Turning an 18-Foot Log Into a Canoe is Labor of Love and Respect for Youth and Adults

By Fred Shortman, Editor

On August 28 the Chehalis Tribe had its annual picnic for tribal employees at Columbus Park on Black Lake. What a nice day! It was overcast but very comfortable. It was a fun-filled family day as tribal employees and immediate family members enjoyed raffles, food, and games. Employees were given special recognition awards for their years of service and had a relaxing day celebrating each other in appreciation for all the great work we do.

Over in the sand pits there were employees trying on hand at horse shoes. Not worrying about winning, they laughed and enjoyed each other’s company. It was nice to see people relaxing. You could see young and old alike playing on the swings and slides. Many went down to the swimming area, and enjoyed taking dips in Black Lake.

There weren’t any Seadogs this year, but most of the employees didn’t even notice as they got down and dirty playing volleyball. You could hear the crowds that gathered around the volleyball courts being loud and rowdy, cheering each other on. Cheylee Starre arranged a new competition of 12 five-person teams. It was a win or go home bracket established to win the big prize. Each department was represented as the competition was intense, setting the goal to win first place of $300 or second place of $250. The Department of Natural Resources won first place, barely pulling out a win over Chehalis Tribal Construction. Win or lose, everyone had relaxing day away from the office. A lot of fun and marked the day on a positive note.

Chairman David Burnett said, “This is a special recognition for all the employees.” He’s proud to issue gifts in appreciation for employee’s hard work and their years of service. “It must be a good place to work, because we have so many dedicated and loyal employees.” It seems the Chairman is on to something, as they’ve got a great place to work! Thank you everyone for everything you do to make that true!
Two Chehalis Youth Model Outfits for Wal-mart Back-to-School Fashion Show

By Lacey Ponus, Department Manager, Chehalis-walmart

The Wal-mart Back-to-School Fashion Show was inspired by Wal-mart District Manager Dawn W. Her idea was set in motion as she watched her kids model clothes in their own closet and in stores. The kids were eager to shop and were very excited as they picked out their clothing to wear on the day.

There were 11 children who were chosen to model their choice of clothing. The kids were divided up into two groups: the men's apparel and lady's apparel area, and the children paraded as they were up-and-coming models. What a great occasion to see – parents smiling and camera bulbs flashing while watching their children demonstrate their new outfits.

The kids who accepted our invitation to go shopping and were seen smiling as they tried on outfits like men's apparel and lady's apparel area, and the kids were given different amounts of time: A follow-up appointment on a familiar problem might be given ten minutes, while a physical, or a complicated problem, may take up to an hour. A first provider is the primary provider. A first provider who knows your medical issues will be able to determine what kind of specialty care you might need, and just what that specialist's effects are going to do for you. This primary care provider is responsible for providing for all your health needs, keeping accurate records and taking responsibility for arranging care with other qualified professionals. This includes care for all stages of life: acute; chronic; preventive; services; and end of life care.

Be involved in your care. When you create a treatment plan with your provider, be realistic about what you can and will participate in the creation of your treatment plan. Do your part by following through on the treatment plan, and if you can't, let us know. If one plan is not working, another plan needs to be made! If you are on several medications, have regular health check-ups, or are taking herbs, inform your provider. Be clear about risk factors. Bring your medications and any health information with you. Above all, be involved in your own health care.

Keep in touch! After you see a specialist or another provider, remember to report back to your primary care provider to keep them updated. Be sure to ask questions and get written instructions for your medication plans. Remember: your primary care provider is keeping a detailed record of what goes on with you. These records are private and are yours to refer to. They should be an accurate record of your medical needs and expectations. If you are moving or change primary care providers, you can take your records with you, in order to give your next provider the best possible medical picture.

Remember, your medical provider is a medical friend who comes to your aid in time of trouble, and seeking to improve the quality of life for you and your family.

Youth Pull Their Hearts Out at Race with Cowiltz

By Donna Elam, PAC for the Wellness Center

Places of medicine often feel foreign and intimidating. Through our models program, we can educate our youth about the importance of health and prevention.

Promotes long-term quality of life. Everyone needs a plan for prevention. This plan is something that you make with your provider and update regularly. This plan changes and grows as you change and grow. Your provider, your medical friend, will be there to support you through this.

To get the most out of your relationship with your medical provider, consider the following tips:

Choose your medical provider. This will help you know your medical care issues. It is sometimes something that is new to you. After you choose your primary care provider, get to know them and their availability. Of course, you may have different doctors in the clinic for urgent needs, or when your primary care provider is too busy.

Try to keep a journal about your own history and family history. Have some background ready and write down your questions about your conditions. When you call in to make an appointment, be sure to tell the scheduler the reason for your visit, in order to determine how long the appointment should take. This is because the amount of time that is allotted to your appointment is a reflection of the complexity of your concerns.

