

September 2010 Vol. 4/2

Program News

Get Financial Help Between Jobs or During College

The General Assistance Program is not a Welfare Program. It is a secondary program to help individuals with their basic financial needs between jobs, or when they are enrolled as full-time students in college. Clients are required to submit a denial letter from any other sources, such as TANF (welfare) or unemployment before being eligible for General Assistance.

Clients are required to actively seek employment. All job searches are required to have current phone numbers, and authorized signatures for our office to complete verification. The job search form is our tool to verify that our clients are honestly seeking employment.

The General Assistance Program will start taking applications starting in September. Office hours are Mondays and Tuesdays from 10:00 am to 2:00 pm. Contact George Youckton, General Assistance Case Worker, at 360-273-5911 ext.1572 to schedule an appointment.

Program Offers Winter Activities to Help Community

The summer programs are wrapping up:

The Organic Vegetables project had limited funding so the produce was given to Head Start and the Elders only.

Thanks go to Austin (Cindy Beck's Son) for volunteering his time at the Tribal Community Center. He assisted with the Physical Fitness Program this summer and the youth eagerly looked forward to play games he scheduled. My favorite game was when the youth ran to one end of the gym screaming; if they stopped screaming they had to stop running. There are lots of youth with healthy lungs, because many of them ran all the way down to one end without stopping. This was a fantastic program and I want to thank the Youth Center for participating, and supporting this program. They were great!

Prevention Winter Calendar

Healing Circle is held at the clinic starting October 1 and every Friday at 1:00 PM. This is for adults who would like to read books on wellness, vent or just share or listen. This is a time to get support concerning Drugs, Alcohol, Tobacco.

Talking Circle for youth will continue to be held at TELO at 3:00 PM every Wednesday.

If you would like help to stop smoking, please make an appointment at the Clinic or contact Lorrie Bonifer at 360-709-1717 or email lbonifer@chehalistribe.org.

Process Available to Assist Tribal Members

If you have been stopped and issued a citation by any outside agency within the boundaries of the Chehalis Reservation a process is available to assist you in transferring your case to Chehalis Tribal jurisdiction. You can officially request through our Tribal Law Enforcement to have your case transferred to our jurisdiction.

For more information about this process, contact Ralph Wyman, Director of Public Safety at 360-273-7051. Please leave a phone message with your name and telephone number. You can also drop by the office to report the incident.

CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦



2010 Youth Workers gain summer work experience

■ Youth worked with various programs to gain the skills to enter the work force, page 2

Programs Provide Resources for Back to School Celebration



The Domestic Violence and Vocation Rehabilitation combined their resources providing raffle items for the parents who brought their children to the Back to School Celebration. Pictured (L-R) are Dawn Boley, Domestic Violence Advocate and Barb Churchill, Vocation Rehabilitation Coordinator.
Photo by Emily Lewis

The annual Back-to-School Celebration on Wednesday, August 18 featured a water slide for the children and academic and health information for parents as they prepare for the new school year. Party Outfitters supplied the slides and tribal departments provided information and gifts.

Chehalis Tribal Education Program

Over 120 students have signed up for the 2010-2011 Chehalis Tribal Education Program which provides help to students on a one to one basis. Program staff members work in classrooms with students as well as provide academic support to teachers, principals, and other school staff.

Community members are encouraged to sign up for the program. Tribal member students who sign up receive a \$50.00 Walmart gift card. Parents can help students succeed as well by making sure their children get enough sleep, develop good study habits and maintain consistent attendance.

Domestic Violence Program

Lucky Eagle staff cooked a delicious barbecue at the Back to School Event with food provided by the Domestic Violence Prevention and Vocational Rehabilitation Programs. The Domestic Violence Program also donated backpacks to Head Start to help with the cost of returning to school.

