

September 2008 Vol. 1/3

Program News



Call if You Need a Bus Ride to Olympia and Centralia Areas 1-800-650-7846

The tribe's Rural and Tribal Transportation (R/T) provides bus service in rural Thurston County including the entire Chehalis Reservation. The service works a little different than regular fixed route public transportation though. Here's what you need to know:

- There are no set bus stops. Riders must call the day before they need a ride to schedule R/T to pick them up.
- If you live in R/T's service area, you can be picked up at your house.
- If you need to travel to Olympia, Lacey or the Nisqually Reservation, R/T will drop you off at the transit center in Tumwater where you can transfer to an Intercity Transit bus.
- If you need to travel to Centralia or Chehalis, R/T will drop you off at the Rite Aid on Harrison Avenue or the Amtrak station on Tower where you can transfer to a Twin Transit bus.
- R/T operates Monday through Friday from 6am to 8pm. Bus fare is 75¢.

Chehalis Tribe Domestic Violence Program Offers Much Help

The Chehalis Tribe Domestic Violence Program is a comprehensive support program for survivors of domestic violence, sexual abuse and stalking. We offer: 24-hour crisis intervention, counseling, legal and medical help, and help with safety, transportation and emergency shelter.

We are planning to start a women's circle this fall. More information will follow.

If you have any questions, please call Lori McClung at 360- 858-1574. NOTE: this number is subject to change. If you need immediate help, call 911, or the domestic violence hotline at 360-508-6870.

Harvesting Permits Available

Gathering and firewood permits are available to all Chehalis tribal members. This includes bark, sweetgrass, beargrass and other products harvested off of state and federal lands. Permits are issued through the Tribal Natural Resources Department and can usually be issued the same day.

To obtain a permit, call or stop by the Natural Resources Department 360-273-5911. We will need your name, address, telephone number and tribal enrollment number in order to complete a permit. Gathering and firewood permits are free. You must have both your permit and tribal ID card during gathering.

First Name Last Name
Street Address
City, ST Zip

www.chehalis-tribe.org
(under construction) ©Copyright 2008
CHEHALIS TRIBAL NEWSLETTER
is a publication of the Confederated Tribes
of the Chehalis Reservation.

CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦

Honoring Elders: Mae Palmer



■ Active Elder has always been a tomboy, 3



Youth Learn Canoe Tradition

■ Being a part of tribal canoe journeys means learning to be happy to see each other, supporting each other, and learning to feel the love of togetherness, 3

Celebration Kicks Off the School Year



Parents Claudia Daniels and Gerald Pickernell, III, took their children, Shyler Daniels and Walter Pickernell Daniels, to the TELO Beginning of the Year event to get ready for school.

■ Event Helps Kids and Families Get in the Back-to-School Mode

By Cecilia Kayano

Mid-August is not too early to start thinking of school, as proven by the TELO Beginning of the Year barbecue and carnival, held on August 20. Parents and kids joined in, first receiving gift cards for school clothes and supplies, then playing on the inflated carnival toys, and enjoying a barbecue.

Traci Parkinson drove from Yelm with her children Bailey, age 5, Haley age 12, and Ashlea, age 15. Although Traci was very appreciative of the gift cards, she also liked the focus the event provided. "This

event helps us all get organized, so we're not stressed when school starts," she said.

Haley was not thinking so much of stress. She was looking forward to the start of school so she could be in a cooking class, and play basketball and soccer.

Gerald Pickernell, III, and Claudia Daniels brought Shyler Daniels, age five, and Walter Pickernell Daniels, almost two. Shyler was especially happy because he will be starting kindergarten at Oakville Elementary with his cousins. Mom Claudia had mixed feelings. "I'm excited because Shyler is excited, but I'm a little sad," she said. "My little one is going into Early Head Start. He's growing up," she explained.

Gerald and Claudia said they plan to buy coats, other clothing and school supplies with the gift cards.

Employee Picnic Reminds Us of Beginnings

By Cecilia Kayano

At the employee picnic held on August 15, there were so many employees, it was hard to count. But tribal Human Resources Director Jessie Goddard can give an almost-exact number: 300! (Numbers change almost weekly as new employees are added.)