Remember, your medical provider is your medical friend, and will be there to support you through this. We ask that you keep them informed of your medical needs and expectations. If you are having trouble with your medical provider, you can take your records with you, in order to give your next provider the best possible medical picture.

Remember, your medical provider is a medical friend who comes to your aid in time of trouble, and seeking to improve the quality of life for you and your family.

Youth Clean up 13 Gallons of Cigarette Butts and Pledge to Not Smoke, or Chew

On August 19 the Prevention Program held their second Kick Butts Day, and boy, did our youth kick it. Several youth showed up with intense eagerness to clean around the Tribal Reservation. The Tribes' Together Program Center. Our youth picked up enough cigarette butts to fill a 17-gallon trash can.

The purpose of Kick Butts day is to educate our youth so they never start smoking or chewing. Many prizes were won which included two bicycles, an iPod, water bottles, and squirrel guns. This came in handy since it was 90 degrees. Our youth signed sticker pledges on our "No Stank Yank" banner to never smoke or chew. A big thank you to Jesse Youckton for being our guest speaker.

Youth signed pledges and placed them on the "No Stank Yank" banner, promising to not smoke or chew on Kick Butt Day. Picture L-R: Chelsey Youckton, Lorrienne Bonnifer, Jordan Bird, Violet Starr, Kristen Secena, Geraldine Youckton, Tiana Ramirez, Anthony Rimerez, and Jessie Youckton.

Burn Smart and Keep Our Air Cleaner

By Glen Connelly, Environmental Program Specialist

Now that the nights have turned chilly and fall is full ahead, many folks will start to use their fireplaces and wood stoves more often. Please remember that wood smoke is one of the most common sources of air pollution in our community. Young children, elders and anyone with respiratory issues can have problems breathing when the air is filled with smoke.

I know everyone has been building fires since they were little kids at a campfire, but here are a few reminders that you don't smoke out your neighborhood:

- Use dry wood: It burns hotter and cleaner. Wet wood smokes a lot and does not burn hot, so cover your wood piles now and keep them dry through the wet winter months.
- Build small, hot fires that get plenty of air. Big, smoldering fires don't produce much heat and they make too much smoke. Use only enough paper to get the fire going, and never burn trash.
- Never burn wood that has been painted, stained, or pressure-treated. They release toxic chemicals that get spread around your neighborhood. Please think about your community while you are staying warm this year and keep the air as clean as you can. Thanks. Any questions contact Glen Connolly, Environmental Program Specialist, at 360- 907-1554.

Youth Pledge to Not Smoke, or Chew on Kick Butt Day. Picture L-R: Chelsey Youckton, Lorrienne Bonnifer, Jordan Bird, Violet Starr, Kristen Secena, Geraldine Youckton, Tiana Ramirez, Anthony Rimerez, and Jessie Youckton.

The Chehalis and Cowiltz Canoe Families compete against each other in a 1-mile race held on September 12. The youth pulled hard and won the race. It was an awesome weekend and they made us proud. It was an outstanding effort by all the pullers!

Chehalis Tribal Newsletter

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Contributing writer, 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"
Honing our Elders: curtis lev DuPuis, Sr.

"Joys with to vegetables and his grandchildren..."

my name is curtis lev DuPuis. I was born in 1944. Except for ten years when i was in the army and going to college, I have been a life-time resident of the Chehalis Reservation.

my parents are hazel Pete and Joe DuPuis (a Prairie Band Potawatomi Indian from Kansas) and my grandparents are Harriet and Frank Pete. My wife (married June 24, 1973) is Judy (Wilson) of Aberdeen and we are now in our 37th year of marriage. Our children are twins, Mary and marla, who each work at SPIPA, and nesh-ke who works at the lucky eagle casino.

my surviving siblings are Janet camp from enid Oklahoma, yvonne peterson, trudy marcellay, henrietta boyd and donna choke. my brothers are pete richardson, Mo DuPuis and david DuPuis. Several brothers and sisters have passed away.

Gardens, Livestock and Fish

Some of my earliest memories are from the early 1950s. The roads were not paved and there was no electric light. I remember there was a blue van that delivered bread twice a week, and an ice truck that delivered blocks of ice or two or three times a week in the summer for the ice refrigerators that every house had.

Back then, everyone had a garden, orchard, and livestock: beef and milk cows, pigs, chickens, turkeys and horses. Every lady was a cook and canner. Nancy Secena baked bread and pies weekly. Mena Klatush and Elise Simmons were always coming fruits and vegetables. will Swends, Johnny Benn, and Irene Thompson raised and raised ducks, and peacocks. We’d also go fishing for trout and salmon at the nearby rivers and creeks, camping overnight for several days. Ray was a very special friend.

