

September 2011 Vol. 5/9

Program News

Water Aerobics Class Days Have Changed

The Diabetes Prevention Program is offering water aerobic classes at the Community Center. Sign up today! Water aerobics is a great way to stay healthy. Come join a healthy, low-impact exercise. Please bring a towel, and water shoes are recommended.

New Changes:

- Tuesday for Elders-10:00 AM-12:00 Noon
- Wednesday for everyone-5:00-7:00 PM
- No Water Aerobics' on Thursday's

For more information please contact Lynn Hoheisel, Diabetes Prevention Program at 360-709-1744

Free Will-Writing Classes Offered to Tribal Members

Indian Wills and Estate Planning Services are now being offered to all Chehalis Tribal Members who are 18 years and older. This service is without cost to Chehalis Tribal members who currently do not have a Will.

Please Call Christina Hicks at 360-709-1741 to set up an appointment and get the paperwork needed to get started.

Halloween Safety Tips to Protect Your Children

By Scott Freeman, Community Safety Officer

School has started, and I know my kids have already begun talking about Halloween and what costumes they're planning on wearing this year. This along with the days getting shorter it seems like now is a great time to toss out some safety reminders. We all do a great job making sure the kids are warm when they go outside to play, but do we stop and check to make sure our children are visible to people driving cars? No matter how many times we tell them look both ways and don't run out from between cars, the kids still do it. By making sure they have on brightly colored and/or reflective clothing we can help reduce the risks they have of not being seen by approaching cars. Flashlights are also another great way to alert traffic that pedestrians are walking nearby, so let the kids play with them, batteries are cheap in the big scheme of things.

How about Halloween? These are the rules I use with my kids and generally what most law enforcement agencies recommend to parents.

You have to trick or treat with a grown-up

- Visit the homes you know
- When picking out a costume make sure you can move, hear and see easily
- Wear a light colored or bright costume so drivers can see you
- Putting glow in the dark patches or reflective tape on your costume helps you be seen
- Carry a flashlight or glow stick
- Walk in areas that are well lit
- WATCH OUT FOR CARS!
- Make sure your parents check your candy before you eat it.

Just because it's getting dark early and colder outside, doesn't mean our kids should stay indoors. Encourage them to play and be active, but remind them to play smart and safe around traffic.

CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦

Elder Event and Tribal Staff on Page 3:

- Barbecue Brings Families Together to Spend a Fun-Filled Evening Celebrating with Our Elders
- Chehalis Tribal Education Staff Profiles: Tracy Bray, Sam Heller and William Thoms



Youth and Health Activities on Page 2

- Summer school program
- Clinic news on flu shots now available
- Community getting healthier contest winners
- Join the inter-tribal biggest loser challenge

Evening of Dinner and Gifts Brings Meaningful Connections Between Youth and Elders



Twenty-six youth learned to cook and make gifts in a traditional way for the Elders Appreciation Dinner. What started out as a dinner turned into something magical for Elders and youth in the gathering room at the Community Center.

By Cecilia Kayano, Freelance Writer

What started out to be a dinner was turned into something memorable, and maybe even magical, because of the good hearts and intentions of Chehalis tribal staff, Elders and youth.

Several weeks ago, tribal staff realized that many youth wanted to know more about their family trees. Many of them knew who their grandparents, aunts and uncles are, but fewer could connect the dots between themselves, remote cousins, their great-aunts and uncles, and their great-grandparents. And usually in this extended family tree full of branches, there was a Chehalis tribal chair, a leader, an activist, an artist, someone every single youth would be in awe to call family.

Tribal staff knew if the youth researched their family trees in depth, they would find a past tribal chair, a tribal leader, a political activist, or an accomplished artist to who they are related.

Learning About Family Trees, Respect and Tradition

And so the first dinner provided by Chehalis youth to honor the Elders came forth, blossoming into something more than learning about the names and dates of a family tree. "The idea was to have youth show appreciation for the Elders, and honor them by preparing them dinner," explained Diane Devlin, Culture Coordinator.

Twenty-six youth arrived at the Community Center in the morning of August 11 to start preparing the special, multi-course meal. Half worked with Nancy Romero, Elders Coordinator, in the kitchen. The other half worked with Diane Devlin making gifts of cedar roses.

