

July 2009

Vol.  
2/7

# Program News

## WIC’S New Food Choices Coming in October

By Patty Suskin, Registered Dietitian with SPIPA

Check this out:

- Fully breastfeeding moms will get the biggest WIC food package! More food than in the past including: canned tuna, salmon, sardines or mackerel, milk, juice, eggs, bread, fresh fruits and vegetables, peanut butter and beans.
- Breastfed babies over six months will get the most infant foods - baby food meats, jarred baby fruits and vegetables, and baby cereal.
- Partially breastfeeding moms will receive more food than postpartum moms.
- Postpartum moms not breastfeeding will be eligible for WIC for only six months after the baby is born.
- Breastfeeding moms are eligible for WIC for one full year after the baby is born.
- The amount of formula provided for infants will be reduced.
- No juices until after one year old.
- Children age two or over will receive 2%, 1%, or fat-free milk only (whole milk will not be available).
- Children’s packages will include one pound of cheese only.
- 1- 4 year olds and women will receive vouchers for fresh fruits and vegetables.
- 1- 4 year olds and women will receive 100% whole wheat bread, tortillas, oatmeal, bulgur or brown rice.

For additional information, contact Debbie Gardipee-Reyes at 360-462-3227 or check out Washington State WIC web site <http://www.doh.wa.gov/cfh/WIC/newfoods.htm>

## You Can Help Others With Health Insurance

Do you or someone you know want to have more meaning in your life? Do you want to do something satisfying and of great service to your community? Then become a Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine volunteer! As a free service offered to consumers by the Washington State Office of the Insurance Commissioner, we need volunteers who want to help others in Lewis, Thurston, and Mason Counties get access to health care coverage.

- The only qualifications we require are:
- A desire to help people in need
  - No affiliation with an insurance company
  - Ability to ensure client confidentiality
  - Willingness to provide unbiased information

We train our volunteers to answer questions about health care coverage, make referrals, help evaluate and compare options, facilitate meetings, give presentations, provide office support, and much more.

You don’t need any health insurance knowledge – all you need is a desire to help others out of the Office of the Insurance Commissioner in Tumwater.

For more information, call us at 1-800-562-6900 and tell the operator you want to talk to someone about volunteering for SHIBA.

CHEHALIS TRIBAL NEWSLETTER



♦ “People of the Sands” ♦

## Honoring June “Tiny” Elders: Jones



■ She loves to attend church, and says, “It is a good way of life,” page 3



## 21 Head Start Students Graduate in June – Make Tribe and Families Proud

■ Many community members turn out to celebrate with graduates as they set sights on kindergarten, page 2

## Tribe Honors High School Graduates and Encourages Them to Continue Education



**At the recognition dinner 2009 high school graduates display their Pendleton blankets: (LR) Halisa Higheagle, Jerry Meas, Todd DeLaMater, Jacob Secena, Chelsey Potter, Hillary Powell, and Courtney Brown. Not pictured: Twins-Darrin Jr., and Daniel Jones, Britney Charley and Micheal Russell.**

By Jason Gillie, TELO Education Coordinator

June 16 was a night to remember for all. The TELO program was busy all week long preparing for the banquet which honored eleven graduates and their families. The room was adorned with colorful balloons and decorations. The Lucky Eagle Casino provided parmesan chicken and lasagna. Two-hundred-and-fifty people turned out to share in this momentous occasion! After dinner Chairman David Burnett opened the evening with a short speech assuring the graduates that the Chehalis Tribe is behind their decisions and wished them a bright future. Next in line to speak was the nervous Higher Education. Coordinator, Racheal Mendez. She encouraged each graduate to seek their calling in life. She also mentioned the happiness and fulfillment in life can

happen if one does what they love. High School was simply a stepping stone to a greater life. After Rachel’s speech, JJ Shortman raffled off the names of each parent or guardian. Each family picked a gift of their choice from prizes ranging from a George Forman grill to gift cards for restaurants such as the Olive Garden, and Red Lobster. The keynote speaker for the night was Rodney Youckton, who encouraged all graduates to pursue their educations. He read a poem to the graduates titled “The Race” by D.H. Groberg. The poem was touching, and encouraged the young adults to never give up. Sometimes life gives us hard times and we feel discouraged, but if we try hard and get ourselves up again, we can accomplish whatever it is we want. TELO would also

See Graduates, page 4

## Economy Affects 2009 Fireworks Season

By Fred Shortman, Editor

The tribe’s annual fireworks season is a time for families to set up small businesses to earn a little extra spending money. The fireworks stands are located throughout the reservation; Thunder Valley 1 and Thunder Valley 2, Top of the Hill, Thunder City Mall, Indian Country, Moon Road and one stand at the Tribal Center parking lot. This year, the tribe made accessible a new place to set up -- “Thunder Alley.” There were 99 stands set up throughout the reservation, which was 23 more than last year.