Strikethrough With Reason

In my early days with the Tomahawks baseball team, Dale and Jimmy Klast, Robert Beckwith, Dan Newton and Percy Youtcon were just ending their baseball playing years. The baseball players age were Mo DuPuis, Elmer Jolly, Elroy Choke, David Pickernell, David Youtcon, Mike Simmons, Larry Santicum, Jack Young, Pete Richardson, Ray Youtcon, Gary Norey (white kid who lived with ray Secena) and many others. Lyke Secena was my first baseball coach to be successful by Gary Klatush.

We played against teams like Bucoda, Onalaska town team, and the Greyhars Harbor Pavers, a semi-pro team from Aberdeen. They had the future New York Yankees pitcher Mel Stottlemyer on their team. When we played against the Pavers, Mel Stottlemyer was pitching and I was the first batter. I couldn’t hit him. I started the game and when I struck out, the catcher had already caught the ball. I was the third batter: The first pitch looked like it was a curve ball and a strike. The second pitch was a fast ball. As I started my swing, (It was a curve ball and a strike). The second pitch was a fast ball. As I started my swing, the catcher had already caught the ball. I was the third batter: The first pitch looked like it was a curve ball and a strike. The second pitch was a fast ball. As I started my swing, (It was a curve ball and a strike). The second pitch was a fast ball. As I started my swing, (It was a curve ball and a strike). The second pitch was a fast ball. As I started my swing, (It was a curve ball and a strike). The second pitch was a fast ball. As I started my swing, (It was a curve ball and a strike). The second pitch was a fast ball. As I started my swing, (It was a curve ball and a strike). The second pitch was a fast ball. As I started my swing, (It was a curve ball and a strike).

We played all the reservation teams. We once traveled to Lapwai, Idaho, and it took all day to get there. Every summer we traveled to Warm Springs, Yakima, and Umatilla, and it was so hot, we could barely play.

Serving in Vietnam

I attended and graduated from Rochester public schools in 1962. I continued my education and went to college: first at Baccione City College, Tuskegee, from 1962 to 1964. Then I went to Los Angeles City College in Hollywood, California.

I was in the Army from June 1964 to May 1967 serving in the Fifth Special Forces (Green Berets) in Vietnam. I was offered a Second Lieutenant battlefield commission, but I declined, stating Vietnam was a risky place. You could get killed over there. Plus, I could see we would be in Vietnam for two or three more years. I was in a military sense, I speak, read and write Vietnamese better than I speak, read, and write the Chinese Language!

After my army, I attended and graduated from Georgia State University, Atlanta, Georgia in 1970 with a Business Administration (BA) degree. I was tough working full-time and attending school full-time, and getting only four hours a night sleep for 30 months. But it was worth it to receive my college degree.

Canning Food, Smoking Fish

Judy and I enjoy keeping busy, raising a garden and cooking and preparing for the winter months. We have flower, herb, and vegetable gardens, and an orchard with 20-some fruit trees. We are raising 17 turkeys and for pigs this year.

Also, I smoke salmon. When I pretend I am old, I smoke small, razor and stepper crabs, stump, fish heads, backbone, and oysters. In 1993 I learned how to fish from Harriet Pete. I remember being brought home from school, and taught how to filet. The adults were leaving and I was put in charge of filing and smoking trout of fish. I’ve been doing it every since.

I have a lot more memories in my mind and maybe I will be invited to write again.

Meet the 2009 Summer Youth Workers

Deidra Hawkess is 14. Her parents are Dave and Harold Hawkess. She worked in Head Start and at the youth center. She enjoyed working with the children in both programs. She learned that work can be fun.

Sklar Brocato is 16. Her parents are Gail Brocato and the late Rene’ Brocato. She worked in the I.T. Department, and with the Elders. Her favorite job was keeping the Elder’s kitchen clean. She enjoyed helping keep the kitchen clean.

Sarah Quill is 15. Her parents are Steve and Edmond Quill. She worked with groups. She enjoyed helping keep the maintenance.

Whitney Lewis is 16. Her parents are Walter Lewis and Tracy Morrison. She was assigned to be the B.C.’s assistant. She enjoyed learning about the clerical duties of a secretary. Photo by Whitney Lewis.

Shelby McCrory is 17. Her mother is Joyce Thomas. She worked in accounting, learning the meaning all the numbers.

Jonathan "junior" jack, Jr., is 15. His parents are Carla Thomas and Jon Jack, Sr. He worked at EOT and in the Youth Program. He learned to stack shelves. His favorite job was working with the children.