For young tribal members and new employees, it was hard to imagine the early days of the tribe, when there were few employees, and just a building or two. That's exactly what Elder George Youckton was thinking about, as he leaned back and watched the picnic scene.

"I remember when there were no employees. Everyone was a volunteer," recalled George. He was thinking about when he first moved to the reservation, in the mid 60's.

The tribal office was a tiny building, occupying only the very front part of the current building. Meetings were held on the first Tuesday of every month. About 25 people would attend. To be admitted into the meeting, you had to toss a quarter on the table when you entered the room. The money helped pay for the electricity for the meeting.

A major discussion point at that time was how to get money from the government to provide facilities and programs to help take care of Elders and youth, and provide education and jobs.

George said he hopes new employees understand the importance of education programs for tribal members. And, he hopes tribal members research their family trees. "You have to know where you came from. Knowing your family helps you know your strengths, helps you be proud. Knowing your family helps a person be a better employee, a better community member."

For all Elders watching the employee picnic scene, it was a time to reminisce. None thought the tribe would evolve to over 300 employees, and be a major economic influence in south Thurston County.

Before George got in line for his burger, he gave tribute

to those Elders. "The people who stayed on the reservation, who didn't move, those are the ones who created this. Those are the ones we can thank."

See related story, Employees, page 4



Future Employee?

Kly Meas, III, age 7 months, enjoys a potato and water at the Chehalis employee picnic. From the look on Kly's face, the picnic food was great, and the tribe's future is bright!

2008 Paddle to Cowichan Bay

Sights, Sounds, and Practicing Protocol Helps Us Know Our Ancestors

By Fred Shortman, Editor

HIGHLIGHTS:



Excitement at Sea

During the first hour of our paddle from Lower Elwah to Songees through the Strait of Juan DeFuca, everything looked good. Then, as the canoes rounded a point, the wind whipped up. It suddenly became so foggy that land on the Canadian side disappeared. Each skipper kept telling the pullers to keep pulling hard. The angle of our canoes' paths was critical on the rough seas. We had anticipated a calm day, but it had changed. A small craft advisory was issued.

We pulled for 3 1/2 hours into Canadian waters. We had to bail the canoe four times during this part of the journey. The Chehalis Canoe Family was the last one to ask for help. As we were being pulled, we had to stop to bail the canoe to prevent it from sinking. Fortunately, everyone arrived safely, cold, but alive.



Formal Protocol

Formal Protocol usually happened after dinner. It was a time honoring and respecting each hosting tribe, by sharing food, songs and dance.

Pictured left to right are: Billie HighEagle, Jodie Smith, Diana Pickernell, Deidra Hawkes, Kayley Trott, Juliet Benado, Julia Lea, Sandra Klatush, Gail White Eagle, Glen "Hook" Black, Sylvia Cayenne, Art Medina, Trudy Marcellay, and Frank Cayenne Jr.



Don't say the "B" Word

A very strictly-enforced rule was to call the canoe a canoe, not a b-o-a-t. If someone slipped and said the "B" word, they would have to cleanse themselves by taking a swim. Also, at all times, we had to honor the canoe by not tossing trash in it, and honor the water by not spitting.

Pictured taking the plunge at Solo Point, Nisqually Landing are (left to right): Brent Simmons, Todd DeLaMater, Fred Shortman and Theresa Shortman.



The Meaning of the Pink Paddles

The Port Angeles group traveling in the canoe "Healing Voyage" used pink paddles to celebrate those who have survived cancer and remember those who succumbed to it.

"The front seat in the 10-person canoe was left empty for those cancer patients who had died," Roberta "Birdie" Kimberly said. "That is their seat, those who have passed on," she said.

Tribe Takes Part in Largest-Ever Canoe Journey

By Fred Shortman, Editor

The 2008 Paddle to Cowichan was the second paddle for the Chehalis Canoe Family. Tribal members have participated in previous canoe journeys with other tribal canoe families, bringing back what they've learned and sharing the cultural, and traditional values with our canoe family. Every canoe journey is a clean and sober journey: Anyone not adhering to these rules is asked to leave.

