As a 70 year old Vietnam Era and Cold War Era US Army disabled Veteran, my health is not the greatest right now. I would love to see our book, *More Valuable Than Gold*, be circulated throughout the world before I pass on. To whom it may concern, I wholeheartedly endorse Sondra “Distance” Wilson and Wild Willpower PAC.

Sincerely,
Richard “Lonewolf” Legan