



CHEHALIS TRIBAL

The Confederated Tribes of the Chehalis Reservation
"People of the Sands"

NEWSLETTER

August 2012

Free

Chehalis Canoe Family Participates in Inter-tribal Canoe Journey

2012 Paddle to Squaxin!

The Chehalis Canoe Family participated in the 2012 Paddle to Squaxin. This is the sixth year participating in the inter-tribal canoe journey that started over twenty-three years ago. It is a spiritual journey returning the cultural teachings back to the tribal people.

A JOURNEY OF DISCIPLINE

Most important of all it is a Drug and Alcohol Free journey. Before departing, canoe family members sign a code of conduct, which includes the promise they will not consume drugs or alcohol. Family members can be sent home if they don't follow the code. It doesn't happen often — but it happens.

Traveling together with "*One Heart, One Mind*" as a family is a holistic and instrumental part of learning about each other. Problem solving as a family unit; being happy to see each other; working together setting up camp; respecting each other's space; self-discipline. Most of all, praying together: for the health of our sacred mother earth, the families and communities. Learning about the teachings from the Elders and leaders give our canoe family such a solid core.

Rules set as consequences (not punishments) teaching members a core value that many of us don't forget. Self-discipline on the water: it was an honor to be selected by the skipper to be a puller for a leg of the journey. When you heard the call, "Chehalis Canoe Family Circle-up!" The canoe family members would circle



Final day on the water as all the Canoe Families landed in Budd Inlet at the Port of Olympia. Pictured is tuulap tit wiiṭ and her skipper and pullers honoring the Squaxin island Tribe before joining the flotilla of canoes.

up. In circle is a time to discuss the plans for the next day, leaving time for the pullers, ground crew established on breaking down camp and moving to the next location.

The journey isn't an easy path to self discovery. On the water, the canoe demands respect and is known to many as a vehicle to healing. Our canoe, tuulap tit wiiṭ (Tu-lap ti weah) is a beautiful sacred cedar strip canoe. Skippers and puller honor her each day with prayers for a safe journey. If the weather is stormy, the experience can be grueling and scary. Somewhere on the leg of a journey, the good work will bring an epiphany and things will become clearer to what our ancestor's teaching gifts a puller. Each time the paddle hits the water is a prayer and another step closer to the goals for the day. Power pulls dedicated to individuals pick the canoe up and it feels like flowing on air. It is awe-inspiring to witness the pullers using their paddles in unison as

the front seat sets the pace. It may look like they are racing, but they are real strong prayers.

The discipline of the canoe extends to life into the sprawling camps that spring up at every landing along the journey. There are incidents and they are solved as a family during circle. The

discipline is especially important for the children in the camps. They are expected to take direction from tribal elders, stick to a curfew, and take part in the protocol ceremonies in the pavilions at night. Reminding them they are actually there to experience the culture. Sometime you can see them beading their regalia, practicing our canoe family songs, or making gift items to given at final protocol.

Final Landing at the Port of Olympia

On Sunday, July 29 was the final day on the water where 102 canoes landed at the Port of Olympia in Budd Inlet. What a sight! The Squaxin Island greeted them with the beating of the drums and songs sung echoed across the loud speakers. An osprey hovered above the canoes greeting them in turn. What a moment. The canoes sang their canoe family songs,

Continued on Page 2...



Skipper Gail White Eagle asks permission from Squaxin Island Tribal Elders to come ashore to share songs and dance during the final landing at the Port of Olympia.

Canoe Journey continued...

paddles up honoring the hosting tribe, then proceeding to their region on the flotilla line in front of the grand stand.

As the drum rhythm quieted the crowd, the Water Ceremony was explained, *"Our grandmothers and grandfathers have taught us, water is medicine. Whenever we are sick or sad in spirit, water can help give us strength. On the canoe we have the greatest respect for the water because we recognize the strength of its power. There is no other element that can fall so gentle as the dew or ride so high in the sky like an eagle, yet carve out hillsides and disguise itself as a cold rock of ice. Water has power to help us, but we need to take care of the power by being respectful in whatever we do on the land."* The announcer gave permission to hold up their container of water (from their place uniting the tribes together as one) and gently pour it into Budd Inlet. As this happened, all of the paddlers



The Chehalis Canoe Family honored the Squaxin Island Tribe in full regalia with drumming, singing and dancing during final Protocol

sang the canoe anthem, a song of spiritual protection that was gifted to the Squaxin Tribe by Chief Frank Nelson, a respected cultural leader from Canada. As the song called all to look upon the water. This is an unspoken prayer for the waters.