The Key Ingredient in Meal and Roses

Nancy and Diane had talked briefly about the intent of the day, but both were surprised when they discovered they were not only teaching the youth the same concepts of

See Elders Appreciation Dinner, page 4

Annual Picnic Recognizes Dedicated Employees

By Fred Shortman, Editor

It was a comfortable warm Friday morning on August 26 at Black Lake's Columbus Park for the Annual employee picnic. The turn-out was huge as employees and their families came out to share in a relaxing day in appreciation for all the work we do for the Chehalis Tribe. Cheryle Starr, Events Coordinator made it a special day for everyone enjoying each other's company and meeting their immediate families. Children were seen with the parents playing on the swings, while others took advantage of the lake by going swimming as the day heated up. Yes, all agreed it was a beautiful place and a wonderful day for the annual employees picnic.

There were several ways to qualify for an assortment of separate raffles. Employees were requested to bring homemade dishes or deserts. This provided a separate and delicious assortment of tasty and delicious foods. A second raffle was for the employees to donate school supplies to our Education Department. These supplies are made available for tribal families who aren't enrolled to assist them with their needs. It's a great program! For more information contact JJ Shortman at the Community Center at 360-709-1749. The other raffle was available for being an employee. This raffle is always unique when your name is drawn you would go pick another number to see what prize you won.

Bingo was an added plus to the day giving those who wanted to sit down and

See Employee Picnic, page 4

Native American Women and Girls' Health Conference Provides Resources in Preventing Cancers

By Christina Hicks, Community Health Coordinator

On Wednesday, August 31, the S.P.I.P.A's Native Women's Wellness Program hosted a Women's and Girl's Health Conference at the Chehalis Tribe's "Gathering Room." There was over 55 women in attendance from the Chehalis, Nisqually, Squaxin, Skokomish, Shoalwater Bay, and Quinault tribes.

Winona Youckton, a Chehalis elder opened the event with a song and prayer. Everyone was welcomed to this event by Rita Andrews, Program Coordinator for the NWWP at SPIPA. The focus of this conference was H.P.V. and Cervical Cancer.

A DVD was shown to inform on "H.P.V." (Human Papilloma virus). Rob Woodall, a provider from the Skokomish tribe clinic and the quality assurance provider for the NWWP was available to answer questions pertaining to H.P.V. Cervical cancer is cancer of the cervix. Unlike other cancers, cervical cancer is not hereditary. It's caused by certain types of viruses, human papilloma virus (HPV). When a woman becomes infected with one of these types of HPV, and the virus doesn't go away on its own, abnormal cells can develop in

the lining of the cervix. If these cells are not found early, pre-cancers and then cancer can develop. While half of all women diagnosed

with cervical cancer are between 35 and 55 years old, many of these women could have

See Health Fair, page 4



Speakers and sponsors are instrumental to the message of the prevention of cancer at the Women's Health Fair. Pictured top row (L-R) are Raylene McCloud, Outreach Worker from Nisqually; Tanya Brown, Outreach Worker from Shoalwater Bay; Christina Hicks, Chehalis Community Health Coordinator; Lori Stone, National Cervical Cancer Coalition; Colleen Echohawk. Front row (L-R) are Elizabeth Heredia, Outreach Worker Squaxin Island Tribe; Joan Claudio, Data/Billing/Case Manager at SPIPA; Suzanne Adams, Outreach Worker at Quinault; Rita Andrews, NWWP Coordinator at SPIPA; Norma Cagey, Skokomish cancer survivor; and Corrina Tordillos

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Chehalis Tribal Newsletter
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2 Summer Program Assists Youth to Meet Academic Goals for School



Education Specialist Taffee Simmons assists Jordan Lopez in constructing a glider for a science lesson on elementary aerodynamics. Photo by Bill Thoms

By Jason Gillie, Education Assistant

This year Summer School was a collaboration between the TELO/K-12 Program and the Youth Center...the result: A comprehensive summer school program that met the social, emotional, physical and spiritual needs of our youth with activities chosen by the kids (We surveyed 49 youth ages 5-18).

