

August 2008 Vol. 1/2

Program News

Learn the Chehalis Language

Dan Penn is the new Language Program Coordinator. Classes will be held in the old dentist office on Wednesdays at 5:00. A carving/language class is being held on Saturdays at 1:00. Contact Dan at the old dentist office or email him at dpenn@chehalistribe.org.

Free Legal Help Available

The Northwest Justice Project provides free civil (non-criminal) legal services for low-income people who cannot afford a lawyer. CLEAR is Northwest Justice Project's Coordinated Legal Education, Advice and Referral system.

If you have questions about a civil matter, and are low-income or an Elder, you can call the toll-free CLEAR line at (888) 201-1014 from 9:30 to 12:15, Monday to Friday, and 3:15 to 6:30 Tuesdays.



Education Gives You Choices

Nathan Floth is the Education Case Manager. He believes education is a tool that gives you choices. The more education you have, the more choices you have in your life. Nathan works with the local school districts helping tribal families with school attendance, grades, and graduation credits.

In 2007, the Chehalis Tribe's education program received recognition by the federal government as the Outstanding Program in the State of Washington.

Nathan's office is located in the Public Safety Building. If you have any questions, please visit him at his office, or call 709-1878.

Note: TELO is having a Beginning of the Year Celebration barbecue at the Youth Center on Wednesday, August 20th, from 12:00 to 4:00. Staff will be handing out gift cards from Staples and Wal-Mart for school supplies and clothing.

Tribal Housing Authority

The Chehalis Tribal Housing Authority (CTHA) assists Chehalis tribal families with income at or below 80% of the median income.

- The Rental Assistance (RA) program is currently assisting 22 tribal families with up to 50% of their monthly rental payments.
- The Down Payment Assistance (DPA) program assists eligible tribal members with affordable homeowner financing opportunities.
- The USDA Housing Preservation Grant funds small home repair projects (up to \$10,000), such as repair and replacement of roofs, siding, plumbing, weatherization, handicap accessibility conversions, etc.

If you are interested in any of the CTHA programs, please stop by or contact the housing office at 273-7723.

CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦

Honoring Elders:

Gladys Brown

■ Beloved Elder passes away, 3



Celebration Honors Tribal HS Graduates and Their Families

■ Dinner, door prizes, and awards were given to six graduates and their families at the Lucky Eagle Casino, 3

Chehalis Canoe Family is Part of Huge Regional Cultural Journey



Heather Youckton respectfully requests permission to leave from West Saanich at Tsartlip. Youths Whitney Bracero and Tony Sanchez wait to begin pulling. Also visible at the rear is the day's skipper, Gail Miller.

■ After much practice, Chehalis Canoe Family puts knowledge and spirit to work on Paddle to Cowichan Bay, BC

By Fred Shortman, Editor

Over fifty Chehalis youth, adults and Elders took part in the huge regional return-to-traditions journey, the Paddle to Cowichan Bay in July.

Tribal members from scores of

Northwest coastal tribes pulled canoes, and were greeted on shore by hosting tribes. All learned and practiced centuries old protocol. The Chehalis Canoe Family worked together to pull the canoe over sometimes long, often hot stretches of open water.

Gail Miller, a Chehalis tribal skipper said, "The Canoe Journey gives us something to hang on to, something to look forward to, and to continue to work on. Our canoe family worked year-round to get where we are today, from learning songs, to training, to fund raising."

More stories in September issue.

Youth, Adults, Elders Know Cedar Harvest Reaps More Than Bark

By Fred Shortman, Editor

About 10 people joined in a cedar bark harvest in June. Derek Youckton, Dept. of Natural Resources, led the way up to the hills south of Adna designated for cedar bark harvest. Many rode in the youth van; others drove their own vehicles. A blessing and thanking to the trees for sharing with us, was offered before harvesting began. We were reminded not to be angry or upset while performing this harvest.

Cedar bark harvest is done from July to August. Normally one third of the bark is harvested from the tree. As these trees were due to be felled by loggers, the permit allowed stripping of as much of the tree as possible.

A safe perimeter was established by the logging crew and the harvest began. During the harvest, the sounds of chainsaws and crashing trees filled the air.

Participants learned that a hand saw, knife, and some good gloves are needed to

See CEDAR BARK, page 4



Scarlet Romero (age 19) learned how to harvest cedar bark. After stripping bark from the tree, Scarlet coiled and tied the cedar strips for later curing.