Hands-Up to those that helped along the Journey. Our canoe family gives a "Hands Up" to John and Mary Setterstrom for their time and effort in providing their support boat "The Clarity" for the

fifth year in a row. To his friend on the "Barbara Ann" for providing his support boat giving a much needed rest and assisting our canoe and family to get to our 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 mornings for you. To Elders, Trudy Marcellay, Dianne Devlin and many others for assisting us along the way. To all the hosting tribes. Thanks to many others who

supported our family along the way. To the Squaxin Island Tribe and their volunteers for hosting this year's canoe journey, what an outstanding job in taking care of all of the canoe families. Again, Thank You so very much!!!

Final Protocol. There was excitement in the air for the Chehalis Canoe Family. Having awaited for that moment to take the floor on Friday, August 3 for Formal Protocol to honor the Squaxin Island Tribe. Dancers and Singers came in full regalia. Elders, adults and youth alike taking part in this ceremony. There were many songs, gift giving and smiles as we drummed and sang our songs. A small token of our friendship to the Squaxin Island people for teaching about the canoe. Supporting and praying with us on the land and water. Our hands go up to them! An outstanding job in Hosting the 2012 Paddle to Squaxin!

Next year is the Paddle to Quinault.



Youth blessing the canoe in preparation for the journey



Ground Crew unloading the cargo truck to set up camp



First Time Puller!



25 Push ups for swearing



Pullers and support crew carrying "tuulap" to the water

More Photo's Page 3...



Practicing drumming and singing songs in camp



Braiding your hair protects it from the elements while pulling

Final Protocol



Squaxin people were wrapped in our love with a blanket.



Jr. Miss Chehalis Princess Haley Parkinson speech during protocol



The dancers did an outstanding job!!



Singers and Dancers during final protocol at Squaxin

Chehalis Tribe Hosts Canoe Families Travelling to Squaxin



The Chehalis Tribal community hosted the visiting Canoe Families. It was a night of sharing drumming, singing and dancing at the Community Center.

Three canoes carrying tribal elders, adults and youth from the Grande Rhonde, Seletz, Chinook, Duwamish and New Zealand canoe families. They had been travelling from the Columbia along the coast and up the Chehalis River. Mostly staying at State Parks along the way until they reached their final destination in Squaxin Island.

On Thursday, July 26 they came ashore at Friends Landing near Montesano to be hosted by the Chehalis Tribe. They were greeted by a small group of Tribal members. Pam, Stacy, Heather Youckton, Sean Allen and Miss Tribal Days Princess Brooke Allen. Chehalis Tribal Elder, Dan Gleason gave them permission to come ashore and welcomed them into our territory. He shared a story and invited the canoe families to the Chehalis Reservation to share food, songs, dance and a place to rest.

The following day was a gathering to be remembered for many who came to witness this event. Salmon was cooked in Chehalis style, while the Lucky Eagle Casino provided

other delicious dishes. It was the first time visiting canoes have visited our tribe in over 100 years.

The Chinook and Grande Rhonde Tribes sang a dinner song in honor of the cooks who prepared the meal. The visiting canoe families drummed, danced and sang in full regalia during a formal protocol. Each canoe family had been making gifts along the journey and honored Elders and leaders thanking them for hosting this gathering. Tribal members and some of the Chehalis Canoe Families members ended the evening with Chehalis songs.

Joyce Thomas was very impressed saying, "It was a great! Hearing the sounds of the drums and singing they shared that filled the gym during the performance. It was so amazing, truly an unforgettable night."

The following morning the Canoe families asked and were given permission to leave the Chehalis Territory to continue onto their final destination at Squaxin Island.



Tribe Hosts Peace and Dignity Runners at the Community Center

The Chehalis Tribe hosted the runners for the 2012 Peace and Dignity Journeys for a few days at the community center. Tony Medina and his staff provided food and a place to rest before continuing onto their next destination.

The runners came in from two routes meeting at the Chehalis Reservation: They split in Seattle and one group travelled along the coast; and the other group ran from Nisqually. Each runner carried a staff as they ran to their next destination.

The staff ceremony was inspiring to witness as the runners circle up to introduce themselves, where they were from, shared the story of the staff they were carrying, and to offer a prayer. In this manner, it allowed everyone to witness and learn about other tribes and cultures that were shared by Elders. They placed each staff back onto a blanket and wrapped together for prayers.

Most of the runners are young natives with little or no money. This run gives them the opportunity to come together for the greater good of their communities and themselves. Elders travelled along to help guide and keep them grounded. On this journey they redirect their minds on past history of our ancestors. Each runner walks in their footsteps gently over the face of mother earth, connecting their hearts to her heartbeat as did our people in generations past.

