CHEHALIS TRIBAL NEWSLETTER  "People of the Sands"

Second Annual Youth Baseball Tournament a Success

Tournament brings smiles to youth as they participate in the game of baseball, page 2

Wellness Center Rewards Women Who Get Exams

The Native Wellness’s Program will be holding a drawing for a Pendleton blanket for all women who come into the Chehalis Tribal Wellness Center for their yearly exam (Pap & CHB) exams between June and September 2009.

To schedule your 1-hour exam, please call Chehalis Tribal Wellness Center at 360-273-5504.

To enter the drawing, please call the Chehalis Tribal Wellness Center at 360-273-5504.

Dr. Emily works Monday - Friday.

Dr. Soha works Monday - Thursday.

The drawing for the blanket will only be for those who complete the exam.

The drawing will be held on Sept. 30 at 4:00 pm

If you have any questions, please contact Christina Hicks, Community Health Coordinator at the Chehalis Tribal Wellness Center.

Classes Help Families Get Ready for the Teen Years

The Strengthening Families Program starts September 10 and continues for seven weeks. Classes run from 5:30 PM. All families, parents, caregivers and youth are invited. There will be free meals, family discussions and games, free childcare, special youth activities and door prizes.

Don’t miss this chance to:

Help your youth-
• Prepare for teen years
• Avoid problems with drugs and alcohol
• Strengthen family communication

Parent/caregiver discussions-
• What you say is important
• How to manage rules and establish consequences
• How to solve problems with youth
• How to show love and support

Youth will learn to-
• Handle frustration
• Resist peer pressure
• Appreciate parent/caregiver
• Get along with others

Families will-
• Have fun doing activities and games, discussing what makes your family strong, and solving problems together

Contact Lorrie Bonifier and at 709-1717 to sign up.

By Diana Pickernell and Fred Shortman

The 2009 Paddle to Suquamish marked the 20th anniversary of the Canoe Journey. Through many challenges and much determination, the canoe journeys were revived by Emmett Oliver in the 1989 Paddle to Seattle. In the first journey, there were only nine canoes that started out. This year’s journey brought in over 90 canoes to the Suquamish Tribe. Who would have dreamed that this canoe journey tradition would grow so large?

Twenty years ago, the tribal canoe journey was revived by Emmett Oliver in the 1989 Paddle to Seattle. In the first journey, there were only nine canoes that started out. This year’s journey brought in over 90 canoes to the Suquamish Tribe. Who would have dreamed that this canoe journey tradition would grow so large?

The Chehalis Canoe Family was honored to be a part of this year’s journey.

We participated in teaching, preserving, and connecting with our culture, learning the history of our ancestors, sharing and carrying on native traditions. Being able to travel with our canoe is the most honorable way to honor our ancestors and to practice our culture in the same way that our ancestors lived.

This is the third year the Chehalis Canoe Family has participated in the tribal canoe journey. There were over 50 tribal and community members who lived and travelled together, some travelling with our canoe; tuulap tit wii’ (Tuulapit we), and others supporting us by travelling on land. Twenty-five youth, 10 elders and 30 adults travelled from the Lummi Tribe to the Suquamish Tribe. At times, our family grew to over 80 as tribal elders and community members visited us at our campsites, or came to witness protocols along the journey.

The heat definitely impacted the journey this year, with temperatures going above 100 degrees. Staying hydrated, and protecting everyone from the sun was definitely a challenge. Our support boat carried extra water to assist in accomplishing this task. As canoe families arrived, and awaited permission to land, the hosting tribes provided water for the pullers and skippers.

The Chehalis Canoe Family worked very, very hard this year ensuring that this year’s journey would be a success. We participated in many fundraisers which our youth had a huge part in. We had numerous meetings to learn to drum, sing and dance. Many of the songs that were learned are songs that are being shared by other tribes and families. The dinner song we learned at this year’s drum practice was a great addition.

See Canoe Journey, page 4

Tribe’s Youth Learn to Prevent Addictive Behaviors Through Music

By Lorrie Bonifier, Prevention Specialist

On July 19, five youth participated in Warm Beach’s 1st Native Music Mentor Prevention Program. The camp was extremely large, with girls on one side of the campus and boys on the other. This involved a lot of walking around campus to keep tabs on the youth. The entire camp, owned by Warm Beach, expanded to 500 acres! The camp, Tribal Youth Music Academy, was organized by the Evergreen Council on Problem Gambling with grants from the Washington State Attorney General’s Office and the Division of Alcohol and Substance Abuse (DASA), along with support from several Northwest tribes.