Each year stand owners select the location for their stand, naming their stand, building it, painting and then filling it with stock. That’s just the start. Then the owner hires and schedules employees. It’s interesting how each stand owner approaches sales and decides on the stock to sell. Many fireworks stand owners depend on their return customers who they refer to as “Repeats.” The veteran stand owners are always looking forward to building a bigger customer base. Many of the new fireworks stand owners are learning the ropes to selling fireworks. It is a highly-competitive business and many have difficulty their first year. This year, because of the economy, some didn’t make a profit after paying expenses. Jody Smith said, “It was my first year as a stand owner. I was glad to make a little more than I did when I was just a helper for someone else.” Many customers traveled great distances, continuing their annual Fourth of July tradition of purchasing fireworks at a Chehalis tribal stand. Some customers purchase fireworks to celebrate a birthday, wedding or even save some for the

See Fireworks, page 4

## Fish and Smiles are Caught by All at Tribe’s Annual Head Start Fatherhood Fishing Day

By Andy Olson, Fisheries Biologist

The pond was stocked in preparation for the Head Start’s Fatherhood Fishing Day. On June 11 the weather was great for fishing and enjoying the outdoors together with family. This year the Natural Resources Department suggested the use of the tribal property in Grand Mound for the Fatherhood Day. Everyone was happy to see the new location, and that there was no mud. Last year was miserable: It was cold and rainy and the field was muddy. This year we had partial clouds and not too hot weather and the kids loved it almost as much as the adults. The Fisheries Department arranged for over 500 fish to be stocked the day before and they proved to be willing biters, although some were hoping for more bites. Greg Burnett was a great host, since we were using his leased pasture. He moved his horses out for us, and they had done a great job of eating the grass so it was much easier to get around. The smiles were plentiful with

catches of crappie, sunfish, large mouth bass, northern pikeminnow (Chub), and the stocked trout. Head Start provided lunch supplies and Fisheries barbecued the hotdogs and set up the spread for

the kids and their parents. Altogether it was a great day and we are all looking forward to next year. There was talk of an event this summer, so keep your ears open and watch for the posting.



**Josh Terry spends the day with his daughter Lauryn (age 4) at the tribal property on Fatherhood Fishing Day. Josh said, “This is awesome! It’s one of the best days we’ve spent together.”**

Chehalis Tribal Newsletter  
PO Box 536  
Oakville, WA 98568

\* Return Service request

FirstName LastName  
Street Address  
City, ST Zip

PERMIT STD  
US POSTAGE PAID  
OAKVILLE WA  
PERMIT No. 2

[www.chehalistribe.org](http://www.chehalistribe.org)  
(Available-Under Construction) ©Copyright 2009 CHEHALIS TRIBAL NEWSLETTER is a publication of the Confederated Tribes of the Chehalis Reservation.



2 **Head Start Students Graduate and Celebrate With Families and Friends**



**The 2009 Head Start graduates are off to kindergarten. Bottom row (LR): Xander Klatush, Brandy Fair, Kassidie Jones-Caprio, James Woosley, Kaylena Delgado. Middle row (LR): Christopher Lewis, Marissa Kohl, Sara Petrick, Tristan Knutson, Emily Hipps, Mei-lien Tanner, Josalyn Wilder, Anthony Groninger. Top row (LR): Annie Brown, Antonio Garcia Del Rio, Javier Gutierrez, Tiani Carr, Caitlin Berg, Kai Ramirez, Derek Ruymann. Pictured on front page: Timbre Hill. Not pictured: Shayden Baker.**

*By Tracy Mitchell, Pre-K Teacher*

Twenty-one children graduated from the Chehalis Tribal Head Start program and are off to kindergarten. The graduation ceremony was held at the Youth Center on June 26. Diane Devlin and Sally Pikutark presented a beautiful inlaid globe that belonged to their late brother, Terry Devlin. The globe symbolizes one of Terry’s wishes for the children of the Chehalis Tribe: He wanted them to have the world. The globe now stands in the foyer of the Head Start building to be admired by all, and will be shared throughout the classrooms for all the children to enjoy.

Chairman David Burnett spoke to the

graduates and recited excerpts from “Oh the Places You’ll Go” by Dr. Seuss. Each graduate received a cedar medallion made by Elder Evelyn Penn. They also received graduation photos, a sweatshirt and a backpack which was purchased with money raised by the parents of the graduates. The Lucky Eagle Casino donated a delicious meal for the families and community.

