

August 2009

Vol. 2/8

Program News

Hotel Offers New Gaming Machines With Big Jackpots

The Eagles Landing Hotel added three new Rocket Gold Series rocket gaming machines that offer one million dollar progressive jackpots. The machines are located on the east side of the gaming room. They also have a progressive meter displaying the current jackpot. The unique wheel feature is an added bonus.

The Eagles Landing Hotel is the fourth business to have this machine available. This is a lottery-style machine. When you win, you can select your payout plan. These machines are not available at the Lucky Eagle Casino.

Wellness Center Rewards Women Who Get Exams

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

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

- Donna Elam, PA-C works Monday - Friday;
- Dr. Solis 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 5-8 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

Parents/caregivers will discuss-

- ✓ What youth this age are like
- ✓ How to make rules and establish consequences
- ✓ How to solve problems with youth
- ✓ Ways to show love and support

Youth will learn to-

- ✓ Handle frustration
- ✓ Resist peer pressure
- ✓ Appreciate parent/caregivers
- ✓ Get along with others

Families will-

- ✓ Have fun doing activities and games, discussing what makes your family strong, and solving problems together.

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

CHEHALIS TRIBAL NEWSLETTER

♦ “People of the Sands” ♦



Honoring Angel “Steve” Elders: Medina



■ Loves the game of baseball, whether he is playing, watching or coaching it, page 3



Second Annual Youth Baseball Tournament a Success

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

By Diana Pickernell and Fred Shortman

The 2009 Paddle to Suquamish marked the 20th anniversary for the tribal canoe journeys. Through many challenges and much determination, the canoe journeys survived. Many of our ancestors travelled though the Puget Sound for many reasons: trading, hunting, fishing and ceremonies (weddings, traditional naming ceremonies, potlatches, etc.). They shared their songs and traded along the way.

Twenty years ago, the tribal canoe journeys were revived by Emmitt 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, tuulop tit wii† (Tu-lap ti weah), 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 Bonifer, 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 campus, owned by Warm Beach, expanded to 300 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.

Chayse 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



Youth Mako’s friend, Mako Slight, Jordan Merriman, Hiedi Gaiser, Chayse Youckton, Jesse Youckton, Jacinda Youckton. Wrote and performed music to prevent drug abuse.

Chehalis Tribal Newsletter

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Little League 10 and Under Division, pictured (L) second place Chehalis team in sky blue, and first place Swinomish team in navy blue. Smiles and sportsmanship made everyone a winner.



Team Chehalis won the 12 and under Little League Division.

Every youth get recognized encouraging their growth, and interest in baseball. Youth pictured smiling accepting their trophies, and special awards from the coaches.



Alex Youckton accepts his All-Star Award

Winter Hawk from Swinomish receives an all-star and sung Happy Birthday.

Candie Newton was all smiles as she accepts her award.



Team Oakville 12 and Under Little League Division.



Babe Ruth Division, pictured (L) Marvin Youckton's Chehalis team placed 3rd in this division and the Lummi team in white took second.

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 severe course, however.

Children under two years, pregnant women, adults over age 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 more aggressive infection with H1N1. This means young adults may be in a category to receive the vaccine.

Should you see the doctor if you have symptoms? If you are in one of the high

risk categories, the answer is definitely yes. If you have a fever and severe breathing problems, such as shortness of breath, pain on breathing, or difficulty breathing, you should contact your health care provider. Flu is transmitted by respiratory contact.

This can be directly, as when someone coughs or sneezes in your vicinity. You can be infected indirectly when you touch an object which has the flu virus on it, such as door knobs, phones, keyboards, etc., and then touch your face, nose or mouth. As you may have heard, simple precautions will help prevent the spread of flu. Covering your cough and sneeze will decrease the number of flu virus particles in the environment. Washing your hands frequently or using hand sanitizers will prevent self-infection. Remember to always wash your hands before eating.

The clinic will have antiviral medicines which will be distributed according to CDC guidelines for treatment. There may be a vaccine available this fall, which will also be distributed to high risk groups according to guidelines.

We have many resources available to us to prevent the kind of flu epidemics seen in the past, but remember, you must do your part to stay healthy. Get plenty of rest, eat properly, and take care of yourself. Keep this flu season a mild one!