Blessing of the Canoe, and Understanding the Journey

On Monday July 14, a blessing of the canoe Tulap was held in the tribal parking lot. Dan "Bones" Gleason Sr., blessed the canoe with a prayer. Gail White Eagle performed a traditional blessing using cedar boughs. We learned that the canoe is a living, powerful vehicle that carries the family. It is a vehicle that has fostered a grassroots movement that promotes healing, culture, civil society, community, and leadership. It has strengthened and affirmed the spiritual, cultural, and political identities of the Northwest coastal tribes.

The Chehalis Canoe Family

The Chehalis Canoe Family had 70 members participating including 14 Elders, 38 adults, and 18 youth. It was a cultural and deeply spiritual event, something that each participant will cherish forever.

The dynamics of the Chehalis Canoe Family is unique. Working, learning, singing, drumming together, and practicing "one heart, one mind" is hard to describe. Each person represented the canoe family, and was to act with honor, respecting each other, the Elders, and our traditions.

The simple act of breaking down camp and moving to our next destination reminded us of how things were long ago, gave us a glimpse of how it felt to be nomadic. We worked together packing equipment, camp gear, food, supplies, and the mobile kitchen. The ground crew was a very important part the journey.

Hearing someone yell, "Chehalis Canoe Family circle-up!" meant we needed to meet in a circle. In the circle, information was provided for that day's activities. Issues that arose were discussed and solved. We shared our thoughts and feelings. We ended the circle with a prayer for our canoe family and all other canoe families.

The Largest-Ever Journey

The two-week voyage carried us over 200 miles of Puget Sound, traveling by an ocean-going traditional canoe as our ancestors did. We paddled from Squaxin Island to our final destination at Duncan, B.C. on the Cowichan Reservation. As we paddled, it was awe-inspiring to think how the ancestors had navigated the meandering coastline of the Puget Sound for hundreds of years.

When we joined this year's journey, we had no idea that it was going to be the largest ever. Again and again, we were awestruck by the sight of dozens of canoes waiting offshore to be granted permission to land. As the journey continued, the power of

"The Chehalis Canoe Family worked very, very hard this year to make sure that this years' journey would be a success. We participated in many fundraisers; which our youth had a huge part in!! We learned how to laugh, cry, be fearful, curious, excited, have pride and honor. And the biggest thing is, we did it TOGETHER!!" said Gail White Eagle. If you would like to hear more about our family, please come to our Chehalis Canoe Family Community Dinner on Saturday, October 11, 2008 at noon at the Youth Center.

the vision of canoes in waiting never faded. We were seeing what our ancestors had seen.

Rules and Power Pulls

From the first moments of the Journey, we learned the rules. One rule was to write our names on our belongings. If anyone left an item lying around, they would have to dance to get it back.

We learned and practiced "power pulls." These were times of intense pulling, when a person in the canoe asked for dedicated prayer. When the Skipper granted permission, we would pull together, and count off a certain number as we pulled. Time after time, our spirits were uplifted. We put our hearts and souls into the prayer, into the pull. At these times, the canoe felt like it just lifted up and glided effortlessly along the water, echoing our voices with a joyful *whooshing* sound.

Learning and Practicing Protocols

The Chehalis Canoe Family skippers and Elders taught the youth and pullers the landing and leaving protocols. It was quite an honor to be called upon to recite the protocols. At first the words to say seemed easy, but the serious nature and the enormity of the event required a lot of concentration and a good heart.

Each hosting tribe had two types of protocol: formal and jam session. Protocol usually happened after dinner. It was the way to honor and respect each hosting tribe by sharing food, songs and dance. When we heard other canoe families' drums and songs, we were invited to join in. Each night's jam session was something we all looked forward to. Formal protocol was a special event as each canoe family dressed in full regalia, singing and drumming their songs, and giving gifts to honor hosting tribal Elders.

During the journey, our tribe's family continued to grow. At the Puyallup Tribe's formal protocol, all of our first-year pullers were honored by Skipper/Leader Gail White Eagle. It made us both proud and humble to know that our canoe family continued to gain support and respect from other canoe families.

