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 is 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 R-T 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¢.

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 Riley, 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 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 Shayler Daniels, age five, and Walter Pickernell Daniels, almost two Shayler was especially happy because he will be starting kindergarten at Oakville Elementary with his cousins. Mom Claudia had mixed feelings. “I’m excited because Shayler 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 clothes, other clothing and school supplies with the gift cards.

Future of Grand Mound

By Sarra Barnett-Lisle, Administrative Assistant, Planning Department

With the Great Wolf Lodge an obvious success thus far, marked by the jam-packed parking lot, what can we expect to see in the coming months and years? With the lodge open now and expecting to bring in over 300,000 people to the area, businesses are seeking to set up their camps and grow the local economy. Michael Cade, the executive director of the Economic Development Council in Thurston County, said that he has fielded many inquiries from tourism and retail-based businesses that want to locate in Grand Mound.

Now that there are ideas floating around about the development of Grand Mound, who can we, as tribal members, expect to see happening in the next few years? At the May 29 and July 24 meetings, many ideas were generated for the Chehalis Tribe and Thurston County to improve the town. From a movie theater to more housing, the community gave their input on what would raise Grand Mound from mediocre to magnificent.

The Grand Mound 10-Year Development Plan project began in February when the tribe hired Foster Maud Alongi, a consultant firm. They developed and distributed a survey amongst tribal members at a meeting on May 29 asking for opinions on the current state and vision for the Grand Mound area. Another survey was filled out by Grand Mound residents on July 24 asking for opinions on the town’s future and what changes they would like to see. A total of 76 questionnaires were completed, 34 filled out by tribal members and 42 by local residents. The results of the survey showed that the tribal members and the citizens of Grand Mound had very similar thoughts: 43 of the 76 surveys expressed that retail and tourism would raise Grand Mound from mediocre to magnificent.

The Grand Mound 10-Year Development Plan is taking off. Through the continued meetings and surveys, the tribe has plans to start developing plans for the town to achieve the 10-Year goals. The Grand Mound 10-Year Development Plan is a comprehensive support program for survivors of domestic violence, sexual abuse and stalking. It offers 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 transportation and emergency shelter.

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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 importance of using our voices to write our names on our belongings. If anyone left an item behind, they would have to dance it back to get it.

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 lists were so long, 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 dances. When we heard the drumming and songs, and songs 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 Payapall 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 the journey was almost over, and we gained support and respect from other canoe families.

Journey Ends at Cowichan Bay

The largest ever canoe journey was from 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.

“The Chehalis Canoe Family worked very, very hard this year to make sure that this year’s 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.
Tribal Staff Profile

Lori McClung, Domestic Violence

My name is Lori McClung, (Sasnkt Band) Arrow Lakes on the Colville Reservation. My Native name is TaoKalautl, a name which means 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 conducted tribal counseling. I'm very excited to be here and look forward to meeting you.

Summer School Sees Huge Increase in Native Students

By Tammy 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 Shimroman, Mary Hill, Nathan Foshy 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 middle school students were in the program, and completed WASS 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 you see the results of what has been accomplished.

There were so many resources participating, one of our own, Nathan Foshy, 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 our dedication to education by the Oakville staff member, Penny Reinitz, “This is the highest Native student count we’ve ever had. I want to give special thanks to the assistance of the TELO program staff, this wouldn’t have happened! Thank you very much for helping this year.”

Tribal Employees enjoy the bottom fishing trip at Westport provided by the Chehalis Tribe. Participating in the 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 catching rockfish—that maybe he or she would get the limit or the big one, any day you can catch rockfish for everyone. We also caught the yelloweye and canary rockfish that were fishing, and the results on that boat weren’t as good. The other two boats to have limits of rockfish for everyone. We also caught the yelloweye and canary rockfish that were fishing, and the results on that boat weren’t as good. The other two boats to have limits of rockfish for everyone. We also caught the yelloweye and canary rockfish that were fishing, and the results on that boat weren’t as good. The other two boats to have limits of rockfish for everyone. 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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 theme 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 Pickemell 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.”


Grand Mound (continued from page 1):

It was a strongly attended event, 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 specialty salon. Tribal members also would like to see small, local businesses and a law office, as well as 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 Buckwinkle’s.

The top choices for the local residents are the addition of sports fields, an amphitheater, 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 biking.

Retailers 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 Loriene 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, stamps, and a variety of other dance styles. We have purchased a powwow drum for those interested in drumming. We will be providing basic cooking classes, family night bowling, and family night bowling.

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.

The program 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 Loriene Bonifer, Prevention Coordinator or contact her at 360-709-1717, bonifer@chehalistribe.org.

50 Tribal Members Attend Talk on Dangers of Tobacco

On July 29, Green Von Behrens traveled from Illinois to visit the tribe. Approximately 50 people came to this event. Green 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. Grand Mound is a portion of his mouth and jaw removed, along with most of his tongue.

Following his presentation, Green and his wife were given an honorary gift of a Powder Puff and beauty salon. Tribal members thanked him for traveling so far to share his strong message.

Dean Johnny and his son, Little Bear, were affected by Green’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!”

Green’s presentation was a huge success and touched many people. The Family Services Prevention Program would like to thank Green and everyone who attended this great event.

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 likely to become cancerous) in the lining of the cervix before the cells become precancerous or cancerous.

A woman’s first Pap test should be three years after becoming sexually active or at age 21—which 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.

Contact Christina Hicks, NWWP, Outreach Worker 360-709-1714, chicka@chehalistribe.org.

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 are also less likely to become obese. Research shows that obesity is part of the reason that many Native people suffer from type 2 diabetes.

Breastfeeding was common in the past. Choosing to breastfeed honors the traditions of American Indian and Alaska Native families. The practice of breastfeeding respects our heritage, communicates, and our future.

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Grand Mound Annual Meeting

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

Election Day Watch for flyers!

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 Drinda 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 give your doctor a call at 360-273-5504 to schedule your appointment.

If you have any questions regarding your eligibility, please contact Christina Hicks, NWWP, Outreach Worker 360-709-5504

Breastfeeding Your Baby

Is Good for Baby and You

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Mark your calendars!