COMING TO YOU IN SEPTEMBER!

Chehalis Watershed Festival

Chehalis Watershed Festival

- Chehalis Watershed Festival @ Morrison Riverfront Park & Rotary Log Pavilion in Aberdeen, September 19th, 10 am-4 pm
 - Family-friendly, free activities including long boat sailings, Chehalis basin-wide water taste test, and the giant salmon named Fin!
 - Salmon Bake by the Confederated Tribes of the Chehalis Reservation and musical entertainment by the "Montesano Banjo Band" and "Who Are These Guys"

For more information contact Janel Spaulding (360) 538-4212.

Diabetes Awareness Walk

Everyone is Invited!

Saturday, September 26
Sign up at 10 AM
Walk Starts at 11 AM

Come join this 1st annual 5K Diabetes Awareness walk start at the Youth Center.

Lunch will be provided
Barbara Mora will be the guest speaker
Door Prizes

Any question please contact Lynn Hoheisel at 360-709-1744 or lhoheisel@chehalistribe.org

Smiles and Good Sportsmanship Make the Great Youth Baseball 2nd Tournament a Success

By Fred Shortman, Editor

The Second Annual Chehalis Youth Baseball Tournament was held on the second weekend of August. It was a fun-filled weekend, watching the youth playing the time-honored tradition of baseball. You could see the love of the game in their eyes as they made an outstanding play, or a great hit to push in a run. You could hear the cheers of the crowd, coaches, and parents as they encouraged them to do their best. Parents and spectators enjoyed watching the youth playing the game with the determination in their eye. It's not just about winning, but about sportsmanship and the excitement of playing good old-fashion baseball.

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 tournament were winners.

On Saturday, a delicious barbeque was provided for all the baseball teams and their families. This allowed the players and families to visit and make new friends.

It's something special 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 ground work in encouraging the growth of our children!

Thank You

Cheryle Starr sends out a specials thanks to: sponsors -- Chehalis Tribal Youth Program and Tony Medina, Lucky Eagle Casino, Law Enforcement Program, and Pepsi.

Special thanks to our volunteers: Ray Lopez who put together the Babe Ruth and Little League tournament, provided and managed the brackets for the tournaments,

and coached; Carla Thomas who helped set up the tournaments, helped with the shopping, kept the books, coached, and did a lot of leg work; Ryan and Jamie Smith who helped with the T-ball game, coached and practiced with the kids in that division; Jerry Youckton who helped coach T-ball and little league teams; Marvin Youckton, Jerome Wells, Darrin Jones, and Sean Adams, who helped with coaching teams; Gary and Georgia Ortizve who helped with coaching and cleaning up the grounds; Steve Medina who was our voice for the weekend; Ray Secena, who helped with baseball fields, lined them all weekend and made the little league mound, and; Amil Starr who made sure the fields were maintained.

There's just a lot more people who helped out with this tournament in some way or another to make it a success: Pam Youckton, Joyce Thomas, Lori Bonifer, Boo Mora, Casey Pickernell, Monica Lopez, and all the parents and grandparents who got out there to help the kids and anyone else who helped that I didn't name. Thank you for making another successful Youth Tournament! Your contributions make this all possible.

5 Different Youth Divisions	
T-Ball-7 and under Chehalis scrimmaged each other	Babe Ruth-15 and under South Thurston Lummi Chehalis Tribe #1. Little Boston Chehalis Tribe #2 Tulalup/Bellevue Hawks Quist Pilots (Seattle)
2 Little League Divisions	
10 and under Swinomish Chehalis	
12 and under Chehalis Oakville Nisqually Puyallup	High School-18 and under Lacey Rainiers Chehalis Tribe

When asked on what they thought of this youth tournament? Neesie Hatch, Tulalup Youth Coordinator said, "I Love It! This is awesome! We're working on sponsoring a youth tournament on the Tulalip Reservation. It's another avenue of keeping our kids Drug and Alcohol Free." Swinomish Coach, Wilbert James added, "This is wonderful that the Chehalis Tribe sponsors and supports this event for the youth. Encouraging the youth to maintain their academic levels for those who choose to play sports. Also every youth get recognized encouraging their growth and interest in baseball."

