



THE CONFEDERATED TRIBES OF THE CHEHALIS RESERVATION, 'PEOPLE OF THE SANDS'

CHEHALIS TRIBAL NEWSLETTER

A FREE PUBLICATION / FOR MORE TRIBAL HISTORY, HERITAGE AND ACTIVITIES, SEE CHEHALISTRIBE.ORG / AUGUST 2016

Teen dating violence

Widespread issue has lasting effects

pages 4, 9



Best for your baby

Celebrate national breastfeeding month

page 8

inside

Employee award / 2

Fire department thanks / 2

Native artists awarded / 3

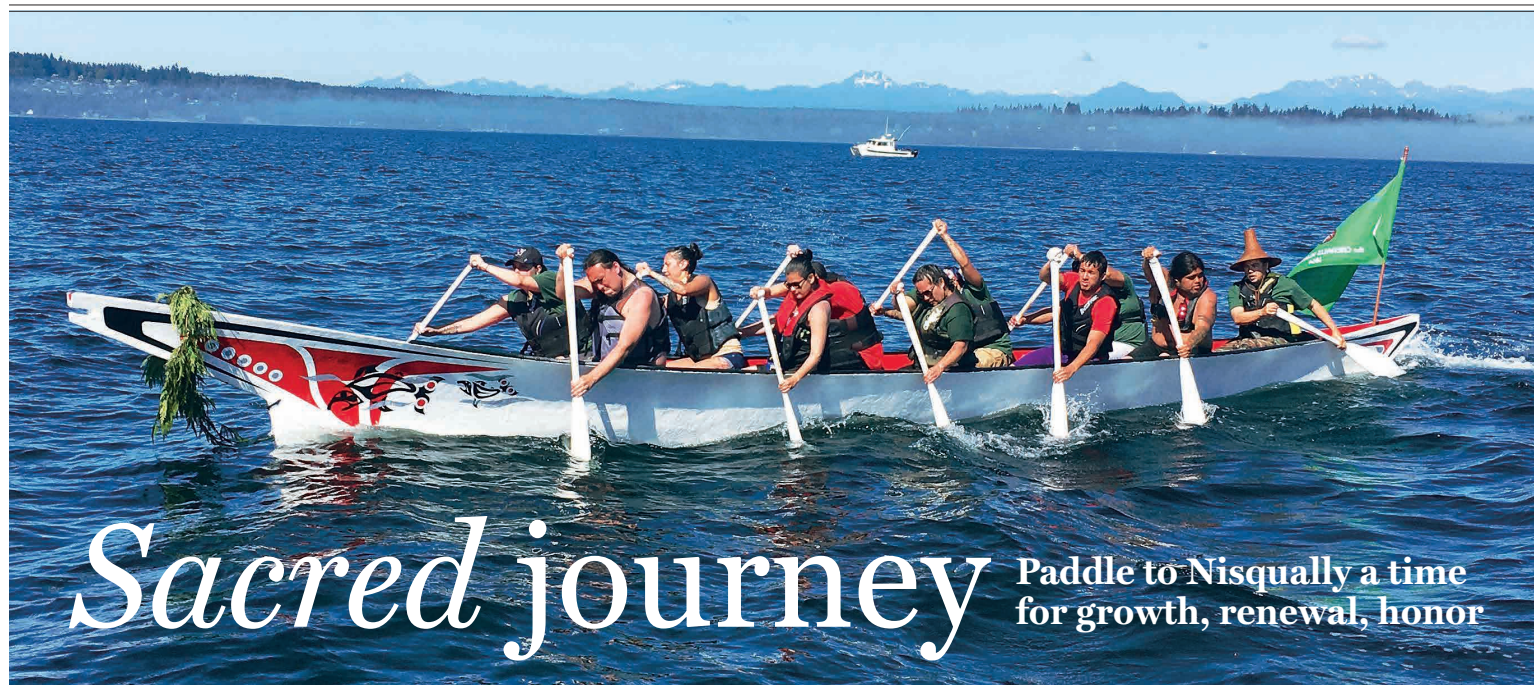
Health, wellness / 4-6

Fourth of July celebrations / 7

Early Learning news / 8

Summer parades / 9

Birthdays / 12



Sacred journey

Paddle to Nisqually a time for growth, renewal, honor

Our Chehalis Canoe Family joined many other canoe families on their final destination in Nisqually. They traveled together as a unit with "One Heart, One Mind" on the water and on the land.

It is an exhilarating experience getting to each destination while supporting and learning from one another.

Canoe families enjoyed pulling like their ancestors

did on the Coastal Salish Seas, witnessing many delights along their voyage on the water. It is a sacred journey returning the cultural teachings back to the tribal people.

Traveling as a family is

a holistic and instrumental part of learning about each other. Participants problem solve as a unit, work together to set up camp, respect each other's space

See JOURNEY, page 10



Brent Simmons, Norma Daniels and Todd Delamater dress in full regalia before final protocol during the Paddle to Nisqually.

Tribe breaks ground on Crossroads hotel project



The Grand Mound hotel groundbreaking was a momentous event.

CTE develops robust economic opportunity

The groundbreaking for the Marriot Fairfield Inn and Suites on July 22 celebrates a huge investment in our future. The project by Chehalis Tribal Enterprises is the first step in developing the Crossroads at Grand Mound. Elders and tribal

members came to witness this important event.

The Grand Mound property, also known as Eagle 1 by CTE, is at the intersection of Interstate 5, Highway 12 and Old Highway 99, all

See PROJECT, page 11

STAFF PROFILE

Diabetes Program nurse ready to meet community

My name is Sandra Dickenson. I am your new Diabetes Program LPN at the Chehalis Tribal Wellness Center. I have specialized in home health and various medical offices throughout my career and received my associate of arts degree and licensed practical nurse degree at Centralia College in 1991. I also enhanced my education by taking



Sandra Dickenson

information technology classes online with Western Governors University.

I was born in Portland and raised

in Chehalis in a large family. I have four daughters and six grandchildren. I look forward to getting to know the people here. If you see me around, please say hi. Thanks.

