

August 2011

Vol. 5/8

# Program News

## Program Offers Incentives on Learning about Colon Cancer Prevention

The Chehalis Colon Health Program would like to congratulate Harry Pickernell, Sr., for winning this quarter's drawing. Harry won a new laptop computer and case, just for learning how he can prevent colon cancer! There are monthly and quarterly drawings for everyone who takes steps to prevent colon cancer. The next quarterly drawing on October 1 will include an overnight stay at the Great Wolf Lodge.

If you are interested in learning about how to prevent colon cancer, please contact either Patti Walker or Cindy Beck at the Chehalis Tribal Wellness Clinic.

Mary Combs won the monthly raffle drawing for those who participated in the CHP during July. She received an assortment of healthy snacks. The August drawing will be held on Friday, September 2.

Please submit your most yummy muffin recipes to the CHP and watch them be transformed into a recipe book! We'll even give you a copy. ☺ Why, you ask? Great question! Because we are making a muffin recipe book. Please drop your delicious recipes off at the clinic or email them to cbeck@chehalis-tribe.org.

The CHP is hosting a Muffin Madness Celebration in honor of Grandparents' Day, Monday, September 12 from 9:30 – 11:00 AM in the Gathering Room and would like to gift all attendees with a recipe book full of healthy and delicious muffin options.

October 25: The CTWC and CHP will host a Men's Gathering from 5:00 – 7:00 PM at the Community Center in the Gathering Room.

For more information about any of these events please contact Patti Walker 360-709-1742 or Cindy Beck 360-709-1810 at the Chehalis Tribal Wellness Clinic.

## Drivers Think Safety First to Protect Children at Bus Stop

With school beginning drivers should be aware of kids out on the roadways. What is the most dangerous part of the school bus ride? The bus stop! Children are at greatest risk when they are getting on or off the school bus. Children:

- Become easily distracted and may start across the street without warning.
- Don't understand the danger of moving vehicles.
- Can't judge vehicle speed or distance.
- May be blocked from view by the bus.

When a school bus is stopped and red lights are flashing, vehicles in all lanes of traffic **must stop** at least 20 feet before reaching the school bus to allow children to arrive safely.

## Vocational Rehabilitation Annual Outreach Lunch



Wednesday, September 21 from 12:00-2 PM at the Community Center's Gathering Room

Community and employees are all invited. Key note speaker will be artist, Laurie Whitehawk. Please come and join us.

For more information please contact Barbara Churchill 360-709-1633 or Orinda Goddard 360-709-1735.

# CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦

## Page 3:

- Donna and Ellery Choke move into their new home
- Chehalis tribal housing staff profiles: James Gutierrez and Sharon Halleck
- Madronna Harris interview of tribal Elder, Nina Bumgarner, Part 2

## Programs Keep Active on Page 2



- Programs receive special recognition award for diabetes prevention
- SPIPA requests native artist donations for annual art auction
- Project aimed at protecting your authentic Native art

## Chehalis Canoe Family Participates in Annual Canoe Journey "Paddle to Swinomish"



Reaching their final destination at Swinomish shore, the Chehalis Tribal Canoe tuulap tit wiiṭ and pullers honor the hosting tribe before requesting permission to come ashore to share their songs, dance and week-long festivities. Witnessing and participating in the Final Landing creates a lasting lifetime memory for each person.

By Fred Shortman, Editor

The Chehalis Canoe Family participated in the 2011 Paddle to Swinomish. This is the fifth year of participating in the canoe journey. There were over 50 tribal and community members who lived, prayed, and travelled together. Some travelling with our canoe, tuulap tit wiiṭ (Tu-lap ti weah), and others supporting us by travelling by land canoes. 5 Elders, Twenty-one youth, and twenty-five adults travelled from the Squaxin Island to Swinomish. At times elders, tribal and community members visited us at our campsites or witnessed protocols along the journey.

Living and traveling with "one heart, one mind" as a family is a holistic and instrumental part of learning about each other. Although, we were traveling together for only a week, being a part of the tribal journey's you begin to recognize the values that are missing from the world in general, such as: Doing things "In a good way,"

being positive; standing each other up; being happy to see each other; working together to keep our camp clean; respecting each other's space; and praying for the health of the earth, families and communities. Our elders and leaders provided teaching, giving our Canoe Family a strong core. Everyone who participated and represented the Chehalis Tribe was totally awesome! Great job, everyone!