We would like to thank the Business Committee, Tony Medina and the Youth Center staff, the Lucky Eagle Casino, the parents of the graduates and the community for supporting this event. It was a time of celebration and joy.

## Tribe’s Drum-Making Class Illustrates Significance of Drums to Native People

*By Dianne Devlin Cultural Coordinator*

On June 20, 17 community members attended a drum making class sponsored by the Cultural Program which offered two types of drums for participants to make a traditional hand-held Salish drum with a frame made of steam-bent wood and a smaller version of a hand-held drum (the baby drum) made from an eight-sided wooden frame for children eight years old and under. Both types of drums were offered to young children, parents, and grandparents who wanted to make a drum for their little ones. The smaller drum frames were hand-crafted by a local wood worker, Foster Gillie.

After participants completed their drums, they made drum sticks out of branches with wrapped rawhide tips. Each drum stick was cut to a specific length for each person, so that they would feel comfortable while drumming.

A second class will be offered in the latter part of July with the remaining materials left over from this class. We had 25 adult drum kits and 25 children drum kits. Most of the adult drum kits were used for this class. This means most of the drum kits for our next class are for children. We are hoping many parents or grandparents will want to make a special gift for their budding traditional singers.

### Drums Have Long History

Drum making dates back hundreds, if not thousands, of years. Because of the types of materials used, most drums did not survive to tell their stories. What we do know is that drums fall into three categories: Single-headed drums, double-headed drums and kettle drums. All of these drums are beaten with sticks of many shapes and sizes. Most

tribes beat on the outside of the drum, except the Inuit of the far north who beat against the inside.

Drum materials from tribes across America were modified to fit available regional materials. Tribes still use many of the same materials to make drums today. Rawhides are stretched and tied over the drum to create the drumhead. The base of drums varies. Some are made from hollowed-out tree trunks. Others are wood panels bent into circles, or wood made into eight-sided frames.

- Single-headed drums commonly utilize deer, cow or caribou hide stretched across a wooden frame that has been soaked and formed into a circle.
- Double-headed drums (covered by hide on top and bottom) are also used by numerous tribes and have become a fixture on the Powwow circuit.
- Kettle drums are usually made from wooden, ceramic or metal containers covered with some type of hide or rubber. Often the kettle drums are filled with small amounts of water to give a different tone. These are referred to as water drums and used most commonly by the Native American Church.

### Why You Keep Your First Drum

The drum is a powerful instrument and is broadly considered to be the first musical instrument used by humans. Indigenous people throughout America refer to the drum as the “heartbeat of Mother Earth”. Drums are used for dances, ceremonies, games and sacred practices. In the Americas, the drum has a history that dates back to pre-Columbian times. Remnants of wooden cylinder drums, and small pottery drums found in Central Mexico, Peru, and other parts of America have dated back to AD 700: Older examples most likely existed but succumbed to the elements.

It is our tradition that the first time you make something, you must give the item away, but not if you make a drum. When you sing with the drum you have made, you are giving a gift each and every time you use it.

**Instructor and Chehalis Tribal Elder Elaine McCloud helps Shayna Pickernell, age six, trim deer hide before assembling it on a drum ring.**



## Event Teaches Children About the Hazards of Smoking

*By Lorrie Bonifer, Prevention Specialist*

On June 17, Jesse Youckton and Meghan Sullivan, from a non-profit organization called TOGETHER that focuses on youth violence, alcohol, tobacco and drug prevention in Thurston County, helped lead a tobacco trash clean up day which began at the Youth Center. The event occurred in collaboration with the Chehalis Tribe Substance Abuse, Tobacco Prevention Program and the SDPI Diabetes Programs. Healthy breakfast smoothies, and a healthy lunch was provided to all the volunteers. Using gloves and plastic baggies, over 15 participants walked around the Youth Center, the baseball fields, Head Start and Elders Center, Tribal Center, and the Wellness Center collecting approximately 10 pounds of cigarette butts, cigarette and chew can packages, etc!

Discarded cigarette butts, packages, and other tobacco-related debris pose a significant litter burden. Cigarette butts are the most littered item in the world. Cigarette butts are non-biodegradable, and they find their way into storm drains and then end up poisoning fish and birds who swallow them as well as polluting our rivers and oceans.

Butts are also a potential hazard to young children. Poison control centers and emergency rooms report incidents caused by children ingesting cigarette butts. In addition, children can be burned by adults holding cigarettes down by their sides, which are just at the right height of children’s faces and arms. Discarded smoldering cigarettes can also burn children who are barefoot or who pick up the butts with curious fingers. Cigarettes also pose a significant fire danger, killing more young children than all other unintentional injuries combined according to the University of Wisconsin School of Medicine.