Employee of the Quarter

Grant writer Melissa Koepp goes the extra mile every day

*Contributed by Barb Motley,
Director of Human Resources*

Congratulations to Melissa Koepp for being selected Employee of the Quarter! Melissa is a grant writer in the Planning Department.

Here are a few words from Melissa's nomination:

Melissa has been a grant writer for the Chehalis Tribe since July 2012. She is the kind of employee we all hope to get when we hire someone. Not only is she professional, she works very well with her co-workers and is a major contributor to the entire department.

If there is a task that needs to be done, Melissa will step right up to help, whether it's giving feedback on a document, processing a business license or stuffing envelopes.

This quarter, Melissa took on a considerable amount of work to submit four grants within a six-week time frame. These are important grants for the tribe that will fund

domestic violence services, establish a program for crime victims and provide intensive support services for high-risk youth. Grant writing is difficult work. It requires writing 20 pages or more of project narrative, line-item budgets and filling out numerous federal forms. Melissa took on all of this additional work with no hesitation. Without her, the tribe



Melissa Koepp

would have missed out on potential funding of more than \$1,481,000 for key social service programs.

Melissa has an outstanding work ethic. She takes her assigned duties seriously and goes the extra mile to ensure the work is the best that it can be. She clocks in by 8 a.m. every morning, works her entire shift, never goes over 40 hours and rarely calls in sick. Melissa is an extremely valuable employee and we are lucky to have her.

Congratulations Melissa on a well-deserved recognition!



Grays Harbor Fire District No. 1 offers a gesture of appreciation to thoughtful community members Stacy Youckton and Koner Burnett.

Fire department says thanks to neighbors

Kind act during wildfire is appreciated

*Contributed by Chief Kevin Witt,
Grays Harbor Fire District No. 1*

On July 30, the Oakville Fire Department responded to a wildfire on Merritt Lane.

The fire was large, at last measurement totaling almost 2 acres. It spread rapidly through tinder-dry vegetation.

With the combination of the physical demands of fighting the wildfire, the heat and the humidity that day, the responders on scene quickly depleted their hydration supplies.

With nearly perfect timing, neighborhood resident Stacy Youckton sent her grandson, Koner Burnett,

over on a quad to offer a case of bottled water to the crews.

Koner respectfully got the crew's attention and waited to hand out bottled water to all who could use them as they made their way over from the trucks and the brush.

The responders were incredibly grateful for that case of water!

Grays Harbor Fire District No. 1 would like to thank our neighbors for their thoughtfulness and generosity.

Stacy and Koner's simple act of kindness at the Merritt Lane fire is a perfect example of why we find such pleasure in serving this community.

BURN BAN

BECAUSE OF DRY CONDITIONS, PLEASE FOLLOW THESE GUIDELINES UNTIL FURTHER NOTICE:

- No burning yard debris
- No open flames
- No fireworks allowed

**CHEHALIS TRIBAL
DEPARTMENT OF
NATURAL RESOURCES
360-273-5911**



Foundation supports creativity, culture

VANCOUVER – For the sixth year, the Native Arts and Cultures Foundation has awarded its National Artist Fellowship to a new group of 16 artists.

The individuals in five categories were selected from a national open call of American Indian, Alaska Native and Native Hawaiian artist applicants who were reviewed by a panel of art peers and professionals.

Those who received awards reside in 14 states: Alaska, California, Connecticut, Georgia, Hawaii, Maine, Massachusetts, Minnesota, New Mexico, New York, Oklahoma, Oregon, Virginia and Washington.

“NACF fosters and supports the vision, creativity and innovation of Native artists in a number of disciplines that feature the ongoing vibrancy and range of artistic careers and

VIBRANT VISION

To learn more about the National Artist Fellows and NACF's work nurturing the passion and power of creative expression, go to nativeartsandcultures.org.

accomplishments across the U.S.,” said NACF Director of Programs Francene Blythe, Diné/Sisseton-Wahpeton/Eastern Band Cherokee. “We are honored to award this year's National Fellows. They, too, continually raise the visibility of Native arts and cultures to higher levels of achievement, excellence and endeavor.”

The NACF National Artist Fellowship includes a monetary award that provides additional support for Native artists to explore, develop and experiment with original and existing projects.

Fellows also work with their communities and share their culture in numerous ways.

The National Artist Fellowships are made possible with support from the Ford Foundation, Second Sister Foundation and the generosity of arts patrons.

2016 National Artist Fellows

ARTISTIC INNOVATION

- Mark Keali'i Ho'omalu, Native Hawaiian
- Erica Tremblay, Seneca-Cayuga Nation

LITERATURE

- Kelli Jo Ford, Cherokee Nation of Oklahoma
- Susan Power, Yanktonai Dakota

MUSIC

- Tiokasin Ghosthorse, Mniconjou/Itazipco Lakota

■ Thea Hopkins, Aquinnah Wampanoag

■ Laura Ortman, White Mountain Apache

■ Aaron J. Sal, Native Hawaiian

TRADITIONAL ARTS

■ Theresa Secord, Penobscot Nation

■ TJ Young, Sgwaayaans, Haida Nation

VISUAL ARTS

■ Luzene Hill, Eastern Band Cherokee

■ Cannupa Hanska Luger, Mandan, Hidatsa, Arikara, Lakota

■ Brenda Mallory, Cherokee Nation of Oklahoma

■ Preston Singletary, Tlingit

VISUAL ARTS IN PAINTING

■ Bunky Echo-Hawk, Pawnee, Yakama

■ Mateo Romero, Cochiti Pueblo

Grants fund Native artists

The Longhouse Education and Cultural Center at Evergreen State College recognizes the importance of enhancing arts at the source – by supporting artists themselves.

Each year, the Longhouse issues a call for grant proposals for Native artists living in Washington and Oregon.

Since 2006, Native artists working in a variety of media have been awarded funding to create new work, gain skills, acquire tools and materials,

pass along cultural knowledge and much more.

Grants provide funds for Native artists such as weavers, regalia makers, carvers, beaders, tool makers, etc.

The deadline is Oct. 19.

Awards are \$2,500-\$5,000. Artists have used grant funds to purchase tools and equipment, establish web pages and create marketing materials.

