**Program News**

**Prevention Program Offers Fun Family Activities**

By Lorrie Bonifer, Prevention Specialist

- **Healing Circle:** Starting July 27 at 4:30 PM. There will be a healing circle in front of the building where the canoe is being carried. A small, portable fire pit will be used to cook hot dogs and make smores. Books will be available to read, everyone is welcome. Please bring your own camping chair. Every Tuesday at 4:30.

- **Day Fitness Camp:** Starting July 28 from 3:00-4:00 PM every Wednesday. This will be a fun filled activity and youth of all ages are welcome. We will have different games set out and youth will rotate every 5 minutes. No Snacks or Prizes will be given out. This is a strictly “come and have healthy fun and be active” activity. It will be held in a parking lot of the Community Center every Wednesday. (This is a community volunteer project, youth welcome)

- **Youth Talking Circles:** Starting July 28 and every Wednesday. Lorrie Bonifer will meet youth at TELO at 3:00-4:00 PM: no appointments - all youth are welcome.

- **Fresh Organic Veggies:** We have partnered with NewTalkum Valley in Adna for weekly fresh organic vegetables. Pick up days for produce are Fridays. Deliveries to Head Start, Tribal Center, and at the Elders Center once a month.

- **I am amazing:** This is a curriculum geared towards Head Start. This program covers many areas to help our youth feel safe, learn self esteem, and confidence. The Prevention Program combined with other departments will teach this class at Head Start.

- **Strengthening Families:** This is one night each week on Thursdays for 7 weeks. It is a family oriented class that assists families to be together to deal with complex and simple issues.

Events are sponsored by the Mental Health Mini Grant, Prevention Funds. Please contact Lorrie Bonifer at 360-709-1717 if you are interested in attending any of these programs.

**Applications Available**

Looking for work? Please contact the following to see what positions are available.

- **Entreprenuers:** Contact Anna M. Hartman at 360-723-2251 ext 112 or email Ahartman@chehalistribal.org. New positions available.

- **Tribal Center:** Sylvia Cayenne at 360-709-1508; or email Scayen@chehalistribal.org

- **Lucky Eagle Casino:** Allison Carter at 360-273-2000

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**CHEHALIS TRIBAL NEWSLETTER**

**“People of the Sands”**

**2010 Head Start Graduation Celebrate with Friends and Family**

Twenty-five Head Start students graduated and continued on into Kindergarten, page 2

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**Chehalis Canoe Family Travel the Puget Sound in the 2010 Paddle to Makah**

On Monday July 19 final landing ceremonies were amazing as Makah Nation honored all the canoe families as they requested to enter their land. As the canoes were greeted by Elders, leaders and royally dressed in their respective regalia, making this the best greeting ever.

By Fred Shortman, Editor

This year marked the fourth time the Chehalis Canoe Family has participated in the Tribal Canoe Journey. Shortly after fireworks season, traveling is the main focus. Canoe Family members were seen excitedly packing and preparing for this year’s journey. Each individual anticipated spending time with family and making new friends while traveling the Puget Sound with “One Heart, One Mind.”

The journey began on Wednesday, July 7th in Squaxin Island, where camp was set up and formal protocol happened that night. The following morning the journey began through Puget Sound waterways. Many early mornings followed as the participating tribal canoe families began each day at 4:00 AM. It was hot the first few days with temperatures reaching into the mid-80s. The heat created safety issues for both the pullers and land crew, who were grateful for the hosting tribes providing much needed extra water.

As the journey continued the number of participants started to grow as families and new faces joined up at different locations to add to the pullers and ground crew. It wasn’t a vacation though, as the ground crew traveled in their “ground canoes” breaking down camp, and moving to the new location to set up again. Many hours were spent driving to the different tribes who were hosting the next stop. The tribes shared their songs and dances at the evening camps. “One heart, One mind” is hard to explain and you really need to be there to get the full impact. It is what the Chehalis Canoe Family is all about; sharing, and teaching the youth about family and team values, about sharing in the workforce and enjoying each other’s company. It’s not just about the work to be done, but about learning and respecting each other and other Tribes traditions.

Campgrounds were established and delicious meals were provided by each hosting tribe. Canoe families sang thank you songs, recognizing their hard work and the long hours for the cooks who worked diligently to feed this large group of canoe families breakfast, lunch and dinner. Hands up to the hosting tribes and cooks for their dedication in making this a safe and successful journey.

At camp many youth were seen learning and laughing together as they worked on their regaleas or gift items for the final destination protocol. Each individual was required to make or donate ten items each, and for many it was their first time headieing or making traditional items.

Many agreed that the early mornings were tough, but necessary to make the

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**Fireworks Season is a Family Business and Shows Signs of Economic Improvement**

By Fred Shortman, Editor

With the unusually wet and cold summer weather the 2010 fireworks season brought some challenges for both stand owners and wholesalers. The soggy fields quickly turned the entry roads into a muddy and sloppy mess. Trucks were dispatched to fix this and customers were able to access the fireworks they were planning to purchase.