Youth are also very impressionable. They watch their parents and Elders, learning from their behaviors more than their words. When youth are exposed to adult role models smoking, they learn that smoking is socially acceptable. The risk for children becoming smokers or using tobacco is reduced when the role modeling of adult smoking is taken away.

Tobacco use also exposes everyone to secondhand smoke. Anytime we smell

cigarette smoke, we are being exposed to secondhand tobacco smoke! Secondhand smoke (SHS) outdoors does not just float away. On a windless day, secondhand smoke initially rises, but as it cools it begins to sink and will hang in the typical breath space for children and adults. If there is wind, the smoke can often blow right into someone’s face. Secondhand smoke contains a large quantity of repairable particles which can cause not only breathing difficulties for those with chronic respiratory diseases but also eye, nose, and throat irritation upon contact in healthy people. Some health effects associated with exposure to secondhand smoke include decreased respiratory function, and pulmonary development in children, as well as reduced immune function in people of all ages. SHS causes hundreds of thousands of cases of pneumonia, bronchitis, asthma, and middle ear infections, as well as sudden infant death syndrome (SIDS) and also triggers and exacerbates asthma attacks.

Assisting and supporting people to quit tobacco is an important goal for communities who are concerned about all of the health consequences for tobacco users and folks who encounter second hand smoke. On average it takes eight attempts for people to successfully kick the habit. The Washington State Tobacco Quit Line offers free information and help quitting online and over the phone: [www.quitline.net](http://www.quitline.net) or 1-800-QUIT-NOW. Contacting the Quit Line can double people’s chances of success!

The Substance Abuse, Tobacco Prevention Coordinator, Lorrie Bonifer, the Youth Center and TOGETHER! Staff will be collaborating to organize another tobacco trash clean up event (see flyer page 4). All litter that is collected will be presented to the Business Committee this fall. We will be requesting the committee to consider potential opportunities to better protect the health of all of our tribal members including our youth and Elders, whose immune systems are more fragile while preventing our youth from starting to use tobacco. If you are interested in quitting smoking or working toward clean air policies, please contact Lorrie Bonifer at 360-709-1717 [Lbonifer@chehalistribe.org](mailto:Lbonifer@chehalistribe.org).



**On Kick-Butt Day, volunteers and youth picked up about 10 pounds of cigarette butts. Top (LR): Tres Meddaugh Daniels, Jacqueline Bray, Johnny Atkins, Anne Marie Youckton, Isaak Hofstetter, Zachary Vanuelos. Middle (LR) : Savanna Bush-Bird, Leo Daniels. Front: Meghan Sullivan, Jared Simmons, Jesse Youckton. Not pictured: Kirsten Secena, Tianna Kalama and Dewey Gleason Wheeler.**

## Chehalis Tribal Newsletter



**420 Howanut Road  
Oakville, WA 98568  
(360) 273-5911 (office)  
(360) 273-5914 (fax)  
[newsletter@chehalistribe.org](mailto:newsletter@chehalistribe.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: Each month

Business Committee  
David Burnett, Chairman  
Don Secena, Vice Chairman  
Jessie Goddard, Treasurer  
Cheryle Starr, Secretary  
Dan Gleason, Sr., 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: June “Tiny” Jones

“...met her husband Jake Jones while attending services at the Little White Church and has been married for the past 54 years...”

I am proud to be a member of the Chehalis Tribe. I was born June 9, 1934 at home in Oakville. My parents are Wesley Jack Brown and Gladys Beckwith Brown. My Chehalis grandparents are Ernest and Lizzie Beckwith. My great-grandparents are Suzie Sickmon and John Beckwith.

I have been married to Jake Jones for 54 years. I met him by going to the Little White Church, and I have been going to church ever since. It is a good way of life, both exciting and challenging. We have three daughters, Francine, Yvonne and Janet and one son, Dennis. We have 17 grandchildren and 17 great-grandchildren.



June and her husband, Jake Jones, celebrate their 50th wedding anniversary with their children (LR) Dennis, Janet, Yvonne, and Francine.

I grew up on the reservation. Sometimes we lived at my grandpop’s house. Most of the time, we lived at our farm on Moon Road. Whenever I would visit my family on the reservation we would travel down Moon Road. This brought back memories of the way of life living on the farm. All nine of us kids helped by doing the farm chores, getting wood and picking berries when they were in season. My mom canned all the vegetables and fruit, so we never were without food.

I went to the Oakville School. We walked from Moon Road to the County Line Road to catch the bus. We would cut across Elsie Smith’s yard to catch the bus. Cindy Davis-Andy caught the bus there too, but she attended school in Rochester.