See Back to School, page 4

Interesting Information on Page 3:

- 1927 Deposition of Chehalis Tribal Elders from our archives.
- Staff Profile of our Clinic Doctor Gene Sine
- Tips in Protecting Your Community Regarding Outside Burning

Tribe Strives to Keep Restoring the Chehalis River Floodplain

By Mark White, Director of Department of Natural Resources

Over the last 200 years, people in the Chehalis River Basin have been changing the natural flood plain of the river. Farms, roads, railroads, buildings and levees have all impacted the way the river moves, especially during floods. The Chehalis Tribe knows that the best way to prevent damages from floods is to give the river room to move. The Tribe also knows the importance of restoring the natural river flood plain. This year we started a project called the Wickett Dike Removal / Davis Creek Restoration Project. This project includes removing 3,100 feet of levee, removal of existing non-fish passable culverts and installing a new bridge across Davis Creek. This will open up about 15 stream miles for salmon spawning and restore about 140 acres of flood plain.

The river levee was built by the previous owners of the Wickett Property. The previous owner built a dirt levee across the farm to prevent flood waters from covering his fields. The levee was up to 12 feet high in some places and up to 30 feet wide. The levee stopped the river from spreading out naturally during a flood. Davis Creek is a small creek that flows off of the hills to the southwest of the Wickett Property. The upstream part of the stream is in great shape, but the downstream section was completely blocked by an old farm access road that crosses the creek. The road crossing created a fish blockage so salmon could not access the upstream habitat for spawning.

The Tribes Natural Resources Department was awarded a grant from the Salmon Recovery Funding Board to remove

See Restoration, page 4

Baseball is Played Through August at Tomahawk Stadium In Memory of Family Members

By Fred Shortman, Editor

August was a fun-filled month of baseball at Tomahawk Stadium. The tournaments were small, but fun for both spectators and players. Baseball has been an important part of summer here and on other reservations for many years with families dedicating games to relatives who encouraged and taught them the love of the sport. Baseball tournaments keep players practicing to take the game to the next level, and practicing helps them focus on positive outcomes.

An added plus of tournament play is seeing old friends and making new ones along the way. As you walk around the field you hear the bantering and laughter of jokes and stories being exchanged, ABD announcer's loud voice echoing across Tomahawk Stadium. Winning tournaments is a plus, but the competition, fun, and displays of good sportsmanship are what makes a successful weekend tournament during a good ol' fashioned Indian baseball summer.

Marvin E. Youckton Memorial Baseball Tournament

The Marvin E. Youckton Memorial Baseball Tournament was held during the weekend

of August 14 and 15. Seven different teams in the two divisions of Babe Ruth and Men's played in honor of Melvin Youckton. Temperatures reaching into the 90 to 100 degrees Fahrenheit range made the weekend one of the hottest on record for a baseball tournament.

The two Babe Ruth teams, Willies and

the Hurricanes played the best two out of three games with Willies winning. In the Men's Division the Tomahawks placed 1st, Lil' Willies 2nd, Puyallup 3rd, and Willies 4th. All-Stars were chosen and awards given included an Inspirational Award in memory of the *Electric Warrior* Ron Pikutark. Ron enjoyed watching the youth play baseball

See Baseball, page 3



Willies played a best of three series in the Babe Ruth diving during the Marvin Youckton Memorial Baseball Tournament. Gary Ortivez III who played for the first place Willies gets caught in a pickle during the babe ruth game against the Hurricanes.

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2

2010 Summer Youth Workers Gain Skills to Enter Work Force



The 2010 Summer Youth Worker program hired seventeen youth and were assigned to various tribal programs. Pictured Top (L-R) are Kendall Medina, TJ Trott, Karlea Youckton, Geo Jack, Gary Ortivez III, Junior Jack, Marcus Youckton. Middle Row (L-R) are Kayley Trott, Whitney Lewis, Deidra Hawks, Mariah Klatush, Monica Lopez, Ann Youckton. Front is Skylar Bracero. Not pictured are: SkylEr Baker, Kayla Nyreen, Michael Boyd, Gabe High Eagle
Photo provided by Jesse Goddard

By Fred Shortman, Editor

The Chehalis Tribe’s 2010 Youth Worker Program placed 17 youth workers ranging from ages 14-19 in mentored tribal positions over the summer. The placements gave youth an opportunity to learn valuable job skills while earning money. Interested youth had to qualify for the program to be hired. The youth worked Mondays through Thursdays at their placement locations with Fridays set aside for mandatory classroom activities. At the Friday sessions youth met with managers from different enterprises, learned teamwork, money management, and participated in community-based enrichment activities. Incentives were established for the youth to participate in tribal provided activities that included a field trip to the Portland Zoo.