The 2008 Fireworks Season: A Celebration of Tradition, Pride, and Business Savvy

■ Selling fireworks isn't just a side business. It's a major part of the economic success of Chehalis tribal families. It's a celebration.

By Fred Shortman, Editor

Fireworks are a Source of Pride

The 2008 fireworks season was as spectacular as the tribe's fireworks show. Stand owners honed skills useful for running small businesses. Pride swelled in the heart with each explosion of light and sound. Tribal members came together to share tradition, to remember those who have passed on, and to honor a couple's new life together. Fireworks are a celebration of freedom, community, culture, and success.

See FIREWORKS, page 4



The tribe's fantastic fireworks show can take more than eight hours to set up. It takes trained volunteers wearing safety gear. Thanks to Dustin Klatush, Manny Medina, Sean Ortivez, Walter Lewis, Virgil Thacker, Crazy Jack, and Barnaby Canales for another awesome Fourth of July!

FirstName LastName
Street Address
City, ST Zip

At Great Wolf Lodge:

Governor Meets with Tribes to Sign Centennial Accord



In front row, at left is Chehalis Tribal Chairman, David Burnett. At right is the Honorable Christine Gregoire, Governor of the State of Washington.

By Jeff Warnke,
Director of Government Public Relations

Governor Christine Gregoire signed a proclamation on April 28, 2008, reaffirming the State of Washington's commitment to the Centennial Accord and to working with tribes on issues in common.

The Centennial Accord is an annual tradition that started in 1989. Tribal leaders and Governor Booth Gardner outlined an agreement to work on a government-to-government basis, improving relations and committing to be more responsive to tribal issues. The Centennial Accord has been honored in its spirit and process by Governors Gardner, Locke, and Gregoire for almost 20 years.

This year, the Great Wolf Lodge was host to the meeting between the tribes and Washington State. The state was represented by Governor Gregoire, Attorney General

Rob McKenna, and the heads of 16 state agencies. There were more than 250 tribal representatives who came to voice concerns, as well as remark on progress since the Accord meetings began almost 30 years ago.

The all-day meeting touched on topics ranging from law enforcement, taxation, natural resources, state funding of Indian programs, tribal gaming, and recent activity in the state legislature. The legislative highlights centered on the recent passage of laws that included greater police powers for tribal police officers, as well as protections of human and cultural remains.

The last order of business for the day was an opportunity for tribes to give direct feedback to the Governor regarding the state and how to better work with the tribes. The Governor seemed moved by stories of how the state has worked well with tribes, as well as how the state has not.

Youth Travel to Warm Springs, Honor Elders

By Nancy Romero,
Heritage and Culture
Coordinator,
with Tony Medina,
Youth Center Director

The 2008 Northwest Indian Youth Conference was held Memorial Day Weekend at the Warm Springs Reservation in Oregon. The Warm Springs people are so friendly and very cultural. The conference had several good guest speakers and activities about learning to say, "No," and how to stand up and be heard.

The main focus for this conference was honoring the Elders. During the Tribal Days Weekend, the youth made giveaway gifts for the Elders attending the conference. The youth made about 60 beautiful gifts, from necklaces to key chains. The most powerful moment was watching the youth give them out at the powwow. The Elders were very grateful. It was awesome!

The conference included workshops on tradition, culture, basket making, drug and alcohol prevention, education, and HIV/AIDS awareness. There was also a youth dance and a surprise visit by Litefoot, a Native rap artist. We also participated in the Celilo Longhouse, sitting on woven mats with the men on one side and women on the other.

Some of the kids went horseback riding. Kendall Medina participated in the 5K fun run. It was already warm when it began. He got a little tired, but there were two beautiful young ladies who helped keep him going! At the closing ceremonies, Kendall took first place in his age group! I was very proud of him. Great job!