By doing this runners gain a better understanding of themselves and the world they presently live in. The journey also helps each individual



The Chehalis tribe hosted the Peace and Dignity runners for a few days before they left southward to their next part of their journey on their way to their final destination in Guatemala. Each runner carried a staff that was gift them with a story to be shared along their journey to Guatemala.

heal from any pain and trauma in their lives that prevents them from thinking and walking in balance and with courage in a good way.

About the Peace and Dignity Journey. Every four years, since 1992, Peace and Dignity Journey participants begin their voyage across the continent. Runners start simultaneously from both ends of the continent in Chickaloon, Alaska and Tierra del Fuego, Argentina traversing the Western Hemisphere by foot, from community to community and, joining together for a final gathering in Guatemala. The 2012 run is dedicated to water, reminding those who have forgotten that water is an important and shared resource for all.

Since its inception people have informally documented small sections of the journeys with home equipment, and some have produced

short documentations of a specific region. This year, we would like to document the journey in its entirety, from Alaska to Guatemala, focusing on the stories and songs of the native communities traversed. Although many people may not be able to run from Alaska to Guatemala, they believe in the importance of documenting and sharing the messages of the elders with everyone. Traditional elders have an important message to share

with us about how we can take care of the environment and carry peace and dignity within ourselves. We know that many people believe in this cause and will help make this a possibility.

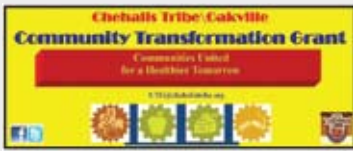
The Peace and Dignity Journeys is a grass roots organization that is fully sponsored by the communities that host the runners. They do not receive sponsorship from corporations, their efforts are fully funded and supported by hosting communities.

Please help spread the word. Invite your friends and family! Tell them about this incredible run that connects indigenous people from North America to South America by bringing to life an ancient prophecy of peace and the importance of dignity for all. Ask them to support as we invite everyone to learn about the Peace and Dignity Journeys of 2012. Please forward widely by email, Tweet, o, Facebook.



Youth Director, Tony Medina escorted the runners that left from Nisqually to the community center where they were greeted by tribal Elders, adults and youth.

Tribal Health and Wellness News



Communities United for a Healthier Tomorrow

Background

The main goal of the Community Transformation Grant (CTG) is to create healthier communities by making healthy living easier and more affordable where people work, live, learn, and play. The CTG program will improve the health of the nation by improving weight, nutrition, physical activity, tobacco use, and emotional well-being and overall mental health.

Community Coalition

The members of the Community Coalition are essential representatives of different groups within the community and proactive believers in a healthy culture and environment.

Community Health Needs Assessment

The Community Transformation Grant's focus is to work with the residents of the Chehalis Reservation and the town of Oakville. The CTG is in the "capacity building" phase for up to 2 years. As part of this phase, we will be conducting a community health needs assessment that will include looking at: environment, policies and healthy choices for ourselves and our families. The Community Transformation Grant (CTG) has hired consultants from the University of Washington to assist us in the assessment(s) over the next few years of the grant cycle. The main goal is to conduct several different assessments to help us see specific things we can do to make improvements.

As we go through this assessment process, there will be opportunities for you to be involved and give your valuable input. There is the community coalition (mentioned on this page); there will be "key informant" interviews (talking one-on-one); there will be focus groups (talking together in a small group); there will be community "town halls" (large groups settings where we will learn and talk about a certain topic); and there will be community wide events such as the Back to School Night at Oakville School. All of you are invited to participate in one or all of these opportunities.

Feel free to call the CTG staff: Shannon Sullivan @ 360-709-1771, Jhon Valencia @ 360-709-1772 or Cindy Gamble @709-1658.

If you are interested in participating, contact Jhon Valencia at (360) 709-1772 or at jvalencia@chehalistribe.org.

Back to School Night

August 27th

watch for more to come...

For more information, please contact: Jhon Valencia at 360-709-1772 or via email at jvalencia@chehalistribe.org

Chehalis Tribal Wellness Center Contract Health Services

NOTIFICATION REQUIREMENTS FOR I.H.S./ CHS HEALTH CARE PAYMENT

- Call/notify Chehalis Tribal Wellness Center, CHS before any non-emergent services are rendered to determine patient eligibility, medical priority, and to set aside funds for payment.
- In true emergencies, notify Contract Health Services within **72 hours** after the beginning of treatment.
- Prior notification does not guarantee payment for services, unless all CHS requirements are met.
- Pre-authorization is mandatory and failure to comply is reason for denial of payment.