Gabriel Highhouse is 16. His mother is Bitty and Tony Highhouse. He worked with the newsletter and fisheries and learned about measurements, and the importance of fish to be a fisheries biologist. Photo by Whitney Lewis.

Jacinda Medina is 17. Her parents are TheresaYouckton and Steve Medina. She worked with the grounds maintenance crew and natural resource programs. This allowed her to work outdoors.

Kendall Medina is 14. His parents are Theresa Youckton and Tony Medina. He worked in the clinic. He learned how to be quiet, and learned that quiet pull charts.

Michelle Boyd is 15. Her parents are Lee Sittona and Tammy Boyd. She worked with groundwork, and learned how to assemble products.

Ann Marie Youckton is 17. Her parents are Jerry Youckton and Kamala Stair. She worked with the TEO Program learning to help lumber children.

Ricky Suttlerick is 17. His parents are Elaine McClung and the late Bennie Lumpkin. He worked with the newsletter and learned interviewing and photography.

Monica Lopez is 17. Her parents are Charlotte Youckton- Lopez and Ray Lopez. He worked with the Events Coordinator helping plan many events.

This 1950s photo was taken during a family trip to Colorado Springs. Top Row L-R: Joe DuPuis, Hazel Pete, Mo, Curtis. Bottom Row L-R: Landon, Jacinda Medina, and Alexa Strotter.
Watershed’s Bad Weed Almost Gone, Thanks to Tribe and County

By Andy Olson, Fisheries Biologist

The Chehalis Tribe’s Brazilian Elodea Program has been at it again this year working from Borst Park in Centralia, and downstream. The work moved down to the reservation and downstream. The Chehalis Tribe has surveyed the river throughout the reservation and downstream to the mouth of the Satsop River. We found little to no Elodea. What was found was pulled by a temporary crew made up of Derek Youckton and Shawn Goddard. The work will continue until the end of September when the contract with the grant will end. Our department will reassess the need for more work next spring. As for now, it seems like we have gained control of the Brazilian Elodea through the Chehalis Tribe’s and Thurston County’s efforts, and the powerful floods of the last few years. We don’t have a total pounds pulled for the season yet, but it will be close to 10,000 pounds or more.

Back-to-School (continued from page 1)

The Youth Center assisted families by providing back packs and Wal-mart cards. With the economy and rising costs, this is an incredible help for families with school supplies and clothing. Elaine McCloud, Heritage Coordinator, handed out information on what classes she will be offering. One class will provide information on how to fill out family trees. It is an important resource in documenting your family’s lineage. This isn’t just for families who showed up that day. It is available to anyone who is interested. Elaine can be contacted at 360-709-1621.

Dianne Devlin, Culture Coordinator, was very active in gathering input on a cultural survey at the Back-to-School Extravaganza. It was a great opportunity to get community input on what types of cultural activities the program could offer. She also provided information on upcoming cultural classes offered on Monday, Tuesday, and Thursday. Diane informed participants that there will be a monthly calendar outlining activities for the Language, Heritage and Culture Programs.

Canoe

(continued from page 1)
finishing the canoe.

Turning the 18-foot log into a dugout canoe, then launching the canoe on its maiden voyage on the river is exciting to think about. Other parts of the log will be used for masts and smaller give away items. The plans for the future of the canoe aren’t finalized, but we will welcome any ideas or suggestions. Anyone interested in learning, helping, and accomplishing this task is invited to show up. Contact Dan Penn at 360-709-1747.

It has been so nice getting to know our carving teacher, Dave Wilson, Master Carver from Lummi. Dave is a warm and friendly teacher who is willing to share his 35+ years of carving experience with anyone willing to learn. His approach to carving is patience. Not only does he teach safety, but he listens to you and respect, each other.

It will take about 1,000 hours to complete project, so anyone interested in learning to carve, learning the language, or just helping to accomplishing this task is invited to show up and have fun. Dave Wilson said, “I’ve been carving for 30 years. The energy the youth bring to the class is something you’d have to be there to see. It’s great sharing my knowledge about carving with the Chehalis people.”

There is much less Elodea than in past years. This shows we have made a difference in the last few years with our efforts in eradicating this noxious weed.

The Chehalis Tribe has surveyed the river throughout the reservation and downstream to the mouth of the Satsop River. We found little to no Elodea. What was found was pulled by a temporary crew made up of Derek Youckton and Shawn Goddard. The work will continue until the end of September when the contract with the grant will end. Our department will reassess the need for more work next spring. As for now, it seems like we have gained control of the Brazilian Elodea through the Chehalis Tribe’s and Thurston County’s efforts, and the powerful floods of the last few years. We don’t have a total pounds pulled for the season yet, but it will be close to 10,000 pounds or more.

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