Classes were offered three days and field trips two days a week. Fifty-one students participated in the summer program. Classes included: Science, Photography, Art, Cooking, Physical Fitness, Computer Room, and Swimming. The Youth Center chaperoned the children on field trips every Tuesday and Thursday. Among their excursion were trips to Mt. St. Helens, the

LeMay Museum to view over four hundred vehicles, Oregon Museum of Science and Industry, Northwest Trek, and the YMCA.

We ended the session with the Back to School Celebration. Gift cards were handed out by both the Youth Center and the TELO/K12 programs. Families from near and far brought their children to enjoy the inflatable toys, snow cones, popcorn, and cotton candy. The weather turned out well, and everybody had a fun afternoon.

The newly formed education department, which includes Early Learning, TELO K-12 and the Youth Center also met to plan the upcoming activities for the After School Program. Here are some of the great things we came up with:

Schedule for After School Program

Daily:	<u>2:30 PM to 6:00 PM</u>	<u>2:30 PM to 5:00 PM</u>
	Homework Assistance Teen Lounge Open	Computer Lab and Library
Monday:	Healthy Choices Chehalis Language Physical Activity Preparing Healthy Snacks Craft Activity	Tuesday: Outdoor Activity Traditional Arts Preparing Healthy Snacks Physical Activity Science Projects Book Club/Reading Circle Basketball Skills
Wednesday:	Pool Table/Ping Pong 4H Club Physical Activity Music Editing/Mixing Preparing Healthy Snacks Carving Class/Activities Craft Activity	Thursday: Outdoor Activity Craft Activity Preparing Healthy Snacks Volleyball Skills Science Projects Exercise Class
Friday: Fun Fridays	Swimming Video Games Gym Activities Game Room Preparing Healthy Snacks	Saturday: 1 monthly Family Activity 1 monthly Field Trip

A monthly calendar will be dispersed that will include all the events and exciting things happening for the month...so be on the lookout, Septembers should be delivered soon.

Want to volunteer or teach a class?? Contact the Youth Center at 360-273-9674 or TELO at 360-709-1878.

News from the Chehalis Tribal Wellness Center

Vaccines Available to Protect Your Family

By Cori Fluetsch, Clinical Nurse Manager

What are the symptoms of flu?

People with flu often have:

- Fever.
- Cough.
- Sore throat.
- Runny or stuffy nose.
- Body aches.
- Fatigue (tiredness).
- Headache.
- Some people may have vomiting or diarrhea, though this is more common in kids than adults

How do you prevent the flu?

The best way to prevent the flu is to get a flu shot each year as soon as vaccine is available. Using good health habits can also help stop the spread of flu; washing your hands, covering your cough, and staying home when you're sick.

How serious is the flu?

Flu is unpredictable and can be severe, especially for older people, young kids, pregnant women, and people with certain health conditions. These groups are at greater risk for serious complications if they get the flu, including:

- Bacterial pneumonia.
- Ear infections.
- Sinus infections.
- Dehydration.
- Worsening of chronic medical conditions (asthma, congestive heart failure, or diabetes).

Can flu vaccine give you the flu?

No! The Flu vaccine cannot give you the flu.

Some people incorrectly believe that they can get flu from the vaccine. This is not true. The flu shot only contains proteins from the flu virus, so the virus cannot reproduce itself and cause illness. While the nasal spray vaccine contains live flu virus, the virus has been weakened in the lab, so it cannot grow in the lungs and cannot cause the flu.

How effective is the flu vaccine?

The effectiveness of flu vaccines can vary. It depends on the match between the strains in the vaccine and the flu viruses that are circulating in the community as well as the age and health of the person being vaccinated.

Flu vaccines protect 70 to 90 percent of healthy people under age 65 when the vaccine strains are similar to the circulating strains. The flu vaccine prevents illness; it doesn't treat it. It takes about two weeks for your body to build immunity for protection against the flu and lasts for about one year.

The flu vaccine is now available if you are interested, please contact the Clinic if you interested to vaccinated..

Here is some flu info from the Washington Department of Health website. <http://www.doh.wa.gov/FluNews/flufacts.htm#recommendations>

Community Gets Healthier With Contest

By Christina Hicks, Community Health Coordinator

The second stage of the biggest loser contest finally came to an end. People who entered the contest were seen exercising together. Many of the winners agreed that working as a team was the biggest contributor to their success. It wasn't about the money, though it was a contributing factor, but to maintain this healthy lifestyle change.