Chehalis Tribal Wellness Center

21 Niederman Road - PO Box 570,
Oakville, WA 98568

DIRECT LINE for Contract Health
Services: 360-709-1725

Health Board Committee Members

Jessie Goddard, Chair
Janice Latch
Marie Griswold
Greg Burnett
Mary Dupuis

10th Annual Breast Cancer Awareness Walk at Nisqually



Saturday, October 6, 2012

10:00 am-12:00

Lacey Regional Athletic Complex

8345 Steilacoom Rd/Lacey, WA 98513

Lunch to follow at the Nisqually Youth Center
For more information contact Raylene McCloud
@ the Nisqually Health Clinic 360-459-5312

Campaign Searching to Recruit Folks Who Have Quit Using Tobacco Products

Do you know a Quitter? The Centers for Disease Control and Prevention is looking to recruit folks who have quit using tobacco products for a **National Tobacco Education Campaign**.

The CDC's Office on Smoking and Health is currently recruiting individuals to feature in their next national tobacco education campaign. The campaign will feature real people who have suffered severe health conditions caused directly by smoking or that were triggered by exposure to secondhand smoke. Women and men of all backgrounds who have been tobacco-free for at least six months qualify. The CDC is looking in particular for veterans, American Indian/Alaskan Natives, and individuals who have suffered a heart attack due to secondhand smoke; have symptomatic COPD; have diabetes and have suffered health problems from smoking; or have had a serious asthma attack due to exposure to secondhand smoke. Read the flyer below for more information. Those who are interested can contact Mimi Webb Miller Casting or Leslie Rhoades.

LOOKING FOR REAL PEOPLE TO APPEAR IN AN AD CAMPAIGN ABOUT THE HEALTH EFFECTS OF SMOKING—Pays \$2,500!

Do you have chronic bronchitis, emphysema, or diabetes? Have you had a heart attack or an asthma attack due to exposure to cigarette smoke? We are looking for people willing to share their stories about how smoking has changed their lives. We are not looking for actors—we are looking for REAL people.

We are seeking men and women of all backgrounds: Who have suffered a **heart attack** due to exposure to secondhand smoke (age 55 or younger). Who have **symptomatic COPD**, including chronic bronchitis

or emphysema (i.e., marked by restriction in activities or home oxygen), due to their own smoking (ages 30 through 50)

Who have **diabetes (either Type I or Type II)** and who have suffered health problems as a result of their continued smoking; this could include amputation of limbs, kidney failure, vision impairment, or blindness (age 55 or younger)

Who have had a serious **asthma attack** triggered by exposure to secondhand smoke (ages 18 through 30).

Who have used proven strategies to **successfully quit smoking** (such as setting a quit date, working with their health care provider, removing ashtrays and cigarettes from their environment, or using an approved medication) and have a compelling story to tell us about how they quit (age 50 or younger)

We are looking to recruit people who are: Military veterans, LGBT, American Indians/Alaska Natives, Asian Americans, African Americans, Spanish-speaking Hispanics, or Whites

In order to qualify for this project, you must be:

■ A nonsmoker or have been tobacco-free for at least 6 months

■ Be willing to have a doctor sign a legal statement saying tobacco caused and/or contributed to your health condition

■ Be able to travel to New York City for filming in October 2012

We need your response immediately. Please call or e-mail: Mimi Webb Miller Casting or Leslie Rhoades

mwmcasting@yahoo.com
allrhoadescasting@yahoo.com
310-452-0863 or 310-968-6409

4TH Annual Diabetes Awareness Walk

September 15
3:00 - 6:00 PM

Hosted by the Skokomish Tribe

Walk begins at the
Hood Canal School
Dinner at the Twaudug Skokomish Park

3:30 PM - Registration
4:30 PM - Games & Crafts
6:00 PM - Dinner &
Speaker

For more information
contact Lynn Hoeisel at
360-709-1744

Diabetes Program Activities

□ **Plates:** At the Community Center – open to all – Tuesday and Friday, 11:00 am – Noon in the main gym – for the month of August.

□ **Aqua Aerobics:** Tuesday 10:00 AM– Noon, Wednesday evening 5:00– 7:00 PM with Lynn Hoheisel.

□ **Lunch-time workout.** Coming in September. Starting at 12:15 – 12:45. A combo of weights with some aerobic conditioning. All are welcome, work at your own level.

□ **Biggest Loser Contest:** By popular request – we will have a new biggest loser starting mid-September and ending mid November [just before Thanksgiving].

□ **NIKEi7** shoes are still available, limited sizes and colors – contact Cindy for availability.

**For more information contact Cindy Beck at 360-709-1810
or email: cbeck@chehalistribe.org**

Strengthening Families Program

Parents and Youth ages 10-14

Come to this free 7-week program for families of youth ages 10-14!

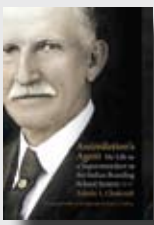
Tuesdays in the Community Center from
5:00 PM to 7:30 PM starting September 18

Free Dinner every week!
Raffle style prizes for kids and parents!