Early work experiences serve as the

- foundation for future success in the workplace and have proven effective in helping youth to:
- Establish connections with employers.
 - Encourage responsibility and foster independence.
 - Develop technical skills.
 - Develop communication/interpersonal skills.
 - Clarify work values and future work preferences.
 - Allow for interaction with caring adults.

The 2010 Summer Youth Worker Program was a great success. Thanks go to all of the tribal programs for participating and mentoring our youth as they prepare for entering the work force.

My Experience as a Summer Youth Worker

By Kendall Medina, Summer Youth Worker

This is my second summer as a youth worker. It started out as a way to earn money for me. I usually don’t like doing work, but I came to like this. It introduced me to being responsible, learning to be on time for work, and taking on the duties given to me. The feeling of accomplishment and the positive influences of each experience has helped me grow.

Last year I was assigned to work with the Chehalis Tribal Wellness Center staff. My supervisor was Cindy Gamble. I started out doing little things for Corri Fluetsch and Pat Odiorne, making copies and shredding things. I don’t know how I survived, but everyone that I met there was so nice. Plus the help of my two cousins Orinda and Ranessa Goddard giving me encouragement and support helped me along. Later on the clinic assigned me to Sue Ortivez, Melanie Hjelm, and Norine Wells. They taught me about filing systems and how they are numbered. I kept busy pulling charts and putting them back. Never a dull moment, as Norine kept giving me tasks to keep me busy. It helps make the time fly when you keep busy. Occasionally, I would help answer phones at the front desk with Mary or Ranessa. They taught me about how to properly answer the phones: the importance of a greeting, and being professional and most of all being nice. It was fun learning all these new skills at the clinic.

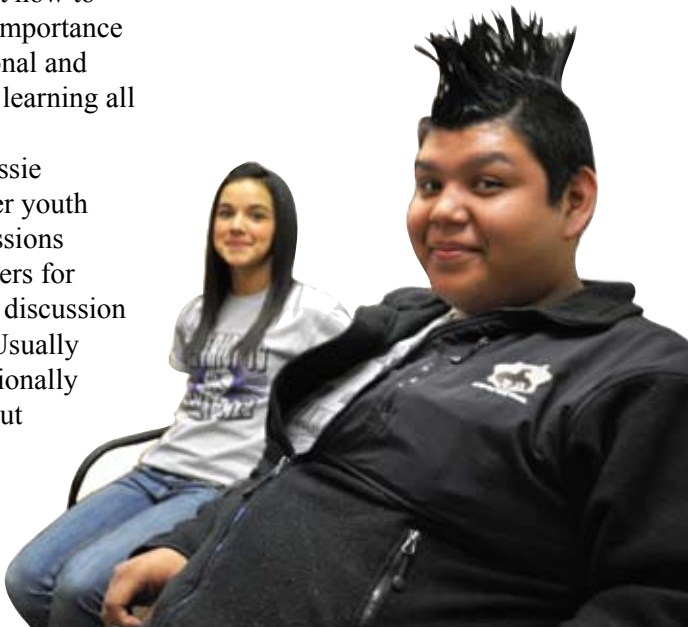
Also every Friday Lucy and Jessie held meetings with all the summer youth workers. There were many discussions on doing workshops, or fund-raisers for possible trips, or we’d have open discussion about how our jobs were going. Usually I was having fun working. Occasionally I would start feeling exhausted, but I always pulled through with everybody’s smiling faces at the clinic. They have such positive energy it’s contagious.

This year I’m having a whole new experience working for the tribe. I started off working with Joyce Thomas at the front desk. She’s been a big help, training me in answering phones and

memorizing extensions and transferring calls to the right programs. I also learned about doing the tribal mail system, from logging it in to stamping. The summer was just beginning! I was ready for whatever came my way, trying my hardest to do my best.