The Biggest Loser Winners

First place was Kevin Bray who got rid

of thirty-nine pounds - \$850.00. Second place was Billie Higheagle who got rid of twenty-one pounds - \$100.00. Third place winner was Henrietta Boyd who got rid of eighteen pounds. Fourth place was Ranesa Goddard who got rid of fourteen pounds. Fifth pace was Marla Medina who lost twelve pounds.

Congratulations to all the participants that lost weight! Don't stop! Keep up the great work in becoming Healthy!

Community Invited to Participate in Inter-tribal Contest Challenge

By Cindy Beck, SDPI Coordinator

Are You up for the Challenge? The Diabetes Prevention Program consortium (C.S.SB. SI.) and the SI Tobacco Cessation program are teaming up with NIKE to Challenge you to be the biggest loser in a 4 tribe BIGGEST LOSER challenge. Starting October 3rd and ending February 6th, tribal and community members of Squaxin Island, Shoalwater Bay, Skokomish Nation and Chehalis tribes, will compete to see which tribe is the healthiest. Weekly support groups, health related talks and exercise will be offered to motivate and get you through the holidays and the winter 'blahs'. Through the holidays!! Yes - it will feel great to stay focused and not gain the 8 pounds, which the average American gains from Halloween until Valentine's Day.

To join the challenge, a \$20 non-refundable payment is due on or before October 10th. First weigh in will be October 3rd, and subsequent weigh-ins every other week. Measurements will also be taken, but this is optional. Sometimes the scales won't budge, but those jeans are getting looser, and wouldn't it be nice to know how many inches you've lost too! A separate prize will be awarded to the person losing the most inches at the end of the competition on each

reservation.

Dates of weigh-ins:

- October 3, 17 and 31;
- November 14 and 29;
- December 12 and 27;
- January 9 and 23;
- February 6

The Competition will be based on percentage of weight lost. Prizes: First place overall will win 1/4 of the 'POT' plus NIKE is donating an additional prize; second place overall wins 1/8 of the 'POT'; and third, fourth and fifth place also receiving cash prizes. Each month, the biggest loser from each tribe will also win a prize; and there will be a separate prize awarded on March 21 for those who have kept the weight off!

A brown bag informational session will be held at 12:15 pm on Thursday, September 29 in the clinic's PT room, this is the time to ask any additional questions and sign up for the Challenge. For more information, contact Cindy Beck or Lynn Hoheisel at the clinic.

Take the Challenge Chehalis Community! Step forward to prove that we are the *Healthiest* Tribe around!



Children had a blast playing on the huge, inflatable toys that the Party Outfitters provided at the Back-to-School Event. They were seen smiling as they raced from game to game on the baseball field. All the children enjoyed the day immensely, making it successful family event!

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.

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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"

Barbecue Brings Families Together to Spend a Fun-Filled Evening

Celebrating with Our Elders

By Nancy Romero, Elders Coordinator

What a hot summers evening filled with fun activities on Thursday, August 25 in the parking lot in front of the Elders Building. It was a unique opportunity to bring Elders, adults, children, grandchildren and great-grand-children together to visit alongside each other.

What started out to be a small BBQ for the Elders turned out to be fabulous! Elders were able to invite their own family! And what a good time it was.

The Lucky Eagle provided a barbecue meal of hamburgers and hot dogs. Some of the Elders brought a side dish to finish out the meal. It wasn't your usual cooks either with some of the managers serving the meal.

The Party Outfitters games provided

for everyone to participate anywhere from throwing darts, ring toss, toilet toss and knock'em over. They also provided an added treat of popcorn, cotton candy and snow cones for all to enjoy. The snow cones were a hit on the hot ninety-five degree weather!

The watermelon and pie eating contest was something new that would bring loads of laughs, and it sure did! From Josephine Aldrich, Bones Gleason, Gloria Jones, Marie Bird, Priscilla Jones, Jeanette Whiteclaw and many more that hopped into the watermelon eating and pie eating contests. **Boy talk about pie in your face!!** Gloria Jones won the watermelon eating contest and Francine Joe won the pie eating contest. Congrats and thanks for the laughs!

