



2015 Youth Canoe Journey

A Special Supplement to the September 2015 Monthly



Birch Bay

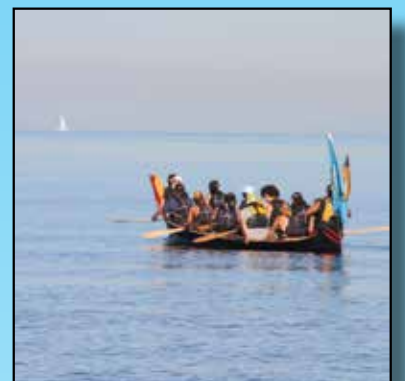
July 30, 2015

MUCKLESHOOT MONTHLY



July 30th, 2015, Birch Bay – “We had a rough start getting out of Muckleshoot. The trailer popped off on one of the trucks and the barbeque flipped off of the other one, so we sort of a hard time getting off of the Rez. After that, getting up here was good, we got see a lot of our friends and family and all of the energy that comes with that. Actually going out on the water and being officially welcomed in by the Nooksak tribe here on the traditional territory. It is all a reminder of why we are actually out here, all of the work over the last year, what that is for. There was a lot of good energy. They fed us salmon dinner which was really good. It’s just really good to be here.”

– Willard Bill Jr.

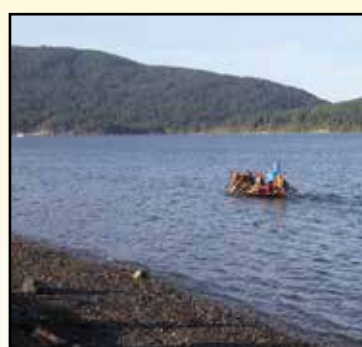
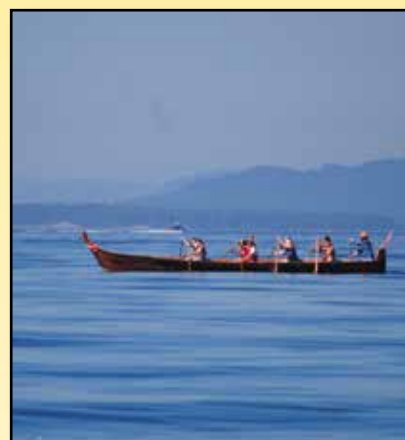
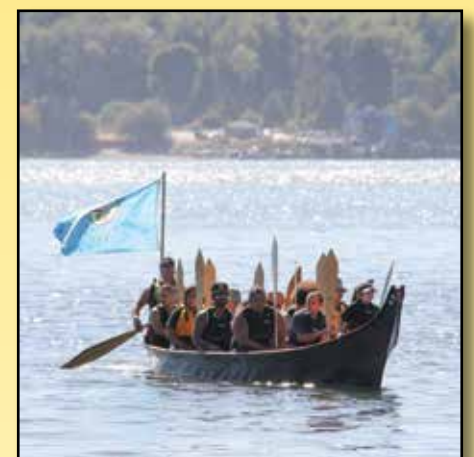
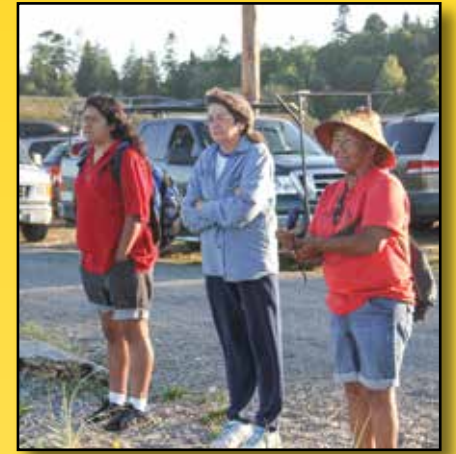


LUMMI

July 31, 2015

July 31st, Lummi – “Today went really well. It was the first day of the actual journey and the students did excellent on the water. It was very hot today, the temperature rose up to the 90’s. The students got to experience tides, currents and flooding on the water so they know what the real deal experience is like. They are learning when and why we have to leave at certain times, because the weather and water protects us and it also predicts when we can go places safely. They learned a lot of lessons out there, pushed hard when they needed to and had a good day.”