Being able to travel in our canoe is the most honorable way to remember our ancestors who traveled in the same way. Becoming nomadic people by moving from tribe to tribe learning, respecting and sharing their tribal customs. Leaving our camp site like we weren't even there.

Having weekly canoe practice helped prepare and strengthen the pullers for the journey. Pulling in the our canoe "tuulap tit wiiṭ" was an honor. As all the pullers recognized that each pull was a prayer and

power pulls were special dedicated prayers to individuals that were in need of help.

We honored our ancestors by participating, teaching, preserving and connecting with our culture, and by sharing with our youth about life on the water ways. It is a difficult task living in two worlds: One being able to practice our culture, and the other being able to survive in this modern world. Many destinations were difficult having to pull for 4-6 hours along the sacred waterways overcoming the challenges each day brought.

### Life on the Journey

Mother nature started off with challenges as it rained heavily at Squaxin Island creating blue tarp camping. The following morning for the start of the journey she provided a heavy fog to Solo Beach in Nisqually. With the help of our support boat captain we made it safely.

See Canoe Journey, page 4

## Bike Rodeo Encourages Youth To Practice Safety and Make Other Smart Choices While Traveling the Roadways

By Scott Freeman, Community Resource Officer

The bike rodeo was a huge success! The weather cooperated and made it a special day on Monday July 13 in the Community Center Parking lot. Thanks to all the great kids who participated and the volunteers who helped run the stations. We are very grateful for all the donations, just about everyone won something in the raffle. Everyone who attended received a new multi-sport helmet to use when riding bikes, skateboards or scooters. If your kids couldn't make the rodeo and need a helmet, please stop by the Public Safety Building and pick one up.

Driveways and intersections are especially dangerous for young riders as they fail to pay attention when riding in these areas. Rodeo events included skills stations that stressed riding safely on streets and intersections. Other skills also stressed included stopping, starting and looking for cars coming from behind.

Parents, it's important to remember that helmets save lives and have been shown to reduce serious head injuries to



Volunteer Bill Thoms instructs youth on proper safety tips involving driveways and intersections during the bike rodeo.

See Bike Rodeo, page 2

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## 2 Thirty-six Programs Receive Special Recognition for Diabetes Prevention



In a ceremony in Washington DC, Dr. Yvette Roubideaux acknowledged all of the tribal IHS Diabetes Prevention Programs for their dedication in the prevention of diabetes. Photo by Gale Marshall

By Pat Odiorne, SDPI Diabetes Care and Prevention

Indian Health Services, Tribal and urban Indian health programs that participated in the Special Diabetes Program for Indians (SDPI) Diabetes Prevention were recognized by the Indian Health Service (IHS) Director with a Special Recognition Award. Dr. Yvette Roubideaux presented the award at a June 29, 2011 ceremony in Washington D.C.

The SDPI was created in 1997 at the direction of Congress to fund diabetes care and prevention services in IHS, Tribal and urban Indian health programs. In 2004, IHS created the SDPI Diabetes Prevention Program at the direction of Congress to apply research findings in real-world setting to prevent diabetes. "36 IHS, Tribal and Urban Indian Diabetes Prevention Programs

(including the Chehalis Tribe) are being recognized for innovative and outstanding teamwork that successfully demonstrated diabetes can be prevented in American Indian and Alaska Native Communities," said Dr. Roubideaux.

The Chehalis Tribe (lead), Shoalwater Bay, Squaxin Island and Skokomish Tribes have participated in the Diabetes Prevention Program as a consortium since the program's inception in the fall of 2004. The Chehalis Tribal Community can be proud that they have been a part demonstrating that Diabetes can be prevented.

For blood sugar screening or to ask a question call, Lynn Hoheisel at 360-709-1744.

## Tribal Member Raising Funds to Participate in Cancer Walk

Hoyt Everyone, My name is Jenee Penn, a Chehalis tribal member. This year, I'll be participating in a very special event called the Susan G. Komen 3-Day for the Cure. I'll walk 60 miles over the course of three days with thousands of other women and men. Net proceeds from the 3-Day for the Cure fund innovative global breast cancer research and local community programs supporting education, screening and treatment. Virtually every major advance in the fight against breast cancer in the last 28 years has been impacted by a Komen for the Cure grant.

I've agreed to raise at least \$2,300.00 in donations. So far I have raised \$1,300.00 in donations by doing various fundraisers like the salmon feed a couple weeks ago.

But I still need your help. Would you please consider making a donation? Keep in mind how far I'm walking - and how hard I'll have to train. You can give online at [The3Day.org](http://The3Day.org). Just follow the link below to visit my personal fundraising webpage and make a donation. You can also call 800-996-3DAY to donate over the phone.