Dustin Klatush kicked off the softball game creating special memories for everyone. Many Elders showed off their hitting skills while their runners ran from base to base. Yes, the elders had a convincing win, but everyone just went out there and had fun. Laughing and cheering together during the game filled with so much fun and memories. The Elders that played baseball were: Jeanette Whiteclaw, Josephine Aldrich, Art Medina, Lynn Hohiesel, Levi Sanchez, Annie Jones, Francine Joe, Evelyn Penn, April Reynolds and Cindy Andy—GO ELDERS!!

As the evening wound down everyone wore smiles on their faces as they spent a wonderful evening with the Elders. Bringing

our families together for a wonderful event together to have fun and enjoy the nice summer weather! The plan is to continue and make this an annual event!

Thanks to the staff and volunteers to make this a successful event—THANK YOU! THANK YOU! THANK YOU!

Lucky Eagle, Scarlett Romero, ChristyBeth Dodge, Charlene Abrahamson, Frances Pickernell, Cody Revay, Gail Hurst, Tony Olney, Valerie Romero, Heather Hoyle, Dustin Klatush, Dawn Boley. AND ANYONE I FORGOT! To Ray Secena and his crew as always were there to help set up. THANK YOU! YOU ALL ARE THE BEST!

Fun Activities at the Elders Barbecue



Elder Evelyn Penn shows off her dance moves during the Cake Walk game. Following her are other Elders: Winona Youckton, Bette and Mike Tanner.

Elder Hector Canales tosses the ball as volunteer Charlene Abrahamson cheers for him to win a prize.



Elder Sally Pikutark takes aim in the baseball toss trying to knock 'em over game while her sister DeDe Devlin watches

Youth Savanna Bird holds her hair back as she successfully bobs for an apple.



Watermelon and Pie Eating Contests

Elders competed against adults and youth in the watermelon eating contest. It was such good clean fun! Not fair what happened to hands behind your back.



Elders, adults and youth were seen laughing, and cheering by the crowd during the pie eating contest. Talk about "Pie in your face!"

Baseball Game Highlights



Elder Cindy Andy does her Ichiro stretch as she points her bat in preparation to hit the ball.

Elder Art Medina gives his granddaughter a big huge hug after she scores a run in the baseball game.



Elder Linda Daniels puts on a hitting clinic as her grandson Chylar prepares to start running to first base.

Youth Shayna Pickernell takes a mighty swing during the Elders baseball game.



Education Staff Profiles:

Greetings! My name is Tracy Bray and I am the Education and Development Director for the Chehalis Tribe. I live out here on the reservation with my husband Kevin Bray, our six children and one grandchild.

Most of you know me (or think you do...ha ha) so to not bore you with a long paragraph about myself I have decided instead to list TEN *Weird but True* facts about Tracy...so here goes:

- Kevin and I moved to our home here on the reservation in 1997, I was only 23 years old.
- I grew up on a Hog Farm...yes I raised pigs for a living. In fact, we raised our own vegetables (which meant harvesting, canning and freezing in the fall) and meat, baked bread and the whole works! It was quite the adjustment for me when I had to start shopping in a grocery store.
- When Kevin and I got married my children's names were: Kaleb and Jordan; and his children's names were Kailen and Jordan. Both of our mother's names are Janice. All of our kids have middle names after one of their grandparents.
- It took me 15 years from when I graduated High School to get my Masters degree. (I have a Master Degree in Public Administration.)
- In 1995 I walked onto the Bellevue College Women's Basketball team and became the starting forward.
- Recently when I dyed my hair black all of the blond highlights I had turned blue! (I did not have blue hair on purpose!!)



Tracy Bray, Education and Development Director

7. I will try almost any food once. I have tried liver, cow tongue, bull fries, (which are cooked Rocky Mountain Oysters) and smoked eel to name a few.

8. I cannot read music or sing on key, but I am addicted to Rock Band and play it with my band mates (Kev, Harry, and Steph) almost every Friday night.

9. I read excessively. I read about 4 books a week on average.

10. My first year of college I was a pre-med student because I wanted to be a Forensic Pathologist (think Quincy MD). My work-study job was to remove all of the skin from a male cadaver.

I hope you enjoyed getting to know me better and I would enjoy getting to know you better too...my office is in the Community Center in the Education portion, my email is tbray@chehalistribe.org and my office number is 360-709-1871. I look forward to working with you and your family for all of your educational needs.