Left to right, front row: James Quilt, Carol Ann Black, Kaylee Trott. Middle row: Art Medina, Skylar Bracero, Kendall Medina, Marla Medina, Leslie Boyd, Joyce Thomas. Back row: Corrie Medina, Sarah Quilt, Nancy Medina, Junior Jack, Tony Medina. Not pictured: Daryn Jones, Joleen Medina

"The People's Council"

Bringing Civil Rights to Indian Country
Conference: September 7-10, 2008
at the Great Wolf Lodge

**Featured Speaker: Eloise Cobell,
Blackfeet Nation, Lead Plaintiff in
Cobell v. Kempthorne**

Conference fee is \$75 per participant
and free to youth and Elders

washingtonindiancivilrights@gmail.com

The Intertribal Intergenerational

Women's & Girls' Gathering

August 21-24, 2008
Camp Thunderbird
Summit Lake

Get your information packet and
registration forms at the clinic.

Fathers, Children Stay Warm on Special Day

By Andy Olson, Fisheries Biologist

This year's Fatherhood Fishing Day was held on Friday, June 20, at the site of a tribal restoration project that began in 2007 on Garrard Creek. The new site was a pond created to recharge groundwater in the area by holding rain and floodwaters on the land so that they can slowly seep into the groundwater. The kids had more room to spread out to catch fish. The pond was stocked with nearly 500 trout a week before the event so they could get good and hungry and be easy for the kids to catch.

It rained, but that didn't dampen the kids' spirits. They fished in the rain unfazed at least until they were completely soaked. Several of the kids caught very large trout. The crowd under the awnings was a happy one. They all enjoyed a picnic barbecue and got to know each other better while they tried to avoid the raindrops.

Evelyne Kalama commented, "The Fatherhood Fishing Day was one of the best days for my son and his father, Kai Ramirez and Lorenzo Ramirez. It was the first time that either of them went fishing, and they had a good time. I want to thank Dennis Cayenne for the spinner he gave to my



Despite the dreary day, Gary Ortvez and his son, Hunter, enjoyed spending time fishing together.

husband, so he will become a pro fisherman while he is in Alaska.

"We had a great time. Thank you to all of the parents who came and supported their children. Thank you to Andy and Natural Resources for the fish and poles. You guys are great."

Burn Ban, Gate Locks, and Trash Talk

By Glen Connelly,
Environmental Program Specialist

Burn Ban on Now

Due to dry conditions, a burn ban has been declared for the Chehalis Reservation to minimize the risk of wildfires. Please note the following rules: No burn barrels. No burning of yard debris. No fireworks.

Having small fires for ceremonial purposes and using smokehouses are acceptable as long as they are well controlled and monitored with appropriate fire control tools, such as water buckets and shovels.

Tribal Property Access

The tribe has purchased various properties on and around the Chehalis Reservation over the last ten years. To protect tribal property from thieves and vandalism, many of these properties have been fenced and gated. The Chehalis Department of Natural Resources (CDNR) uses two types of locks on gates.

CDNR recognizes that tribal fishermen need access to their traditional fishing areas. We have locked these gates with a set of black locks and issued keys to those fishermen who need access.

Larger black locks with plastic covers are being used to protect tribal property and prevent public access. Only tribal employees with a business reason to enter the property will be issued keys to these areas.

Trash Update

The new convenience station at the old Hamilton farm is now complete. The tribe built a short wall next to a 40-yard dumpster to make it easier for people to dump their extra trash. A sanitation worker will operate the convenience station on Saturdays and Sundays, assist people with loading the dumpster, and ensure that the dumpster is used only by tribal members.

Most of you already pay for weekly trash pick-up by LeMay (through Tribal Housing) and you should continue to use that service for your everyday trash. You can use the tribal dumpster for extra garbage or larger items like mattresses or furniture.

For further information, please contact Glen Connelly, Environmental Program Specialist at 273-5911 x1854.

General Council Meeting Notice

The next General Council Meeting is on Tuesday, September 9, 2008, 5:00 at the Tribal Center. Agenda items include:

- Business Committee nominations (voting will be at November's annual meeting)
- Allocation changes
- Public ordinances (pick up a copy at the Tribal Center)
- Community Center (pool risks)

Remember to Vote in Primary

2008 is an important election year for state and federal offices. Let your vote count!

If you are not registered to vote, stop by Nancy Romero's office and pick up a form, or call her at 480-2911 and she'll be happy to bring you one.

Chehalis Tribal Newsletter



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

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: First week of each month

Business Committee

David Burnett, Chairman
Don Secena, Vice Chairman
Jessie Goddard, Treasurer
Joyleen McCrory, Secretary
John Shortman, 5th Council Member

Chehalis Tribal Newsletter Staff:
Fred Shortman, Communications Coordinator



The Confederated Tribes of the Chehalis Reservation...