To download the application: Go to evergreen.edu/longhouse/grantprograms.htm.

Attention weavers

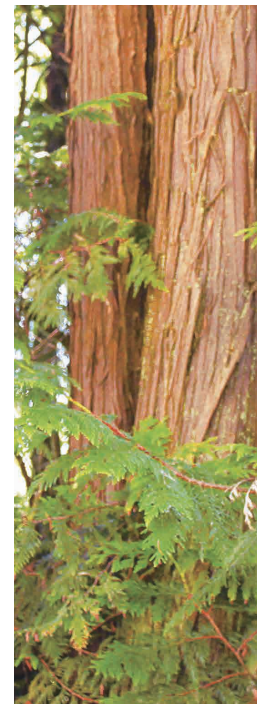
NNABA CONFERENCE REGISTRATION

**EVENT IS SEPT. 30/OCT. 1
AT GREAT WOLF LODGE**

If you'd like your Northwest Native American Basketweavers Association registration fee paid for, you must participate in the cedar bow classes provided by the Heritage and Culture program and make a minimum of 10 bows for the conference.

Call the number below 24 hours in advance of when you want to take the class. They are offered until 6 p.m. Tuesday through Thursday.

This is for registration only. Many different styles of weaving will be offered by the Master Weavers. You will be required to pay for kits.



CALL PHILIP YOUCKTON AT 360-709-1752 FOR CLASSES

JOIN OUR TEAM

The Confederated Tribes of the Chehalis Reservation offers career opportunities to tribal members and the public. Search for positions at chehalistribe.org/employment



HEALTH/WELLNESS

Prevent dating violence

Unhealthy relationships can start in teen years and create a negative effect through life

Dating violence occurs between two people in a close relationship. The nature of dating violence can be physical, emotional or sexual.

■ **Physical:** When a partner is pinched, hit, shoved, slapped, punched or kicked.

■ **Psychological/emotional:** Threatening a partner or harming his or her sense of self-worth (examples are name calling, shaming, bullying, embarrassing on purpose).

■ **Sexual:** Forcing a partner to engage in a sex act when he or she does not or cannot consent. This can be physical or nonphysical, such as threatening to spread rumors if a partner refuses to have sex.

■ **Stalking:** A pattern of harassing or threatening tactics that are unwanted and cause fear in the victim.

Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, such as teasing and name calling, are a normal part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence.

Why is dating violence a public health problem?

Dating violence is a widespread issue that has serious long-term and short-term effects. Many teens do not report it because they are afraid to tell friends and family.

■ Among high school students who dated, 21 percent of females and 10 percent of males experienced physical and/or sexual dating violence.

■ Among adult victims of rape, physical violence, and/or stalking by an intimate partner, 22 percent of women and 15 percent of men first experienced some form of partner violence between ages 11-17.

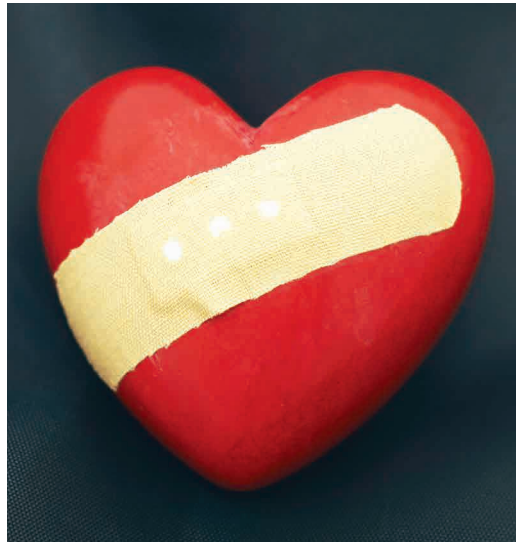
How does dating violence affect health?

Dating violence can have a negative effect on health throughout life. Youth who are victims are more likely to experience symptoms of depression and anxiety, engage in unhealthy behaviors such as using tobacco, drugs and alcohol or exhibit antisocial behaviors and think about suicide. Youth who are victims of dating violence in high school are at higher risk for victimization during college.

Who is at risk for dating violence?

Factors that increase risk for harming a dating partner include the following:

- Belief that dating violence is acceptable
- Depression, anxiety, other trauma



LEARN MORE

CDC's Dating Matters: Strategies to Promote Healthy Teen Relationships: cdc.gov/violenceprevention/datingmatters

Dating Abuse Helpline and Love is Respect: 866-331-9474 or text 77054 or loveisrespect.org

Domestic Violence Hotline: 800-799-7233

Sexual Assault Hotline: 800-656-4673

Sexual Violence: nsrvc.org

symptoms

■ Aggression toward peers and other aggressive behavior

■ Substance use

■ Early sexual activity and having multiple sexual partners

■ Having a friend involved in dating violence

■ Conflict with partner

■ Experiencing violence in the home

How can we prevent dating violence?

During the preteen and teen years, young people are learning skills they need to form positive relationships with others. This is an ideal time to promote healthy relationships and prevent patterns of dating violence that can last into adulthood.

Some effective school-based programs change norms, improve problem-solving skills and address dating violence in addition to other youth risk behaviors, such as substance use and sexual risk behaviors. Other programs prevent dating violence through changes to the school environment or training influential adults such as parents/caregivers and coaches to work with youth to prevent dating violence.

in brief

Podiatrist visits

Podiatrist Deborah Behre will be at the Chehalis Tribal Wellness Center from 8:30 a.m.-4 p.m. Aug. 24, Oct. 11, Nov. 15 and Dec. 13.

For an appointment, call 360-273-5504 and ask to speak to Outreach Specialist Gloria Jones, Diabetes Educator Pat Odiorne or Diabetes Nurse Sandra Dickenson.

USDA Food Program

If you'd like to sign up for the USDA Food Program, call the South Puget Intertribal Planning Agency Food Distribution Warehouse at 360-438-4216 from 8 a.m.-4 p.m. Monday through Friday. Our staff will assist you in applying for the program. The next distribution date is Aug. 25. Pick-up is at the Chehalis Tribal Community Center from 9:30 a.m.-1:30 p.m.