Another neighbor, Annie Jack, lived on the corner of Moon Road.

While living at grandpop’s home on South Bank Road, we enjoyed playing with our aunt Lois and uncle Bill Beckwith. We also enjoyed playing baseball and football with our uncles Robert and Richard Beckwith in the field on the farm. When Alberta and Delores Conner came over we always had a ball game going. Sometimes it was sock ball or shad ball. Being kids, we were always thinking of ways to have fun

after our chores were finished.

When we lived on Moon Road, my dad would go to cut wood at Hayden’s property. We would enjoy playing ball with the Youckton children, Chops, Mel, Clara and Mutt. Other games we enjoyed playing were anti-eye-over, red light green light, and tag. Even though we didn’t have television back then, we were never bored.

On family nights we would gather in the living room listening to the radio as they broadcasted shows like the Lone Ranger, Intersanctem, Mystery Blondie, etc. It was exciting, as we were left awaiting the next story.

Families back then used to help each other with jobs that needed to be done, from haying or building homes, supporting each other, learning and enjoying each other’s company as the tasks were finished. It was hard work, but together things were accomplished.

I remember Tribal Days: There was always a free clam bake. We brought picnic lunches and ate under the oak tree. There were always fun games and races provided for the kids. There was a tug-of-war, dry canoe races, foot races, wheel barrow, and sack races. At the end of the day my dad and grandpop played Slahal games under the old

oak tree.

Another memorable holiday was Christmas Eve at the old school house. Frank Pete was Santa Claus, and brought treats for everyone who attended. When missionaries had Sunday school the children practiced for the Christmas Eve show. When the night came each child would stand on stage and recite their parts. Like I said, “There was never a dull moment.”

Later my dad became a logger. He worked hard all his life. My mom was a hard worker too. She could do anything, even fix cars. All of us kids (nine of us) helped with doing farms chores, getting wood and picking berries.

When I was in the ninth grade, we moved when my dad got a job logging in California. While living there I graduated from Arcata Union High School in 1952. During the summer months, I would return to the reservation to earn extra money for school clothes working for the local berry farms. I also remember catching the truck with everyone from the reservation to work at the hop fields in Chehalis.

While going to the Little White Church, I met my husband Jake Jones. His father would bring his family to the Little White Church services. We would also go to attend

camp meetings at Little Boston. Jake was a kind and gentle man. At age 20 he proposed and I accepted. We were married and had a family. I have been living in Little Boston for about 45 years which I enjoy. I also enjoy going back to Oakville to visit family and friends. My life there brings back so many fond memories.

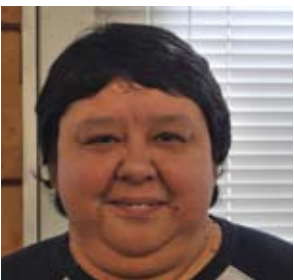
As my children grew a little older, I went to work, then onto college. At the age of 47 I received my bachelor’s degree from Antioch University in Seattle. I worked for many years in the Early Childhood Program here in Little Boston. I still teach Early Childhood classes for Northwest Indian College to staff at the Early Childhood Program.

In the early years, there wasn’t much business available for the tribe. My grandpop Earnest Beckwith was the chairman at one time. Seems like the Indians existed and BIA handled the business or else they told tribes what they could do.

I am pleased with the progress the Chehalis Tribe has made in recent years. The tribe is good to us senior citizens. Thank you to the tribe for the benefits.

# Tribal Staff Profiles: Accounting and Communications Coordinator

Hello, my name is Geraldine (Gerrie) Sanders. I currently work in the Accounting Department as the Accounts Payable Manager. I enjoy working for the Chehalis Tribe and my work in the Accounting Department keeps me very busy. There are always bills to pay and new software to learn.



Gerrie Sanders,  
Accounting Payable  
Manager

I was hired to work at the front desk answering the telephone with Joyleen McCrory.

In 1976 I was transferred to the Accounting Department. (Funny, I still have my first job description initialed by Chairwoman Virginia Canales.) I have been in the Accounting Department for 33 years!

Margie Youckton and I were the only two employees in the Accounting Department for many years. Gradually more employees were hired as the tribe grew and received more funding through grants and contracts. Presently there are 13 employees in our Accounting Department.

Since being involved with the Chehalis tribal community, I love watching baseball, and have traveled with the Tomahawks to different reservations for ball tournaments.

I enjoy watching my grandchildren playing sports. Sidney’s active schedule keeps Ray and I very busy with baseball games during the spring, and in the fall and winter months with his Jr. League Bowling. I also like cooking and baking when I have time! I enjoy working for the Chehalis Tribe and have been involved with the community since living here.