“What we want to do is train young people to avoid addictive behaviors, so they themselves live the model of being clean and sober,” commented Attorney General Rob McKenna. “They can go out and credibly present that to other young people.” Several teens said they have parents, siblings, or friends who abuse over-the-counter (OTC) drugs. Because of that, he addressed the teens on Friday, urging them to take what they’ve learned back to their tribes and schools to help save lives of other youth and community members.

Chase Youckton, age 8, got to shine. He had the entire group performing his new dance moves. One dance was called, “The Dancing Dog.” I was recording the Washington State Attorney General’s speech during this time. He was a real good sport about it.

The youth recorded their own beat, music, and poetry. Rapping or writing poetry to help prevent drug and gambling abuse may seem contrived, but many of the teens said the issues, especially prescription drug abuse, are relevant to their daily lives. They See Music, page 2

Chehalis Tribal Canoe Family Participates in 20th Anniversary of Tribal Canoe Journeys

This is the first wave of canoes to arrive at their final destination, the Suquamish Tribe. Over 90 canoes landed at Suquamish, then awaited landing protocol to receive permission to come ashore to share songs and dances. This was the 20th anniversary of the Canoe Journey.

Photo submitted by Carol Austin

Loves the game of baseball, whether he’s playing, watching or coaching it, page 3

Honoring Angel “Steve” Elders: Medina

FREE
You Can Protect Yourself, Children, Family From Flu

By Teresa Solis, MD, Chehalis Tribal Wellness Center

I know it’s hard to think about illness during the hot and fun-filled summer, but fall is just around the corner. With the coming of fall, flu season is upon us again. This year, along with seasonal flu, we have H1N1, commonly known as “Swine Flu,” to contend with. As of the end of July, there were over 130 confirmed cases of H1N1 hospitalized in the state as well as seven deaths attributed to the virus.

Symptoms of H1N1 and seasonal flu are the same. Fever over 100 degrees, cough, sore throat, body aches, and headache. Also, many people can have fatigue, poor appetite, nausea, vomiting, and diarrhea. Otherwise healthy adults may be stricken with flu, be bedridden for a few days, then recover. Anyone with a compromised immune system may face a much more serious course, however.

Children under two years, pregnant women, adults over 65 with chronic medical conditions, people with cancer, diabetes, heart, lung, kidney, or liver disease or people on immunosuppression drugs are all at risk for a more aggressive flu infection. Young adults seem to be at higher risk for all at risk for a more aggressive flu infection. Young adults may be in a category to receive the vaccine.

There were five different divisions played at Tomahawk Stadium and Oakville High School. You could hear announcer Steve Medina’s voice, announcing the game as the High School and Babe Ruth teams took the field.

The weather for the weekend cooperated, with rain showers knocking down some of the dust from the previous hot week. The field was ready and the umpires could be heard yelling, “Play ball!” Each player was recognized, receiving a trophy and a medal for all stars in the youth division. Everyone who came to the games were winners.

On Saturday, a delicious barbeque was provided for all the players and their families. This allowed the players and families to visit and make new friends. It’s important to see all the volunteer coaches taking extra time to commit to keeping youth interested in playing baseball. They encourage them to do their best, whether winning or losing— to be happy just getting the opportunity to play.

Great job, everyone! Keep on establishing the groundwork in our community to encourage the growth of our children!

Thank You

Cheryl Starl sends out a special thanks to: Chehalis Tribal Youth Programs and Tony Medina, Lucky Eagle Casino, Law Enforcement Program, and Pepsi.

Special thanks to the volunteer coaches: Ray Lopez who put together the Babe Ruth and Little League tournament, provided and managed the brackets for the tournaments, will have their own CD mailed to them soon. There were a lot of other fun activities such as swimming, sitting by the campfires, and drumming. I have to admit it was a lot fun of music.

All of the photos and videos of the week’s events that I took and recorded will be posted in a special youth tournament page soon for all to experience! This event was also captured on King 5 news, the Everett Herald, and the Stanwood

The Public Safety Department is working with Saxas and Chehalis Tribal Corrections to construct an 1100 square foot addition to the corrections facility. The addition will house up to eight female inmates. A secure wing complete with securitydoors and shower.