Journey Ends at Cowichan Bay

The journey ended at Cowichan Bay (near Duncan BC). We were received into Cowichan territory with a traditional Coastal Salish welcome, a ceremony symbolic of ancient times when one nation would travel into the territory of another. This magnificent welcome celebration reminded us all of the importance of sharing of culture and respecting Indigenous people all over the world.

On that final day, we were witness to 106 traditional ocean-going canoes, approaching and being welcomed to Cowichan territory. Some had traveled from as far north as the Alaskan border (Tlingit) and the Queen Charlotte Islands (Haida), and as far south as Oregon. The sight was breathtaking, a vision shared by our ancestors, and now passed on to our descendents.

Chehalis Tribal Newsletter



420 Howanut Road
Oakville, WA 98568
(360) 273-5911 (office)
(360) 273-5914 (fax)
newsletter@chehalisribe.org

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Chehalis Tribal Business Committee.

The Chehalis Tribal Newsletter encourages tribal members to submit letters, articles, photographs, and drawings to be considered for publication. These are subject to editing.

Contributing writers, artists, and photographers include Chehalis tribal community members and staff.

Submission deadline: 6th of each month
Printed: First week of each month

Business Committee

David Burnett, Chairman
Don Secena, Vice Chairman
Jessie Goddard, Treasurer
Joyleen McCrory, Secretary
John Shortman, 5th Council Member

Chehalis Tribal Newsletter Staff:

Fred Shortman, Communications Coordinator



The Confederated Tribes of the Chehalis Reservation...

"People of the Sands"



Honoring our Elders: Mae Palmer

“Mae has always been a dedicated wife and mother. She still passes on her values of honesty, fairness and caring.”

Mae Verana Palmer, was born in 1917. She married Charles W. Palmer in 1935. He passed away in 1992. Mae lived on the reservation until she was 18. After she married Charles, the couple lived in Rochester, Doty and finally settled in Oakville.

Mae was raised by her mother, Gertrude Parsons, and her grandfather, Charlie Parsons at her great great-grandparents Melinda and Dave Benn’s home until she was nine. Her grandmother, Gertrude Parsons, passed away before she was born. After her mother married Edward Connors they moved into a place of their own. Mae is the eldest of six girls: Mae, Geraldine (Jerry), Barbara, Marie, Alberta, and Delores. She has two children, Charlotte and the late Charlie. She has four grandchildren, eight grandchildren and three great-great grandchildren.

Mae Verana Palmer was born in 1917. From the time she could crawl, she knew she was a tomboy. Playing with dolls was not an option. Mae much preferred horseback riding, loading hay, and playing basketball and baseball. She remembers being a pitcher in games held on the field by the old Oakville Grange. She also liked watching bone games at the Beckwith family home. Mae often went to the small tribal center to dance and listen to Frank Pete play his fiddle. She went to barn dances that her great uncle Johnny and aunt Maggie Benn held on their property at 90 Balch Road. (Johnny Benn raced horses at Long Acres in Renton). During haying season, she helped the family by loading hay. They used pitch forks to put the hay on a horse-drawn wagon.

Mae has always been a dedicated wife and mother. She still passes on her values of honesty, fairness, and caring. During earlier times, Mae went with her husband Charles to dances at Swede Hall. She enjoyed taking her family traveling, clam digging, camping. In later years, she took trips to Reno with her late son, Charlie, and his wife, Audrey. She enjoyed being invited to bowl with her daughter, Charlotte, in a tournament in Reno.

The whole family enjoyed taking their motorcycles on trail rides around the Oakville area. Mae was known for wearing her favorite heavy blue coat. She remembers Violet Starr saying, “There goes Mae on her motorcycle wearing her blue coat.”

Although Mae loved riding the hills, she had some unnerving times. “Due to an unfortunate experience on my motorcycle, going down hill made me nervous. My son Charlie, being the gentleman that he was, would go up the hill and ride it down for me.”

Mae has loved horses her entire life. After completing her chores, her favorite activity was to ride her horse to visit friends. She entered a horse race at the Elma Fairgrounds. She said, “We didn’t own a horse trailer back then, so my soon-to-be-husband, Charles, volunteered to ride him there for me. Racing was a thrill!”