– Willard Bill Jr.

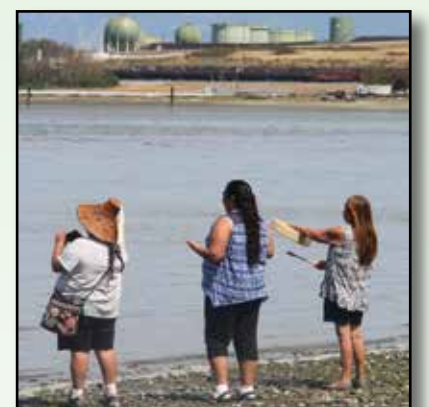
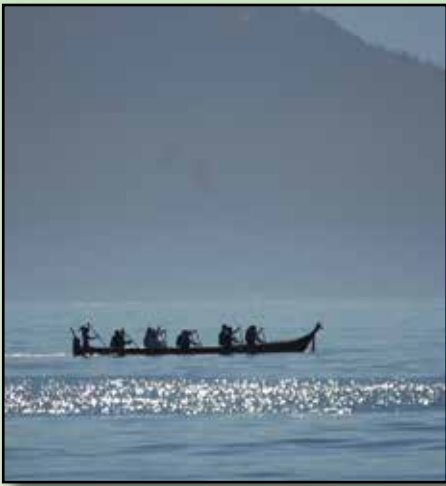
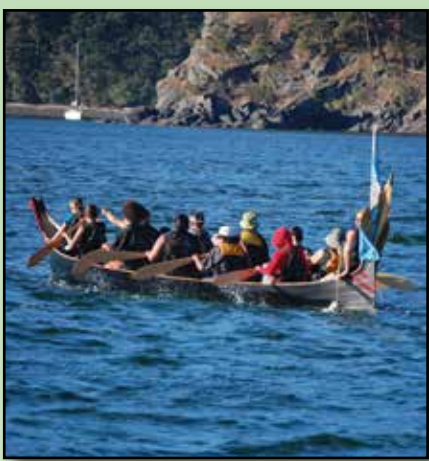


SAMISH

August 1, 2015

August 1st, Samish – “Today’s pull went really well. We started early at about 6:30 – 7:00 A.M just to go with the tide so it could push us through. It was a beautiful morning and a beautiful day that ended up getting really hot. It was one of those days where the tide really dictates what we do. The landing in Samish had a big flood out and you don’t really want to carry your canoe for 700 yards in the mud, so we spent some time in Anacortes. We were able to take some time and relax which was a treat for everyone. It was a good day and a good learning experience for everyone.”

– Willard Bill Jr.

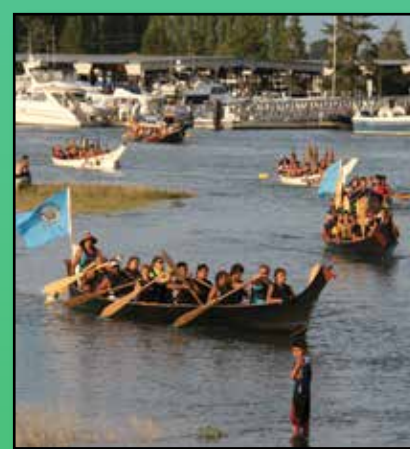


Swinomish

August 2, 2015

August 2nd, Swinomish – “Today the paddle from Samish to Swinomish is our shortest pull on the journey. It’s just a couple of hours and literally right around the corner. It is good preparation for the two long days that we have ahead of us and the youth are getting excited for that. We have seen the numbers grow as we have come to our next stop. One of the highlights of today was actually not on the water, but since we have come ashore, we have seen the youth start conducting their own song and dance practice without our guidance. I take that as a sign that all of our hard work is really paying off.”

– Willard Bill Jr.