Womens' wellness

Women can schedule their annual exams for Sept. 15 and Oct. 27 at the Chehalis Tribal Wellness Center. Clinic providers will handle Women Health Exams only from 8 a.m.-4:30 p.m. Assured Imaging also will perform mammograms from 9 a.m.-3 p.m.

To schedule your women's annual exam and/or mammogram, please call the Chehalis Tribal Wellness Center at 360-273-5504 or call Community Wellness Manager Christina Hicks at 360-709-1741.

Diabetes clinics

The Chehalis Tribal Wellness Center will hold diabetes wellness clinics from 8 a.m.-4 p.m. Sept. 21 and Oct. 19. We will have healthy snacks, diabetes information and a meter exchange.

Patients will have labs done; get vitals taken; see a health care provider and the registered dietician; and renew dilated diabetes eye exams, foot exams, dental exams, immunizations and medications.

If you are diabetic and have not been seen for your care, we want to see you.

To schedule an appointment, call Pat Odiorne at 360-709-1884 or the clinic front desk at 360-273-5504.

Learn cavity truth, fiction

American Dental Association spokesperson Dr. Kimberly Harms states that it is a myth that sugar is the only cause of dental caries (cavities).

"The truth is, acid produced by bacteria in your mouth is the cause of cavities," she said.

Another myth is that children have more dental caries than adults. As a result of fluoride in tap water, "we've actually cut decay in school-aged children by half in the last 20 years," Dr. Harms says. On the flip side, more senior citizens are getting dental caries because of medication that reduces saliva.

The following are false:

- Aspirin on a tooth will alleviate a toothache.
- All fillings will eventually need replacing.
- People will know if they have a cavity.
- Bruxism (or grinding teeth at night) causes dental caries.
- Gaps in teeth lead to dental caries.



CONCERNS?

For more about cavities, go to mouthhealthy.org.

- Dental sensitivity means there is decay.
- Dental caries are the cause of root canals.
- Dental caries aren't possible in baby teeth.
- The following are true:
 - Acid causes dental decay.
 - Once treated, decay stops.
 - Dental caries are more likely to appear between teeth.
 - Dental chips and cracks can lead to decay.
 - Proper dental hygiene helps prevent decay.

Meeting explores wellness goals

The Planning Department's community meeting July 26 reviewed recommendations for a Community Health Assessment that has been in the works for more than a year. The assessment was made possible by a grant from Portland Area Indian Health Board.

More than 120 tribal members were surveyed and more than 150 hours went into interviewing those ranging from ages 4-80.

Current health measures along with goals for where we would like to be were presented. Ideas for how we can make the community healthier were discussed. Those in attendance were given the opportunity to vote on ideas they would like to see implemented first. Here

are recommendations that received the most votes:

- Hire a recreation coordinator to oversee activities and ensure the community is informed about classes and activities (7 votes)
- Offer cafeteria-style lunches for employees and the community (7 votes)
- Ensure healthy food and drink (water) options are in vending machines and at the Youth Center (6 votes)
- Continue policies of no-smoking in government buildings (5 votes)

The final plan will be complete Sept. 30. A copy will be available to tribal members who would like one. The Planning Department will use the completed plan for future funding opportunities.

WIC through SPIPA

Checks to buy food, health education, breastfeeding help, services referral

NEXT DATE: 9 a.m.-3 p.m. Sept. 1 at the Chehalis Tribal Wellness Center



Eligibility for WIC services

- Getting food stamps/basic foods
- Pregnant or have a child under the age of 5
- Dad, grandparent, foster family or other caregiver of children
- Under the age of 5
- On Medicaid or TANF



CONTACT

Debbie Gardipee-Reyes,
360-462-3227
or Patty Suskin,
360-462-3224

For Chehalis:
Debra Shortman,
360-709-1689

Many working families are on WIC. Is your income within the following guidelines?

People in your household	Maximum annual income	Maximum monthly income
2	\$29,471	\$2,456
3	\$37,167	\$3,098
4	\$44,863	\$3,739
5	\$52,559	\$4,380

\$5 spay/neuter

VOUCHERS! CALL TODAY

THIS PROGRAM IS AVAILABLE ONLY TO CHEHALIS TRIBAL MEMBERS OR THOSE LIVING ON THE RESERVATION



REZ ANIMAL RESOURCES & EDUCATION



Rez Animal is a small nonprofit working to improve animal care and reduce strays on the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay reservations

253-370-6392,
REZANIMALS.COM

Tribe commits to caring for elders

Food brings people together. And communal meals are especially important because they provide socialization for elders and allow staff and other elders to interact with them.

Elder meals are served at the elder's center from 11:30 a.m.-1 p.m. Monday through Thursday and 9 a.m.-10 a.m. Friday.

They are for individuals ages 55 and older and:

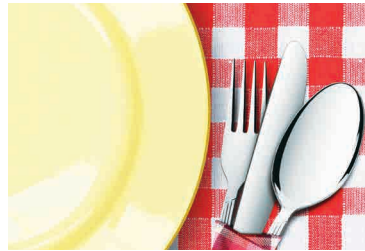
- Their spouse, regardless of age
- Their dependent children with disabilities living with them

There is no application for eating lunch at the elder's center – just show up and sign in.

Home-delivered meals

Giving elders access to nutritious meals is essential for their well-being.

Home delivery is for



individuals ages 55 and older and:

- Those who meet the homebound and frail qualifications (see below)
- Spouses regardless of age
- Dependent children with disabilities
- Caregiver of elders receiving a meal

Those who are interested need to fill out an application packet and have an annual assessment (home visit) of nutritional well-being. The packet and assessment must be filled out and completed before lunches are delivered.

If someone cannot do two of the following daily activities

without substantial human assistance, they are eligible for home-delivered meals.

- Bathing
- Transferring
- Eating
- Toileting
- Walking
- Grooming
- Dressing
- Continence

If individuals do not need assistance for two of these activities, the person does not qualify for lunch deliveries. Assessments are completed by a medical provider.

Home lunches are delivered starting at 11:30 a.m. Monday through Friday.

