Community Effort Makes Chehalis-Hosted Weaving Conference a Success

By Dianne Devlin, Cultural Coordinator

The gathering was a full-out Chehalis celebration of culture and with the goal to finish. Sally Pikutark, a Chehalis Elder, added, “We’re very excited. I had 30 students in one of my classes. It was a huge turnout and I ran out of kits.” Sally Pitkark, a Chehalis Elder, added, “I had 38 students, and enjoyed bringing so many young and eager learners.”

Many agreed that it was a challenge for all the first-timers. They stayed with it, and everyone completed their projects.

In the grand ball room, there were many tables filled with people learning from the Master Weavers. It was a wonderful approach as Master Weavers taught not only the style, but the mind set a person needs to make the project.

The students demonstrated a desire for knowledge and commitment as they learned to weave their magnificent baskets, listening and focusing with the goal to finish.

The gathering was a full-out Chehalis community-involved event. It took Master Weavers from many tribes passed on basket-weaving techniques during the fall meeting of NNABA. Many students from the Chehalis and other tribes completed baskets for the first time. Their names and tribes were announced and the teachers held up the baskets for applause.

See sawing, page 4

Tribal Saves Money, Meets Another Expansion Goal with New CTE Building

By Dianne Devlin, Cultural Coordinator

The Chehalis Tribal Community Center officially launched on Wednesday, September 30, community and tribal members toured the beautiful new community center. There was excitement in the air during this momentous step in the continued growth that our tribe is making.

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Tribal employees started moving into the new Chehalis Tribal Community Center on October 16. Although it is never fun to move, employees are excited about the quality and atmosphere of the building and offices.
Youth Use Pride and Muscle to Win at Traditional Canoe Races

By Fred Shortman, Editor

It was a beautiful sunny weekend at Ilwaco State Park on Mayfield Lake. The Chehalis Canoe Family participated in the Second Annual John Barnett Memorial Traditional Canoe Races and Celebration. The Cowlitz honors the Late John Barnett by fulfilling former Tribal Chair’s vision of reviving the canoe races.

On Friday, there was a blessing of the dugout canoe built by Canoemaker Robert Harja. Everyone who came to witness it was amazed at its size and treated to purify themselves, bringing their good thoughts and prayers for the canoe. The ceremony was performed by Joseph Kalama. It was done to awaken the spirit of the cedar tree, finding a new life as a canoe for the people informing it to be used in a good way. After the ceremony the canoe was launched and given its maiden voyage, followed by Cowlitz and Chehalis Canoes that are used in the Canoe Journeys. It was an honorable and thrilling moment for those who came to witness the ceremony.

On Saturday, the event began as people saw the two canoes that showed up to race, both came to see the races. There were only two races and they were both exciting. The first race was a 1 mile race. The Chehalis Canoe Family circled and skipped Gail White Eagle selected her pullers. The youth donated their life vests and took a warm up pull. The human spirit always has the competitive drive to win in representing your tribe. The anticipation and excitement rose in the chest of the pullers as they waited for the starting horn. The youth focused and committed to working on nothing but power pulls in this race. They pulled with everything they had and they were greeted by cheers of encouragement echoing over the water as they successfully crossed the finish line. It was an awesome victory because our canoe was filled with youth against with the Cowlitz Canoe adult males. It wasn’t just about winning, it was about working together and seeing how committed the youth are. What a proud moment it was.

The final canoe race that day was a 5 mile race. The Cowlitz support boat captain took our skimmer to show him the 5 mile course. And when he returned the Chehalis Canoe Family circled up and skipper James Cayenne II picked his pullers. Once again the youth stepped up to pull, still excited over the first victory. The Chehalis and the Cowlitz Canoe Families were evenly matched and the skippers’ course selection is crucial to achieving a victory. The front-seat pullers reminded us about what strategy was going to be used for this race. With determination in their minds, they set an awesome pace. Though the Cowlitz Canoe was leading in the early part of the course, technique and stamina was a contributing factor in Chehalis taking the lead. As the pullers tired, the words of encouragement from the youth grew in strength to the finish this race. There was a victory swim for all pullers as the skipper requested each one to take their turn jumping into the water.