If interested, call: Madelyn Dethlefs 360-709-1717

—OR—
Sheryl Spahr (360)709-1674

Book Reveals Chehalis Boarding School History (Part Five)



Reprinted from Assimilation's Agent: My Life as a Superintendent in the Indian Boarding School System by Edwin L. Chalcraft, edited by Cary C. Collins, by permission of the University of Nebraska Press. Copyright 2004 by the Board of Regents of the University of Nebraska.

The cost for the book is \$29.95. If you are interested in ordering a copy of the book, go to this website. <http://www.nebraskapress.unl.edu/product/Assimilations-Agent,671728.aspx>. Order by Phone 1-800-848-6224

Part 5—Assimilation Agent continued from May 2012

The annual sixty days vacation was divided into four parts, being thirty days in September, and ten days each at the end of December, March, and June. At this vacation in March, many of the families went to Mud Bay. After their return, fantastic stories began to circulate, such as “All white people are bad and Indians don’t count with them. They say all Indians are crazy and want to send them to [the territorial mental hospital at] Steilacom where many white people go. The Government people and Mr. Mann no good, and it is true they work only for money. They won’t let shakers alone. The world will shake all day of the next fourth of July, all Shakers believe that. Soon God will send a big water, it will cover all the world. God will come in a big canoe to take and save all Shakers. All white people and Indians not Shakers will be drowned. He will not save any of them.”

I remember Old Heck coming to inquire if it was true, “That all Shakers were to be sent to Steilacom, and if so, he did not want to plant any more crops as there would be no one left to harvest the.” I assured the cautious old man that no well behaved Indians would be sent there. He went away apparently satisfied.

At the Church Service on April 6th, no reference was made to the Shakers. A rumor was afloat that they wanted to have a part in the Sunday Service and it appeared to me they might have selected this as the time to begin. When I finished speaking, it was noticed that a number of Indians

were looking about the room in rather an expectant manner. I looked towards Alice and she began to play the closing hymn and when the singing ended the benediction quickly followed with giving anyone a chance to say anything. We subsequently learned they had planned to rehearse some of the things learned during the recent visit at Mud Bay.

While it had been necessary to be firm and positive with the Indians, at times, it had always been in a friendly way; and nothing had appeared to indicate other than full confidence in my good intentions in their behalf; yet, Agent Eells had been advising me to be careful and not go out on the reservation without having some trustworthy person with me. He wrote me to take into my own house the revolvers and ammunition kept in the commissary for police use.

The revolvers and ammunition were removed, but I continued going about the reservation as usual until one day, I found Mr. Mills following me on horseback, which he explained was being done, “Because he was afraid something might go wrong with me, and if this happened, he wanted to be nearby.” The next time I went out, there was a revolver with me and it was my companion for some time, but nothing arose indicating it was needed.

On April 12th, I went to Oakville with Jim Walker, the Head Chief, to see Dick Case’s wife who was still sick from the excitement at John Smith’s house, to inquire about a girl

that had not returned to school. As we approached the house, we heard bells and knowing what that meant, we tied our horses and, at the house, entered the door without knocking. Our coming was a complete surprise. Charlie Walker, a policeman, was sitting on a chair, barefooted and with his trousers pushed as high as possible, be treated for rheumatism in his feet. He was slapping his feet and limbs with both hands and assisted by two others who were doing the same.

Cap Carson was standing in front of him with a bell in each hand and ringing both. There was a large picture of the Cross on the wall behind Cap and lighted candles on a table beneath the Cross. John Smith appeared to be in charge of the doctoring. The other people, men and women, were in a circle around the “patient,” jumping up and down with arms extended horizontally and their whole bodies trembling and shaking.

When we appeared, those in the circle stopped shaking and took seats about the room. The principal actors continued a minute or two, when Jim Walker said something to them in the Chehalis language, causing them to stop and sit down. The Shakers had claimed that after beginning to shake they could not stop until God told them to do so, but this was definite evidence that they could and we were [now] in a position to prove it. I made no comments and with my companion went on home.

When we arrived home from John Smith’s, we found Mr. Mann there. He had come to conduct Church Service the next day, Sunday, April 13th. There was a large attendance, including many of the leading Shakers. Mr. Mann preached a very appropriate sermon for them to hear. He particularly mentioned John Smith and Peter Heck as two misguided men, losing the true faith and now leading their people astray. After the Church Service, he ignored them completely. As we came out the building, Peter Heck made an insulting remark about Mr. Mann and

the school employees, and Mr. Mills, standing nearby, took him by the collar and shook him. This made Peter hustle off home in a hurry.