If you would like a packet for an elder who might qualify for home-delivered lunches, we follow the grant requirements. Please contact Pat Odiorne or Christina Hicks at the Chehalis Tribal Wellness Center at 360-273-5504 for a packet.

Pick up blood sugar meter

The Diabetes Program for the Chehalis Tribal Wellness Center is giving out free True Metrix blood glucose meters to all clinic patients diagnosed with diabetes. The True Metrix meter is being supplied to replace the True Result meter.

Patients can come to the clinic between 8:30 a.m.-3:30 p.m. on the following dates to receive a meter:

- Wednesday, Aug. 24
- Thursday, Sept. 8
- Tuesday, Sept. 13

Ask for Diabetes Educator Pat Odiorne or Diabetes Nurse Sandra Dickenson.

They will give instructions on operating the meter and provide a prescription for the strips.

Call Pat or Sandra at 360-273-5504 to arrange to come in another time.

Senior swimming classes

The Special Diabetes Program for Indians' program Swimming/Exercising with the Elders aims to help Chehalis tribal seniors increase activity, stamina and balance. Staff member Gloria Jones leads the group from 9-10 a.m. Tuesdays at the Chehalis Tribal Community Center pool.

According to the Centers for Disease Control, senior fitness can:

- Help maintain ability to live independently.

■ Reduce risk of coronary heart disease and of developing high blood pressure, colon cancer and diabetes.

■ Reduce symptoms of anxiety and depression, foster improvements in mood.

■ Maintain healthy bones, muscles, joints.

■ Control joint swelling, pain from arthritis.

For more information, call Gloria Jones at 360-709-1810 or email gjones@chehalistribe.org.

CHEHALIS TRIBAL HEALTH FAIR

10 A.M.-3 P.M. TUESDAY, SEPT. 20 AT THE CHEHALIS TRIBAL COMMUNITY CENTER GYM

Event features:

- Tribal, state program vendors
- Information
- Lunch at noon

CONTACT
Christina Hicks at 360-709-1741, chicks@chehalistribe.org.

SAVE THE DATE

The 2016 Intertribal Breast Cancer Awareness Walk is Oct. 15 at the Squaxin Island Community Kitchen
10 A.M. REGISTRATION / 11 A.M. WALK



CHEHALIS TRIBAL NEWSLETTER

*The Confederated Tribes
of the Chehalis Reservation,
'People of the Sands'*

Articles and opinions expressed
are not necessarily those of this
publication or the Chehalis Tribal
Business Committee.

SUBMISSIONS

The Chehalis Tribal Newsletter
encourages tribal members
to submit letters, articles,
photographs and drawings to
be considered for publication
(subject to editing). Contributing
writers, artists and photographers
include Chehalis tribal
community members and staff.
Submission deadline is the first of
each month (printed monthly).

TRIBAL CENTER

360-273-5911
420 Howanut Road
Oakville, WA 98568
360-709-1726 (office)
360-273-5914 (fax)

CHEHALIS TRIBE'S VISION STATEMENT

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

BUSINESS COMMITTEE

Don Secena, Chairman
Harry Pickernell, Sr.,
Vice Chairman
Farley Youckton, Treasurer
Cheryle Starr, Secretary
Dan Gleason, Sr.,
5th Council Member

NEWSLETTER STAFF

Fred Shortman,
Audra J. Hill and the
Information Technology Team



Families work together in their fireworks stand, putting a lot of energy into their business.

Independence Day success

Community enjoys another year of dazzling fireworks

The Fourth of July has come and gone,
but memories of the incredible displays
and wonderful celebrations will last.

There were 75 fireworks stands
operating within the Chehalis reservation.
Stand owners worked hard to supply a
variety of fireworks to pyrotechnics fans.
The weather cooperated and blessed the
season with rain, keeping things safer for
those who put on fireworks shows. Many
cities and states have fireworks bans in
place and restrictions on where people
gather to light fireworks. Areas and times
were designated for lighting fireworks and
made for an enjoyable experience when
done properly.

After purchasing their fireworks,
community members headed out to meet
up with their friends and family. You could
see the delight in their eyes as they walked
away talking about how they were going to
enjoy their Independence Day celebrations.

Parades, barbecues, music and fireworks
are a way for families to gather and
celebrate freedom in the United States
of America. Yes, freedom! Without the
commitment and dedication of our veterans,
we wouldn't have our freedom to celebrate.

Fireworks show

People poured into the tribal center to
celebrate the Fourth of July at the only
hand-lit show in Washington. Fireworks
could be seen all around the surrounding
areas, enjoyed by those brave enough and
not scared of the loud explosions. Children

were lighting their hoard as they enjoyed
the holiday. There were areas dedicated
to lighting fireworks to protect all those
who traveled to watch the dazzling display
at the annual Chehalis Tribal Fireworks
Show. Vendors offered items as well.

Thankfully, there were very few mishaps.
Chehalis Tribal Law Enforcement Officers
and Oakville Fire Department personnel
were available to handle emergencies. They
also provided much-needed traffic control
when the show was finished.

The licensed Chehalis Tribal Pyrotechnic
crew put on a wonderful display of
thunderous booms and dazzling colors
with cakes and mortars. The volunteers
create an awesome fireworks show to end
the season. It takes a lot of time to produce
an awe-inspiring display of booms, crackles
and bright bursts of bouquets.

Most important is the lasting impression
of the majestic grand finale that brings a
powerful close to Independence Day.

Thank you Barnaby, Dustin, Buck Buck,
Hector and all of the other volunteers who
helped with the show. It is a great way to
end the fireworks season.

Again, good job!

Cleaning up

Clean-up is another important factor
after a fireworks show. At 6 in the morning,
the ground maintenance crew started
gathering debris left after the celebration.

The clean-up crew is dedicated in
keeping our tribal properties tidy. They are
very grateful to individuals who take the
time to clean up after themselves. Again,
thank you for your hard work. It is greatly
appreciated!