After Mae married Charles, she took a break from horses. Fifteen years had passed since Mae had ridden. Then, Charlotte was riding her horse and it bolted, Charlotte fell off, and a horse trainer was needed. Mae climbed on the horse and broke it of its bad bolting habit. The horse, named Cookie, became one of Mae’s favorites.



Mae spends the holidays with her great grandchildren, Mason and Katie Karl.

The entire family joined the Black Hills Wranglers Horse Club in Oakville. It involved trail riding, horse shows and parades. Club members went on overnight trail rides to a cabin in the Capital Forest. Cars weren’t allowed up there, so food was transported by horse and wagon. She remembers those times fondly. “Whenever I see the moon, it takes me back to the moonlight rides together with my husband. These special rides will always remain deep in my heart and memories.”

One of Mae’s fondest memories was watching Charlie compete in Play Days sponsored by other horse clubs, trail riding, and watching Charlotte ride in the grand entry at the Grays Harbor Rodeo. Mae was so proud of Charlotte, because she continued to ride despite the horse accident. Imagine Mae’s pride when Charlotte was selected as one of the Rodeo Princesses.

Mae remains a Black Hill Wranglers honorary member. From her home near the Oakville rodeo grounds, Mae can hear the rodeo announcers on the loudspeakers. She always goes out to sit on her front porch, and uses binoculars to check out the rodeo activities.

Mae was also an avid bowler. She joined several leagues. She bowled until she

was 89. She commented, “It was good exercise and kept me active.”

These days, Mae stays involved with friends by playing pinochle. “I like the laughter, the conversations, the good companionship,” she said. Sometimes Mae hosts the pinochle parties, and sometimes they are at friends’ houses. She also enjoys holidays and family get-togethers and spending time with her sister, Marie Griswold.

Mae has loved her family and animals her entire life. When she read a recent tribal newsletter, she commented, “It’s great to see a tribal program helping the community to feed, spay and neuter pets. All my animals have been spayed or neutered. We need to be responsible to keep our animal companions in good health.”

In her 91 years, Mae has seen a lot of progress on the reservation. She said she is very proud of the way we are growing. “Keep up the good fight to keep our youth drug and alcohol free!” said Mae. Then she added, “Don’t forget to spay and neuter your pets!”

Mae gives special thanks to Audrey Palmer, her daughter-in-law, and her sister, Marie Griswold. “Your help and assistance is greatly appreciated,” said Mae.



Tribal Employees Get Lucky on Bottom Fishing Trip

By Andy Olson,
Fisheries Biologist

Tribal employees enjoy the bottom fishing trip at Westport provided by the Chehalis Tribe. Pictured (left to right, back) Crystal Ortivez, Shawn Ortivez, Dustin Klatush, Guy Youckton (front) Diana Pickernell, Frank Cayenne Jr., Donna Koernke, and Sylvia Cayenne.

The Chehalis Tribe sponsored a bottom fishing expedition on June 20, for tribal employees. The day began with gray skies and everyone hoping for good clear weather. About 60 employees gathered in the Westport Charter office and smiles were everywhere. All had hopes of limits and derby fish—that maybe he or she would get lucky and get a monster.

The group was divided into three boats. I was lucky enough to be on the *Lucky Pierre* and it was aptly named. We made our way out onto the vast Pacific Ocean. We waited and wondered what we would catch as we traveled to the skipper’s secret spot some 28 miles from port. A few unlucky anglers chummed for us on the way out as they suffered from seasickness.

Once we reached the fishing spot, we lowered our lures to the depth of 150-200 feet. Any deeper and there was risk of catching yelloweye and canary rockfish that are endangered off the Washington coast and cannot be harvested.

The fishing started slow but was pretty consistent, as long as we fished at the depths suggested by our skipper. The *Neddie Rose* didn’t have the experience in the spot we were fishing, and the results on that boat weren’t as good. The *Lucky Pierre* was the only one of the three boats to have limits of rockfish for everyone. We also caught the largest derby-entered ling-cod of that week. Though there were some who didn’t catch the limit or the big one, any day you can spend fishing is pretty lucky!