A few minutes later, I heard that Doctor Jim, a prominent Mud Bay Shaker, was at old man Heck’s house. I immediately went there with George Quinotle as interpreter, and ordered him to leave the reservation within two hours, or I would have him locked up in the “skukum house,” our jail on the reservation. I told him to tell his Mud Bay friends that if one of them came on the reservation again without my permission, I would have him locked up and fed on bread and water. Doctor Jim was gone ten minutes before the two hours expired.

I felt that the point had been reached to take some definite action, and quickly too, without waiting to consult Agent Eells. After talking the matter over with Mr. Mann, it was decided to call a special session at the Indian Police Court, to convene at one o’clock the next day. The policemen were sent out to notify all Indians to be present at the meeting.

The Police Court convened promptly at one o’clock on April 14th, 1884. Associate Judges Jim Walker, Charlie Walker, and Pike Ben were in their places on the rostrum when I took my seat as Presiding Officer, with George Heck, interpreter; an awe inspiring array of “legal talent,” indeed, to tackle the serious job before the Court.

The attendance was large, including Shakers, non-Shakers, and two white men, Rev. Mann and [Mr.] Mills. One of the leading Shakers was absent and I had him brought in. The court was opened with a short address explaining the object of the meeting. The Indians were told it was for the purpose of getting definite information about the Shakers having power to cure all kinds of sickness among Indians, and their method of treating the sick people.

To be Continued in September

Happy Birthday to Tribal Members Born in August!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Ryan Burnett Allen Bush	3 Geraldine Youckton	4 Ron Fanning Faith Hoheisel Makya Ortivez-Hicks Monica Sanchez Dalton Youckton
5 Alvin Boyd Paul Gibson	6 Sylvanna Bracero Janee Penn	7 Adrian Brown Lon Burgess Kyle Fanning William Heck Lee Starr	8 Jordan Bray Ares Wittwer	9 Leo Sanchez	10 Sarah Myer Riley Smith	11 Amanda Jennings Evelyn Penn Gerald Pickernell III
12 Kayleen Fulton Shayleen Fulton Sally Pikutark Joseph Sanchez Anthony Youckton	13 Adrian Hjelm- Snell L'Ree Minthorne	14 Starla Starr	15 Mark Colson Ashley Wittwer	16	17 Douglas Boyd Johnny Bumgarner James Cayenne II Lataya Tanner	18 Anthony Joe
19 Andrea Mc Gough Manny Medina	20	21 Wilfredo Rosado Lucille Starr	22 Cynthia Yawn	23 Ostynn Farrier	24 James Gunnels Joseph Sanchez Misty Secena William Thoms	25 Henrietta Boyd Victoria Parent Rose Williams
26 Wayne Barr Elizabeth Fulton Hakan Phillips	27	28	29 Merle Benda Owen Youckton	30 Kly Meas	31 Micheal Brown Bradley Gitchel	

*Happy Birthday
to my Favorite Niece
Misty Secena! <3 you bunches*



*Anna Banana
& Your Family*

**Happy 7th Birthday
Adrian**
Hope it's awesome just
like you

**Love Mom, Dad, Cam,
Eli & Noah**

Happy Birthday (August 6th) to
our sweet little angel
Sylvanna "Nana" Bracero.
She said, she's 22 and
Grandma still calls her Baby....
We all love you so much!

*Happy 4th Anniversary
Ron & Allissa Fanning*



*Love "The Fannings"
Mom, Dad, Kyle and Jeremy*

**Happy Birthday
Dada
Johnny
Bumgarner**
I love you!
Love Falisity

Happy Birthday
Jordan Bray - August 8th
Ty Bray - August 19th
Love Grandma

**Happy Birthday (August 9th) to my
daughter "Gail White Eagle"**
How old are you now?

Love you long time....Mommy

**Happy Birthday to my son Kly
Meas Jr.**
We love you very much!!
With love,
Mom, Joe and Baby Kly da Turd

*Happy
"25th" Birthday
Kyle*

*Happy
"28th" Birthday
Ron*



Love Mom & Dad

Seatbelts Saves Lives

Click It or Ticket signs are posted along the highways and freeways that remind us seatbelts save lives. In fact according to recent studies, seatbelts save approximately 12,000 lives annually. Sadly, the number of unbuckled motorists is killing Native Americans, as 2 out of every 3 Native American passenger vehicle occupants killed in a average year were not buckled up at the time of the crash. As adults we must not just worry about our safety, but the safety of our children and grandchildren.

Every year, thousands of children are tragically injured or killed in motor vehicle traffic crashes. In fact, motor vehicle crashes are the leading cause of death in the United States for children ages 1 to 13. Sadly, most kids are not as secure in cars as they should be because their car seats are not being properly used, according to a NHTSA study.