Music (continued from page 1)

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 of fun for everyone.

All of the photos and videos of the week's events that I took and recorded will be posted to the Prevention's MySpace page soon for all to experience! This event was also captured on King 5 news, the Everett Herald, and the Stanwood/

Camano News. There was also a blog post about it on the Washington State Attorney General's online blog. All of the pictures, videos, news links, and much more can be found on the Chehalis Tribal Prevention Programs MySpace page at www.myspace.com/chehalisprevention! If you have any questions or comments, you can contact Lorrie Bonifer at 360-709-1717 or lbbonifer@chehalistribe.org.



The Public Safety Department is working with Saxas and Chehalis Tribal Construction on the construction of an 1100 square foot addition to the corrections facility. The addition will house up to eight female inmates in a secure wing complete with segregation/detox cell and shower.

Chehalis Tribal Newsletter



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

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The Confederated Tribes of the Chehalis Reservation...
"People of the Sands"



Honoring 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 Alice Secena and Manuel Medina. His grandparents on his mother’s side are Nancy Beckwith-Secena and Murphy Secena; on his father’s side is Rose Santiago. 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 Youckton and the couple had three children, Owen, Jacinda, and Brenna.



You can find Steve behind the backstop when tournaments are being played, watching and announcing play by play, players’ names and the score.

Steve grew up in 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 his love of baseball. He spent extra time studying to maintain his grades and remain academically eligible to play. All his work paid off and he successfully graduated in 1968.

“Both parents encouraged us to play extra-curricular activities that the schools provided. They also taught us to be responsible for our actions,” recalls Steve. He says there were always chores to do, from mowing grass, weeding flower beds and helping with general upkeep of the home. “Chores and sports helped keep us out of trouble.”

Steve’s childhood friends in California were the Pregiels, Frank Rojas,

and Al Prader. “We loved to play sandlot football and softball. We also played little league and high school baseball.”

Steve says the baseball drills that his coaches taught didn’t make sense when he was young. Reflecting back he says, “I had some good, sound coaching in little league and high school. It’s funny how much I learned from my coaches. They were instrumental in helping me understand the game, developing good skills, and improving the talent that was in me. I carried that knowledge after graduation from high school. It makes me proud to think that three of the kids that I coached made it to the major leagues.”

The love of baseball and his commitment to helping youth has always been part of his life. He was able to coach baseball for 20 years. After moving back home to the reservation, he coached the Rochester Babe Ruth team along with Mel Youckton for 10 years.

Steve says he has many fond memories of his uncle, Ray Secena. “Something that will always stick in my mind was a time I visited the Chehalis Reservation when I was eight,” says Steve. “I was playing catch with my Uncle Ray. He

threw the ball really hard and it hurt my hand. He took my glove off and grabbed a switch and hit my hand. ‘This ought to toughen it up,’ he told me. Sounds kind of mean, and it did hurt. But he was right. It toughened up my hand.”

Another fond memory of his Uncle Ray was when he would surprise Steve by showing up at his baseball games. His mother knew he was coming, but never told Steve. Sometime during the game he’d hear a familiar voice ring out above the crowd, “Who taught you how to play baseball? Who taught you that trick?” It always brought a smile to his face, as he searched the crowd finally seeing his Uncle Ray laughing in the stands. “I was honored that my Uncle Ray would travel all the way to California to watch me play baseball.”

Steve’s mother and father would often travel up from California to visit his grandparents, Nancy and Murphy Secena. “I was too young to remember much. But I do remember being told that it was a small, isolated reservation and still had gravel roads,” says Steve. “Our tribe has come a long ways since then, with all the new buildings and paved roads.”

Steve returned to the reservation at the age of 31, and played for and coached the Tomahawks. “We practiced five days a week, and took our baseball skills to the next level. With all that practice, we became the dominating team at every tournament. Those were the good ol’ days.”

One of Steve’s best memories was playing in the Old Timers Tournament in Yakima. He played alongside his Uncle Ray,

his cousins, his father-in-law Mel Youckton and Mel’s brother Chops, Kenny Brown, and Mikie Simmons. “It was great meeting old timers from other reservation and spending quality time with them. We learned about their families and traded baseball stories. It was an honor to compete against them.”