Chehalis Tribal Newsletter

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Business Committee
David Burnett, Chairman
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Jessie Guiterrez, Treasurer
Chehalis Tribal Secretary
Dan Gitleston, Sr., 5th Council Member
Chehalis Tribal Newsletter Staff:
Fred Shorttman, Communications Coordinator

The Confedrated Tribes of the Chehalis Reservation...

“You People of the Sands”
Ray Klatt, Behavioral Health Staff, Retires

By Gail Hurst, Chemical Dependency Counselor

Ray Klatt was employed by the Chehalis Tribe in the Behavioral Health Clinic for the last five years. Ray received his Masters Degree from the University of Washington in Social Work. He has received degrees in other fields, such as a Masters of Divinity and a Masters of Business Administration. Ray has many fond memories of his uncle, Ray Secena. His second marriage was to Terry Youckton and the couple had three children, Owen, Jacinda, and Brenna.

Klatt is a native of Pt. Hueneme, California, and graduated from Pt. Hueneme High School. School work wasn’t easy for him. The driving force to get good grades was the desire to go fishing on Sundays. In his spare time studying to maintain his grades and remain academically eligible to play, all his work paid off and he successfully graduated in 1968.

Some of the forms of employment he has moved onto Mental Health. He has received degrees in other fields, such as a Masters of Divinity and a Masters of Business Administration. Ray has many fond memories of his uncle, Ray Secena. His second marriage was to Terry Youckton and the couple had three children, Owen, Jacinda, and Brenna.

Hi, my name is Glen Bridges, your Eagles Landing Hotel Manager. I grew up with a hospitality career at the age of 16, as a beach bum, hotel manager in Hawaii, and the number-one motel in the United States. As Ray states, “it gets a little monotonous, but it’s a good life. You get to meet a lot of different people, and it puts food on the table. It also gives you free time to coach baseball.”

The love of his life is his wife, Sandy. “Chores and sports helped keep us out of trouble.”

When asked what memories he will take from his time working with the Chehalis Tribe, Ray states, “This is a hard question, my 43 years in the hospitality industry to an end. I am looking for a successor for my position and I would like to see a Chehalis tribal member. A training program is in development and tribal members paying toward their professional career as an hotel Manager should obtain a 4-year degree as a solid background to a successful career.

Honing our Elders: Angel “Steve” Medina

...baseball has always been in his blood. He enjoyed coaching youth in his spare time...

Angel “Steve” Medina was born in January 1950. He was born in California to Alano Secena and Mund Medina. His first marriage was to Donna DuPuis who had three children from her first marriage. Steve officially adopted her children and accepted them as his own. His second marriage was to Terry Yockton and the couple had two children, Owen, Jacinda, and Brenna.

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Steve’s childhood friends in California, and graduated from Pt. Hueneme High School, my grandparents on my mother’s side are Graciano and Jedediah Starr and late Eloise Starr. My great-grandparents on my father’s side are Phillip Starr and Amy Starr. My uncles and aunts include: Darrin “Oye,” Juan, James, Steve, Art, Jacki, Jan, Carla DuPuis, Mike Stratton, Emma, Sandy, and late Linda. My cousins include: Roland, Sue, Ray, Steve, Art, Jacki, Julie, and Ben. My paternal grandmother and grandfather were the late Bob and Lee Starr Sr., Lee Starr Sr., Amil Starr Sr., and Verna Starr.

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4 Canoe Journey (continued from page 1)

Each person was responsible for decorating their own regalia. There wasn’t a moment lost, as you could see elders, youth, and adults working on their Coastal Salish regalia. Many thanks go to Treaty Elders, Sylvia Cayenne, Bear, and Byram. They worked diligently in preparing the vests and tunics that were used during the final protocol.

...Living and traveling with “one heart, one mind” is a family is a holistic and instrumental part of learning about each other. Being a part of tribal journeys, you begin to recognize the values that are missing from the world in general – like standing each other up, being happy to see each other, feeling the love of togetherness. We all had a common goal in our hearts and minds. Our elders and leaders provided strong teaching, giving our Canoe Family such a strong core. Everyone who participated and represented the Chehalis Tribe was totally awesome! Great job, everyone!