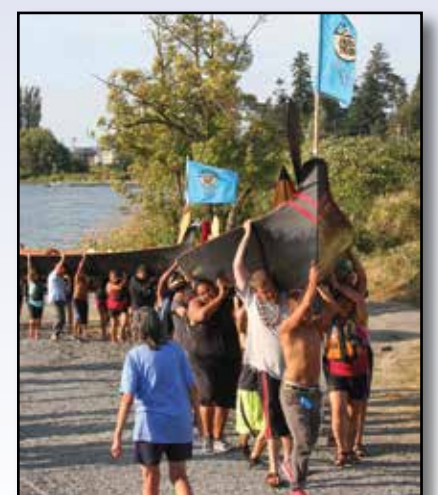
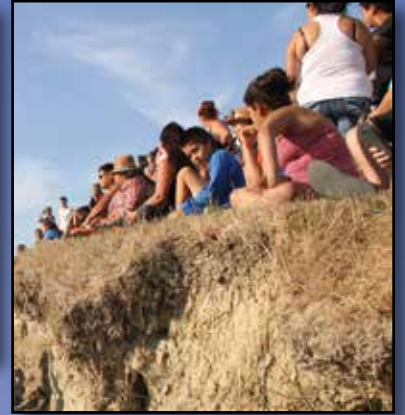


Tulalip

August 3, 2015

August 3rd, Tulalip – “Today was a good day. It was our first real long day out on the water. It’s about 30 miles average for this pull from Swinomish to Tulalip. The youth got to experience currents, rip tide, waves and wind. They really got to experience what pulling is like on the Salish Sea. They all did really well, performed well, they all worked really hard and we got to our destination safely. That is the most important thing on a daily basis. They really got the real deal today.”

– Willard Bill Jr.

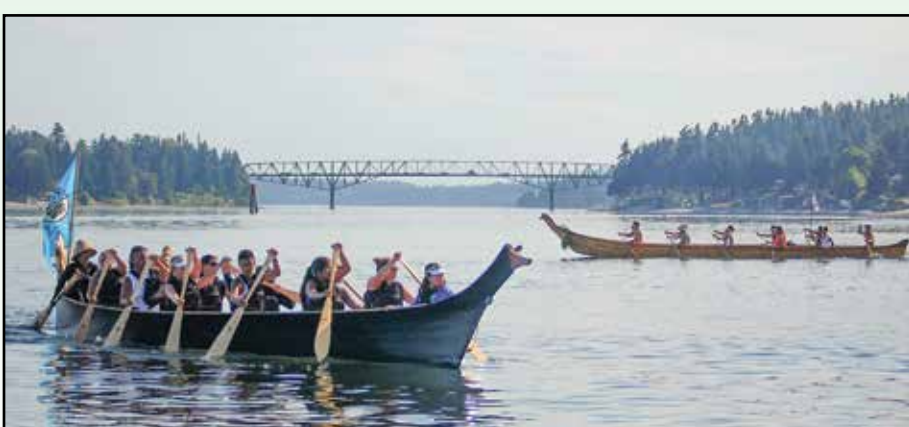
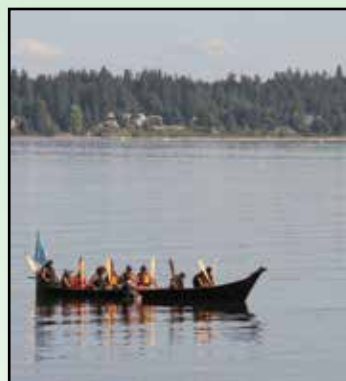
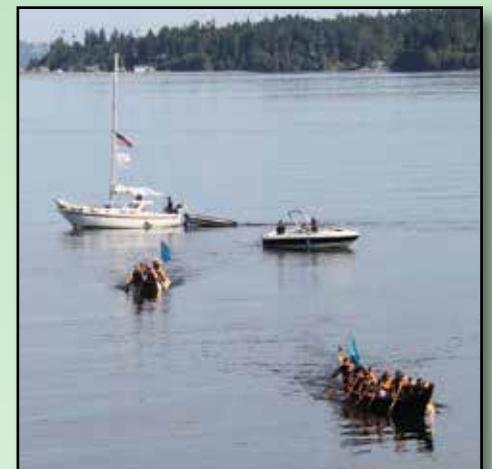
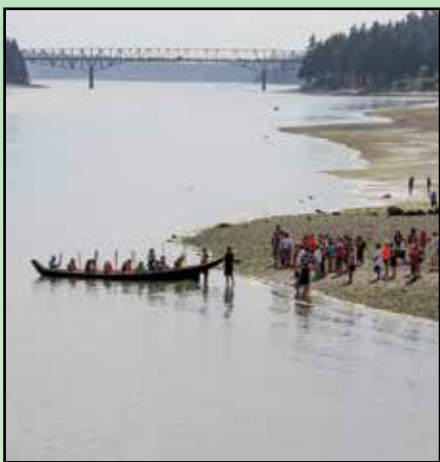
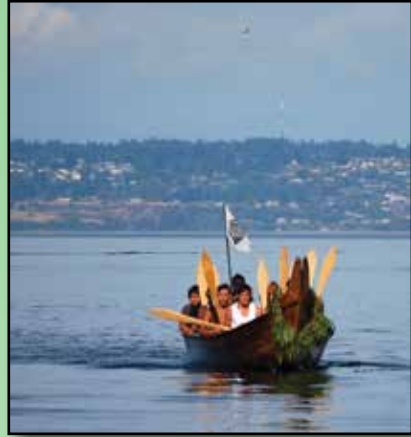