My name is Sam Heller. I am the Juvenile Probation Officer for the tribe. My job as a probation officer goes many routes. I am here to help youth that are in the criminal court system as well as working side by side with the "at-risk" youth. The "at-risk" youth are those that need a push in the direction of how important their education is to themselves as well as for the tribe. The focus is on their attendance, academics, and extracurricular activities. This all helps the tribe as a whole due to the youth wanting to push for goals in their future, and showing them that they

My name is William Thoms, tribal member and recent hire of the K-12 program as an Education & Intervention Specialist. I grew up on the outskirts of Oakville and the rez, and have lived here in fits and spurts my whole life. I didn't spend a tremendous amount of time on the rez as a child, but some of my fondest memories are of crazy days in the summer rec program. Life has a funny way of circling back on you; this past summer was my first as an administrator with the summer program. My new position has also landed me back in Oakville schools, where I will be assisting with attendance and truancy efforts.

I left small-town living the first chance I got, moving to New England the week of my eighteenth birthday. I attended a prestigious college in Boston, receiving my Bachelor's Degree in Motion Picture Studies, which set me on my long, strange journey. I've lived everywhere from NYC to L.A. and have had many satisfying and unusual jobs. I've been paid to read scripts on the beach, to be another person's voice in national commercials, to train Australian parrots, to rock and roll, to digitally paste heads onto other people's bodies, to operate a carousel, to dress sets on some "art house" films, and even to act like an Indian as part of a dinner

theatre. My favorite workday ever required that I sit in the Hollywood hills with a world-famous film director, drinking Coca-Colas, and discussing Bigfoots. Not a bad way to make a living.

I spent several years at a music and film academy that I founded with a few Native friends whom I met in the film industry.

We would travel to different reservations throughout California and Nevada teaching media literacy, performance, and production. I always found it very rewarding. When the opportunity arose to join the Education Department for the tribe, I thought it would be great to lend my previous experiences to my own community. I had never really participated much in our community and have always felt like a bit of an outsider here. Since taking this position I have met and re-met a lot of old friends and relations. It's been enlightening to say the least. I look forward to helping our youth express themselves and fostering their talents in whatever forms they take.

I enjoy studying social economics, design and innovation, cryptozoology, sequential art and the logic of images. I also spend time creating sounds, renovating my house, and racing Italian sports cars.



William Thoms, Education & Intervention Specialist

can make a difference within the community. Not just looking at small goals but things like using their education and experience within the tribe to work and grow the community.

I graduated from Oakville High School and joined the Army Reserves. I am still in the reserves and have been for 8 years now. I have worked as a manager at a gas station, which gave me the skills with talking to people. I worked as a sales representative another skill with talking to people.

I enjoy working here at the tribe because I get a chance to interact with

the youth. I try to instill goals into them, so that I do not have to see them on the other side of my page. If I do see them I still try and push them to own up to their responsibilities and give back.

Sam Heller, Juvenile Probation Officer



4 Elders Appreciation Dinner (continued from page 1)



Youth preparing a delicious meal for the Elders Appreciation Dinner. Pictured (L-R) are Marcus Youckton, Kaileen Bray, Trey Brown.

automatic respect for elders and other Native ways, but using almost identical language. "I told them to have a good heart when preparing the food, that their good intentions will go into the food," said Nancy. "Then, they went into Diane's class, and she told them the same thing about making the cedar roses. The kids were shocked!"

Diane recalled, "With the help of Elder Sally Pikutark, we taught the youth the true traditional way to make cedar roses. We talked about keeping a good heart and good feelings when making giveaway gifts because that love and good feelings a person



Youth TJ Trott receives a hug from Elder, Annie Jones in appreciation for their good work during the dinner.

has at the time they are working are carried into the gift."

During Diane and Sally's workshop, youth learned about the traditions of a giveaway, and why Coastal people developed and value giveaways, and the respectful way to make, and give gifts.

At 5 PM that evening the dinner of roasted pork and beef, mashed potatoes, corn on the cob, fresh fruit, green salad, homemade rolls and cookies was ready. The Elders were seated, not knowing quite what to expect. Youth came forward quietly and placed plates in front of each Elder. A prayer was offered. Then youth brought out the cedar rose boutonnières and pinned them on each Elder.