Hoyt, my name is Fred Shortman. I am a tribal member and the Communications Coordinator for the tribe. My mom is Faith Secena, and my grandparents are Nancy (Beckwith) and Murphy Secena. I have two sons, Daryl and Alexander, from my first marriage to Carmen Pickernell-Shortman. I’m presently married to Theresa Pope-Shortman and have three stepchildren: Shaquille, Azlynn and Jubilee Kainz.



Fred Shortman,  
Communications Coordinator  
Editor for the Newsletter

I was raised in a foster family from age seven and graduated from Langley Jr. Sr. High School on Whidbey Island. In 1982 I returned home. I applied for a job with the tribe and was hired as the Senior Citizens Coordinator. That was a special job for me, working and learning from the seniors. I was honored to have spent that time with them.

I’ve continued working for the tribe in different jobs since then, spending the last 16 years working in law enforcement, before becoming the Communications Coordinator for our newsletter. It has been one year since I started writing and editing our Chehalis Tribal Newsletter.

My favorite hobbies are bowling, fishing, karaoke, and billiards. I enjoyed

playing basketball and baseball when I was younger. I’ve coached little league and football for Oakville. My other hobby is painting and my latest challenge is learning how to carve. I’ve been fortunate to attend tribal classes on carving and language. I would like to thank Mr. Wilson for carving and Elder Katherine Barr for teaching the

Chehalis language. Working with the youth really inspires me with the good energy they bring to the classes.

I found out I had type 2 diabetes in 2000. By committing to a lifestyle of proper eating and exercise, I’ve learned diabetes is a manageable disease.

I hope you are enjoying the newsletter. It’s been awesome learning about life on the reservation, connecting family members, taking photos, and reporting on up-coming events. It’s like I was meant to do this position. With the help of my fellow employees, Cecilia Kayano, Paula Barr and Dan “Bones” Gleason, we’ll continue keeping everyone informed of our tribal events. “ʔay sqataci” Good day.

# Protect Your Children Against Prescription Drug Abuse

■Seventy percent of youth get prescription painkillers from relatives and friends

By Lorrie Bonifer, Prevention Specialist

Although illicit drug use by teens is declining, now there’s a threat from the family medicine cabinet. Prescription drugs provide benefits when used correctly under the care of a health provider. But when abused, they can be just as dangerous as illicit drugs. Parents and caregivers are the first line of defense in addressing this troubling trend.

Seventy percent of people age 12 and older who abuse prescription painkillers say they get them from relatives and friends. Others may abuse their own prescription

medicine. Teens also report that these drugs are not hard to find. About 40 percent of 12<sup>th</sup> graders say that painkillers are fairly or very easy to get, and more than half say the same about stimulants.

What can you do about this problem? Think about your home. What prescription and over-the-counter drugs do you have? Where are they kept? Would you know if some are missing? The good news is that you can take steps immediately to limit access to these drugs and help keep your teen drug-free:

Safeguard all drugs at home. Monitor quantities and control access.

- Set clear rules for teens about all drug use, including not sharing medicine and always following the medical provider’s advice and dosages.
- Be a good role model by following these same rules with your own medicines.
- Properly conceal and dispose of old and unused medicines in the trash.
- Ask friends and family to safeguard their prescription drugs as well.
- Talk to your teen about the dangers of abusing prescription and over-the-counter drugs. These are powerful drugs that, when misused, are just as dangerous as illegal street drugs. Tell you teen it’s not worth the risk.

To learn more about teen prescription drug abuse, visit [www.TheAntiDrug.com](http://www.TheAntiDrug.com) or call 1-800-788-2800 to request free materials. Contact Lorrie Bonifer at 360-709-1717 if you have any questions or the Tsampouwam for treatment information.

## Burn Ban Notice

Due to dry conditions a burn ban has been called until further notice.

- No burn barrels
- No burning yard debris
- No open flames
- No lighting fireworks

For more information, contact Chehalis Tribal Police, 360-273-7051



On Kick Butt Day, youth collected over 10 pounds of cigarette butts. They said, “This is yucky! But, it was great to help clean up the environment.” (See story, page 2.)



4 **Graduates**  
(continued from page 1)

like to congratulate Rodney once again on attaining his bachelor’s degree from Evergreen State College.

To get the graduates involved into the celebration, JJ Shortman called each of them to the center stage. They were told to put on the goofy looking glasses provided for them and let the game begin. The students were put against each other one-on-one and were required to answer a question correctly in order to have their chance at choosing a prize. The students had a good time, and enjoyed their prizes.

