**Program News**

**Buy an Electric Toothbrush and Save Money**

Our Dental Program is dedicated to helping tribal members keep their smiles bright. To keep your smiles bright, we are offering toothbrushes priced at cost. Remember, brushing and flossing in the morning and evening will greatly decrease tooth decay and gum disease.

- Sonicare Flexcare electric toothbrush $68.00 (Walmart $136.24 and Target $169.99). The dental clinic sells these at cost.
- Crest White Strips $30.00. We only have four left at this price (Target $149.99).
- Crest Whitestrips $30.00 for a one-month supply. (These are professional strength, not available in stores and can only be purchased from a dental office.) Contact Meghan Eaton at the Dental Office, 360-709-1459.

**Our Kids are Getting Healthier**

Many Chehalis tribal parents brought their children for well child checkups and dental exams. Some were surprised when they checked their child’s health records. “A lot of parents thought their children were caught up in their health care, but they weren’t,” said Debbie Shortman, Eligibility Specialist. After the checkups, parents went away feeling great because they had helped their children catch up.

- At the clinic we provided a Walmart card from Tony Medina, Youth Center Director, after they received certification on their health records.
- Our Kids are Healthy.

**Join Diabetes Walk on Third Thursday of Each Month**

Don’t forget our diabetes walk every third Thursday of each month. Let’s keep the walking stick at our Wellness Center. Our community won the stick last back month. Even if you don’t walk with the group, if you walk a distance, you can contact Donna Hoheisel at 360-709-1744.

**Screening Shows Some Youth Lack Iron**

Recently the Chehalis Head Start Program conducted lead screening tests on the students. Only two cases of lead were discovered. Lead was not Chehalis tribal members. But, it was discovered some of the five preschoolers had low iron. Insufficient iron can cause tiredness. Often, low iron is caused by a diet that is low in protein. To ensure enough iron for your children:

- Sonicare Flexcare electric toothbrush $68.00 (Walmart $136.24 and Target $169.99). The dental clinic sells these at cost.
- Crest White Strips $30.00 for a one-month supply. (These are professional strength, not available in stores and can only be purchased from a dental office.) Contact Meghan Eaton at the Dental Office, 360-709-1459.

**Elders Bazaar Attracts Savvy Holiday Shoppers**

By Fred Shortman, Editor

On Saturday, December 6, the Elders held their Annual Christmas Bazaar at the Lucky Eagle Casino events center. It was the largest bazaar yet, with over 60 vendors and 85 tables. The Elders had a raffle and a silent auction and bake sale. The food was outstanding: chili, fry bread, clam and oyster chowder, and spaghetti. All proceeds from this bazaar contribute to the Elders trips and dinners.

This is the fourth or fifth year we’ve had this at the Casino. It was held at the Tribal Center a long time ago. We also held it at our Elders center, but the location is kind of out of the way.

A huge number of Christmas shoppers showed up to buy arts and crafts made available by Chehalis at the Annual Christmas Bazaar.

**Art Auction Brings in Endowment Funds, While Showcasing Talent of Tribal Artists**

By Fred Shortman, Editor

SPPA’s Ninth Annual Native American Art Auction and Dinner was held at the Great Wolf Lodge on Saturday, November 15. SPPA maintains its motto of “Building Tribal Communities for the Future.” They continue their commitment to deliver social, human and health services by providing training and technical services, resource development, and planning to the five tribal communities they serve.

Seventy-five percent of the proceeds from this art auction and dinner will be invested in an Endowment Fund. The remaining twenty-five percent will be used to meet the immediate needs of the five tribes’ youth and Elders programs.

There were about 250 people who came to bid on one purchase artwork that was displayed in the Grand Ballroom. This was a smaller number of people than in past years, but the ones who showed up brought their pocketbooks. SPPA’s art and dinner auction successfully raised $42,774.

This event included a stunning live and silent auction, featuring Coastal Salish artwork. Many items were donated by artists in and around the area, from prints, glasswork, flutes, paddles and much more.

There were many talented tribal artists who donated to this auction. What an exhilarating evening, witnessing artist- and wearer-donated items being bid on in the live auction. For those who have never been to a live auction, it makes your heart race with anticipation as the bid price begins to skyrocket.