There were 96 Fireworks stands set up throughout the reservation, Thunder Alley, Thunder Valley 1 and Thunder Valley 2, Top of the Hill, Thunder City Mall, Indian Country, Moon Road and one stand at the Tribal Center Parking lot and another on South Bank Road.

Fireworks season was a time for families to gather together to prepare their stands for another season. Many stand owners were seen rebuilding stands, painting and filling their stands with stock. The hiring of employees and arranging work schedules has been the anticipation of selling to customers and making it a successful business venture. For those tribal members who work in the fireworks stand, the hours can be long. Some of the families take turns to provide security in order to protect their interests.

Marketing strategy is the key to success for the fireworks season. Listening to some of the sales pitches from the stands was quite unique and entertaining. To be successful many fireworks stand owners rely on their return customers who they refer to as “repeats.” The veteran stand owners always look forward to building a bigger customer base. The economy and amount of stands affected last year’s profit margins, and continued to impact this year’s fireworks season; although many stand owners agreed they had a successful season with some improvement over last year.

Consumers traveled great distances to continue their

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**Selling Fireworks is a family tradition for tribal members. Pictured (L-R) are Grandpa Dennis Cayenne proudly teaching his first granddaughter Makayla Ortiz about selling fireworks. She just turned fourteen and it was her first year she worked in the stand.**

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The Dangers of Teen Sexting

Dawn Boles, Domestic Violence Advocate

Do you know what you should do in case of important information all parents and youth should know about cell phones and sexting. What is sexting? Sexting is defined as sending or posting suggestive messages, photos or videos between cell phones or via Facebook.

New technologies have made it easier for others to create, distribute or possess sexually explicit photographs of minors. This is true, even when minors are participating digitally in sexting.

Minors involved in sexting can be charged with possession of child pornography, a serious crime in every state. Offenders are required to enter a national database of sex offenders for the rest of their lives.

If you receive an inappropriate image or text:
- Do not forward the image to anyone.
- Think about how it could harm the person involved.
- If the text is from a friend, tell them you don’t want any more texts like that.
- If the texts keep coming, block that number.
- Do not forward the image to anyone.
- Think about how it could hurt the person involved.

For 10 Young Tribal Members, June 10th was a Night to Remember

By Colleen Klutzas and Theresa Pannakk, Chaperones

Standing Tall! You would think the title says it all wouldn’t you? It’s the second year for me attending this special night of the Chehalis Tribe. As a chaperone I was honored to be given the opportunity to go. Thanks, Tony Medina, for inviting me.

The Conference was started 21 years ago by Ktunaxa. Jessie Stevens from the Quinault Indian Nation and has grown stronger and larger every year. They invite motivational speakers from across the United States. Chance Rush is a key employee, he’s very inspirational to the youth. I was able to speak with him one on one and discovered our common interests and cultural background.

Respecting your elders seems to be lost in some tribes, and very strong in others. Many youth are taught to sing and drum, while performing native dances that were passed down to them from their parents and grandparents. I met many young people who were not afraid to talk to me and shared a lot with me about their families and themselves at the Great Wolf Lodge. Yes, it is a fun place to be, but I said workshops for theverts had to complete their four day time. Their workshops involved drum making, drum circle and dancing. These workshops were taught photography and much more. These were great workshops for all the youth who attended.

I found a little sit down time to talk with other chaperones. Ken Stevens told me that it was hard to put this group together. So we talked about tribes coming together for the youth attending Tall Conference. I thought it was a great idea to teach our youth, helping them into adulthood, and to assist their future plans by teaching them valuable lessons.

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Paying Old Debt by BalancePro*
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By Diana Pickernell, Loans Coordinator

Paying a credit card or loan in good standing is a pretty simple task – you just go online or send a check to the address on your statements. However, if you have older bills that you were not able to pay in the past but now have the means to take care of, it may not be so easy. If you have been lucky enough to avoid a barrage of collection calls and letters, you may not know who is holding the debt. You also may not be sure about the best way to deal with a collection agency or if it is even a good idea to pay the debt.

Before trying to pay an old debt, you should first confirm how long it has been since you last made a payment on it. Every state has a statute of limitations which determines how long a creditor has to use you to collect a debt. While there are many reasons that people pay a debt past the statute of limitations (such as a lender requiring it to get a mortgage or feeling a moral obligation to), others may not feel it is necessary if they don’t have to worry about legal action being taken against them. The date of last payment can typically be found on your credit report. You can get a free copy of your credit report from each of the three credit bureaus once a year by visiting AnnualCreditReport.com or by calling 1-877-322-9828.

Viewing your credit report can also help you locate the current holder of the debt. There may be multiple listings for the same debt – see which agency has the most recent report date. Ideally, the collection agency’s contact information will appear on your credit report, but if not, you may have to search for it online. Another possible way to locate the debt is to call the original creditor and ask what collection agency they sent it to. Then call the collection agency to see if they still have the debt. If not, ask who sold it to you. They may have to repeat this a few times before locating the debt.