Later I was reassigned to the Vocational Rehabilitation Program with Barb Churchill, Orinda Goddard and Karlea Youckton. We’ve been given duties from making copies, designing flyers and making collages for class activities for Dawn Boley, Domestic Violence Advocate. It has been great, allowing us to be creative and work on the computer. What a great summer youth worker experience!

My hardworking family keeps me motivated whether it’s my parents working, cousins, aunts, or uncles. I always think how they don’t give up. I am looking forward to working for the next two summers to come, and how this training will prepare me for full-time jobs in the future. The only part I don’t like at all about summer youth work is the leaving part. I get attached to people and I don’t want to leave. But I’m always glad to see my new friends while walking around the tribal center.



Kendall Medina and his cousin Karlea Youckton enjoyed working in the Resource Center. Performing different tasks for the Vocational Rehabilitation and Domestic Violence Programs that they were assigned to.

Second Annual Youth Baseball Tournament Has Small Turnout But Youth Play Big

By Fred Shortman, Editor

Youth, supported by their proud parents, turned out to play baseball on the weekend of August 20-22 for the Second Annual Youth Baseball Tournament. Tomahawk Field was filled with the sounds of “Hit,” “Run,” “Score,” or “Defense!” yelled out to fellow team members. Parents became sideline coaches encouraging the youth. Each team of nine players took the field and played focusing on t-e-a-m spelled with no “I.”

Teams in each of the four divisions of T-Ball, Little League, Babe Ruth, and High School played to the best of their abilities, giving it their all. The tournament was capped by a delicious meal prepared Saturday and Sunday to feed hungry players and families. Great Job Cheryle Starr and her group of volunteers!

T-Ball Divison

T-Ball players focused on connecting the bat to the ball, running, and throwing the ball. T-Ball teams didn’t keep score, instead they were learning the love of our national past time of playing baseball. Smiles and laughter flowed from the audience as the T-Ballers short, little legs churned to get to each base. Marlene Hjelm encouraged her grandchild Adrian Snell by running alongside him as he went base to base. Now that’s dedication, plus getting some exercise! It was special for the grandchild to see that smile of approval for a job well done.



Youth were seen laughing and smiling in the T-Ball Division of the Youth Tournament. Pictured here is volunteersJohn Tanzy and Jerry Youckton who volunteered to assist the youth in having fun playing baseball. All the youth who came received a T-shirt. Great Job!

Photo by Joyce Thomas

Youth Strives to Rise Above Peer Pressure

Chayse Youckton-Bonifer has grown his hair for two and a half years to donate to financially disadvantaged children with cancer who cannot afford hair pieces. When youth lose their hair due to cancer, a lot of issues affect them such as low self-esteem and lack of self-confidence. Hair pieces boost their morale and enable them to face the world and their peers.

In the first grade Chayse was growing out his hair to donate,



Chayse Youckton-Bonifer at Fantastic Sam’s in Centralia is cutting his hair to donate to Locks of Love to help financially disadvantage children.

but gave in to extreme peer pressure to cut it. He immediately regretted that decision. After that he was determined not to let others influence his goals. Growing his hair was a decision he made to help Cancer Victims. On May 8, 2010 his goal to donate his hair became a reality. His hair is short now but he has plans to grow it out and do it again. He is very proud he was able to help other children. His commitment to help makes him feel empowered.

Chehalis Tribal Newsletter

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

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

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The Confederated Tribes of the Chehalis Reservation...
“People of the Sands”

DEPOSITION OF CHEHALIS ELDERS:

March 19, 1927, Oakville, Washington from Mary Heck, Dan Secena, Marion Davis, and George Ben

Submitted by Elaine McCloud, Heritage Coordinator

These excerpts are taken from the deposition of Chehalis Tribal Elders. For brevity, we have taken the liberty of extracting only portions of their testimony and other editorial privileges. I have the deposition in its entirety at my office.