Life hasn’t been easy for Steve since he was diagnosed with diabetes 14 years ago. He remembers that, at age 49, his sister Nena passed away from complications from the disease in late the 1990s. Steve admits that after he was diagnosed he was fearful that he wouldn’t live to see 50. “Learning to manage this disease has its difficulties, but life isn’t over. I’m just thankful for each day I’m able to wake up, and visit with my children. I live for my kids. Helping them grow is pretty satisfying.”

Steve has always worked in the custodial field. “It gets a little monotonous, but it’s nice to change jobs, and work at different schools or colleges to break things up. It’s a good life. You get to meet a lot of different people, and it puts food on the table. It also gave me free time to coach baseball.”

Now, you can often find Steve behind the backstop at Tomahawk Stadium when there is a baseball tournament. You can hear his voice on the loud speaker, as he announces the game that he loves. He is often laughing and joking with the score keepers and friends who come and visit. “I enjoy the games. They bring back a lot of fond memories of my younger days.”



Steve played with the Old Timers Baseball Team at the Yakima Tribe in 1987. Pictured top (L-R): Mel Youckton, Ray Secena, Sr., Steve, Art, Jackie Cayenne, Curtis Dupuis, Mike Simmons, Jumbo Cayenne, Gerry Cayenne, and Alberta Youckton. Bottom (L-R): Chops Youckton, Kenny Brown, Jr. Cayenne, Roger Shortman, Mike Tanner, and Gunny Pickernell. Children in front:

Tribal Staff Profiles: Hotel Manager and Assistant Store Manager

Hi, my name is Glen Brydges, your Eagles Landing Hotel Manager. I started my hospitality career at the age of 18, as a bus boy and dishwasher at the Bon Marche in Northgate, Seattle. After graduating from Shoreline High School, my mom talked me into attending Seattle Community College and taking hotel-motel management courses. I have a two year degree, but most of my experience comes from the school of hard knocks.



Glen Brydges, Eagles Landing Hotel Manager

My first hotel job was at the Ben Franklin Hotel in downtown Seattle. I worked the 11 pm - 7 am night audit shift while attending college. From there, I became the Operations Manager for Seattle Center Catering. I’m glad I was young at the time, because this was a hard job. I set up banquets for 100-1000 people, coordinated staffing, food, and tear down.

I worked in Fairbanks, Alaska in a 200-room hotel and resort at Port Ludlow as the Food and Beverages Manager. I managed the Motel 6 in Kirkland, Washington for four years. For two of those years, it was the number-one motel in the United States. As

a recognition, my wife and I received two round trips to the Caribbean, all expenses paid. From there, I moved to Portland, Oregon, where I ran a hotel for Prime Hospitality Corp. After four years, the company was sold and that’s when I was lucky to find out about an opportunity in Rochester, Washington.

A new hotel was being built by the Chehalis Tribe and they were looking for a hotel manager. I got the job and we opened on July 3, 2005. From that moment, the hotel has been a great success for the Chehalis Tribe. I am thinking about retiring in 2010, bringing my 43 years in the hospitality industry to an end. I am looking for a successor for my position and I would like it to be a Chehalis tribal member. A training program is in development. A tribal member pursuing a career as hotel General Manager should obtain a 4-year hospitality degree as a solid background to a successful career.

If you would be interested in an exciting and challenging career, please contact Managing Director Chris Richardson or HR Coordinator Anna Hartman.

Hello, My name is Wilma Graciano and I’m a tribal member. I am the Assistant Manager at the End of the Trail 1 store, located by the tribal center. I’ve been working at the store since 1984.

I have four children: three boys, Darrin “Oye,” Juan Graciano and Jedediah and late Eloise Starr. My parents are Violet Sanders-Starr and Benjamin Starr. My grandparents on my mother’s side are Andrew Sanders and Lucy Simmons. On my father’s side are Phillip Starr and Amy Starr from Muckleshoot.

I come from a large family and have 10 brothers and sisters: Lee Starr Sr., Amil Starr Sr., Benjamin Starr Sr., Beatrice Christensen, Laura Starr, Starla Starr, and Lucille Starr. Amanda Starr, Betty Starr and Louise Starr are deceased.