FAMILY

Nursing mom shares sweet story

Celebrate healthy start during national breastfeeding month

*Contributed by Patty Suskin,
South Puget Intertribal Planning Agency –
Women, Infants and Children Program*

Santana Krise is a busy mom. She is working full time and going to school. Even with all she is doing, she finds time to breastfeed her 9-month-old son Atawit.

In addition, she often is a resource to new moms in the Squaxin Island Tribe community who need breastfeeding support. I caught up with her on her lunch break when she fed her son at daycare.



Question: Why do you breastfeed?

■ Breastmilk is the best food for my baby. I want my children to get the best. (Atawit is her fourth child. She breastfed them all.)

■ It's great for bonding. I love to look at his little face when I'm feeding and

SUPPORT AVAILABLE

For more breastfeeding tips and support, contact WIC through SPIPA:

Debbie-Gardipee-Reyes, 360-462-3227
or gardipee@spipa.org

Deb Shortman at the Chehalis Tribal Wellness Center, 360-709-1689

know he's getting the best.

■ Breastfeeding is convenient. No need to mix anything, no making a bottle in the middle of the night.

■ Breastfeeding lowers your breast cancer risk.

■ Breastfeeding saves you money because there's nothing to buy.

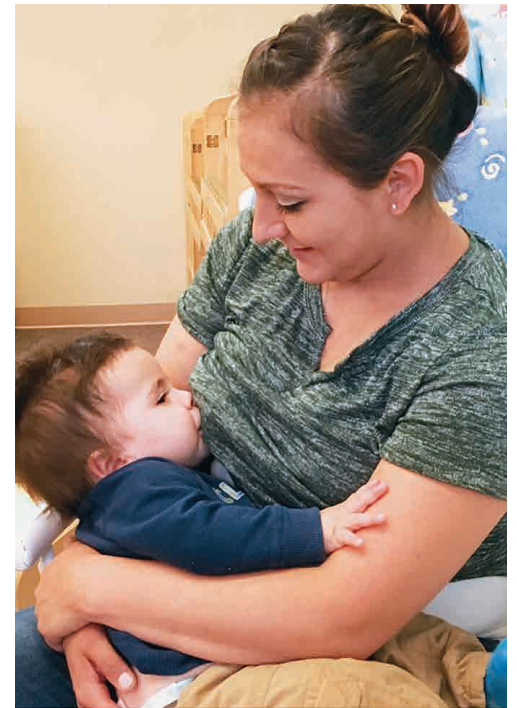
■ Breastfeeding is nature's way. These are just a few of the reasons Santana breastfeeds.

Question: What breastfeeding advice do you have for new moms?

■ Feed, feed, feed. Even if you do not think the baby is getting anything, he is. The more you feed, the more milk your body makes.

■ Patience. It takes time to get a routine going with positioning and latching on.

■ Use pillows to bring the baby up close to your breast. A newborn baby's



Santana Krise nurses her 9-month-old son Atawit at daycare.

entire body should face you.

■ Relax. Try different positions – football hold, cradle hold, or some babies like feeding while lying down.

■ Have confidence that you can breastfeed in time.

Early Learning encourages safe water play this summer

Summer heat means people are cooling off in pools, rivers and lakes. Here are tips to help keep your family safe while enjoying the water.

■ Be aware of small bodies of water your child encounters, such as bathtubs, fishponds, ditches, fountains, rain barrels – even the bucket you use to wash your car. Empty containers of water when you're done using them. Children are drawn to things like these and need constant supervision to be sure they don't fall in.

■ Children who are swimming – even in a shallow toddler's pool – always should

be watched by an adult, preferably one who knows CPR. Be sure to eliminate distractions while children are in the water. Wait to talk on the phone or use the computer until kids are out of the water.

■ Beware of currents and undertows! They can take down even experienced swimmers and become deadly in the blink of an eye.

■ Know how deep water is, what is in it, where drop-offs are and if there is anything dangerous underneath.

■ Enforce rules: No running near the pool and no pushing or holding others underwater.

■ Don't allow your child to use inflatable toys or mattresses in place of a life jacket. These toys can deflate suddenly or your child might slip off them into water that is too deep for him.

■ Be sure the deep and shallow ends of any pool your child swims in are clearly marked.

■ Your child should always wear a life jacket when swimming or riding in a boat. A life jacket fits properly if you can't lift it off over your child's head after it's been fastened. For kids younger than 5, it also should have a flotation collar.

AUGUST EVENTS

Chehalis Tribal Early Learning enrollment orientation: 8 a.m. or 2 p.m. Aug. 29; noon or 5 p.m. Aug. 30. Orientation will be in groups and will last about 30 minutes.

Home visit: This must be done before your child's first day of school. Teachers will contact parents to schedule your visit.

Our first day of school is Sept. 6. These events are mandatory if you would like your child to start school on our first day. Call 360-273-5514.

Children wrote positive messages to educate the community on preventing teen domestic violence during the July movie night.



Movie night tackles teen dating violence

The Chehalis Domestic Violence program presented a teen dating violence awareness movie night July 22.

Youth voted to watch "Inside Out," a Pixar movie that centers on an 11-year-old girl named Riley who is uprooted to San Francisco. Her five emotions – Joy, Sadness, Fear, Disgust and Anger – work to help her cope with her new life.

About 60 people attended. The event was co-sponsored by the Chehalis Tribal Wellness Center, Vocational Rehabilitation and Law Enforcement.

This year, one of the goals of the Chehalis Domestic Violence Program is to educate the community on teen dating violence – what it is, understanding the signs and learning where to go for help.

Teen dating violence facts

■ One in four teen girls in a relationship says she has been threatened with violence or experienced verbal abuse, and 13 percent say they were physically hurt or hit.

NEED HELP?

Chehalis Domestic Violence Advocate Janita Raham is available 24/7 by phone or text at 360-789-3627.

To learn more about dating violence, including additional resources, **see page 4.**

■ One in five tweens – ages 11-14 – say their friends are victims of dating violence. Nearly half who are in relationships know friends who are verbally abused. Two in five of the youngest tweens, ages 11 and 12, report that their friends are victims of verbal abuse in relationships.

■ One in four teens in a relationship say they have been called names, harassed or put down by their partner via cell and texting.