Tribal Staff Profile



**Lori McClung,
Domestic
Violence
Advocate**

My name is Lori McClung, (Sinixt Band) Arrow Lakes from the Confederated Tribes of the Colville Reservation. My Native name is TulQitAwit. I come from a huge family that extends from this side of the mountain to the other side, Canada and further.

I have two beautiful children and one awesome grandson. I graduated in 1996 from The Evergreen State College with a BA. Although it was one of my greatest accomplishments, nothing tops being a mother and a grandmother.

I have worked for over 14 years in Native communities in the fields of domestic violence, substance abuse and social services. I’ve conducted women and girls’ cultural support groups and coordinated tribal community programs. I’m very excited to be here and look forward to meeting you.

Summer School Sees Huge Increase in Native Students

By Tawny Willis, TELO K-12 Program Specialist

The Chehalis Tribal TELO K-12 program’s participation in the Oakville Summer School was a success. All of the staff, JJ Shortman, Misty Hill, Nathan Floth and myself volunteered daily to assist with tutoring. There were 95 students who attended summer school, the number of Native students increased dramatically. We are proud to say that 56 Native students participated in the daily classes.

Twelve Native high school students were in the program, and completed WASL preparation and testing. The number of Native middle school students was a huge surprise, because they didn’t initially sign up for summer school. It’s a proud moment when youth voluntarily commit themselves to their personal growth in education.

There were so many students participating, one of our own, Nathan Floth, volunteered to teach classes, leading by example, showing how to better yourself through education.

We will be recognizing our 6-12 grade Native students with a lunch/dinner and a movie for their attendance and participation. Great job students!!

The TELO staff was complimented on their commitment to education by the Oakville staff member, Penny Reinitz, “This is the highest Native student count we’ve ever had. Without the assistance of the TELO program staff, this wouldn’t have happened. Thank you very much for helping this year!”



Chavez Secena was well-prepared for the rigors of third grade, in part because he attended summer school at Oakville Elementary. Congratulations to all students who are in school. We are proud of you!



Johnny Bumgarner (holding cookie sheet), and Sidney Sanders (on right) hold up their favorite desserts. They were part of a dessert judging team during the employee picnic.

Employees Show Their Real Knowledge, Skills, and Abilities in Dessert Contest

The tribe was built on the efforts of volunteers, working hard to help the tribe. That was the spirit in the business committee room on Friday, August 15, as a group of volunteers sampled desserts to select the "best of the best" behind closed doors. Employees at the employee picnic eagerly awaited their decisions.

What qualified them for this highly desirable volunteer position? "We're hungry," said Bev Starr.

Diana Pickernell scanned the conference table: pineapple upside down cake, mud pie, blackberry pie, chocolate rice crispies, sugar cookies, brownies. Diana could only come up with one word (maybe due to the drooling): "Awesome."

Sid Sanders, age 11, told why he was an expert at desserts: "I'm a kid." Then he explained his criteria for picking the winner: "It's gotta be sweet."

There wasn't much talking as the committee sampled the items. John Shortman interrupted the lip-smacking when he exclaimed, "Oh, man!"

Johnny Bumgarner entered the judging a bit prejudiced. He's a cookie man. After sampling he said, "I liked the almond cookie."

The judges voted. Diana meticulously tallied. Shelby McCrory won for best cookie (almond topped butter cookie). Nadine Burnett won best pie (wild blackberry). John Shortman won best cake (chocolate sheet cake). Congratulations and *yum!*

Grand Mound

(continued from page 1):

was a strongly favored enhancement, with professional services and tourism/recreation coming in a close second. The most frequent suggestions for retail and professional services included restaurants, a major grocery store, clothing stores, factory outlet stores, and a beauty salon. Tribal members also would like to see small, local owned businesses like a laundromat and an automotive service store.