FOOD/SUBSISTENCE

Mary Heck was produced as a witness on behalf of the claimant and was sworn through an interpreter, to tell the truth. Her occupation is making Indian baskets, that she is 92 years of age; that her place of residence is Chehalis Indian Reservation and a member of the Upper Chehalis Tribe of Indians. She was one of the spectators and onlookers when Governor Stevens tried to make a treaty with her tribe. This was a land of plenty; there was all kinds of food to be had. That is the reason they lived here all the time. What we call the sunflower root; they take it up and bake it and use it for food. Don’t know what the name of it is English; it is a kind of wild onion and lacamas was the chief food. They had other roots that were three to four times bigger than lacamas, but they were the same shape, same form, only they go by another name “oquila”. They dig up the fern root and they make a kind of flour and bread out of it. They grind it up and make it into loaves. They had lots of wild rhubarb,

wild spinach around here. They had kinikinik berries, black berries, wild raspberries, crab apples, salmon berries, salal berries, another kind of berry they call “kamotlk”. There was so much strawberries that you could smell it from a distance, thimble berries and “chesch” or June berries, wild currants or “spoka”, wild black caps, blue berries, 2 kinds. They gather the acorns and put them in black mud and prepare it for food. There was all kinds of game here, right on the prairie was deer, just like sheep and cattle is now. During the time of her father; there was elk right here on the prairie. There was all kinds of fish but mainly the royal Chinook salmon. There was all kinds of beaver. She speaks of a latter day when they catch the beaver, dry the meat for food. Another animal they used a good deal was what we now call the mountain beaver. The meat is used for food and the skin is used and sewn together and made into blankets and cloaks. They have otter and mink and muskrat. She said nobody from this tribe ever go get the mountain sheep.

Dan Secena was produced as a witness for the claimant and sworn to tell the truth. His occupation is that of a farmer, that he is 69 years of age, that his place of residence is the Upper Chehalis Reservation and a member of the Upper Chehalis Tribe. There was lots of deer and lots of fish, all kinds of fish. They had elk and bear and a whole lot of little game –

beaver and otter and ink and fisher. We had lots of birds, grouse, ducks. **Marion Davis** was produced as a witness for the claimant and sworn to tell the truth. His occupation is that of a farmer, that he is 76 years of age, that his residence is the Upper Chehalis Reservation and a member of the Upper Chehalis Tribe. The prairie produced roots that the Indians used to dig to use for food and roast them in the ground. It was just full of berries... all over, strawberries on every prairie. It was well stocked with game. Fish was – oh, lots of them in the rivers and creeks. In the early days, of course – that was in my boyhood – they used these roots of ferns, berries, dried salmon, fresh salmon and so on, meats and all kinds of berries.

George Ben was produced as a witness for the claimant and sworn to tell the truth, through an interpreter. His occupation is that of a farmer, that he is 70 years of age, that his place of residence is Oakville, WA, and that he is a member of the Upper Chehalis Tribe. The prairies were full of things that the Indians eat. The character of the land outside the prairies was good and rich. The food plants the Indians eat grow good. The same way with the hill lands; they were very fertile. There were times when they can just go out a quarter of a mile and have a

deer. When he goes hunting now; I go four or five miles. I never see nothing, only the game warden. This game warden told him “You go right back, right back on your same track and go right to your house. You can’t kill no deer today out here. I will put you in jail. I will arrest you”. When asked if they was any other matter relative to the case, he answered that he would like to have full privilege of fishing and hunting in the tribal territory of older times without being interfered by authorities of the State and Government, for his own use – food. He asks information about this five mile limit. He’d like to know the truth of his situation as an Indian here, as to his rights in fishing and hunting as he did and his grandfather.

Governor Stevens promised, “*That as long as that river (referring to the Chehalis River) is flowing downstream, so long will I protect the Indians.*” Governor Steven, in his promise said, “*That as long the sun rises from the Cascade Mountains and goes over the sky, so shall I look after the interest of the Indians.*” The Government hadn’t made good what he had promised, still the authorities of the State and the Government are interfering with our rights. If he catches a trout a little bit out of line, he will get arrested. That is all, I guess.

