Chehalis Canoe Family is Part of Huge Regional Cultural Journey

Heather Youckton respectfully requests permission to leave from West Saanich at Tsartlip. Youths Whitney Bracero and Tony Sanchez wait to begin pulling. Also visible at the rear is the day’s skipper, Gail Miller.

After much practice, Chehalis Canoe Family puts knowledge and spirit to work on Paddle to Cowichan Bay, BC

By Fred Shortman, Editor

Over fifty Chehalis youth, adults, and Elders took part in the huge regional return-to-traditions journey, the Paddle to Cowichan Bay in July.

Tribal members from scores of Northwest coastal tribes pulled canoes, and were greeted on shore by hosting tribes. All learned and practiced centuries old protocol.

Chehalis Canoe Family

See CEDAR BARK, page 4

Youth, Adults, Elders Know
Cedar Harvest Reaps More Than Bark

By Fred Shortman, Editor

About 10 people joined in a cedar bark harvest in June. Derek Youckton, Dept. of Natural Resources, led the way up to the hills south of Adna designated for cedar bark harvest. Many rode in the youth van; others drove their own vehicles. A blessing and thanking to the trees for sharing with us, was offered before harvesting began. We were reminded not to be angry or upset while performing this harvest.

Cedar bark harvest is done from July to August. Normally one third of the bark is harvested from the tree. As these trees were due to be felled by loggers, the permit allowed stripping of as much of the tree as possible.

A safe perimeter was established by the logging crew and the harvest began. During the harvest, the sounds of chainsaws and crashing trees filled the air.

Participants learned that a hand saw, knife, and some good gloves are needed to harvest. A blessing and thank you for the cedar was offered before harvesting began. We were reminded not to be angry or upset while performing this harvest.

More stories in September issue.
Youth Travel to Warm Springs, Honor Elders

By Nancy Romero, Heritage and Culture Director with Tony Medina, Youth Center Director

The conference included workshops on traditions, cultural revitalization, drug and alcohol prevention, education, and HIV/AIDS awareness. There was also a youth dance and grandparent giveaway. The Elders were so happy! The youth made about 100 beautiful gifts for the Elders to take home.

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exploit traditional land held sacred by the Americas. Indigenous people are facing journeys are dedicated to healing our graduates to this point in their lives. Gladys enjoyed her family. Betty’s fondest memories were when they had large family gatherings on the holidays. Nadine’s most inspirational memories were when she heard her mom praying for her children. Nadine also loved the times she wanted to skip school (very occasionally). Her mom would pick her up and they would go shopping. June “Tiny” remembers her mom always finding the time to give a ride home from after-school sports activities, slinging them a little time together alone. Gladys had a very funny sense of humor. One time we were talking about people reading them what they saw. “If we’re good, we’ll get something good. If we’re bad, then we’ll get something bad.” She wanted to know why some of those people who do bad things, don’t have bad things happen to them. I think that’s what we understand it better, by and by, like the song we sing in church. She shook her finger and in a teasing tone, laughed, “I want to know NOW!” While being her chore worker, I enjoyed taking Gladys to town, to the grocery store, Bible study class, and wherever she needed to go. The times spent with her were priceless. I would like to thank her granddaughter, Carmen. You did so much for Gladys. You and your children filled her life with joy. You made her heart glad.

Gladys, you have so many stars on your crown, and you have earned every one of them. Gladys, I’m going to sing this song for you, “Farther along, we’ll understand it better by and by; and the Lord says all we need is a joyful noise; maybe my voice isn’t joyful to you; but to the Lord it is!” When we go to heaven, we’ll all have the same tune. Gladys, I love you and will always remember you.

The family would like to thank everybody for their prayers, donations, time, and efforts. They are greatly appreciated.

**Tribe Put on the-Top Event to Honor HS Grads and Families**

By Cheryle Starr, Events Coordinator

On Thursday, June 12, the Chehalis Tribal high school had a recognition dinner for the 2008 high school graduates. Set up by the events coordinator and the TELO Program, the event was held at the Lucky Eagle. Diner was provided to all who attended, and live music accompanied a slide show of photos of each graduate. A hypnotist provided entertainment throughout the evening.