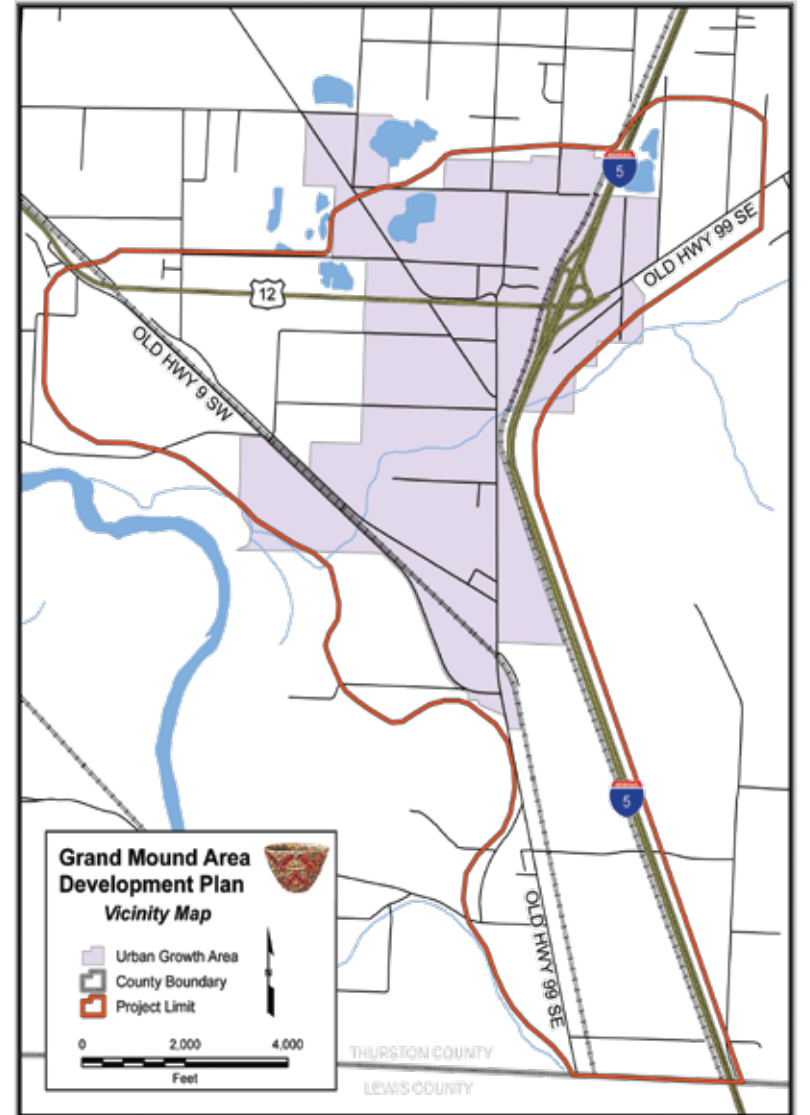
Other ideas for Grand Mound include the addition of locally-themed retail, single family homes, townhomes, outdoor shopping plaza, a movie theater, and a family entertainment source, such as a Chuck E. Cheese's or Bullwinkle's.

The top choices for the local residents are the addition of sports fields, an amphitheater, library and civic center.

Grand Mound residents also want to see more public recreation for family-oriented activities. Both tribal members and residents agree on focusing on improving the area for their families, by adding parks, and trails for walking and bicycling.

Results also showed that people believe the traffic congestion has increased since the Great Wolf Lodge has opened, attracting many people to come and admire its beauty and take family vacations. Recommendations include adding more bus service to reduce

the congestion and adding bike lanes for people who commute on their bicycles. Many residents are enthusiastic about the new businesses coming to their area and are thankful that the tribe is taking part in the renewal of Grand Mound. People have been noticing changes in the last few years, citing that "the meth house next door is gone and the used car lot has cleaned up." There are still many changes to be made in Grand Mound. Developing a 10-year plan will guide the growth and fit the needs of the county and citizens of the city. Only great things will come from developing these improvements together.



Family Service Program Offers Fun Family Activities

By Lorrie Bonifer, Prevention Coordinator, Family Services

The Family Services Program works with families and youth by assisting families dealing with drug, alcohol, and tobacco use by hosting speakers, events and family dinners.