Staff Profile: CTWC Doctor

Dr. Gene Sine, the medical doctor for the Chehalis Tribe Wellness Center, has a long history of working with the American Native population. A fourth generation Washingtonian, Dr. Sine’s grandparents homesteaded on Whidbey Island where his great grandmother was the island’s mid-wife. Dr. Sine graduated from Western Washington University then studied medicine in Guadalajara, Mexico. He graduated from Rush Medical College of Chicago, Illinois in 1980, and completed an internship with the University of Washington at Tacoma General Hospital and Mary Bridge Hospital. Following his internship Dr. Sine began a private practice in Tenino, Washington.

His first affiliation with tribal medicine was with the Chehalis Tribe in 1981. In 1983, Dr. Sine became the Medical Director, staff physician, and sponsor for Physician’s Assistant, Charles T. Barret at the Squaxin Island Tribe where he remained until August of 2007. During his first 20 years of practice in the Southwest Washington area Dr. Sine worked in the emergency rooms of Centralia General Hospital and the old St. Helen’s Hospital in Chehalis and assisted in more than 6,500 surgical cases at Providence St. Peter’s



Gene Sine, MD
Clinic Doctor

Hospital in Olympia as a ‘First Surgical Assistant’ in general, orthopedic, and neurosurgery procedures. Dr. Sine later trained and graduated from the University of California at Los Angeles program in medical acupuncture and has accumulated more than 1,500 hours of formal acupuncture for pain management and treatment of chronic degenerative diseases.

Dr. Sine weaves the element of acupuncture into his daily medical practice by helping people with chronic pain from issues like arthritis, back and neck pain, and degenerative arthritis of the joints. While acupuncture does not cure these issues, it works well in helping elderly patients maintain a healthy, almost pain-free existence. Dr. Sine’s philosophy is to treat all patients as he would treat his own family, with respect and dignity. Aside from his medical accomplishments, Dr. Sine is a renown wildlife photographer and naturalist. As a licensed pilot he loves to get away to quiet locations to fish and hike. Dr. Sine says he is enjoying his time here and continues to look forward to working with the Chehalis tribal community to meet their medical needs.

Program Available to Assist Building Native Communities’ Personal Finance

By Diana Pickernell, Loan Coordinator

Through a partnership with the National Tribal Development Association, First Nations Oweesta Corporation, the Chehalis Tribal Loan Fund is pleased to offer ***Building Native Communities Financial Skills for Families.***

When: Fridays, starting September 24th, 2010 1:00 to 3:00 p.m.
Who should attend: Community members wanting to improve their financial situation and explore the possibilities of entrepreneurship. Registration is limited so preference will be given to Native American community members.
Where: Chehalis Tribal Community Center, 421 Secena Road
RSVP: Secure your seat by calling Diana 360-709-1631

- Agenda includes:**
- Building a Health Economy
 - Developing a Spending Plan
 - Checking and Savings
 - Understanding Credit and Your Credit Report
 - Accessing Credit
- Incentives will be offered upon completion of the entire course. Meetings include food, and childcare if needed.
- “Never take for granted what you have today, as it may be taken from you tomorrow.”*
- Please contact Diana R. Pickernell, Loan Coordinator at 360-709-1631 or email dpickernell@chehalistribe.org.

Do Your Part in Protecting Your Community Health: Burn Smart

By Glen Connelly, Environmental Specialist

The Chehalis Tribe adopted new ordinances for outdoor burning to better protect the health of the community. Now our rules match the Federal Air Rules for Reservations, created by the EPA to protect the air quality. Here are a few reminders. You may not use burn barrels in your backyard to burn anything. They burn too weakly and emit dangerous pollution like dioxins. You may burn limbs and brush in small campfires, but not during a Burn Ban. Smoke houses or small ceremonial fires are also allowed. If you have a larger pile of brush, then you need a burn permit from the Natural Resources Department. They are

free, just stop by our offices and pick one up. You may not burn garbage, furniture, construction debris or fireworks stands. All of these things cause serious air pollution and health problems for your neighbors. Take those objects to the dumpsters at the Hamilton Farm where you can throw them away for free. Any fires, be they outdoors or inside in your fireplace or wood stove, need to be burned hot, so that you do not produce a lot of smoke. Smoke has pollutants in it that can hurt children, elders and people who are already ill. Please do your part to Burn Smart. Thank you from the Department of Natural Resources.