On Sunday was the revised course (from a 1.5 mile race to a 4 1/4 mile) Skipper Gail White Eagle selected her pullers. It was a great day, a little windier than the day before. The youth pulled the same strategy that worked the day before. It was a fun race, but a busy was missed and our canoe had go back and circle it. It was a good race, and everyone was laughing and congratulating everyone for a good race. The feast and thank you gifts were given out at the dinner. It was a great weekend in celebration honoring John Barnett and helping participate in his dream of having canoe races on Mayfield Lake.

The Chehalis Canoe Family enjoyed visiting with neighboring tribes, enjoying their hospitality in this gathering of native people. Our hands go up in appreciation to our neighboring tribes and hard work representing the Chehalis Canoe Family with honor and respect.

Chehalis tribal members and employees wore pink on October 16 to show their support for women who are breast cancer survivors.

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About 250,000 American women are diagnosed with some form of breast cancer each year. More than 40,000 women die from it. But thanks to early detection and improved treatments, the number of deaths is decreasing. Together we can make a difference. The important thing here is to remember early detection: Get your screenings on a regular basis.

The American Cancer Society’s breast cancer screening guidelines are:

- Age 40 & over - Mammogram and clinical breast exam (CBE) yearly, monthly self breast exam
- Age 20 & 30s- CBE about every three years, monthly self breast exam

Starting in 20s- Monthly self breast exam, consult your health care provider about CBE

The NWWP Outreach Worker. You can call the clinic at 360-273-5984 to schedule your appointment. Remember, every woman counts.

Article 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, art, and drawings to be considered for publication. These are subject to editing.

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October is National Breast Cancer Awareness Month

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

Submission deadline: 6th of each month. Print deadline: Each month.

Youth directed Tony Meana put on a punt, pass and kick contest for the children during the TELO Flag Football Game. This was their opportunity to show off their skills.

The Chehalis Canoe Family youth encouraged everyone to pull hard in the canoes races. Their commitment was inspiring as they competed against a team of adult men. When they won two races, they acted with respect and honor.

The focus of this national program is to best address colorectal cancer in Indian communities. It was a beautiful sunny weekend for Diane’s clinic (DLC) also serves the Cowlitz and Quinault tribal communities.

Women’s Wellness Program (WWP) will design and implement a tribally-based colorectal cancer program. Only four tribal organizations (SPIDA and three Alaska Native organizations) were selected for funding through the Center for Disease Control (CDC). The CDC also serves the Cowlitz and Quinault tribal communities.

Women’s Wellness Program pays for those with insurance. The goal is to detect all screenable cancers at the earliest stage for tribal and community members of all SPIDA tribes. It will surpass the CCCP fourth objective to work with the tribal clinics to screen at least 50% of the age-appropriate population for colorectal cancer.

This WWP program is modeled after our successful Native Women’s Wellness Program and our Comprehensive Cancer Control Program. The Colorectal Cancer Program staff will work closely with staff from these two programs.

Program’s Goal is to Screen for and Prevent Colon Cancer for Native Americans at Five SPIPA Tribes

Chehalis, Nisqually, Skokomish, and Squaxin Island Tribes. The $600,000, five-year grant for Diane’s clinic (DLC) also serves the Cowlitz and Quinault tribal communities.

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With the grant, SPIPA will design and implement a tribally-based colorectal cancer program. Only four tribal organizations (SPIDA and three Alaska Native organizations) were selected for funding through the Center for Disease Control’s review process. SPIDA is the only lower-48 Tribal Colorectal Cancer Program. The agency will be involved in state and national advocacy efforts to bring the message forward on how to best address colorectal cancer in Indian Country.

The focus of this national program is to increase the colorectal cancer screening rate in the United States for all people 50 years of age and older. This will be achieved through two main goals:

- Provide community-wide activities including educational activities to increase community awareness and assist patients with making appointments for colorectal cancer screening. The goal is to achieve an 80% colorectal cancer screening rate of population.
- Provide free colorectal cancer screening and diagnostic services for low-income patients 50 and older, those without insurance, or provide assistance with co-pays for those with insurance. The goal is to provide screening and follow up to 900 eligible patients.

SPIDA has had as Comprehensive Cancer Control Program in place that has received national attention. This Colorectal Cancer Screening Program (CCCP) will help SPIDA achieve the second SPIPA Comprehensive Cancer Control Program. This program is designed to detect all screenable cancers at the earliest stage for tribal and community members of all SPIDA tribes. It will surpass the CCCP fourth objective to work with the tribal clinics to screen at least 50% of the age-appropriate population for colorectal cancer.