If someone tells you they are experiencing violence, whether it be Domestic violence, sexual assault, teen dating violence or bullying start by believing. A victim might reach out only once.

Everybody loves a parade

Summer is the perfect time for families to gather for barbecues, games and parades.

Plenty of activities were planned by the Grand Mound Rochester Citizens' Group to celebrate the Swede Day Midsommar Festival on June 18. The group spent a lot of time preparing and securing sponsors. Music, food, vendors and arts and crafts were highlights, along with the Swede Day Parade. Spectators were treated to impressive floats and bands. The Grand Marshal was Inez Munnsell.

Youth Center Director Tony Medina entered the 2016 Chehalis Tribal Days Royalty into the parade. It was a demonstration of pride and an honor to ride in the truck decorated by the Chehalis Tribe. Children enjoyed waving and throwing candy on the path through town. What an exhilarating experience seeing the streets

lined with spectators.

Oakville Fourth of July

The motto of the Oakville Independence Day Parade and Celebration on July 2 was "Salute to America's Heritage." It was a great day to recognize those whose sacrifice allowed everyone in the United States to be able to enjoy this special day.

The Fourth of July Parade offered a variety of activities for families to participate in throughout the day and make special memories. It also created hometown pride as the community and businesses joined together to celebrate our freedom.

The Chehalis Canoe Family joined with the 2016 Chehalis Tribal Days Royalty to enhance the gathering. And local businesses and hobbyists did an incredible job creating a great atmosphere for people to soak up the fun in the little town of Oakville.

Chehalis Tribe Mariners Suite

WATCH FOR SIGNUPS TO VISIT SAFECO FIELD AND ENJOY SEATTLE MARINERS BASEBALL



We want everyone to have the opportunity to go, so tickets are limited to one visit per tribal member. Like last season, you will be allowed to bring one person. We like to get notice out two weeks before a game, so please sign up once you see the flyer.

FOOD: It will not be provided in the Mariners suite unless noted

AGES: 18-54

CONTACT

Leroy Boyd at 360-709-1787 or Philip Youckton at 360-709-1752 or visit the events office at the community center.



Last quarter student honor roll

Kenedy Adams
Jeremiah Baker
Kelsey Bray
Arielle Burnett
Annie Burnett
Kayleena Delgado
Faith Hoeisel
Desirray Klatush
Jasmine Klatush

Devon Onley
Emily Ortivez
Mya Ortivez
Hunter Ortivez
Emily Pickernell
Kristen Secena
– Chehalis Tribe
K-12 Program





Left: Canoe families spend time on the water together pulling and praying as they reached their destination in Suquamish.

Below left: Youth are recognized on the floor during final protocol.

Below right: Chehalis Tribal Chairman Don Secena and Glenda Delamater wish everyone a safe journey before leaving Port Gamble Tribe.

JOURNEY

From page 1

and manage self-discipline. Most important is praying together for the health of our sacred mother earth, families and communities. Learning about the teachings from elders and leaders gives our canoe family a solid core.

Before departing, participants sign a code of conduct, which includes the promise they will not consume drugs or alcohol during the voyage.

When you heard the call, “Chehalis Canoe Family, circle up,” everyone would gather in a circle to discuss plans for the next day. This also was a time for pullers and ground crew to break down camp and move on to the next location.

Daily goals

The voyage isn’t an easy path to self-discovery. On the water, the canoe demands respect and is known to many individuals as a vessel of healing. Our canoe, *Tu-lap ti weah*, is a beautiful sacred cedar strip ocean canoe.

Skipper and puller honor her each day and circle up with a prayer for a safe journey.

It was an honor to be selected by the skipper to be a puller for a leg of the journey.



Hard work rewards participants. Each time the paddle hits the water is another step closer to daily goals.

Power pulls pick the canoe up, and it feels like flowing on air. It is awe-inspiring to witness pullers using their paddles in unison as the rower in the front seat sets the pace. Because the white paddles reflect in the sunlight, they are commonly referred to as angel wings as they move together.

The discipline of the canoe extends to life into the sprawling camps that spring up at every landing along the expedition. Incidents are solved together during circle time.

Discipline is especially



important for children in the camps. They are expected to receive direction from tribal elders, stick to a curfew and take part in protocol ceremonies in the pavilions at night. This reminds them to fully experience the culture.

You can see them beading regalia, practicing songs or making gifts to be given during final protocol. It is instrumental to the individual growth and teachings to honor the hosting tribe.

The growth could be seen as the canoe family learned new songs together. Our younger men and women stepped into leadership roles. They will carry on the teachings of all

those who came before them. They became stronger after each practice session, and it showed with confidence in their drumming, singing, dancing and speaking.

Port of Olympia landing

July 29 was the final day on the water. More than 85 canoes landed at the Port of Olympia in Budd Inlet. It is a spectacular sight to behold!

The Nisqually Tribe greeted them with the beating of drums and songs sung echoed across the speakers.

Each canoe family sang their songs and lifted their

See JOURNEY, page 11



JOURNEY

From page 10

paddles up to honor the host tribe, then proceeding to their region on the flotilla line in front of the grandstand.

The motto for this year's journey was, "Don't forget to remember the water." It's a story about the Pacific Northwest Cascade Range, including the highest mountain – Mount Rainier. Learn how the rivers come from the mountain, as told by Billy Frank, Sr., by viewing the whole story at paddletonisqually.com.

Final protocol

After reaching camp in Nisqually, many individuals

CANOE JOURNEY FIRST-TIMERS

Jerry Meas, Norma Daniels, Sarah Myer, Jason Gillie, Adam Lower, Brittany Leal, Payton Albert, Shaydon Baker and Skipper Todd DeLaMater, as well as many in the ground crew.

beaded their regalia and wove hats for final protocol. It was so special spending time together, sharing thoughts and practicing drumming, singing and dancing.

"Chehalis Canoe Family, circle up!" This was the signal for everyone to gather to practice and learn new

songs and the line up for final protocol. We practiced every night along the way to Nisqually. It was something to witness as confidence grew in the new members. Even when our drummers were given the day off, they still continued to practice. Pride and strength could be felt throughout camp.

