

December 2008 Vol. 1/6

# 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 \$66.00 (Walmart \$136.24 and Target \$169.99. The dental clinic sells these at cost.)
  - Oral B Triumph with Smartguide \$30.00. We only have four left at this price (Target \$149.99)
  - 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, 360-709-1659.

## Our Kids are Getting Healthier

Many Chehalis tribal parents brought their children in for well child checks 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 checks, parents went away feeling great because they had helped their children be healthy. Each child received a Walmart card from Tony Medina, Youth Center Director, after they received certification on their health records.

## 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 back last month. Even if you don't walk with the group, if you walk at another time, contact Lynn 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. Both were not Chehalis tribal members. But, it was discovered some of the youngsters 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:

- Replace pop or sugar drinks with low-fat milk.
- Cut back on chips and snack food, and serve more protein, such as fish or chicken.

# CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦

## Honoring Elders:

## Dale Klatush, Sr.

■ He loves to work outside, taking care of the tribal grounds, page 3



## Everyone's Invited to Come and Carve While Learning the Chehalis Language

■ Carving class teaches about safety, tools, and carving techniques and provides Chehalis language lessons, page 2



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

## Elders Bazaar Attracts Savvy Holiday Shoppers

By Fred Shortman, Editor

■ Annual event attracts more vendors, and provides a wide variety of arts and crafts for shoppers to purchase.

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.

This location is ideal and the size of the building allows us more vendors," said Dolly Canales.

There were wall-to-wall vendors and customers in the big event center. You could find everything from clothing, carving, basketry, and baked goods. You could see smiles on everyone's faces as they shopped for their Christmas items, and found gifts that you couldn't find in the stores. Native arts and crafts are always highly sought after and the workmanship is outstanding.

Great job Elders and Nancy Romero in making this a success!

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

■ Twenty new jobs created during tough economic times.

By Sarra Burnett-Lisle, 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 the End of the Trail stores, and Manny Medina, this location's store 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 Cayenne, Personnel Clerk at 360-273-5911.

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

See Convenience Store, page 4

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

By Fred Shortman, Editor

SPIPA's Ninth Annual Native American Art Auction and Dinner was held at the Great Wolf Lodge on Saturday, November 15. SPIPA maintains their 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 tribe's youth and Elders programs.

There were about 250 people who came to bid on and 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. SPIPA'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 weaver-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. Selena Latch's print, "Drum as a Heartbeat" went for \$250; Bill Thom's or Will of Two Worlds' print "Eclipse" was purchased for \$350; Wakisa Wittwer's Chehalis Dawn went for \$150; Marie Griswold's Cedar Hat went for \$350.

Dan "Bones" Gleason, 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.

Randy Capoeman, a Quinault artist who

See Art Auction, page 4



Artist Peter Boone donated a magnificent print to raise money for Native youth and Elders. His wife, Lois, came to see the high bids his art brought in.

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## Multi-task and Have Fun! Learn Carving and Chehalis Language at the Same Time

By Dan Penn, Language Coordinator

əy itn sšmalak, nəxqola, cəncyəʔ itn sqəts  
wi Dan Penn. My good people, thank you,  
my name is Dan Penn.

Our current language program grant is geared toward learning to speak the Chehalis language (qʷəy'əoi'tq'), while carving at the same time. Presently, students of all ages are carving paddles and miniature canoes. Classes are being held every Wednesday 7 PM to 9 PM, and Saturday 1 PM to 3 PM, at the wood shop across from the tribal center.

The final carving project will be a shovel-nose river canoe. The carving classes are taught by Dave Wilson. Dave is an enrolled Lummi and brings over 25 years of carving experience to this project. His approach and knowledge helps mold the classes into something that is enjoyable to learn.

The language classes are being taught by Katherine Barr. Katherine grew up speaking the language in her home as a child. We are very grateful to have Grandma Barr's participation in this project. Her patience, knowledge and kindness, as she shares her knowledge of the language, bring a warm atmosphere to learn in. These classes are held every Wednesday 5 PM to 7 PM at the Resource Center.