Protocol

Each canoe family requests to enter and leave the shores of the hosting tribe. What an honor it is to request permission to enter or leave. A very special request; you focus on what is needed to announce with or leave. As you stand up in the canoe, you leave the shores of the hosting tribe. What everyone! Tribe was totally awesome! Great job, everyone! Each hosting tribe had two types of standing each other up, being happy to see each other, feeling the love of togetherness. There wasn’t needed to form a circle. In Circle, everyone “Chehalis Canoe Family Circle-Up!” We learned that when we heard the call, Sylvia Cayenne would say, “My angels have arriving ahead of schedule, Tribal Elder drums our songs, and honoring the canoe. Also, we honored the canoe by not spitting in the water. Also, we honored the canoe by not spitting or throwing trash in the water. There were times for intense pulling. A puller would request and be given permission from the skipper dedicating the power pull as a strong prayer for that person or thing. When we pulled, we counted off the pulls. Each of thespiritual and the canoe would lift up and flow across the water effortlessly, like the canoe had wings. Whenever it was announced on shore that our canoe was arriving ahead of schedule, Tribal Elder Sylvia said, “It would say, “My angels have wings today.”

Circle

We learned that when we heard the call, “Chehalis Canoe Family Circle-Up!” We needed to form a circle. In Circle, everyone lined up to the speaker. Those who have a contribution to the canoe journey, take turns letting themselves be heard. Circle was also a time when issues were discussed and handled as a family.

Rules

- Everyone had to refrain from calling the canoe the “b - - - word.” This was strictly enforced, and violators would have to swim in order to bring honor back to the canoe. Also, we honored the canoe by not spitting or throwing trash in the water.

The Chehalis Tribe strives for a healthy and healing time. It is a time for participants to strengthen and build themselves in a manner that is honorable for the Chehalis people.

What is the canoe journey? The canoe journey is not a vacation: It is a spiritual and cultural experience. Its goal is to strengthen, preserve, and rebuild Native American values, beliefs and practices related to the canoe tradition. Adhering to the mission statement and philosophy of the canoe journey promotes growth, healing and well-being of the tribe through cultural experiences. The goal is to strengthen, preserve, and rebuild Native American values, beliefs and practices related to the canoe tradition and to promote Native family values.

Canoe journey participants agree to the following code of conduct:

- Be kind and respectful to others. Compliment and help others, especially youth. Be positive with your actions and words. Refuse from use of negative talk, feelings, thoughts and comments about the canoe and the canoe journey.

- Respect the canoe journey leaders, their advice and opinions, honor their age and wisdom.

- Respect the works and actions of the skipper and support boat captains.

- Participate in this event – setting up and taking down camp, pulling the canoe, protocol and songs.

Canoe Family Dinner to be Held on September 15

The Chehalis Canoe Family Dinner will be held on September 26. We’ve also been invited to the canoe race on September 12 and 13 at Mayfield Lake. Next year’s journey will be to the Makah Nation.

The youth worked hard at putting beads on their regalia so we could look good going out on the protocol floor as a family. There were some youth who put extra effort into their work. One in particular, Skyler Baker, who worked on his vest until he was not completely finished. All youth worked very hard during this year’s journey. We are proud of each and every one of them!

Our final protocol at Suquamish was great. We went on the floor at 1 a.m. and finished at 2 a.m. Our first year pullers were recognized. Everybody danced and we looked good; many other canoe families complimented us.

We also give up to Ray Krisse for the use of his support boat (L). He pictured here insurance the support crew as they leave from Tulalip to head towards Golden Gardens in Seattle.

Violators who used profanity, or negative remarks had to perform 20 push-ups. The pushups helped us get stronger for the next day’s Pull.

Skyler Bracero (L) and Darrin Jones Jr. (R) get stronger for the following day’s Pull.

The ground crew is a crucial part of moving to the next location. They are responsible for loading the truck and reassembling the canoe. They work as a team setting up tents for everyone. Pictured here is the ground crew led by Lumi on the first part of the journey.

Cold water training was held at the Iko Kinsewa State Park on Mayfield Lake. Canoe Family Skipper Gail White Eagle took the new youth and adults out to practice pulling. The cold water training was intense as the canoe was flipped over and the pullers worked in unison with the team, following the skippers orders to safely get everyone into the canoe. This is a very important training to prepare for the worst case scenario while traveling on tougher, open water.

On July 25, tribal and community members witnessed the blessing of the Chehalis canoe. Bones performed a blessing for the canoe and prayed for the safety of all who would work on the canoe. Bones invited the canoe families who were participating in this journey. Jessie Goddard sang a Shaker blessing song. Elders Mel Youckton and Elaine McClyod also blessed this journey.

Chehalis families selected cedar boughs and Chehalis river water to bless the canoe, praying for a safe journey.

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