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Building. Construction isn’t finished, there is a new 2-story, 3,500 square foot building presently being built by our Chehalis Tribal Construction company. We will keep you informed.

**New Tribal Hatchery will Release Fish in Early 2010, You'll See More Fish in 2013**

 landfill. We will be getting the eggs from fish and we can begin the process of producing many meetings and hours to arrange and coordinate. Many volunteers helped wherever they were needed.

Diane Finn Cruz worked on the NNBA Poster and created the pamphlet that featured photos with bio’s of each of the featured weavers.

Christina Hicks did a great job preparing the Wellness Room, which included massages and volunteers from the Tribal Clinic. Every hour a massage for one lucky elder was raffled off at the conference. Participants who didn’t purchase a raffle ticket could pay a small fee for a massage. Much took advantage of it, too. Christina Hicks also did a super job as the MC at the gathering. The banquet was held Saturday night at the new Chehalis Tribal Community Center. Elders Jerry Simmons, Joan Martin, Dolly Canales, along with Theresa Shortman managed to sell quite a few raffle tickets to help finance the banquet. The table vendors selling items at the conference were very generous with their donation items for the raffle. The donation encouraged people to buy raffle tickets in hopes of winning a hand-crafted Native American item.

Elder Janice Latch stuffed a registration table for the Fashion Show that was held at the banquet. The fashion show was a beautiful success! Selena Kearney announced and commented on the fashions, and it turned out to be a great hit! Everyone agreed that the models were trustworthy - if you have no friends or part cigarette packaging plant. Having a centralized area has greatly enhanced the capabilities and goals of our Chehalis Tribal Enterprises.

If you were to become incapacitated or die, how easy would it be for relatives or someone else to take over your financial affairs? Would they have to search through a mountain of paperwork? If you don’t receive paper statements, would they even find out about all of your accounts?

No one likes doing funeral planning or other things that remind us of our own mortality. But death and injury are a fact of life. Creating a personal financial directory makes it easier for someone to cancel your accounts or otherwise manage your finances even when you are not able to. You may also find yourself using it if, for example, your wallet is stolen and you need to notify financial institutions and creditors, or you forget an online password.

All you need to do is set aside one or two hours a day. Think about all of the accounts and obligations you have, including a mortgage or rent, loans, credit cards, utilities, checking and savings accounts, investments, retirement funds, and insurance. On a piece of paper, list the following information about each one: the account number, who it is with, company contact information, online user name and password, location of statements, and monthly payment and due date (if applicable). You should also include the name and contact information for any financial advisors, such as an accountant or insurance agent. Periodically revisit the list to make sure the list is current.

In order for your financial directory to be helpful, someone has to know it exists. You need to make sure the designated person knows who to contact.

Besides creating a financial directory, another way to make it easier for your financial affairs to be taken care of is to assign someone durable power of attorney for finances. This specifically gives him or her legal right to make financial decisions for you if you are unable. You can create a durable power of attorney document with the help of a lawyer or computer software. Make sure to choose someone who is trustworthy - if you have no friends or relatives who are appropriate, you can use a professional, such as a lawyer or accountant.

A little bit of planning can ensure that your finances are taken care of even when you are not able to manage them yourself.

Weavers (continued from page 1)

The beautiful, new Chehalis Tribal Enterprises building was constructed from five pre-built trailers. It stayed on budget and saved the tribe money. Construction of a new storage and cigarette packing plant is in the process.

**Diabetes Awareness Walk**

Saturday, October 24

Sign up at 10 AM

Walk starts at 11 AM.

Come join the 1st annual PC Diabetes Awareness Walk. Starts at the Youth Center.

Lunch will be provided. Guest speakers. Raffle and door prizes.

Any questions, please contact Lynn Hoheisal at 360-709-3455 or lynn@chehalistrib.org

**South Puget Intertribal Planning Agency**

10th Annual Native American Dinner

Saturday, November 14

at the Lucky Eagle Casino

Tickets are $75.00 and are on sale now. Registrations and payments for the event and silent auction will begin now. The seedfood dinner buffet is at 6:30 PM and the auction to follow at 7:30. For more information, contact Terri Flowers at 360-426-3990 ext. 3202.

**Listing Financial Information Now Will Give You Peace of Mind for the Future**