Pendleton blankets, cajet feathers, doffle bags, Wolf Great Lodges stays, black house certificates, and gas cards were given away as raffle prizes and awards. Pendleton blankets, cajet feathers, doffle bags, Wolf Great Lodges stays, black house certificates, and gas cards were given away as raffle prizes and awards.

The Chehalis tribal high school graduates and their families are:

- **Stephanie Medina** – Alcinia and Bumbery Canales, Gloria Jones
- **Sara Myer** – Carla Thomas; Josephine and Bob Thomas
- **Jimmy James** – Ami Star, Sr. and Sally James; Ben and Violet Starr
- **Jake Burnett** – Nadine and Jimmy Burnett
- **Jeremy Fanning** – Joyce and Scott Fanning; Grandmas of Faith Secena
- **Chelsea Sharp** – John and Kelly Sharp; Marcy and Robert Sharp

**Great job! Good luck with your continued education!**

In November 2007, Chehalis Tribal Enterprises (AEDI) was created to encourage the production of Coastal Salish art by Chehalis tribal artists. The intent of the Arts and Economic Development Initiative (AEDI) was to encourage emerging artists. The program provided tutelage, exposure, and opportunity, and boosts both interest and confidence in the Coastal Salish art form among previously unknown tribal artists. It is a no-cost program.

Eleven artists (Shookins, Sage, Sagnix, Covilith, and Chehalis tribal members) were named as Master Artist and Printer, Peter Bloom (Upper Skagit). The artists ranged in age from 14 to 40 and not all had experience with the Coastal Salish art form. They were presented with 100 hand-screened prints of their pieces.

Chehalis Tribal Enterprises then assisted the artists in finding outlets for sales and display of their prints in local galleries, gift shops, etc. A calendar is in production for 2009 featuring the artists’ pieces. AEDI’s first opportunity to be featured was at the opening of Wildtrout Gallery at downtown Chehalis. Pieces were beautifully framed and matted and featured as the gallery’s Artists of the Month with a reception and local media coverage. All the pieces will hang in the gallery throughout August.

While being her chore worker, I enjoyed taking Gladys to town, to the grocery

**Gladys and Jack Brown in a photo estimated to have been taken in 1983. Photos were provided by the family.**

**Program Launches Tribal Artists’ Careers**

By Anielle Chapman, Project Manager

Artist Selena Latch displayed her work at the Wildtrout Gallery opening the middle of June. uninstall Gladys and Jack Brown in a photo estimated to have been taken in 1983. Photos were provided by the family.

**Tribe Joins in Journey to Protect Sacred Sites**

By Tony Medina, Director of Youth Center

Friday, June 20, the Chehalis Tribe hosted 15 people participating in the 2008 Peace and Dignity Journey, a week from Alaska to Panama. The Peace and Dignity Journey is an effort to heal our nations.

The 2008 Journey is focused on preserving acres of sacred sites across the Americas. Indigenous people are facing threats to our culture. We must fight against corporate capitalism that seek to exploit traditional land held sacred by the people. Without these sacred sites, indigenous peoples live in an unhealthy ecosystem on earth. People feel that the Peace and Dignity Journey is an opportunity to preserve Native American culture to participate. If you're interested in participating as a runner, contact (539) 228-0733, or pdjrunner@yahoo.com.

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Presenting the “Class of 2008” (left to right): Stephanie Medina, Sara Myer, Jimmy James, Jake Burnett, Jeremy Fanning, and Chelsea Sharp.
harvest cedar bark. A saw is used to cut from the base of the tree. A knife is used to make vertical cuts up the side and pry the bark away from the tree—enough to get a good grip on it. The bark is pulled upward to peel it away from the tree. It is an amazing how easy it is.

Cody Revay (age 11) had a little trouble, as well as a bit of fun, swinging from a stubborn strip of bark. Dino Hicks finally helped the little man. Cody helped haul the strips out to people waiting to purchase them for crafts.

Nancy Romero, Scarlet Romero, and Marie Griswold used knives to remove the bark to make it into usable material.