Once you find the agency that you believe holds your debt, send them a letter asking them to verify that they have it. Once you receive it, you can negotiate a settlement.

Many collection agencies are willing to settle for less than the full amount owed if you pay a lump sum. Typically, the older the debt, the bigger the discount you can get. You should always get a settlement agreement in writing before sending a payment. If it is not affordable to pay off the debt all at once, you can negotiate a monthly payment until the debt is satisfied. However, keep in mind that in most states paying even one dollar on a debt restarts the statute of limitations, so a payment plan typically only makes sense for more recent accounts.

With a little bit of research and negotiation, you can pay off old debts from your to-do list. http://www. balancepro.net.

Spending the Day Fishing with Dad Made a Fun Activity for All

The Fatherhood fishing day created many fond memories for parents and children alike who spent the day fishing. Picture left are: Teresa Mowitch-Johnson, Mikaelah Mowitch-Johnson, Mikalah Mowitch-Johnson, Christine Edwards, Lucille Kilburn, Donnelle Edwards, Todd Edwards and Head Start with rods, reels, gear, and bait, allowing everyone to fish. The kids also enjoyed a tasty BBQ provided by Head Start and cooked by Head Start director.
Blessing of the Canoe is held the evening before to establish leaving time and tides. Support boat skippers were up early to meet their respective canoes. Our canoe family was fortunate to have two support boats during the journey.

Many thanks go out to Dave Lopeman, Squaxin Island Chairman and John Setterstrom for assisting us throughout the journey. Without them we wouldn’t have been given permission to leave the hosting tribe. Other thanks go out to the families who opened their yards to host a visiting canoe family providing much needed showers and access to laundry services.

We can’t forget to say thanks to Sylvia Cayenne, Canoe Family mum and mentor who encouraged and proudly said, “There’s my Angel!” referring to the white paddles that look like angel wings as they moved in unison. Knowing that tullup wi’I arrived ahead of schedule and with the paddlers’ power pulls and prayers they pulled with their heart and soul. It’s not a race as everyone knows, but prayers help move the canoe along with grace and pride.

Thanks go out Elders Elaine McCloud and Trudy Marcella for helping make our ragskey. Your work is greatly appreciated.

Hope to see you next Year ‘21 Paddle to Swinomish.

Personal Experiences

Ashlea Parkinson, 17 year old tribal member commented, “Being the first time on the Canoe Journey, it was an eye opener. The Canoe Journey brought me closer to people and opened my eyes to my culture. How important respect and honor are to our elders and to nature as a whole. I learned so much from just watching others and how they interacted to certain situations. Getting involved with the Chehalis Canoe Family impacted my summer greatly. I was able to hear people from different tribes gather and jam together. I had the opportunity to paddle on my first day. When we started out, I realized that everyone on the canoe had joined as one. Learning to paddle in rhythm was hard at first, something that I’ve never experienced before. I learned that even if you don’t know anyone, they’ll make you comfortable and welcome you into their family circle.

The journey has encouraged me to be more active in our tribal activities and I most definitely will continue to encourage others to join us next year on the canoe journey. I am already excited for next year! It should be just as great as this year, if not better.

I went on the journey for experience, but now I can say this awesome experience for my senior project. I’ll share pictures and memories with students and teachers and weight them on the culture and how amazing this journey really is. It was such a positive opportunity, and I’m so glad I went.”

Connie Baker, tribal member wrote, “I participated in our tribes Canoe Journey for the first time. It was everything I was hoping it would be. It was the emotional high that I had heard so much about, and not a minute of it was without some kind of memorable emotion.

‘One heart one mind’ is the family function, and no matter what task or function was at hand, the family unit has to function as one. The teachings, the stories, the daily chores, and tasks that have to get done before anything else can proceed, is the daily addenda. And then the fun can begin, interacting with the other canoe families, and tribes was awesome, everyone is there for the same purpose, the same goal in mind, to have a safe, fun, and memorable journey, together, as one. The biggest family unit of all. And that was powerfully emotional. Everyone made everyone feel so welcome, like long lost family visiting. All journey long I had the chance to learn ‘da’ ju’ vu, everyone that just seemed familiar, some of the faces I saw, I thought I knew, when I mentioned this to Leona, she told me. My grandma (Elaine) says that the feeling of ‘da’ ju’ vu, means that you are in the right place at the right time. That explained the whole journey for me; I was in the right place at the right time. That explained the whole journey for me; I was in the right place at the right time. That explained the whole journey for me; I was in the right place at the right time. That explained the whole journey for me; I was in the right place at the right time. That explained the whole journey for me; I was in the right place at the right time. That explained the whole journey for me; I was in the right place at the right time. That explained the whole journey for me; I was in the right place at the right time. That explained the whole journey for me; I was in the right place at the right time. That explained the whole journey for me; I was in the right place at the right time.

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