Suquamish

August 4, 2015

August 4th, Suquamish – “Today was really great out on the water. It was a bit of a long one today, the pull was about 20 miles long, but the kids did amazing. They pulled the entire way. We stopped once on the beach and once on the water for our lunch breaks, restroom and so-forth. The youth really pulled through and did an amazing job. All the training really paid off and we are excited to get everyone back home tomorrow.”

– Willard Bill Jr.



Golden Gardens

August 5, 2015



TRIBAL YOUTH STRONG WARRIOR CHALLENGE August 6, 2015 - Muckleshoot Powwow Grounds

Youth Compete in Fitness Challenge: Prove to Have Hearts of Warriors

By Leilani Finau

“Get ready! 3-2-1-Go!” echoed in the air as the first ever Tribal Youth Strong Warriors Challenge kicked off on the morning of August 6th, 2015, at the Muckleshoot Powwow Grounds. The event provided an exciting component to the already impressive Youth Pull, which started in Birch Bay and landed at Golden Gardens.

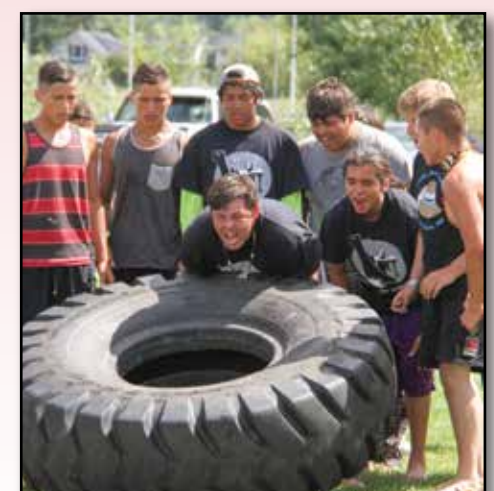
The event brought together six teams from the following Canoe Families: Lummi, Muckleshoot, Swinomish, Nisqually, Squaxin, and Cowlitz. To start things off, the positioning order of each Canoe Family was determined by a grueling Push-Up Contest. Other events included Tug of War, Tractor Tire Flip, & a Heavy Plate Carry Relay. Teams battled, showcasing individual and team strengths, including strength they all shared: sportsmanship. As they cheered one another on, proud family and community members joined in providing words of encouragement, inspiration, and motivation.

The challenge was hosted by the Muckleshoot Canoe Family and organized by Leilani Finau, of One Condition LLC, who was brought on board to provide weekly fitness sessions, one-on-one intakes, and nutrition support services to participants of the Summer Youth Program. Leilani is a CrossFit Level 1 Trainer, NAFC Certified Personal Trainer and has worked in the fitness industry for 8 years. “I am so fortunate to work within tribal communities to share, educate, and learn about the importance of good nutrition and active living, all while surrounded with such strong cultural values,” states Finau, who together with a team of certified trainers and coaches, created the event to be physically and mentally demanding, yet achievable by all teams.