Chehalis Canoe Family Dinner

Saturday, October 9
Starts at 2 PM
At the Community Center

Come and enjoy a relaxing event of drumming, singing and recognition of the 2010 Canoe Journey. Everyone is invited. This is a drug and alcohol free event. Any questions contact Sylvia Cayenne at 360-888-6638. Canoe Family members need to be there at 10 AM.

Chehalis River Flood Program Meetings

Thursday, October 14 for Thurston County, Swede Hall in Rochester
Monday, October 18 for Grays Harbor County, City Hall in Montesano
Wednesday, October 27 for Lewis County, Veterans Museum in Centralia

The US Army Corps of Engineers and the State of Washington invite anyone to learn about the active programs addressing flooding and related concerns throughout the Chehalis River Basin. Tribal members are urged to attend due the direct impact of their decisions to our reservation. Any question please contact Glen Connelly at 360-709-1554

4 **Back to School** (continued from page 1)



Party Outfitters had many fun games for the children to play at the Back to School Celebration sponsored by our TELO Program. Kiahra Pickernell and Denay Young seen here rolling Hunter Ortivez towards the pins in the bowling game.

The Domestic Violence Program provided information booklets, brochures, and an assortment of pens and pencils with contact information. They handed out window clings, memo boards, and giveaways to attendees. The Great Wolf Lodge donated a family night’s stay, and the Lucky Eagle Casino donated three dinner buffets for the drawing sponsored by the DV program. Any questions about Domestic Violence contact Dawn Boley at 360-709-1574.

Vocational Rehabilitation Program
The Vocational Rehabilitation Program helped support the Back to School event. The program is completing the first year of its five year project with the Department of Education and is looking forward to new projects in the coming year. The objective of the Vocational Rehabilitation Program is to provide vocational rehabilitation services to consumers through informed choice in an environment where an individual’s strengths, priorities, concerns, and abilities are respected and the outcome is gainful employment in a competitive market.

If you are interested in obtaining more information or have questions about the program please call Barb at 360-709-1633 or Orinda at 360-709-1735.

Youth Center
Youth Center staff participated in the event by helping with the TELO Back to School Carnival. They distributed gift cards to Target for students as well as backpacks with the Youth Center logo. The backpacks went fast, but more have been ordered for students who did not receive one and signed up on the waiting list. If you signed up for a backpack you will be contacted when they arrive. If you have questions about Youth

Center offerings call 360-273-9674.

Cultural Program Provides Backpacks for “Back to School Blow-out”
The Chehalis Tribe Cultural Program provided backpacks with a special design for Head Start children attending the “Back to School Blow-out” event on August 18th.

The backpack totem design was created by Jessie Gleason and features a totem with images of an eagle and whale inside it. The totem is symbolic of Native People and the images within its outline were carefully chosen. The Eagle represents “illumination,” becoming enlightened through learning. In the center of the totem the whale design represents the family. Whales travel in pods, or families, with larger whales protecting their children by swimming on each side of them. Jessie wanted to express: *How families protect and teach their children, and how our Tribe works as a group to protect and teach our children.* Diane Devlin and Sally Pikutark added a logo around Jessie’s design that says: “Our children are our future.”



Helpful Tips Help To Build Stronger Healthier Family Bonds

Submitted by Patty Suskin, RD Registered Dietitian with SPIPA WIC

Eat with your child! Start family meals when your child is young. Family meals help to create strong family bonds. Families feel more connected to each other when they eat together. Families who eat together tend to eat healthier meals. Eating together can also save money. Share food and love with your family.

Family meals help children feel more secure in today’s world.”

Make mealtimes fun! Family meals filled with caring and laughter create happy memories that last a lifetime!

- Enjoy table talk. Share positive things that have happened during the day. No negative talk!
- Listen to your children. Share stories about what is happening in your lives. Ask your child what is happening in his life.
- Turn off the television, radio and cell phones. Let the answering machine pick up the phone.
- Sit with your children. Sit together at a table where you can make eye contact with your child. Talk with each other. Is your family too busy with work or school to eat together? Is there not enough time to cook? Life can be busy! Your child never outgrows his need for family meals.