My aunt is a breast cancer survivor. She is my inspiration for doing this event. I am participating in the 3 day to show her that I support her journey.

Somewhere in the world, a woman dies from breast cancer every 69 seconds. That's why I'm walking so far. To do something bold about breast cancer. I hope that you'll share this incredible adventure with me - by supporting me in my fundraising efforts.

## Community Economic Justice Project Aims to Protect Authentic Indian Arts and Crafts

SEATTLE, Washington – The American Friends Service Committee (AFSC) Indian Arts and Crafts Committee, comprised of American Indian/Alaska Native community members and allies, has launched a project to ensure authenticity of Indian art and artifacts and promote economic justice for Native artists in Washington State by seeking ways to improve upon the safeguards set out in the Federal Indian Arts and Crafts Act (IACA). The Committee has focused on raising awareness about the IACA within urban Native communities and organizations, Tribal communities and non-Indian art communities statewide and is working with the non-profit law firm, the Northwest Justice Project (NJP).

More than three-quarters of a century have passed since the IACA was adopted as a "truth-in-advertising" law. Lack of enforcement has resulted in a vast and persistent pool of fraudulently marketed Indian arts and crafts that are sold as "Indian-made" when they are not.

The U.S. Department of the Interior's Inspector General has estimated that nearly one-half of the \$1 billion generated each year by the market for Indian arts and crafts comes from the sale of non-authentic goods – fakes. Nationwide, twelve states have

adopted local laws and legislation in an effort to regain revenue and opportunities (nationally estimated at \$500 million a year) lost to non-Indian and foreign businesses that market Native style arts and crafts as authentic.

The law has been amended to protect a critical source of income for federal-and state-recognized tribal artists, families and their communities. During 2010 the latest amendment to the IACA that was passed broadens the fines for violators as well as strengthens federal investigative and enforcement authorities beyond the Department of the Interior and the Federal Bureau of Investigation.

The Committee's outreach to inform people about the IACA and prospects for improvement in Washington State is building momentum. Plans to organize educational panels and activities in the months ahead will engage a variety of audiences around the state.

Visit AFSC's website at <http://www.afsc.org.seattle> for updates and additional information. We are eagerly anticipating the Paddle to Swinomish, events throughout the week, and many spirited conversations. Hope to see you there!



The Hard Rock Excavating Company moves a mobile home across the field to its final location across from the Fish Hatchery on Howanut Road. A new foundation is being built and will be available to rent to tribal members.

## SPIPA Requests Native Artist Donations for Annual Event

SPIPA South Puget Sound Planning Agency is having their 12<sup>th</sup> Annual Native Art Auction and Dinner on November 5 at the Lucky Eagle Casino. They are requesting donations for their auction from local Native artists.

SPIPA is a non-profit consortium of Native American Tribes providing technical assistance, resource development, and social and health services, education and job training for member Tribes. This Art Auction and Dinner raise funds providing services for youth and elders.

They appreciate any involvement in this event and welcome the opportunity to showcase your work. By donating a piece of

your unique artwork to the auction, a broad audience will see your talent. Some of our artists have even made an additional sale to a new customer the evening of the auction. In addition your work will be photographed and posted on our agency website and appear in a full color auction program.

Please request a donation and form and return it with you donation preference. Please reply by September 30 to allow sufficient time for your donated artwork to appear in both the program and Power Point presentation.

For more information contact BJ Brown at 360-462-3256.

## Bike Rodeo (continued from page 1)

our children. Please stress how important they are to your kids.

Thanks to a donation from Chehalis Tribal Enterprises, Law Enforcement officers have been handing out a different kind of

ticket this summer. Kids wearing helmets or making other smart choices have the opportunity to receive "Kid Smart Bucks" which are redeemable for a soda or ice cream at the End of Trail 1 and 2.

Scott Freeman, Community Resource Officer, quizzes the youth about practicing safety at the bike rodeo before handing out the raffle prizes.



## Website Cell Phone Application Assisting Families to Protect Children

Put safety in your hands using the FBI's new Child ID application for your mobile phone. You're shopping at the mall with your children when one of them suddenly disappears. A quick search of the nearby area is unsuccessful. What do you do?

Now there's a free new tool from the FBI that can help. Just launching a new Child ID app—the first mobile application created by the FBI—providing a convenient place to electronically store photos and vital information about your children so that it's literally right at hand if you need it. You can show the pictures and provide physical

identifiers such as height and weight to security or police officers on the spot.