In addition to the 42 participants in the team event, there were several individual events bringing in an additional 40 participants of middle school aged youth and adults. It was an awesome display of the strength and courage imbedded within our Tribes and all of the participants are true warriors. The top team of the day was Lummi, who swept 3 of 6 events followed by Nisqually and Muckleshoot taking 2nd and 3rd respectively. The future is bright for the youth warriors and quite possibly this exciting event will grow into a long-standing tradition. The question is, will YOU join us for the next one?

We would like to give special thanks to:

- The Muckleshoot Tribal Council
- Canoe Family
- Will Bill, Jr.
- Mike Edwards
- Daniel Jahn, Maximum Sports Conditioning
- April Santa Anna, MMA Trainer & Fighter
- Kapiolani Laronal, NAFC Personal Trainer
- & All of the Volunteers that made the event possible!



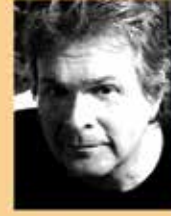
GENERAL CANOE FAMILY PROTOCOL

August 5, 6 & 7 at Muckleshoot Powwow Grounds



Muckleshoot Protocol

CLIMAX OF THE 2015 YOUTH CANOE JOURNEY



I traveled with the Canoe Family and photographed every part of its first Canoe Journey, to Taholah in 2002. The next year, I served as project manager and co-producer of the feature-length film *Pulling Together*, which documented the 2003 Journey to Tulalip. It was quite successful, playing at film festivals around the world and winning several awards.

I continued to document every Canoe Journey until I stepped aside this year to let Assistant Editor Evan Avila, age 24, and AWTP Media Intern Shalena Summers, age 18, take my place. It was, after all, the Youth Canoe Journey, so it seemed only fitting. I did, however, photograph the protocols at Muckleshoot. Here are some of those photos. ~ *John Loftus*



Journey Reflections

The following participants were asked about their motivation to join the 2015 Youth Canoe Journey and what they gained from the whole experience....



Adam Miller – “I joined the Canoe Journey because my mom did it, my uncle did it, my brother did it, and most of my family did it, now it was my turn. I have gained a lot of strength and spirituality through the journey.”



Camilla Daniels – “I joined to get the experience needed to get more into my culture. I learned what a real family was because everyone treats each other fairly, and no one is really mean to each other, which is really cool.”



Reina Jim – “The journey was fun. My mom and dad wanted me to join and since it was my tribe I decided to go. I learned good stuff, at first I thought it was really hard, but it was fun.”



Lukas Daniels – “I joined the Canoe Journey because Mitch was saying that he went to the wellness center and bumped into an old friend who was saying how great a leader Will was. So the reason I joined was to see how good of a leader Will was and to have a cultural experience. I had never done the journey before and since it is such a big deal, I wanted to try it out. What I gained was a spiritual family, I also learned how to weave a headband, carve a paddle, too much stuff to list really.”



Dylan Brown – “I joined the Canoe Journey because my brother did it before me and he said that it was really fun. The journey helped me to gain some new friends.”



Celina Bem – “I joined to participate in the experience and learn new songs and dances. I ended up having a lot of fun, meeting new people, and learning what a Canoe Family is like.”



Dylan Summers – “When I joined the Canoe Journey I was just looking for strength in my upper body, because I am in to Parkour (extreme free-running). The journey built up my courage, helped me make friends and have an awesome time. Not only that, it’s spiritual too. I began to speak to the canoe and my friends. Now the journey is something I do every year.”



Freedom Bill – “I decided to join the Canoe Journey because my dad was in it. I gained a sense of spiritual stability.”



Nathan Keeline – “I joined because I wanted to participate in more cultural events instead of sitting at home. I learned songs, dances, and some of the language.”



Lillianna Ramirez – “I went on the journey because I felt like our culture needed the youth to help keep it going. I gained maturity and a better understanding of my culture.”



Justice Bill – “I have been with the Muckleshoot Canoe Family for a large portion of my life; I know my dad started in 2002 -2003 and I have traveled with him since I was little. This year was a youth focused journey and my fifth year pulling. I decided to take more of a leadership role with the songs and dances and setting a good example for the youth who have only been out once or twice.”

What I gained from the journey was more respect for my peers and all of the friend’s I’ve made from Muckleshoot and other tribes. I feel like what I have gained is tied to what I have helped produce, more people are beginning to understand the culture and are participating, creating a new found love through Muckleshoot.”