I took clerical and accounting classes. I also work with my mother at the family’s smoke shop. I worked purchasing fish at the family’s fish house. I can remember being rewarded for not taking redskins. Because I was so young, people would try and trick



Wilma Graciano EOT 1, Assistant Store Manager

me. My dad gave me a silver half dollar and said, “If it looks like this, then it’s a ‘briettee.’ That’s what you need to buy.” It’s funny, now that I think about it.

I originally took the AVT (Adult Vocation Training) program classes that the Chehalis Tribe was offering. It was interesting being trained by Joanne Davis as a store clerk. This was a six-

week course. While attending the training classes at the tribal center, the EOT I was being built by tribal members under the Construction Training program. After the store construction was finished, it was a mad house stocking the store to open its doors the following day.

As a store clerk, I saw many different managers come and go. Though my work attendance was an issue at first, it improved after my children grew older. In 2003, through persistence and hard work, I was promoted to Assistant Manager. The position comes with a lot of responsibilities and stress, but it has been an honor working for the Chehalis Tribe.

Ray Klatt, Behavior 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 Antioch College in Seattle. He has received degrees in other fields, such as a Masters of Divinity and a Masters of Psychology. He was actually hired as a trainee for Chemical Dependency, and then moved onto Mental Health.

Going far back in time, Ray states he has been rich, and he has been poor. He has owned his own company in Las Vegas, and a private practice in the Port Angeles area. Some of the forms of employment he has held are cleaning grease traps in restaurants, beach bum, hotel manager in Hawaii,

electrician, and a truck driver.

Ray was born in Wichita, Kansas and has traveled around the world 2 ½ times. Ray is a Vietnam Veteran who flew combat for eight years.

Ray married Sandy (organizer extraordinaire) ten years ago, settling in the Seattle area. Ray states “I have done everything I have wanted to in my life.” For his next chapter, Ray reports that he and Sandy will set sail to go around the world.

When asked what memories he will take with him while working with the Chehalis Tribe Ray states, “This is a hard question. It is hard to put into words.” He paused deep in thought, and then replied, “Working

with the tribe is a lot like working with my family. It’s the dysfunction and the diversity of all families. But the concept of family transcends the problems. This tribe climbed up out of the hole of social economics imposed upon them from the outside. It was truly amazing to see the transformation. It was a pleasure to work with people of this tribe to aid and help with chemical dependency and mental health issues. “

As for the rest of us remaining in the Behavioral Health Program, we shall miss working with Ray. On July 28 the tribe had a surprise going away party for him. Ray was a good sport about it, as tribal employees took turns roasting him. The hats that they



Ray Klatt is a man who genuinely states, “I have done everything I have ever wanted to do in my life.”

had him model added to the fun. Yes, it was all in good fun, and the laughter of that day will always bring fond memories of Ray being part of our little family back in the Tsapwaum Program. We’ll miss him and we wish him luck!

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 Trudy Marcelley, Dianne Devlin, Sally Pikutark, and Elaine McCloud as they worked diligently in preparing the vests and tunics that were worn during formal protocol. And, more thanks to the youth and adults who decorated them after receiving them.

Living and traveling with “one heart, one mind” as 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 the 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. As you stand up in the canoe, you focus on what is needed to announce with honor and a good heart.

Each hosting tribe had two types of protocol: formal and jam sessions. Formal protocol usually starts after dinner. Each canoe family was selected in the order of farthest tribe to the hosting tribe. We honored the hosting tribe by dressing up in full Coastal Salish regalia, singing and drumming our songs, and honoring the hosting elders, leaders and youth. The jam sessions usually took place after formal protocol was finished as other canoe family members started drumming and singing. It was a great time for sharing each other's traditional songs and drumming. Our canoe family looked forward to these jam sessions.

Power Pulls

On the journey, we learned that each pull with our paddles is a prayer. “Power pulls” 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 dip of the paddle was a dedicated prayer for the requesting person. These pulls uplifted the spirit 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 Cayenne 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 lets the speaker be heard. 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 canoe group. We promised to refrain from the use of profanity, negativity, and use of alcohol and drugs on the canoe journey. Violation of this rule was enforced by having to perform 20 push-ups.