The app also includes tips on keeping children safe as well as specific guidance on what to do in those first few crucial hours after a child goes missing.

We encourage you to share the word about this app with family and friends, especially during upcoming activities in your communities to raise awareness on crime and drug prevention

For more information go to their website: [www.fbi.child.app](http://www.fbi.child.app) also available on Facebook, Twitter and Youtube



Brooke Allen, age 15, gives a cedar rose to her great-uncle George Youckton. The two were part of a Summer Youth Program dinner involving youth and Chehalis tribal Elders. The evening helped youth learn from the Elders about their family trees and history. (Full story in September issue.)

Photo by Cecilia Kayano

## Chehalis Tribal Newsletter



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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 photographers include Chehalis tribal community members and staff.

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

# From Out of the Ashes Arises Hope and a New Home for Tribal Elders



**Elders Donna and Ellery Choke moved into their brand new 1,700 square foot energy efficient home after their old one was destroyed in an accidental fire. Pictured (L-R) are Ellery Choke Sr., Anthony Medina holding their dog Snow Ball, and Donna Choke.**

By Fred Shortman, Editor

It was a cold and wintery morning on February 5 that was devastating for the Choke family, when an accidental fire destroyed their home. From the ashes of this disaster came a rebirth of a new home. All of this happened through community support through gifts and resources. The new house built by Adair Homes is a brand new 1,700 square foot energy efficient home, one of the first on the reservation. Five months later, they happily moved back into their brand new home on July 10.

Donna Choke had lived for 30 plus years in her HUD built home. She still carried insurance on it even though it had been paid off in the mid 2000's. She said, "Everyone should carry home insurance, because you never know what can happen. Fortunately everyone was able to get out safely, but we did lose some animals and sentimental stuff. If you use propane to ensure that it is located over 25 feet from the home. We were very

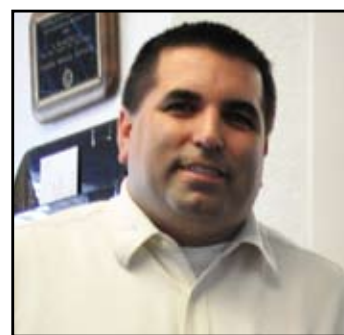
fortunate that the safety design for the large propane tank worked, or the damage could have been a lot worse."

### Thanks Everyone!

Thanks you so much to my brother David DuPuis for all his help and energy. To our housing employees Dolly Canales and Lisa for their assistance in arranging emergency and temporary housing while we were displaced; the Red Cross for all their funding for emergency housing placement; the Chehalis tribal community for their donations and fundraisers to help us through this trying time. Also to the other reservations who provided emergency funding: Chehalis, Skokomish, Nisqually Tribes and the Warm Springs Reservation. Also thank you so much to anyone I might have forgotten to mention. You are in our heart and prayers!

# Staff Profiles: Chehalis Tribal Housing Executive Director and Finance/Officer Manager

Hello, my name is James Gutierrez. I am the Executive Director of the Chehalis Tribal Housing Authority. I have work for the Housing Authority since the end of April.



**Executive Director James Gutierrez**

I have worked in housing as an employee of the Housing Authority of Thurston County, real estate agent, and private consultant for about twelve years. My work has been with all aspects of housing from helping homeless families find a home to developing multi-family housing projects. I especially enjoy working with first time home buyers. A safe and stable home is vital for a household to grow and meet their full potential. I also believe that in order for our housing programs to have their greatest impact, we need to work with our partner

agencies to ensure that we are fully supporting our clients.

I grew-up in the Tumwater area and attended college at the University of Washington. My wife and I moved to a little farm in the Lincoln Creek area about eight years ago. We have two sons. I feel like I am blessed to do the work that I love so close to my home.

I am looking forward to working with Chehalis Tribe members, the Chehalis Tribe, and community to meet the housing needs of Tribe members. If you ever have any questions about our agency, programs, or housing in general, please feel free to stop in anytime. I look forward to meeting you soon.

Hello, my name is Sharon Halleck. I began working as the Finance/Office Manager for the Chehalis Tribal Housing Authority on May 10, 2011. I quickly realized how fortunate I am to be working with Dolly Canales as she is a mountain of knowledge and shares the history of the Housing Authority and the tribal community.