"People of the Sands"



Honoring our Elders: Gladys Brown

"...could do anything a man could do, and probably do it better"

Written by Gladys Brown's niece, Jeanette WhiteClaw

Portions of this story were originally written by Gladys's niece, Jeanette WhiteClaw in February 2004 for a celebration held in the Elders' Center for Gladys's 92nd birthday. Gladys was born in 1912 to Earnest Beckwith and Lizzie Williams. She had five brothers and four sisters. In 1933, she married Wesley (Jack) Brown. In 1947, she and her husband, Wesley (Jack), moved and raised their three boys and six girls in California. They returned to Oakville in 1967 to help care for her aging father. On July 28, 2008, Gladys Grace Beckwith Brown passed away at the age of 96. She leaves behind 31 grandchildren and 126 great grandchildren and great great grandchildren.

When asked what she enjoyed doing, the family had a hard time coming up with specific interests. Since Gladys had nine children, she and Jack spent their lives raising the kids and doing everything necessary to provide a good home and upbringing. She and Jack planted a huge vegetable garden, and she planted a flower garden. Most of their energies were spent on providing for their large family. After her immediate family was raised and on their own, she raised her granddaughter Carmen.

Gladys thought that going hunting with Jack was fun. Gladys, her son, Ken, Jack, and I would go hunting in the woods. She had a rifle on her shoulders. Of course I tagged along, because Gladys was an excellent cook. Yummy! And there wasn't anything better than friends, food, stories, and mountain air!

She liked working outside the home and had various jobs around the Tribal Center into her 70s, such as receptionist and cook. She liked being around people, so her working beyond the age of 70 wasn't surprising.

Gladys could do anything a man could do, and probably do it better. What a cook! She could whip up meals for 12 people with everything made from scratch. Gladys had many interests, like fixing cars. I thought everyone did that. It was nothing to see our Gladys's head under the hood of the car. Her kids thought nothing of it, because it was just one of her many resourceful talents. She drew from her resourcefulness, often out of necessity. She was truly a role model for her children.

Gladys was very involved in tribal politics. She served on the Business Committee and other committees until she could no longer drive and be as independent as she liked. She said she served on the Tribal Business Committee more than two times.

Gladys attended the Assembly of God in California. When she moved back to Washington, she attended the Little White Church on the reservation and the Oakville Assembly of God. She enjoyed traveling to different reservations to attend churches, camp meetings, and fellowship meetings.

Her daughters remember how much

Gladys enjoyed her family. Betty's fondest memories were when they had large family gatherings on the holidays. Nadine's most inspirational memories were when she heard her mom praying for her children. Nadine also loved the times she wanted to skip school (very occasionally). Her mom would pick her up and they would go shopping. June "Tiny" remembers her mom always finding the time to give her a ride home from after-school sports activities, allowing them a little time together alone.

Gladys had a very funny sense of humor. One time we were talking about people reaping what they sowed: *If we're good, we'll get something good. If we're bad, then we'll get something bad.* She wanted to know why some of those people who do bad things, don't have bad things happen to them. I told her that we'd understand it better, *by and by*, like the song we sing in church. She shook her finger and in a mocking tone, laughingly said, "I want to know NOW!!!"

While being her chore worker, I enjoyed taking Gladys to town, to the grocery



Gladys and Jack Brown in a photo estimated to have been taken in 1983. Photos were provided by the family.

store, Bible study, and wherever she needed to go. The times spent with her were priceless. I would like to thank her granddaughter, Carmen. You did so much for Gladys. You and your children filled her life with joy. You made her heart glad.

Gladys, you have so many stars on your crown, and you have earned every one of them. Gladys, I'm going to sing this song for you, "Farther along, we'll understand it better by and by; and the Lord says all we need is a joyful noise; maybe my voice isn't joyful to you; but to the Lord it is!" When we go to heaven, we'll all have the same tune. Gladys, I love you and will always remember you.

The family would like to thank everybody for their prayers, donations, time, and efforts. They are greatly appreciated.

Tribe Puts on Over-the-Top Event to Honor HS Grads and Families

By Cheryle Starr, Events Coordinator

On Thursday, June 12, the tribe had a recognition dinner for the 2008 high school graduates. Set up by the events coordinator and the TELO Program, the event was held at the Lucky Eagle. Dinner was provided to all who came to honor the graduates. Music accompanied a slide show of photos of each graduate. A hypnotist provided entertainment after the dinner.