Helping Out

Everybody participated in setting up camp, which consisted of a kitchen, makeshift living room and tents all around. Setting up tents and blowing up air mattresses were necessary routines to move to the next destination. This year we got lucky and didn't have to move very much.

We had three coffee pots going at 5 am each morning before the day's pull. The night before a pull, our pullers would fill the coolers with water, Gatorade, sandwiches and snacks for the following day.

Final Protocol

Our final protocol at Suquamish was great. We went on the floor at 1 am and

finished at 2 am. Everybody participated in singing, drumming, and dancing to our songs. We looked really good. We received many compliments from other canoe families. We represented the tribe very well.

There are so many people to thank for such a fantastic and successful journey. It's hard to mention them all. Our hands also go up to: Ray Krise for the use of his support boat; his cousin Bear and family for allowing us to camp out in their yard and use their house; Suquamish Tribe for such an outstanding job and hard work preparing and making this canoe journey so successful; all the hosting tribes and their elders for sponsoring and keeping this honorable canoe tradition alive; Tribal Elders Trudy Marcellay, Dianne Devlin and Elaine McCloud for all the work making regalia for the new canoe family members; Sylvia, our Canoe Mama, for all the hard work she contributes to the canoe family and helping to keep everybody moving and making sure that things were in order; our Skipper Gail White Eagle has for doing a wonderful job this year as a leader and a mentor to our youth, and for staying so focused, which is a key for a skipper to be a true leader.

Canoe Journey Preparation

On July 19, cold water training was held at the Ike Kinswa State Park on Mayfield Lake. It was a sunny day, as the 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 worse case scenario while travelling 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 the canoe family members and other canoe families who were participating in this journey. Jessie Goddard sang a Shaker blessing song. Elders Mel Youckton and Elaine McCloud also blessed this journey. Canoe family members and leaders used cedar boughs and Chehalis river water to bless the canoe, praying for a safe journey.

What is the Canoe Journey?

The canoe journey is a spiritual and healing time. It is a time for participants to strive to conduct themselves in a manner that is honorable for the Chehalis people. The canoe journey is not a vacation: It is serious work. The canoe is a sacred cedar tree, a healing medicine to our spirit, a connection to our ancestors and the Native and Chehalis tribal spirituality. We learn to care for our canoe with dignity and respect.

All canoe family members sign a waiver and code of conduct promising to adhere to the Chehalis canoe family's mission statement and philosophy. We promise to promote the growth, healing and well being of our tribe through cultural experiences aimed at strengthening, preserving and rebuilding 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 our tribe through cultural experiences. The goal is to strengthen, preserve, and rebuild Native American values, beliefs, and practices related to the canoe traditions 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 our actions and words. Refrain from use of negative talk, feelings, thoughts and complaining. Practice positive thoughts to carry the canoe in a good way.
- 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 the activities – setting up and taking down camp, pulling the canoe, protocol and dancing.

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 races on September 12 and 13 at Mayfield Lake. Next year's journey will be to the Makah Nation.



Cold water training was held at the Ike Kinswa 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 pullers worked in unison following the skippers orders to safely get into the canoe. This is a very important training to prepare for the worse case scenario while travelling on the water.



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, Skylar Baker, who worked on his vest until he was completed. All the 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 sang and danced and we looked good; many other canoe families complimented us.



Hands Up to Those People Who Helped Us Travel Safely

Our hands also go up to Ray Krise for the use of his support boat (L). He's pictured here loading up the support crew as they leave from Tulalip to head towards Golden Gardens in Seattle.

Hands up to Ray's cousin, Bear, and family, for allowing us to camp in their yard and use their house. Bear (R) and his family are surrounded by Chehalis Canoe Family.



Rules to Remember



One rule that was strictly enforced was to refrain from calling the canoe the B - - - word. Violators had to swim to bring honor back to the canoe. Also, we honored the canoe by not spitting or throwing trash in the water.



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.



Skylar 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 camp. They work as a team setting up tents for everyone. Pictured here is the ground crew leaving Lummi on the first part of the journey.