**Sharon Halleck Finance/Office Manager**

James Gutierrez, the new Executive Director for CTHA, has also been very helpful in assisting with my transition into housing. He has a vast knowledge of housing, real estate, and property management. The staff has been great to get to know within the Housing Authority and throughout the operations of the Chehalis Tribe.

To let you know a little about myself, I retired from state government as a Financial Analyst for the Department of Natural

Resources, serving many of those years as an accounting unit supervisor. My husband Joe also retired from state government as a forester. We now chuckle when referring to our so-called "retirement" where we both still work full time. We do occasionally enjoy our obsessions like boating, cooking, and traveling. We have two grown sons who are a wonderful blessing

and keep us continually looking forward to what's going on in their lives.

With my background in governmental accounting it is actually very exciting giving me the opportunity to learn about HUD (Housing and Urban Development) and the activities the Housing Authority manages under their programs. I look forward to the coming months as I continue to learn the roles each of us play in providing housing services to the Chehalis tribal community.

# MADRONNA HARRIS INTERVIEW OF TRIBAL ELDER: Nina Bumgarner, Part 2

Submitted by Elaine McCloud, Heritage Coordinator

*These excerpts are taken from interviews with Tribal Elder, Nina Baumgarner by Madronna Harris. Nina said her father was Chehalis and her mother was Chinook. We have taken the liberty of taking only portions of her interview and other editorial privileges. The transcript in its entirety is located at the Heritage Office.*

Nina talked of how Indians know many things that the whites would never believe... say they're crazy or something. She told of how her, must have been older brother, was cured before the time of the Shakers, before regular doctors. As a boy, he got a bone caught in his throat. I would not come out. Someone told his mother to give him bread; it would help it go down. She did give him bread, didn't really believe it. It was sort of against her will, but she was willing to try it. Nothing happened, the bone was still stuck. Next day, the boy's throat was swollen way out in front of him; the bone was still stuck. They called for the Indian doctor... Tom Gugle (not sure of the spelling). He came with his hair braided back, his face painted and his drum. He began dancing and drumming. Then singing high pitched song, singing, singing, - it was very high pitched. Then he danced over to the boy and put his two closed fists, one on top of the other, like a funnel, between the boy's throat and his own mouth. He began to suck, his mouth was full. He asked what

to do with what was in his mouth. He was given a basin to spit in. He did that three times. The boy's throat was going down and the basin was getting full. The fourth time he drew out the bone and showed it. It was about 1-1 1/2 inches long. It was lodged crossways in the boy's throat. The boy's throat was cured and the basin was filled. The father took a rifle off the wall and paid the doctor with it. All doctors in those days got pay for their service, just like doctors today. The tamanous the Indian doctor used was mosquito; his hand was like a snout to draw the poison out. A mosquito, it gets big, swells up, from the blood it sucks. The song of the Indian doctor was a high pitched, humming, and buzzing like a mosquito.

She told of a time when a woodpecker came to her window and pecked at it. First they heard the knocking, just like someone at the door. Then they discovered it was the woodpecker. "Woodpeckers don't do that" so Nina knew something was wrong. It was some kind of warning. So she and her friends went to the altar at the front of her house and they both prayed. Two days later they found the body of a friend of theirs had been shot with a 30/30 (a real elephant gun)! It missed the central artery in his leg by a quarter of an inch and it would have killed him very quickly if it had hit that artery. But they got him to the hospital very fast and operated and he was all right, though he still wears a cast on his leg. She told the boy's father how they prayed when the woodpecker came to the window and he

thanked them for saving his son's life.

The Humptulips people were called "owls". There is a story about them. In the old days; they were once having a hard time. The winter they were alright. They had plenty of food put up, but the spring was really bad. So one day they said, "All the able men, everyone that could hold a harpoon should put into canoes and go out to sea to look for food. So they all went, every man in the village, to try to find food. They all went in their canoes out to the ocean. Then a grandmother began crying and sobbing "I'll never see my grandson again." It was true; they were lost at sea, all of them. They never saw them again. (They are owls...all the men of the village.) Just the women and children were left. Still people out in boats are superstitious of white owls. Think it's some of these men, when they find white owls out at sea. Still sometime you can hear the crying and wailing for these men. The women's cries are still alive. So it's natural for people to have hard time. It happens sometimes and we all have to go through it.

Nina said there were a lot of stick Indians around the Humptulips area. Her daughter can still hear them sometimes. Once a group of white teenagers were so afraid that they asked their Indian friends to see them home. She found that humorous. They weren't satisfied until every lamp in their house was lit. "It was like a church".