- Take time to eat with your family. Make family meals a priority in your home!
- Get your family to the table!** Keep it simple! Meals do not need to be fancy. Sandwiches, soups and salads make quick and easy meals. When you cook, make enough to have leftovers for the next day.
- Start slowly! If your family is not used to eating together, start by planning 1 to 2 family meals in a week. Gradually increase until you have at least 1 family meal every day.
 - Ignore family protests. Ask everyone in your family to eat together. They will learn to enjoy family meals.
 - Ask everyone to help prepare the meal. Cooking will be quick, and children like to eat what they helped to cook.
 - Start family meals when your children are young. It will become a habit for them. Family meals will make those later teenage years easy. Your teenager will be used to eating together and sharing their life stories.
 - Create special family meals. Make homemade pizza together. Serve breads, deli meats, cheese slices, raw vegetables on a platter for a ‘sandwich buffet’.

Your family will remember these special mealtimes!

Baseball (continued from page 1)

and often video taped their games.

On Saturday, players and families were honored as the Youckton family provided a delicious meal in potlatch style. Families and players gathered to visit and share stories on game plays and big hits. All three

of Marvin Youckton’s boys played in the tournament along with seven grandsons and many nephews.

Thanks to all who helped with the tournament, and a special thanks to those who sponsored jackets.



The winners in the Babe Ruth division for the Marvin Youckton, Sr., Pictured wearing dark blue hats is first place Willies and players with the blue baseball caps with red bill are second place Hurricanes.



Winners in the Men’s Division of the Marvin Youckton Sr., Baseball Tournament was pictured on the back right wearing light blue are first place Tomahawks and on the left wearing dark blue are the second place Willies. Photos by Charlotte Lopez

OI’ Man All-Indian Wood Bat Baseball Tournament



The OI’ Man All-Indian Baseball Wooden Baseball Tournament is a dedicated to Ray Secena, Sr. who was a mentor to many baseball players. Baseball and fishing were his two favorite past times. Pictured below are Ray Secena, Sr. descendants who honor his legacy with a fun loving and gathering style of baseball of having fun and seeing friends and family.

The 13th Annual OI’ Man All-Indian Wood Bat Baseball Tournament was held at Tomahawk Stadium during the weekend of August 27, 28, and 29 in honor of Uncle Raymond who died 14 years ago. Uncle Raymond loved to play baseball, and he also loved to fish and often provided fish as a gift for a needy family. He was respected by many people who honor his legacy with this tournament.

When Ray Jr. was asked why he chose strictly wooden bats for the tournament, he replied, “It’s a tribute to my dad, he didn’t like to use aluminum bats. It was pretty tempting to call it a fish club tournament.”

Tournament players and spectators

enjoyed a tournament feast on Saturday, August 28th. The smell of wood smoke wafted through the air as Don Secena cooked salmon at the fish pit in grand Chehalis fashion. Other dishes included: pork and beans, potato salad, corn on the cob, ritz crackers and desserts.

No one went away hungry that day. Thanks to the Secena Family and their volunteers for putting on such a successful tournament and salmon feast.

Six teams competed in the OI’ Man All-Indian Wooden Bat Tournament, finishing in this order: 1st -Little Boston, 2nd-Nisqually, 3rd-Puyallup, 4th-Tomahawks, 5^h Tomahawks II, 6^h Willies.



At the Youth Tournament the Chehalis Basin Little League team took the best two out of three in the Little League Division. Many agreed it was a lot of FUN!

Restoration (continued from page 1)

the levee, remove the fish barrier and install a bridge across the stream. Planning for the project started in 2009. In August of 2010, we began moving dirt. It took about eight days with, at times, 20 trucks hauling, to remove all the dirt and leave the site ready for tree planting. These areas will be planted with native trees this winter, to restore the natural riparian area of the river. The bridge

and stream restoration aspect of the project are still underway and should be completed by early October. When the project is complete, about 15,000 cubic yards of levee material from the floodplains will have been removed and 140 acres of floodplain opened up. Approximately 15 miles of spawning area for salmon will have been restored.