Elders' Words of Wisdom

As the Elders began to eat, the youth gathered at the front of the room, respectfully waiting. Elder Virginia Canales encouraged the youth to start making connections. "I hope you look out here and recognize your family, your Elders. They are your teachers."

Then other Elders began addressing the youth. Sally Pikutark talked about how special it is to be a Chehalis tribal member, and urged youth to continue to recognize their good fortune. "It is so good to see you taking a step in the right direction," she said.

Jessie Goddard, HR Director and Summer Youth Program Supervisor,

explained that this was a chance for youth to get to know the Elders. Then she introduced Chehalis tribal leaders, and gave their family names, encouraging youth to see the powerful people in their family trees. "Think about how much each of these Elders has done for you," she said, then asked the youth to do their part to help the tribe.

Don Secena, Tribal Vice-Chairman said, "Everything you see, this building, the ball field, is because of your Elders, so remember that when you are playing baseball. The Elders did the ground work and are responsible for these things."

Many other Elders spoke, giving advice, historical information and encouragement.

The group of youth at the front of the room hardly made a sound. When the dinner concluded, the youth sat down to eat the delicious meal they had made with their own hands and their hearts of good intentions.

Youth Make the Connections

Deidra Hawks, age 16, was picking up empty serving platters of fruit that she had helped prepare. She

reflected on the evening, "I feel pretty good that I am learning about my family. I've always respected what the Elders have done, and what they do for us. This is my way of getting to know them better and thanking them."

Marcus Youckton, age 15, had been volunteering for the dinner for eight hours



Each youth spoke to the Elders describing their family lineage. Pictured (L-R) are Geraldine Youckton, Trey Brown, Cody Revay, and Whitney Lewis.



Junior Jack hands a cedar rose to Elder Carolyn Sloppy during the dinner.

to bake cookies, make cedar roses, serve and clean up. He said, "I wanted to learn to cook and get to know my Elders and family. What I learned makes me want to go further back and find out more."

Jessie Goddard could barely contain her delight in the evening and her pride in the young tribal members' behavior. She realized both the Elders and the youth had greatly benefitted from this magical evening when she told the youth, "Now you know you belong."



Brooke Allen gives a cedar rose to her great-uncle George Youckton.

Photo by Cecilia Kayano

Women Health Fair (continued from page 1)

been initially exposed to cancer-causing HPV types in their teens and twenties. Both men and women can have HPV, and it is easily spread. Any type of genital contact with someone who has HPV can put you at risk. Often with no signs or symptoms, many people are unaware they are spreading the disease. There are more than 30 types of HPV, a vaccine is now available to help protect against 4 types of HPV to girls from 11-26 years old. It is a 3 series shot. Please talk to your health care provider about this shot to see if you or your daughter is eligible for this vaccine.

Lori Stone, from the National Cervical Cancer Coalition talked about her own experience with cervical cancer and about what the coalition offers. That Prevention and Early Detection Saves Lives! Learning the facts about cervical cancer and HPV can reduce the number of cases of cervical cancer and HPV annually. For more information about the National Cervical Cancer Coalition, please visit www.nccc-online.org call their Hotline: 800-685-5531.

Suzanne Adams, a NWWP outreach worker from Quinault discussed the risks of Smoking and Cancer. In this presentation women learned about second hand and third hand risks of smoking. If you are interested in learning more about smoking cessation please talk to your health care provider.

Rita Andrews requested all cancer survivors to come forward and honored them all with a pendleton blanket, and she sang a prayer song for them.

After lunch, Norma Cagey, a Skokomish Nation tribal member talked about her own personal experiences with cervical cancer. Norma talked about being diagnosed with cervical cancer when she was pregnant and her decision to continue with the pregnancy before starting any treatment. She talked about being in denial at first with the diagnosis. Now she encourages young

women to get the vaccine that can help prevent HPV and cervical cancer and getting your women's health screenings.