Marie cleaned the material with a knife to separate the bark. She then cooked it and tied it for curing. This material is used to make baskets, hats and mats. It is hard, time consuming, and monotonous work, but the finished products are awe-inspiring. Half of the bark harvested that day was donated to the Elders program.

Working alongside the Elders, learning how to harvest cedar bark, listening to their stories, and sharing our memories uplifts and recharges the spirit. It is a time of gaining knowledge. It is a time of experiencing tradition and connection with the Elders and ancestors. It is an enlightening experience.

A permit is required to harvest cedar bark. Any questions, contact Mark White, Director or Natural Resources 237-5911.

Learn about our culture—experience it for yourself!

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**Tribal Staff Profiles**

**Cindy Gamble, Health Services Director**

My name is Cindy Gamble and I am proud to be the new Health Services Director for the Confederated Tribes of the Chelatch Nation in southeast Alaska. I am an Eagle and my clan is the Kwa'x Haa'it Taan, the Man’s First Clan. My husband, Jerry, and I have three adult children: one daughter and two sons.

For the past 22 years, I have worked for the Southeast Alaska Regional Health Consortium (SEARHC). Its mission is, “To offer the highest quality health care services in partnership with Native people.” Native people care for one another and have access to health care services. Native people also have a responsibility to our traditional values of respect for our bodies, our spirit, our values, and our culture. We have to be committed to do the hard work of personal wellness and sobriety—to take care of our children, our Elders and our Mother Earth.

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**Suzanne Coombs Retires**

By Tracy Mitchel, Pro-Kindergarten Teacher Suzanne Coombs is retiring this year after eight years as a Head Start teacher for the Chelatcha Tribe. She came to us with over 20 years of early childhood education experience. Previously she worked for the Yakima Head Start Migrant Program and Olympia Childcare Center. She is moving to Baker City, Oregon, to be with her husband.

More than anything else, Suzanne said she will miss the children, their families, and the friends she made while she was here. While she is very sad to leave, she is looking forward to spending time with her husband, her children, and their families. She and her husband have plans to remodel their house, spend lots of time in the garden, and travel.

The Head Start staff hosted a going away party on June 26. Families, community members, and tribal staff stopped by to wish Suzanne farewell. She will be missed by all.

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**With a Few Simple Changes Diabetes Can Be Prevented**

By Cindy Beck, Project Coordinator

Did you know that diabetes can be prevented? Making a simple change can help decrease your risk for diabetes. Staff at the Diabetes Program (DPP) office in the Chelatch Tribal Wellness Center can help you get started on the road to preventing diabetes. Come talk to Pat Odiorne (director), Cindy Beck (project coordinator), Lynn Hoheisel (community outreach), and Cindy Visser (dietitian), or call 709-1743.

The main ingredients to good health and preventing chronic diseases like diabetes are exercise, healthy diet, stress reduction, and adequate sleep. DPP also helps people make healthier food choices and reduces calorie portion sizes. Many people know which foods are healthy but may still take the time to cook. Below is one of Cathy’s recipes that is easy to make, takes only 30 minutes to prepare for you, and is very delicious!

**Oven Baked Fish**

1/3 cup all-purpose flour
1/4 tsp. pepper
1 egg
2 Tbsp. water
2 1/2 cup crushed corn flakes
1 tbsp. grated parmesan cheese
1/8 tsp. cayenne pepper
1 tbsp. haddock filets (or other fish)

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**Fireworks**

The Chehalis Tribal Wellness Center’s 4th of July fireworks show was stupendous! It started off with salutes to get everybody’s attention, and then progressed to cakes and mortar. The finale was a combination of cakes and salutes, a dazzling display of color, light, and the sound of cannons. Congratulations and good luck!

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**A Thanksgiving Fireworks Show**

By Tracy Mitchel, Pro-Kindergarten Teacher Dina Kliahtu, Nancy Medina, Sean Ortiz, Walter Lewis, Vitali Thacker, and Bam-Bam Canales, set up and held a safety meeting. The fireworks show was stupendous! It started off with salutes to get everybody’s attention, and then progressed to cakes and mortar. The finale was a combination of cakes and salutes, a dazzling display of color, light, and the sound of cannons.