Pendleton blankets, eagle feathers, coats, duffle bags, Great Wolf Lodge stays, steak house certificates, and gas cards were given away as raffle prizes and awards. Parents also received a blanket, as well as a thank you for doing such a great job getting the graduates to this point in their lives.

- The Chehalis tribal high school graduates and their families are:
- **Stephanie Medina** – Alicia and Barnaby Canales; Gloria Jones
- **Sara Myer** – Carla Thomas; Josephine and Frazier Thomas
- **Jimmy James** – Amil Starr, Sr. and Sally James; Ben and Violet Starr
- **Jake Burnett** – David and Farah Burnett; Nadine and Jimmy Burnett
- **Jeremy Fanning** – Joyce and Scott Fanning; Grandma Faith Secena
- **Chelsea Sharp** – John and Kelly Sharp; Marcy and Ron Sharp

Great job! Good luck with your continued education!



Presenting the "Class of 2008" (left to right): Stephanie Medina, Sara Myer, Jimmy James, Jake Burnett, Jeremy Fanning, and Chelsea Sharp.

Program Launches Tribal Artists' Careers

By Janet Chapman, Project Manager

In November 2007, Chehalis Tribal Enterprises developed an initiative to encourage the production of Coastal Salish art by Chehalis tribal artists.

The intent of the Arts and Economic Development Initiative (AEDI) was to find unknown and emerging artists. The program provided tutelage, exposure, and opportunity, and boosts both interest and confidence in the Coastal Salish art form among previously unknown tribal artists. It is a no-cost program.

Eleven artists (Skokomish, Squaxin, Cowlitz, and Chehalis tribal members) were tutored by Master Artist and Printer, Peter Boome (Upper Skagit). The artists ranged in age from 14 to 45 and most had no prior experience with the Coastal Salish art form. They were presented with 100 hand-screened prints of their pieces.

Chehalis Tribal Enterprises then assisted the artists in finding outlets for sales and display of their prints in local galleries, gift shops, etc. A calendar is in production for

2009 featuring the artists' pieces.

In mid June, the AEDI had its first opening at Wildtrout Gallery in downtown Chehalis. Pieces were beautifully framed and matted and featured as the gallery's Artists of the Month with a reception and local media coverage. All the pieces will hang in the gallery throughout August.

Individual, unframed or matted, limited edition prints are available for purchase at the gallery, the gift shop at the Eagles Landing Hotel, or from the artists themselves. You can see all of them at the Chehalis Tribal Enterprises office. Contact information for the artist is also available.

Look for the 11"x14" calendar to be available soon. The profits from the sales of the calendar are intended to fund another cycle of the program in January 2009. We will be looking for 12 new artists for the next year (six in January and six in April), so if you are interested, contact Janet Chapman at Chehalis Tribal Enterprises, 273-6664.



Artist Selena Latch displayed her work at the Wildtrout Gallery opening the middle of June.

Tribe Joins in Journey to Protect Sacred Sites

By Tony Medina, Director of Youth Center

Friday, June 20, the Chehalis Tribe hosted 15 people participating in the 2008 Peace and Dignity Journey, a walk from Alaska to Panama. The Peace and Dignity Journeys are dedicated to healing our nations.

The 2008 Journey is focused on preserving sacred sites throughout the Americas. Indigenous people are facing threats to our culture. We must fight against corporate capitalism that seek to exploit traditional land held sacred by the

people. Without these sacred sites, indigenous people stress that an unhealthy ecosystem on earth will make it difficult for human beings to exist.

The Peace and Dignity Journey invites both Native and non-Native people committed to the preservation of Native American culture to participate. If you are interested in participating as a runner, contact (559) 228-0733; or pdjrunner@yahoo.com.



Chehalis tribal members joined in prayers during the The Peace and Dignity Journey stopover at the tribe. The Journey strives to bring the sacred staffs to as many communities as possible to spread the word of protecting indigenous sacred sites.

4 Cedar Bark

(continued from page 1):

harvest cedar bark. A saw is used to cut from the base of the tree. A knife is used to make vertical cuts up the side and pry the bark away from the tree—enough to get a good grip on it. The bark is pulled upward to peel it away from the tree. It is amazing how easy it is.