Nina was impressed with a biblical quote "My help is from the hills". The Indians

knew this in the old days. All power comes from the earth; it is the hand of God that made it.

The first white they ever saw had red hair and it scared the Indians. It was a Scotsman. He had red bushy hair, sticking straight up like a fire and red hair all over his arms and legs. The girl who first saw him shouted "Is it a skookum?"

Nina told of how clams were dried on stakes of salmon berry wood. It was the job of the children to sharpen and arrange the stakes. The clams were wound through the stakes twice at special points so the heat would reach all the sections of the clam evenly. Nina said you would especially like chowder they used to make with dried clams. An Indian bread was made from flour. The dough spread out about 2 inches thick the size of pizza then buried in the hot sand to bake. When it baked, it would be very clean; no sand would cling to it at all.

Nina's grandfather was a treaty participant in the 1851 treaty proceedings. He was called a "belligerent chief" because he would not stand to shake Governor Steven's hand when he came by, but made the governor stoop over to reach him. "You went to school many years", he told him, "To become a governor. I was born a chief." He said he did not believe Governor Stevens' words. "Soon they would be free to get their food" Governor Stevens said "As long as the sun rises..." But it was her grandfather's words that came true.

**Native American Women and Girl's Health Conference**  
Native Women's Wellness Program

Wednesday, August 31  
at the Chehalis Tribal Community Center Gathering Room  
9:30 AM to 3:30 PM.

A Morning Snack and Lunch will be served. We are encouraging all women from Teens to elders to attend. We are also looking for any Cervical Cancer Survivors. If you would like more information regarding this event please contact: Christina Hicks at 360-273-5504 ext. 1741 or email: chicks@chehalistribe.org. Watch for flyers to go out soon.

**The Basics of Archives-Indian Country**

Thursday, August 25  
9:00 AM to 4:00 PM

Chehalis Tribal Community Center's "Gathering Room"

A free one-day workshop for those who work with tribal historical records, but may not be trained archivists.

Space is limited and pre-registration is required! Please contact Midori Okazaki (midori.okazaki@sos.wa.gov or 425-564-3947) to sign up for the class or for further information, or Christina Hicks at 360-709-1741 (chicks@chehalistribe.org)

**3rd Annual Diabetes Awareness Walk**

Sponsored by the Diabetes Prevention Program

Saturday, September 17  
from 2:00 to 6:00 PM

at the Shoalwater Bay Tribe

Events will include a community walk, volleyball tournament, making medicine bags and rattles. Join us for Food, Raffles and Fun. Registration is from 1:30 to 2:30 PM.

For more information contact Lynn Hoheisel at 360-709-1744.

**Northwest Native American Basketweavers Association**

17th Gathering of Traditional Weavings From the Past-To the Present-For the Future

September 30-October 2  
Suquamish "House of Awakening Culture" Community House

For more information go to the official NNABA website or contact 206-962-7248 or email info.nnaba@yahoo.com

## 4 Canoe Journey (continued from page 1)

Each person was responsible for decorating their own regalia and making gifts for the final protocol. Free time was well spent in camp as adults and youth were seen working on their items. This is a unique opportunity to learn and share some of their skills with each other from: beading, carving, basket weaving or sharing family's history or stories strengthening the families bonds.

## Final Landing

On Monday, July 25 in the midst of a down pour the 75 canoes and families reached their final destination at the Swinomish shore. Witnessing and participating in the Final Landing will last for a lifetime in each person who was there.

A special note for the landing Washington State Governor Christine Gregoire was a puller paddling on the hosting Swinomish Canoe "Salmon Dancer." Hands Up to those that helped along the Journey.

The Swinomish Tribe and it's people worked hard in preparation of hosting this annual event. It was the first time they have hosted in the 23 years of the canoe journeys. Hosting is a lot of work, and it improved their tribe immensely spiritually, culturally and economically. What an outstanding job they did, providing clean campsites, bathrooms, showers and laundry rooms. Can't forget the volunteers as they cooked, cleaned, others who provided rides to and from the campsites. We offer our a huge thank you for this honorable work!

### Hand-Up in Thanks

It was an honor to have our Chairman David Burnett show up in different location to support our canoe family. Even in the down pour on the landing, he volunteered to help bring our canoe to its resting place on the Swinomish Shore. Thank you so much chairman for your support.