This misuse places children at a tremendous and unnecessary risk when traveling. Many parents and caregivers also move their children up to the next restraint type too soon. That's why hands-on inspections and instruction are so important. Parents and caregivers need to make certain they and their kids are buckled up properly on every trip, every time. Proper use of car seats, booster seats, and seat belts will help reduce the number of deaths and injuries occurring on America's roadways.

Child car seat safety is a number one concern amongst parents and law enforcement officials everywhere. The Chehalis Tribal Police, in conjunction with the National Highway Traffic Safety Administration (NHTSA) offer tips, training, and car seat safety clinics designed to inform parents and guardians of the proper ways to

safely restrain children of all ages and weights, in the vehicle. There are three stages to proper car seat use. They are:

Rear Facing Infant or Rear Facing Convertible Seat Under age one: Always face the baby to the rear of the vehicle. Small, infant-only car seats always face the rear. Convertible car seats face the rear for children up to 22 - 35 pounds. **Over age one:** Can continue rear-facing if the child is under the maximum weight limit of your child car seat.

Forward Facing Seat with Harness A child uses a forward facing car seat with shoulder harness up to 40 pounds; this may be a convertible car seat, a forward facing car seat, or a built-in seat.

Booster Seat with Lap/Shoulder Belts Safety belts do not fit children correctly until approximately age

8. Under the current law children must be in a belt positioning booster until they reach age 8 or they are four feet nine inches tall. Use a belt-positioning if the vehicle has lap/shoulder belts in the back seat. For those who have newer vehicles with air bags, it is highly recommended that a child aged 12 and under, remain in the back seat. The powerful force of an air bag (approximately 200 miles per hour), is very dangerous when sitting close to it.

If your child is not properly restrained in the vehicle, the chances of him/her sustaining possible life-threatening injuries from an accident are greater than if the child is restrained.

Drive Safe and Have a Great and Safe Summer!

Program Looking for Volunteers

Are you looking for a fun & meaningful way to serve your community?

Meet an hour per week with a child in our tribal community. Help them with their homework, listen to their stories, create something, or just hang out and play a game

It's the time you spend together that make all the difference.



Reaching out to one child affects an entire community. The simple truth is: the more positive examples or education young people have in their lives, the more chances they have to succeed in today's world.

To become a Big Brother or Big Sister today visit our website or call Tribal Partnership Coordinator, Cindy Medina at 360-628-7120.

Feel free to visit at my office located at the Community Center

start something

Think of the possibilities. What will you start?

Drivers Think Safety First to Protect Children at Bus Stop

With school beginning drivers should be aware. 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. 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 all lanes of traffic **must stop** at least 20 feet before reaching the school bus allowing children to arrive safely.

Head Start Fatherhood Fishing Day

Head Start's annual Father's Fishing Day attracted many prospective anglers again this year! More than 50 participants gathered at the tribal Ponds Property in Grand Mound for a day of possibilities of hooking the big fish.

Unfortunately, not too many prize catches, but all had a good time spending the day fishing with family. Thank you to the staff at fisheries for providing the poles and fishing gear! It was greatly appreciated!



BACK TO SCHOOL CELEBRATION

Thursday August 20

11:00AM – 2:00 PM

Chehalis Tribal Center Baseball Field

- Sign your students up for the Education Program
- Get your free school supplies & gift cards (Chehalis Tribal Members only)
- Fun! Games! Snacks!

For Questions contact Taaffe Wyatt: 360-709-1759

Let Us start Something for your child

Parents! Did you know the Chehalis Tribe has a partnership with Big Brothers Big Sisters? Your child is able to experience the benefits of one-to-one mentorship at the community center once a week for an hour. Bigs and Littles play games, create crafts, work on homework, and have a ton of fun!

To learn more, please call Tribal Partnership Coordinator, Cindy Medina at 360-628-7120 or visit www.swwabigs.org.



Healthy Teens Project

Washington State 'Apple Health For Kids' Medicaid & CHIP program. FREE or low cost health insurance for children and teens up through 18 years of age.

This is secondary coverage that can be used outside of Indian Health Services areas. Coverage includes: Medical, Dental, Vision, Prescriptions, Hospitalization, Substance Abuse & Don't wait until your teen is 19 and no longer eligible.

CALL Today!

Toll Free: 1-855-487-7686

www.healthyteensproject.org

HTP@community-minded.org



Early Learning Program News!

Thank you parents for making our screening days so successful!

The 2012-2013 school year begins September 5

Don't forget!! **Health Day is September 4th.** Be sure to make your student's appointment with their primary doctor or call Head Start and see us on Health Day!