Scheduled activities include: making drums, pots, loom bead work, and medicine bags. On Saturdays, a dance instructor will teach hip/hop, stomp, and a variety of other dance styles. We have purchased a pow-wow drum for those interested in drumming. We will be providing basic cooking classes, family night bowling, and family night bingo.

Several family outings are planned,

including laser tag in Lacey, glow-in-the-dark golf in Olympia, fantasy lights in Yelm (a beautiful display of Christmas lights that you drive through), and a visit to Wolf Haven. Transportation will be provided.

We will provide family strengthening classes, relationship classes, a fatal crash seminar, and parent speak-up meetings. A calendar will soon be available through the Family Services Program.

If you have any questions or ideas, please stop by the Community Resource Center (old clinic) and see Lorrie Bonifer, Prevention Coordinator or contact her at 360-709-1717, lbonifer@chehalistribe.org.

50 Tribal Members Attend Talk on Dangers of Tobacco

On July 29, Gruen Von Behrens traveled from Illinois to visit the tribe. Approximately 50 people came to this event. Gruen explained the dangers of tobacco and told what he had to go through while battling cancer. He endured over 30 surgeries to get rid of the cancer. Gruen had a large portion of his mouth and jaw removed, along with most of his tongue.

Following his presentation, Gruen and his wife were given an honorary gift of a Pendleton blanket. Tribal members thanked him for traveling so far to share his strong message.

Dean Johnny and his son, Little Bear, were affected by Gruen's talk. "I quit smoking ten years ago, but I still have the urge to smoke and chew," said Dean. "But, his speech today just reaffirmed my decision to quit!"

Added Little Bear, "This is why my dad doesn't smoke anymore. I'm happy he doesn't!"

Gruen's presentation was a huge success and touched many people.

The Family Services Prevention Program would like to thank Gruen and every person who attended this great event.

General Council Annual Meeting

Saturday, November 8, 2008 10:00 - 3:00

Youth Center

Election Day

Watch for flyers!

Simple Test Can Prevent Cancer for Yourself and for Your Daughter

Having a regular Pap test is one of the best ways to help protect against cervical cancer. A Pap test looks for abnormal cells (that are caused by HPV) in the lining of the cervix before the cells become precancerous or cancer.

A woman's first Pap test should be three years after becoming sexually active or at age 21—whichever comes first. After that, a Pap test should be part of a yearly gynecological exam. For girls who are not old enough for a Pap test, regular wellness visits are a good way to start lifelong, healthy habits.

Please contact the Chehalis Tribal Wellness Center and make your appointment for your annual women's health exam, for your Pap test or to talk to your provider to get the facts to help protect your daughter against cervical cancer.

Please contact Christina Hicks, NWWP, Outreach Worker, 360-709-1741, chicks@chehalistribe.org.

Chehalis Tribal Wellness Center

Health Fair

October 14, 2008
9:00 - 3:00

Lucky Eagle Casino

If you have any questions or concerns, please feel free to contact Orinda Goddard or Cindy Gamble at

273-5504

Mammogram Clinic

September 15, 2008
9:00 am to 3:00 pm
The Chehalis Tribal
Wellness Center

Free snacks, incentives, breast care, information, door prizes—including a Pendleton blanket

Please call the clinic at 360-273-5504 to schedule your appointment. If you have any questions regarding your eligibility, please contact: Christina Hicks, NWWP Outreach Worker at 360-709-5504

Breastfeeding Your Baby is Good for Baby and You

Did you know...breastfed babies are less likely to have ear infections, diarrhea, colds, and the flu?

Breastfed babies may be less likely to become obese. Research shows that obesity is part of the reason that many Native people suffer from type 2 diabetes.

Babies were born to be breastfed. Choosing to breastfeed honors the traditions of American Indian and Alaska Native families. The practice of breastfeeding respects our heritage, communities, and our future.

The 3rd Annual Chehalis Basin Watershed Festival

Saturday, September 27, 2008

10:00 - 4:00

The Log Pavilion in Aberdeen

The festival includes: Informational displays related to the watershed, salmon and water quality, a kids trout pond, Chehalis Tribal salmon bake and other fun stuff.

Mark your calendars!!