Cody Revay (age 11) had a little trouble, as well as a bit of fun, swinging from a stubborn strip of bark. Dino Hicks finally helped him pull it off the tree. Cody helped haul the strips out to people waiting to prepare them for cleaning.

Nancy Romero, Scarlet Romero, and Marie Griswold used knives to remove the bark to make it into usable material.

Marie cleaned the material with a knife to separate the bark. She then coiled it and tied it for curing. This material is used to make baskets, hats and mats. It is hard, time consuming, and monotonous work, but the finished products are awe-inspiring. Half of the bark harvested that day was donated to the Elders program.

Working alongside the Elders, learning how to harvest cedar bark, listening to their stories, and sharing our memories uplifts and recharges the spirit. It is a time of good thoughts and ideas. It is a time of experiencing tradition and connection with the Elders and ancestors. It is an enlightening experience.

A permit is required to harvest cedar bark. Any questions, contact Mark White, Director of Natural Resources 273-5911. Learn about our culture—experience it for yourself!



Cedar bark harvest participants included (front): Evelyn Penn; (middle row, left to right): Tyler and Derek Youckton, Scarlet Romero, Nancy Romero, Cody Revay, Elder Marie Griswold, Elder Carolyn Sloppy, and Stacy Brown; (back row, left to right): Ray Griswold, Dean (Dino) Hicks, Gerald Sloppy, and Shawn Goddard.

Tribal Staff Profiles



Cindy Gamble, Health Services Director

My name is Cindy Gamble and I am proud to be the new Health Services Director for the Confederated Tribes of the Chehalis Reservation. I am a member of the Tlingit Nation in southeast Alaska. I am an Eagle and my clan is the Kaa Xoots Hit Taan, the Man's Foot Clan. My husband, Jerry, and I have three adult children: one daughter and two sons.

For the past 22 years, I have worked for the Southeast Alaska Regional Health Consortium (SEARHC). Its mission is, "To offer the highest quality health care services in partnership with Native people." Native people deserve the highest quality of health care services. Native people also have a responsibility to our traditional values of respect for our bodies, our spirit, our values, and our culture. We have to be committed to do the hard work of personal wellness and sobriety—to take care of our children, our Elders and our Mother Earth.



Suzanne Coombs Retires

By Tracy Mitchel, Pre-Kindergarten Teacher

Suzanne Coombs is retiring this year after eight years as a Head Start teacher for the Chehalis Tribe. She came to us with over 20 years of early childhood education experience. Previously she worked for the Yakima Head Start Migrant Program and Olympia Childcare Center. She is moving to Baker City, Oregon, to be with her husband.

More than anything else, Suzanne said she will miss the children, their families, and the friends she made while she was here. While she is very sad to leave, she is looking forward to spending time with her husband, her children, and their families. She and her husband have plans to remodel their house, spend lots of time in the garden, and travel.

The Head Start staff hosted a going away party on June 26. Families, community members, and tribal staff stopped by to wish Suzanne farewell. She will be missed by all.



New Wellness Center staff (left to right): Cori Fleutsch, Donna Elam, and Norine Wells. Call us at 273-5504.

The Chehalis Tribal Wellness Center (CTWC) has been very fortunate to have these dedicated staff members. It is a pleasure to introduce the newest staff to you:

Cori Fleutsch, RN Nurse Manager

Cori Fleutsch is our new RN nurse manager. Patients of Dr. Wiley may remember Cori as a nurse at Northwest Pediatrics. Cori enjoyed her experience here so much that when the full-time position opened up, she jumped to apply. We are thrilled to have a nurse manager, as well as have Cori back with us.

Donna Elam, Physician's Assistant

Donna Elam is a certified Physician's Assistant. Donna spent the last seven years working at Sea Mar Community Health Center where she treated over 1,000 patients. Donna is very knowledgeable and energetic. She is already a great addition to our CTWC family.

Norine Wells, Contract Health Services Manager

Norine most recently worked at the Nisqually Health Clinic. She brings great experience in health care management. We are very happy to have her as the new CHS manager.