Tony Medina, Youth Coordinator, was last to present a gift to each graduate. Tony has watched many of the graduates grow up through activities at the Youth Center, and shared several funny and embarrassing moments. As they blushed, the audience fell into a fit of laughter -- not laughing at them, but joining in the expression of embarrassment. Tony presented each student with a gift card for the Capital Mall and also encouraged them to further their education through college.

The slide show was a time to reminisce for the graduates, friends, and family and to celebrate the fete they accomplished. Pictures of each student were displayed on a large screen for all to see. Families clapped, and cheered as they watched photos of their loved ones.

The TELO program then called each graduating senior up on stage to give them their gifts and adorn them in a beautiful Pendleton blanket. The gifts each person received were small momentous of things

they enjoyed in the past, and perhaps things they might enjoy in the future. Other gifts were given purely for laughs.

The graduating seniors were: Courtney Brown; Centralia (College) High School; Parents Stacy Youckton and Tony Brown Sr., Grandparents on mothers side Percy and Alice Youckton. Todd A. DeLamater; Oakville High School; Parents Cheryl “Mimi” Cayenne and Chet DeLamater, Grandparents on mothers side, Jane Klatush-Cayenne and Frank Cayenne, Sr. Hillary Powell; Gig Harbor High School; Parents Randi Powell-Johnson, step-dad Dave Johnson, father Earl Powell; Grandparents Georgia and Albert Meier; Great-grandparents Alvin and Georgina Davis-Meier. Jacob Secena; Oakville High School; Parents Sam and Leah Secena; Grandparents Lee and Francis Starr and Ray and Roberta Secena. Halisa Higheagle; Olympia High School; Parents Tony and Billie Higheagle; Grand Parents Yvonne and Gary Peterson. Micheal W. Russell; Rochester High School; Parents Dina and Randy Russell; Grandparents Robert and Marion Russell and Jerry and Carolyn Sloppy. Kelsey Potter; Gig Harbor High School; Parents Jorja and Tim Potter; Grandparents Carl and Beverly Peterson; Great grandparents Alvin and Georgina Davis. Twins: Darrin F., Jr., and Daniel BA Jones; Oakville High School; Parents Darrin Jones and Debbie Starr. Jerry Meas; Taholah High School; Parents Anna and step-dad Joe Hartman; Grandparent Lucy Cush. Brittany Charley; Rochester High School; Parents Josie Charley and Brian Sharp

Congratulations graduates! Best of luck to each one of you in the future.

**Tribe Receives United Way Award for Helping**

By David Burnett, Chairman

The Chehalis Tribe was given “Special Recognition” by the United Way of Thurston County for 2009. The award was given at the annual meeting of the United Way. The recognition was due to the long-term commitment the tribe has made in supporting the charities of Thurston County and the surrounding region.

I am proud of the tribe and the bridges that are being built by our donations. We have made a real effort to reach out to our neighbors, to understand their work, and to support their efforts. Over the past five years, the tribe has donated over \$850,000 to local charities.

The Chehalis Tribe considers support for local non-profit organizations, primarily those in Thurston, Lewis, and Grays Harbor



Director of Government and Public Relations Jeff Warnke (left), Chairman David Burnett, and Assistant General Manager Ena Myers accept the Special Recognition Award given by the United Way of Thurston County. The Chehalis Tribe received this award for their contributions to local counties’ non-profit organizations.

Counties. We give greater consideration to organizations providing human services such as food banks and social services. Periodically we consider certain capital projects, or events. But those are exceptions rather than normal donations.

**A big, huge THANK YOU for your support!**



Toni and Charles Black’s house burned down in December, 2008. Before the couple received insurance money to rebuild, tribal members helped out with money from fund-raisers and donations.



**Pilates Classes**  
Every Tuesday and Friday  
at the Wellness Center

With Pilates you improve muscle strength, flexibility, balance and coordination.

All are Welcome! It doesn’t matter what fitness level you are. Come join the fun and wear comfortable clothes.

Contact Christina Hicks, 306-709-1689 for more information.

**COMMUNITY HEALTH WALK**

Every third Thursday of each month

Walkers needed to prevent diabetes. Put on your walking shoes and get moving. Help keep the walking stick.

Everyone is invited  
Please sing up and walk.

Contact Lynn or Pat at the Wellness Center, 360-273-5504

**Fireworks** (continued from page 1)



Walter Lewis awaits his next customer. The stand “Black Magic” was located at the new Thunder Alley location and painted by Wakisa Wittwer.

upcoming New Year. They’ve been doing this for years -- travelling to the Chehalis Reservation to purchase fireworks because some of the product isn’t available outside the reservation.