There were prints donated by several of our Chehalis tribal artists. Selma Latch’s print, “Dream as a Heartbeat” went for $220; Bill Thom’s or Will of Two Worlds print “Eclipse” was purchased for $350; Waiaka Wittwer’s Chehalis Dance went for $150; Maric Griswold’s Cedar Hat went for $350. Dan “Bones” Cleesen, Sr., performed an opening speech and prayer blessing the auction. Live entertainment by Mitch Factor left everyone laughing in their seats and provided a good and giving mood while people were eating. Co-Auctioneers were: John Simmons, Nisqually Tribe, and Debbie Gardipee-Reyes, Blackfeet Tribe. They did an excellent job keeping the auction going smoothly.

Jamie Capreeman, a Quinault artist who

**See Art Auction, page 4**

**Tribe to Open Gas/Convenience Store in Grand Mound**

Twenty new jobs created during tough economic times.

By Sarra Burnett-Lisio, Planning Administrative Assistant

Our End of the Trail chain is getting a new member of the family! The End of the Trail III is being built in Grand Mound, adjacent to the Great Wolf Lodge. With this location, near I-5, Old Highway 99, and State Route 12, it’s sure to see plenty of business.

The building is on a 4-acre portion of the lot that Great Wolf is situated on. The building will aesthetically complement the Lodge, featuring a beautiful exterior like a log cabin. The store is expected to be close to 3,000 square feet, with about 120 square feet dedicated to fueling stations. There will be 12 fuel pumps for cars and 8 fuel pumps for semi-trucks. There will also be a drive-through that specializes in tobacco sales, which will focus transactions inside the store strictly on gasoline and convenience goods.

Glenda McNair, Manager of all of the End of the Trail stores, and Manny Medina, the location’s manager, are excited to be accepting and reviewing employment applications. There will be approximately 20 positions open for hire, with tribal member preference. To apply contact Sylvia Caymee, Personnel Clerk at 360-273-5911.

Tribe members can look forward to a soft opening date near the end of January.

See Convenience Store, page 4
Multi-task and Have Fun! Learn Carving and Chehalis Language at the Same Time

By Dan Penn, Language Coordinator

I am very hopeful that we can come together to meet this challenge. Come join our classes and enjoy everyone's company as we learn together.

Tips for Cleaner Air and Safer Homes:

- Burn only clean, untreated wood. It is illegal to burn anything else. Paper is legal only for starting a fire.
- Use dry wood. Wood can seem dry and still contain plenty of moisture, up to 50 percent. The moisture in wood makes a fire give off more smoke. Dry wood can provide up to 44 percent more heat. For best results, split wood and stack it at least six inches off the ground. Allow wood to dry under cover, preferably in a shed, for six months to one year before it is burned.
- Give your fire plenty of air. Don’t overload your wood-burning device or damper it down too far. Build small, hot fires. These fires burn cleaner, prevent creosote build-up, produce more heat and can use less wood.
- Check your chimney. Lots of smoke means your fire needs air. An efficient, legal fire emits heat waves and just a whip of smoke. Be considerate. Don’t smoke out your neighbors.
- Be careful burning manufactured logs. These logs are legal. Use extra precaution; follow the product instructions. Use recommendations in your stove owner's manual.
- Above information adapted from ORCAA. Wood stove heating devices account for 60% of the air pollution impacting a residential community members and staff.

Tribal Youth Dylan Wheeler, the Gutierrez Family, Veronica, Paco (age 2) and Francisco prepare for a Thanksgiving feast at the Head Start Community Dinner.

Youth and adults alike work side by side learning to carve small dug-out canoes. While carving, they practice speaking the Chehalis language, learn about carving safety, and enjoy each other's company.

Community Thanksgiving Dinner Brings Families Together

By Tracy Mitchell, Pre-K Teacher

You Can Help Reduce Air Pollution

By Glen Connelly, Environment Program Specialist

The Head Start Program has a yearly Christmas with Santa for all the Head Start children. This is the holiday season for giving, so the parent and policy committees volunteered their time and set up fundraisers.