Contacts: Mary Secena Sanders at 360-709-1624
Jessi Knutson at 360-709-1886

Event Provides Resources and Education on Pet Care

By Amy Loudermilk, Rez Animal Resources Program Coordinator

The pet vaccine clinic held on July 14th was a huge success with 58 dogs, 17 cats and their owners in attendance. Each pet received an exam by a licensed veterinarian, vaccinations for rabies, distemper (DHPP) and leptospirosis, deworming treatment and flea medicine. All services combined would have cost at least \$95 per animal but instead owners received all services free of charge. This is thanks to support from Rez Animal Resources & Education which sponsored the event.

Pets began arriving at 3:30 to the parking lot at the Community Center. Veterinarians from Fords Prairie Animal Clinic gave each pet an exam and talked to pet owners about any health concerns. Vaccination shots were given to each animal which produced a few howls from dogs from the needle poke. Every dog and cat received

a topical flea medication and a dose of dewormer to kill internal parasites. Pet owners were given a care package of a 5 pound bag of pet food, a pet toothbrush and a Frisbee. Volunteers and veterinary staff kept very busy as the steady stream of dogs and cats arrived for services. At the end of the day everyone agreed the event was a resounding success. Many pets on the rez are now protected from deadly viruses such as parvo, distemper and rabies.

Remember, pets need to be vaccinated once a year and given monthly flea treatment especially in the summer. Special thanks to Rez Animal Resources & Education and Fords Prairies Animal Clinic for helping pets on the rez.

For more information please contact Amy Loudermilk at 253-370-6392. Please have your pet spayed or neutered.



Indian Wills and Estate Planning Services

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 @ 360-709-1741 to set up an appointment and get the paperwork needed to get started.

\$5,000 Grant for Native American Artists

There is a grant opportunity for Native American artists interested into expanding their talent into a small business through the Artist in Business Leadership program through the First Peoples Fund. The maximum available is \$5,000. Tribal member artists with experience in marketing their art and wholesale experience can apply.

For more information and to download an application visit:
http://www.firstpeoplesfund.org/artists_artist_in_business_leadership.html
Applications are due September 1st, 2012.



Chehalis Tribal Newsletter

The Confederated Tribes of the Chehalis Reservation...

"People of the Sands"

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 photographers include Chehalis tribal community members and staff.

Submission deadline: 6th of each month
Printed monthly



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Chehalis Tribe's Vision Statement

*To be a thriving, self-sufficient,
sovereign people. Honoring our past
and serving current
and future generations*

Business Committee

David Burnett, Chairman
Don Secena, Vice Chairman
Stephanie Pickernell, Treasurer
Cheryle Starr, Secretary
Dan Gleason, Sr., 5th Council Member

Chehalis Tribal Newsletter Staff:

Fred Shortman, Communications
Coordinator

Cultural Program

Instructors Needed: The Cultural Program is looking for teacher for the following classes:

Beginner Beading Classes, Basket Making classes, Wood Carving Classes and Net Mending Classes.

If you are interested in teaching one of these classes or have a great idea for a cultural class please submit a proposal to Cultural Coordinator Dianne Devlin 360-709-1621.

Gathering Permits:

Gathering Permits for cedar are available at either Mark White's Office or the Cultural Program. Permits and Maps of Cedar Gathering Areas offered to the Chehalis Tribe by the State of Washington Forestry Department are located in a wall mount box just outside the Cultural Program Door.

A Big Huge Thank You!

We would like to thank the Natives Helping Neighbors program for assisting our family in a time of need.

Our brother Frank Cayenne, Jr was seriously injured in an accident. Without your help it would've made it difficult for us to stay by his side. Your program and prayers are greatly appreciated. Keep up the good work helping people in their time of need.

The Family of Frank Cayenne, Jr.

Take a Hike, Bus or Carpool

Are you looking for places to walk or hike? Do you want to know how long a trip on the bus will take? Thurston County has a great website to help people find different transportation options. "Thurston Here to There" can help you easily find out which bus routes to take, find local trails to walk, how to join a carpool, and maps of transportation options in Thurston County. From the website you can plan a trip on Intercity Transit, and access the Thurston Rural/Tribal Transportation busses. The Intercity Transit "Trip Planner" will help you plan your bus trip and tell you how long it will take.

If you are looking for trails to

walk or hike on, "Thurston Here to There" has links to walking maps of Olympia, Lacey, Tumwater, Thurston County parks and Washington State parks. If joining or starting a carpool sounds interesting, you can access two websites to help you setup a carpool, and a map of the Park and Ride locations in Thurston County. There is even a calculator to help you figure out how much money you would save by carpooling. The "Thurston Here to There" website is a great place to find alternative ways to travel that will help you save money and help protect our environment.

Visit www.thurstonheretothere.org to learn more.