Fireworks

(continued from page 1):

How it Works

The Fireworks Committee sets the prices on firecrackers, bottle rockets, artillery and family packs. The prices on many of the products rose due to gas prices. Advances in pyrotechnics have produced some amazing new stuff. Each stand owner had to meet the deadline to purchase their *Fireworks & Helpers Permit* with half of the proceeds going to the fireworks show that was matched by the Lucky Eagle Casino. There were 79 fireworks stands this year located in different areas throughout the reservation (Thunder Valley, Thunder Valley II, Moon Road, Top of the Hill, Thunder City Mall, Indian Country, Tribal Center).

A Wedding and...

At 9:00 a.m., Pastor Marie Bird married Barbara "Boo" Mora and Gus Dominick at their fireworks stand "Ghost Busters" on the Richardson property. The reception was held at the baseball field before the fireworks show. Congratulations and good luck!

On the basketball court was a tribal "Remembrance Fireworks Show" for those who have passed on.

Safety First

Our licensed pyrotechnician, Barnaby Canales, set up the fireworks show with help from tribal member volunteers. It can take more than eight hours to prepare for a one-hour fireworks display.

This show is operated with safety as the number-one priority. Wearing appropriate safety gear (firefighter jackets, motorcycle helmets, and eye protection), volunteers are assigned responsibilities such as lighters, loaders, box man, and counters.

Adjusting for wind conditions is an art in itself. Tribal law enforcement officers set up and enforced a safety perimeter. The pyrotechnician and volunteers held a safety meeting.

The fireworks show was stupendous! It started off with salutes to get everybody's attention, and then progressed to cakes and mortars. The finale was a combination of cakes and salutes, a dazzling display of color, light, and the sound of cannons.

Thanks to Tribal Volunteers

Thanks again to tribal members Dustin Klatush, Manny Medina, Sean Ortez, Walter Lewis, Virgil Thacker, and Barnaby Canales, licensed pyrotechnician, for another awesome Fourth of July!

A lot of work and planning goes into fireworks stands and shows:



Each stand owner puts a lot of effort into their business including marketing strategies, purchasing, maintaining stock, and hiring helpers. Some of the names painted on their stands are quite unique. The artwork was awesome.



A ditch is dug to hold the "guns," metal tubes, ranging from 4" to 12". Shells for the main body of the show are separated according to size, placed into ready boxes, and covered to prevent accidental discharge. The finale rack, consisting of a combination of cakes and salutes, is next to be set up. This makes the finale end with a "BOOM!!!"

With a Few Simple Changes Diabetes Can Be Prevented

By Cindy Beck, Project Coordinator

Did you know that diabetes can be prevented? Some simple changes can help decrease your risk for diabetes. Staff at the Diabetes Prevention Program [DPP] office in the Chehalis Tribal Wellness Center can help you get started on the road to preventing diabetes. Come talk to Pat Odiorne (director), Cindy Beck (project coordinator), Lynn Hoheisel (community outreach), and Cathy Visser (dietitian), or call 709-1744.

The main ingredients to good health and preventing chronic diseases like diabetes are exercise, healthy diet, stress reduction, and adequate sleep.

DPP also helps people make healthier food choices, and reduce portion sizes. Many people know which foods are healthy, but don't take the time to cook. Below is one of Cathy's recipes that is easy to make, takes only 30 minutes to prepare, is healthy for you, and is super delicious!

Oven Baked Fish

- 1/3 cup all-purpose flour
- 1/4 tsp. pepper
- 1 egg
- 2 tbsp. water
- 2/3 cup crushed corn flakes
- 1 tbsp. grated parmesan cheese
- 1/8 tsp. cayenne pepper
- 1 lb. haddock fillets (or other fish)

- Preheat oven to 425°.
 - In a shallow bowl, combine flour and pepper.
 - In a second bowl, beat egg and water.
 - In a third bowl, combine corn flakes, cheese, and cayenne.
 - Dredge fish fillets in flour mixture, then egg mixture, then coat with corn flake mixture.
 - Place fish fillets on a baking sheet coated with nonstick cooking spray.
 - Bake for 10-15 minutes until fish flakes easily with a fork.
- Serves 4, 177 calories per serving.



Diabetes Program Staff, clockwise from top left: Cathy Visser, Pat Odiorne, Lynn Hoheisel, and Cindy Beck.

Walking is a Win-Win!

DPP sponsors Community Health Walks. If you walk or exercise on the third Thursday of each month for at least 20 minutes, let us know and we'll enter your name in a raffle for a sweatshirt!