The final presentation was Loretta Riley, Program Coordinator for the American Indian/Alaskan Native program at Cancer Lifeline in Seattle. She works with both urban and rural tribal communities. Loretta described the Cancer Lifeline and its services that they provided: 24 hour-a-day telephone support "lifeline" for those living with cancer. What the Patient Financial Navigation was and how it connects clients with financial resources for their day to day needs. Loretta also talked about "Changing the story for American Indian cancer survivors", for more information please call the 24 hour Lifeline: 206-297-2500 or visit them on line at www.cancerlifeline.org

Everyone divided up into small groups and discussed women's health while making a "Drama on your arm" bracelet.

Colleen Echohawk and Corrina Tordillos from Native People for Cancer Control were introduced and Colleen explained what their program had to offer: Native People for Cancer Control at the University of Washington is funded by the National Cancer Institute to enhance existing relationships while building new bridges for community-based participatory research, training, and education to improve American Indian and Alaska Native health. This conference was funded and made possible by Native People for Cancer Control.

The Native Women's Wellness Program (NWWP) encourages regular screening for breast and cervical cancer in order to detect cancer in its earliest stage. The program provides services for low-income Indian women residing in the service areas of the five tribes of the SPIPA consortium: Chehalis, Nisqually, Shoalwater Bay, Skokomish, and Squaxin Island, this program also includes Quinault Tribe.

Annual Breast Cancer Awareness Walk

**Saturday, October 8
Skokomish Nation**

Please watch for more information regarding this walk. Please contact Christina Hicks at 360-709-1741 or Chicks@chehalis-tribe.org.

Men's Health Gathering

**Tuesday, October 25
Gathering Room from 6:00 - 9:00 PM**

Salmon Bake, keynote speakers, and door prizes. Watch for flyers. For more information contact the clinic at 360-273-5504

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

Employee Picnic (continued from page 1)

get the opportunity to win prizes. Some brought daubers and others used markers in an older style of the game. You could hear the murmur of the employees as they either were really close to yelling bingo.

Dinner was a feast in itself as the Lucky Eagle provided a delicious meal. The home-made food brought by the employees provided was a meal within itself, with not just deserts, but a wide assortment of dishes. Thanks everybody for bringing your dishes.

The employees were each recognized and rewarded for being part of the family team providing improved resources to the community. Our tribal resources have grown considerably with the expansion of our enterprises. Employee were recognized with a t-shirt with our tribal logo. There were

several special awards for years of services with the tribe: Elders, 30+ years, 20+ years, 10+ years and 5+ years of service.

The volley ball tournament was again played for those who wanted the opportunity to compete for the grand prize of \$500.00. This double elimination tournament is a special attraction for employees as they gave it their all. The Chehalis Tribal Construction returned and defended their championship. It wasn't easy victory as Top Guns team gave them a real challenge. It was a great display of athleticism as the score went back and forth, returning volleys and spikes until the very end with CTC coming out the victor. First place: Chehalis Tribal Construction; Second place: Top Guns; Third Place: Ralph's Team.



Chehalis Tribal Construction defeated the Top Guns team during the volleyball tournament at the employees picnic. Pictured (L-R) are the Chehalis Tribal Construction volleyball team Lupe Vazquez, Zach Carter, Chris Klatush, Ken Mickelson, Dustin Klatush. The Top Guns team are Philip Youckton, Tony Onley, Derek Youckton, Jerry Youckton, and Sonny Youckton.

Program Strives to Provide Additional Housing for Tribal Members

The Tribal Realty Program has been busy building homes for tribal rentals and for sale. To qualify for a rental, you must contact Charlotte Lopez 360-709-1850 and complete an application.

We have new housing policies and applications. So if you have not completed an application since August 15th, you need to complete a new application. All applications require that the applicant show an income where the rent does not exceed 30% of the household income. All persons listed on the application, over the age of 18, will require a background check and drug testing.

Currently we are looking for qualified renters for:

■ Two bedroom duplex located in Oakville.

We are looking for qualified buyers for:

■ Brand new five bedroom home located in Oakville. This home will be offered for sale. This is a two story home with one downstairs bedroom.

■ Brand new three bedroom, two story home located in Oakville. This home will be offered for sale. This is a two story home.

If you are interested in purchasing these homes please contact James Guiterez or Dolly Canales at the Housing Authority to see if you qualify for down payment assistance program.

This is a great opportunity to own a home for what you are currently paying in rent! This home will be available around the first of the year.