The Head Start Christmas with Santa fundraising goal was set at $500. With the help of the volunteers they successfully raised over $2,000. The combination of a bake sale, Christmas tree silent auction, 50-50 raffle, and a dinner provided at the general council meeting, they far exceeded their initial goal. Thanks to the community for all the support! Awesome effort by all the volunteers!

The Head Start/Early Head Start Annual Community Dinner was held on November 12. According to Annie Jones, Head Start Cook, this tradition has been going for over 20 years. She said she thought it was started when Roberta Secena was Head Start Director or maybe even before that. Annie has been in charge of it for over 14 years.

In the beginning it was a small celebration held in the Tribal Hall to thank the members of the community for all the support they provided to the Head Start Program. For many years Annie cooked all the food, but the event has grown so large that we now have it catered by the Lucky Eagle Casino and the dinner is held at the Youth Center. This year we had 163 people sign the guest book.

In addition to sharing a meal, the HIS/EHS Family Services team put together information about planning for natural disasters, and information about creating an escape plan with your family in case of a house fire. I hope everyone picked up a packet to share with their loved ones.

The Head Start/Early Head Start staff would like to thank the Youth Centre crew for setting up the tables for the meal, the Lucky Eagle Casino for the wonderful food, and Darrel Holstine, Head Start Cook, for serving the food. We would also like to thank the Elders, parents and community members who came to help us celebrate our annual Thanksgiving Dinner. Have a safe and joyful Holiday.
His name is Charlie Bowman. I’m the newly hired General Manager of the Chehalis Tribal Construction (CTC) Company. I grew up in Alamana, Arizona, and have lived throughout the Western United States. I am currently married for 18 years and have four children. I served in the Navy and was in the US Marine Corps and was discharged under honorable conditions.

I’m not a registered tribal member, but my family is researching the history of my great-grandfather, Sporov Hawk, of the Northern Cheyenne tribe. We found out that he’d escaped while on the Trail of Tears, and changed his name to Hawk Bowman. It’s been fascinating going through information, but we remain hopeful.

I have 30 years experience in the construction business with the last 20 years in construction management. It is a great opportunity to be hired to operate the Chehalis Tribes Construction Company. I believe there is a great opportunity for growth in the construction field. My goals are to implement a formal training program at the start of the new year. Our initial training project will include working with young people in the CTC office site. We continue to increase productivity and train personnel in safe professional construction. We are working to aggressively procure projects both on and off the reservation. Also, we plan to establish profit growth and institute project tracking.

The mission of the CTC is committed to providing the tribe with excellent construction and assisting in planning and decision making. We are committed to providing employment and training to the Chehalis Tribal members and other Native Americans interested in construction as a career. We will maintain a superior level of integrity, quality, pride and ownership in all of our projects.

My office is located on Anderson Road. Feel free to contact me at 360-273-1004.
Tribal Fisherman Host Fundraiser to Help Family After Fire
By Fred Shortman, Editor
On Friday, December 5, the Chehalis tribal fishermen had a fish plate fund raiser for Charles and Toni Black. The family lost everything in a house fire at their home in Hoquiam before Thanksgiving. The house was insured, but the belongings were not covered. They family is now in temporary housing, until they can get back on their feet.

They are housed in a very small apartment in Hoquiam, so if you wish to donate anything please make it a gift card that can be used at a later date. Money donations can be made at the Bank of the Pacific in Hoquiam, Charles and Toni Black, if you are interested. They are not looking for a hand out, so keep that in mind when you read this.

The couple had just received a per-capita, but most of that burn up with the house. Luckily their wiener dog, Frankie, made it out safely. To many of us, our personal belongings are priceless and irreplaceable.

Tribal programs were able to come up some funding to help, just like they did for the Dale and Paula Klatush family when their home caught fire back in May. To witness such compassion in helping a family in need is a true success.

Recently passed away, and his family was given a posthumous memorial plaque of recognition by the sponsor SPIPA. They were recognized at the dinner for his dedication to help our tribal community members who pass all of their classes! Job well done, student!

Tribal member Misty Hill buys a fish plate and donates to a family in need.

Eating Nuts Provides Heart Health
By Cindy Beck, Project Coordinator SDPI
Many people shy away from nuts and seeds because they think they are unhealthy, but most of that burnt up with the house.

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