Our canoe family give a "Hands Up" to John and Mary Setterstrom for your time and effort in providing with their support boat "The Clarity" for the fourth year in a row. Providing pullers with much needed rest, and assisting our canoe and family to get to our



**The Chehalis Canoe Family pictured after performing formal protocol in the Suquamish Tribe's "House of Awakening Culture." Pictured top row (L-R) are April Romo, Ongelic "OJ" Johnson, Julie Lee, Sylvia Cayenne, Lisa Lipsy, Tony Higheagle, Asa Simmons, Brent Simmons, James Cayenne II, Gail White Eagle, Todd DeLamater, PJ Simmons, Ronnie Rosbaugh, Lykais Bracero-Rosbaugh, Skylar Bracero. Middle row (L-R) are Halisa Higheagle, Haila Higheagle, Jodie Smith, Marcus Youckton, Haley Parkinson, Danelle Sarabia, Skyler Baker, Joy Hamilton, Ed Hamilton, Fred Shortman, Deidra Hawkes. Front row (L-R) are Valea Higheagle, Whitney Lewis, Cheyenne Pickernell, Connie Baker, Richard Romo, Jr., Shayden Baker, Ethan Wittwer, Keyshawn Lorton, Sean Allen, Antonio Sanchez, Alex Shortman, Kayley Trott.**

final destination is greatly appreciated.

To Elders Donna and Ellery Choke for assisting us in reserving our spots in various locations, those were some very early morning for you. Again, Thank you so very much!!!

### Final Protocol

One youth, Skyler Baker was voted to lead our songs in final protocol at Swinomish. He did an awesome job! We took the floor at 2:00 am and our youth all made us proud as they sang and danced our canoe family songs. The men carried the songs singing "Loud and Proud" while the ladies danced. Our youth were outstanding and made everyone beam with pride. It was a thrilling and inspiring performance. Hands-up to honor our youth for a job well done!

The Swinomish council honored us by playing the Slahal games were played during our Secena Stick game song during our give away.

## Canoe Journey Preparation

The Chehalis Canoe Family worked very, very hard this year to make sure that this year's journey would be a success. The youth are a huge part of our fundraisers effort. We had numerous meetings to learn to drum, sing and dance. Many of the youth attended different coastal jams through-out the off

All canoe family members sign a waiver and code of conduct promising to adhere to the Chehalis canoe family's mission statement and philosophy. We promise to promote the growth, healing and well being of our tribe through cultural experiences aimed at strengthening, preserving and rebuilding Native American values, beliefs and practices related to the canoe tradition.

Adhering to the mission statement and philosophy of the canoe journey promotes growth, healing and well-being of our tribe through cultural experiences. The goal is to strengthen, preserve, and rebuild Native American values, beliefs, and practices related to the canoe traditions and to promote Native family values.

## Rules to Remember

Canoe journey participants agree to the following code of conduct:

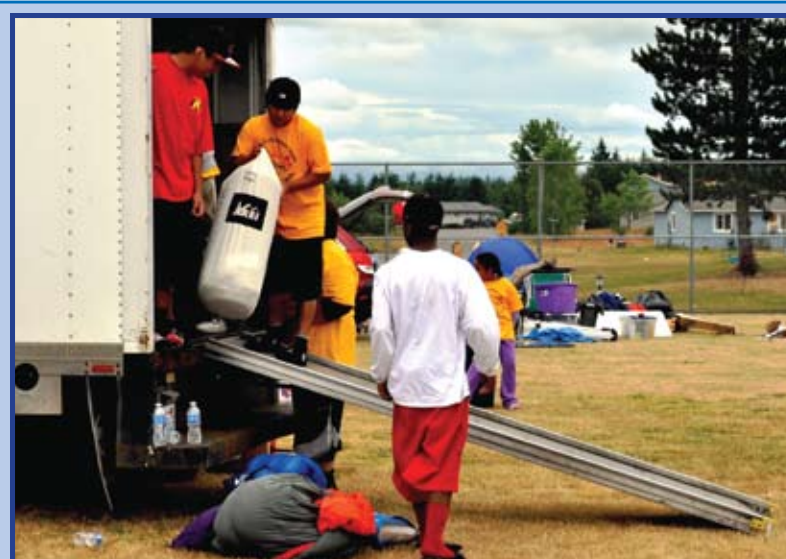
- Be kind and respectful to others. Compliment and help others, especially youth. Be positive with our actions and words. Refrain from use of negative talk, feelings, thoughts and complaining. Practice positive thoughts to carry the canoe in a good way.
- Respect the canoe journey leaders, their advice and opinions, honor their age and wisdom.
- Respect the works and actions of the skipper and support boat captains.
- Participate in the activities – setting up and taking down camp, pulling the canoe, protocol and dancing.
- Never refer to the canoe as the "B" word. Consequences for that will be to take a swim to apologize and bring honor back to the canoe.
- The use of profanity will result in the offender to be required to perform 25 push-ups. It's a good lesson and gets you in shape for the following days pull.