Hands-up for helpers

Our canoe family gives a hands-up to Chairman Don Secena for his continued support to witness such a sacred journey.

We also say thanks to Mark White and his support boat crews and for providing his boat called the Andrew Lee, which ensured our safety in the water. They didn't hesitate to get involved by volunteering

PADDLE TO NISQUALLY 2016: For more about the sacred journey, go to bit.ly/2bnVQx6



Scan to discover!

To read this code, download the free app QR Code Scanner.

On the final day on the water, Chehalis Canoe Family members lift their paddles up in honor of the Nisqually Tribe in Budd Inlet in Olympia.

to help pull to the next destination.

Our Vice Chairman Harry Pickernell provided great support during preparations. Bill Secena and the Natural Resources Department also contributed.

We would like to thank Chehalis Tribal Enterprises, Lucky Eagle Casino, Great Wolf Lodge as well as many other tribal departments that assisted with our successful journey.

Special gratitude goes to the Nisqually Tribe and their volunteers for hosting this year! What an outstanding job in taking care of all of the canoe families.

Everyone's hard work and commitment doesn't go unnoticed.

PROJECT

From page 1

main arteries of Washington. Planning and meetings with local businesses and government institutions to develop these properties will greatly enhance the financial stability of the Chehalis Tribe.

After prayers and the blessing of the land, the Business Committee and Enterprises staff broke ground.

INFORMATION

Learn more about the project at chehalis tribe.com.

Everyone who came to witness this event was invited to have lunch at Great Wolf Lodge. A delicious meal was provided. Following the blessing of the food, guest speakers were introduced. David Burnett, CEO of

Chehalis Tribal Enterprises, provided information regarding the Marriot Fairfield Inn and recognized the hard work by those who helped make this new venture a reality.

Business Committee members provided insight and gratitude. Rodney Youckton was grateful to those who contributed their time and energy for the project. Chehalis Tribal Elder Mel Youckton also gave his

thanks and offered historical information regarding the property.

CTE's master plan for the Crossroads at Grand Mound is to expand a diverse economic base in the region that's resilient to market cycles. Tourism, retail outlets and convenient locations will bolster shopping and service opportunities. Light industrial businesses will further support the employment market.

AUGUST BIRTHDAYS

1

Amiyah McElvian
Dawson Slighte

2

Allen Bush

3

Geraldine Youckton

4

Ron Fanning
Faith Hoheisel
Makya Ortiz-Hicks
Monica Sanchez
Dalton Youckton

5

Alvin Boyd
Paul Gibson

6

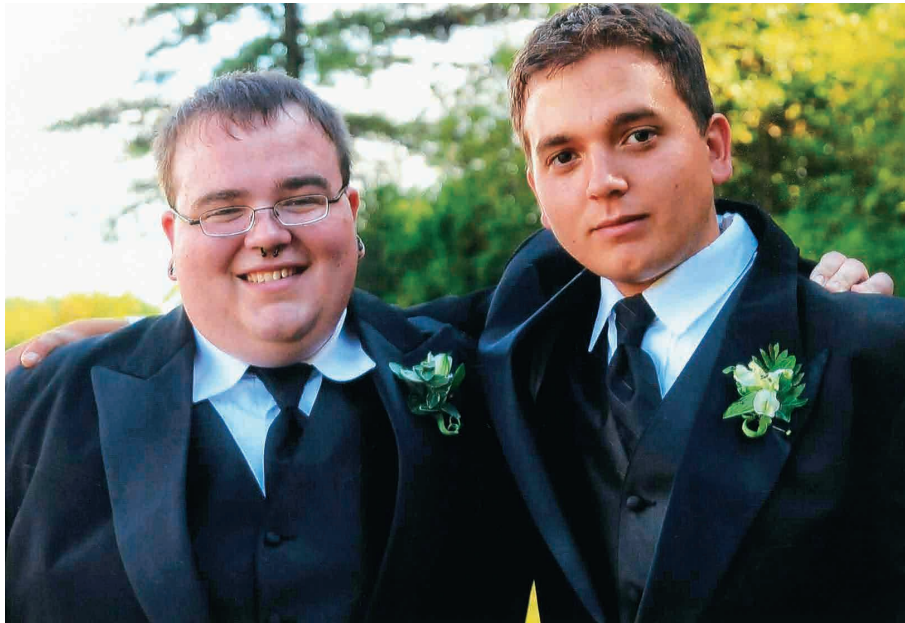
Sylvanna Bracero
Jenee Penn

7

Adrian Brown
Lon Burgess
Kyle Fanning
William Heck



SARAH MYER: Happy birthday. We are so proud of you! From your family.



KYLE AND RON FANNING: Happy birthday sons. We love you! Mom and Dad.

Lee Starr
Sheena Youckton

8

Thomas Blacketer
Jordan Bray
Ares Wittwer

9

Leo Sanchez

10

Sarah Myer
Riley Smith

11

Kaiden Delgado
Amanda Jennings
Gerald Pickernell III

12

Kayleen Fulton
Shayleen Fulton
Sally Pickutark
Joseph Sanchez
Anthony Youckton



MANNY MEDINA: Happy birthday! From your family.

13

Adrian Hjelm-Snell
L'Ree Minthorne

14

Starla Starr

15

Mark Colson
Ashley Wittwer

17

Douglas Boyd
Johnny Bumgarner
James Cayenne II

Mila Rogers
Lataya Tanner

18

Anthony Joe

19

Andrea McGough
Manny Medina

21

Wilfredo Rosado
Lucille Starr

22

Ryan Burnett
Cynthia Yawn

23

Ostynn Farrier

24

James Gunnels
Amanda Jennings
Joseph Sanchez

Misty Secena
William Thoms

25

Henrietta Boyd
Victoria Parent
Rose William
Preston Youckton

26

Wayne Barr
Elizabeth Fulton
Hakan Phillips

28

Nyah McCrory

29

Merle Benda
Owen Youckton

30

Kly Meas

31

Mike Brown
Bradley Gitchel



SALLY PIKUTARK: Happy birthday. May your day be blessed! From your friends and family.