The economy affected all areas of sales this fireworks season. Some stand owners struggled to make a profit. Prices of many products went up which in turned lessened what consumers were able to purchase. Some of the stand owners commented that their return consumers spent less or didn’t even show up.

The *Centralia Chronicle* came out and interviewed some stands owners and wholesale businesses. The wholesalers can only sell to licensed stand owners and their workers.

The wholesalers have to be careful, because there are always people who think they can walk up on their docks and purchase fireworks. This is not allowed on the reservation. The wholesalers purchase business licenses from the tribe in order to set up their satellites. It makes it convenient for the small business owners to be able to get product.

The tribe provided land on Anderson Road to stand owners to rent, and provided power, lights, portable toilets and containers to dispose of cardboard. A lottery was drawn for locations and some stand owners traded for different locations. With a new location available many relocated. That is how Thunder Alley was born.

Daryl Boyd said, “We love it. It’s a great location.” Many agreed saying, “We’ve re-located to this new location. We work together and it’s a friendly atmosphere.”

Greg Burnett said, “I actually got to know some of my relatives who I didn’t know before. If someone needed help, we all pitched in and worked together.”

The artwork on the stands is quite outstanding. Stand owners are inspired by their children who come up with the names of their stands. Others use their last names so their repeats can find them. Other use a fireworks product that inspires customers to purchase at their stand. Wakisa Wittwer does an outstanding job and earns a little extra

cash. Great job Wakisa! Some of the stand owners use their own creative talent to paint their own stands.

Law Enforcement was active setting up and enforcing the safety zones. The tribe reserves an area behind the baseball field for stand owners and families to watch a pre-fireworks show and the main fireworks show. Diana Pickernell and her daughter, Deidra Hawks, received fireworks donations from stand owners for their pre-fireworks show, dedicating it to Diana’s son, Paul Snell, Charles Palmer, Tashina Bumgarner and many other loved ones who have passed on. Then others contributed to the pre-fireworks show.

At home on Tahown Drive, Sidney Sanders (12 years old) provided his own pyrotechnics to become quite a show maker of his own, learning from other tribal members on how to put on his own professional show. He dedicated the show to his late great-grandmother, Rosetta Klatush. Barnaby Canales and his work crew of Dustin Klatush, Jason Canales, Chet DeLamater, Manny Medina, and Omar Cruz set up the tribe’s annual fireworks show. It was one of the top three largest private fireworks shows in the state of Washington. The stand owners permit fees paid for half of it and the Lucky Eagle Casino donated the other half. The class B cakes and mortars were a heart-pounding tribute to celebrate our independence. It is now the second biggest fireworks display in the State of Washington, and one of the last hand-lit shows.

Another outstanding job by you and your volunteers, Barnaby!

Many thanks to others who helped clean up after the show: It was nice that people who came out to the show cleaned up. The grounds crew also did a great job: Correna Young, Jeremy Fanning, John Bird, Jerry Youckton and Ray Secena. Also the youth workers deserve a big thank you: Jacinda Medina and Michael Boyd.

Also thanks to the Fireworks Committee, and Law Enforcement for the time they committed in inspecting each and every stand: Pam Youckton, Greg Burnett, Harry Pickernell, Lucy Hill, Chris Ortivez and alternate Chris Richardson.

**2009 Paddle to Suquamish**

Feel free to join the Chehalis Canoe Family anywhere along the canoe journey, share and learn with the canoe families. Community support is greatly appreciated as we practice our culture with the youth, Elders and other canoe families. This is a drug/alcohol, and violence free journey! Everyone is welcome!

**Blessing of the Tulap tit Weath Canoe:**  
Saturday, July 25 at 10 AM at the Tribal Center  
**Itinerary:** Lummi: July 26-27;  
leave July 28 at 11 AM  
Land in Suquamish: August 3;  
protocol to follow until Aug. 8.  
Any questions contact Sylvia Cayenne for schedule. 360-273-5911.

Photos of the tribe’s fireworks show were taken by Janessa Bumgarner. This was her first time that she’d been out to see the fireworks show since her sister passed away. It was nice that fellow tribal and community members honored her sister and others in the celebration.

**2nd Kick Butt Day**  
At the Youth Center  
August 19th starts at 10 AM

We will have another round of picking up cigarette butts, and we will weigh them against what was picked up June 17.

Prizes are one 20-inch girl’s bike  
One 20-inch boy’s bike  
One I-pod, squirt guns and water balloons.  
Healthy smoothies are provided in the morning and a healthy lunch will also be provided. Hope to see you there!

All prizes will be raffled so everyone who participates can win. You only have to participate to win, not pick up the most.