Next years journey will be hosted by the Squaxin Island Tribe. For more information please contact with Sylvia Cayenne at 360-888-6638.

Chehalis Canoe Family Dinner is Saturday, October 8 starts at 1 in the Gathering Room.



**Chehalis Canoe Family "Circling Up" to bless the canoe and pray for a safe journey before loading the cargo van and leaving for the Squaxin tribal camp ground.**



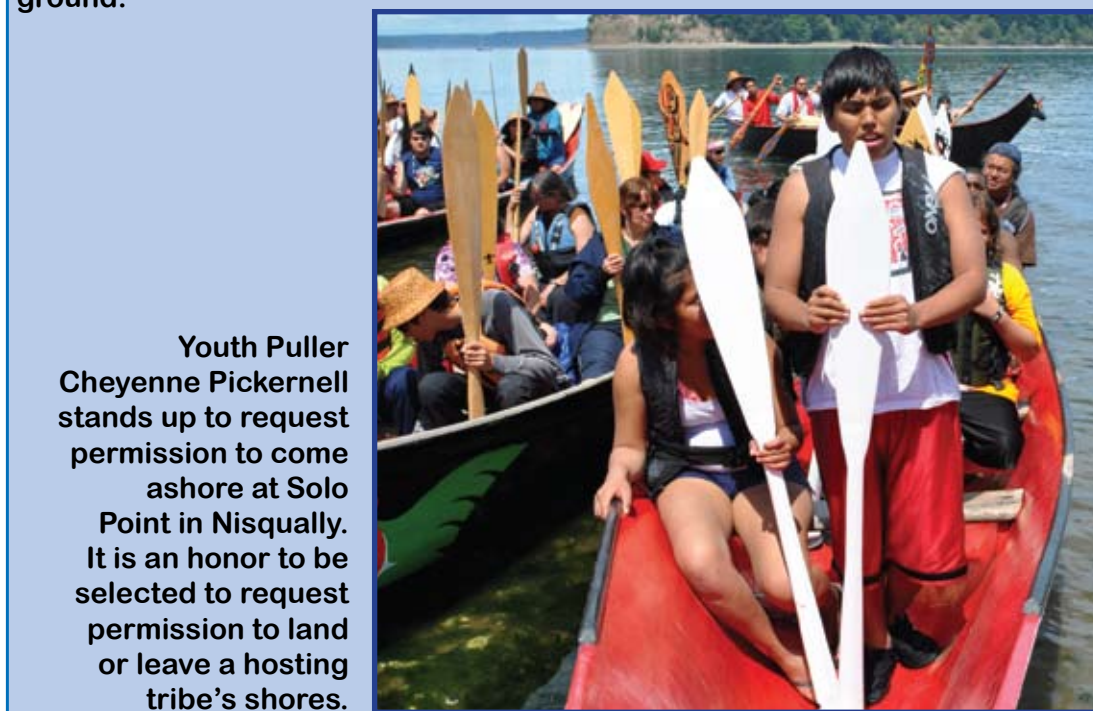
**The ground crew is essential on the journey. They set up camp, and moved from day to day. Adults and youth worked together unloading the cargo van, setting up tents, and assembling a makeshift kitchen at Squaxin Island.**



**The Swinomish Elders, Council and Royalty greeted each canoe family during the final landing ceremonies. It was an emotional and awe-inspiring moment for everyone who witnessed the event.**



**During Final Protocol hosting Swinomish tribal leaders came and played the slahal games during the Chehalis Canoe Family "Secena Stick Game" song. Tribal youth Skyler Baker was voted to lead the songs. Pictured (L-R) are Ethan Wittwer, Pat Johns, Keyshawn, PJ Simmons, Skyler Baker, and Cheyenne Pickernell.**



**Youth Puller Cheyenne Pickernell stands up to request permission to come ashore at Solo Point in Nisqually. It is an honor to be selected to request permission to land or leave a hosting tribe's shores.**



**Our hands go up to honor John and Mary Setterstrom for providing their support boat "Clarity" guiding us safely on the water.**

**Pictured here is an early foggy morning as John receives supplies onto his skiff to be transferred onto his support boat.**