The language program is also starting



**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.**

to develop more materials so that those who are interested can study at home. We have recently completed a talking alphabet

of the Chehalis language to be used with a computer. When the letters are clicked on, users will hear the sound that letter makes

and a word containing that sound.

In addition to this, there have also been several concept books developed for the Head Start Program. I've also modified the song, "head, shoulders, knees, and toes," for the children to sing. In order to create these written materials, we first had to make a font for typing IPA (International Phonetic Alphabet). IPA is the standardized writing system used by Dr. Kinkaid to represent the sounds of our language.

It has been very rewarding to see our youth participating in the language and carving program. It is difficult for some to make it to class regularly, but all attendance is greatly appreciated. As the Language Program Coordinator and student/teacher I am committed to sharing our language with any community member who comes to learn. In order for our language to continue on, we have a great deal of work ahead of us. 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.

## You Can Help Reduce Air Pollution

By Glen Connelly, Environment Program Specialist

Approximately half the homes in the greater Olympic Peninsula and coastal area of Washington have some type of wood burning device, ranging from wood stoves to fireplaces. Wood smoke is a threat to the health of our families and communities. Wood stove heating devices account for about 12 percent of Washington's overall air pollution.

In a typical wood heating season, especially at night and on weekends, wood smoke can account for about 80 percent of the air pollution impacting a residential area. In some areas, bad air days occur most noticeably during the winter months when wood is used for heating. Cool nights with little or no wind creates temperature inversions. Warm air layers over the cold air traps air pollution near the ground, creating hazardous conditions for everyone.

**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 wisp 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 information pamphlet.



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

## Community Thanksgiving Dinner Brings Families Together

By Tracy Mitchell, Pre-K Teacher

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 HS/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 Center crew for setting up the tables for the meal, the Lucky Eagle Casino for the wonderful food, and Darryl Hofstetter, 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.

## Head Start Christmas Fundraiser Surpasses Goal and Raises \$2,000

By Fred Shortman, Editor

The Head Start Program has a yearly Christmas with Santa for all the Head Start children. It will be taking place in the Friday morning on December 19. The children will receive a present and have their picture taken with Santa. 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 \$750. 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!



**Policy Council Member Angie Gosenberg, husband, Ross Gosenberg, and Parent Committee Member Margo Gosenberg sell baked goods, 50-50 raffle tickets, and have a silent auction at the Tribal Center to raise money to fund the Head Start's Christmas with Santa.**

## 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.

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Contributing writers, artists, and photographers include Chehalis tribal community members and staff.

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## Business Committee

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**The Confederated Tribes of the Chehalis Reservation...**

"People of the Sands"



## Honoring our Elders:

# Dale F. Klatush, Sr.

**"...If a job needs to be done you can depend on him."**



*Dale F. Klatush, 80, Parents: Walter Klatush and Mena Secena; Grandparents: Dan Secena and Alice Kitsap; Three brothers:*

*Gordy, Richard "Tootie" and Jimmie; Four sisters: Lorraine, Jane, Gloria and Pauline.*

*Dale was married twice, first to Vivian Young, who had one son from a previous relationship. Together they had seven children, four girls: Joyleen, Colleen, Karen and Beverly; and three boys: Larry, Dale, Jr., Bruce, Sr. His second marriage was to Rosetta Wells-Klatush and lasted for over 40 years. They didn't have any children together, but they raised her two boys, Joe and Mike Sanders.*



Dale loves working outdoors, keeping busy, and mentoring his first and oldest grandson, Kevin Albert.

Dale Klatush, Sr., grew up on the reservation and lived with his grandparents, Dan and Alice Secena in a house located on the prairie. The home is no longer there, but Dale still remembers it and the prairie. "Back then, the prairie was all open without any brush like it is right now," he says.

During these early years, Dale got his start in being active. "There were lots of things to do outside and not much inside," he remembers. "There were four or five horses, an apple orchard and a family garden that we tended to."

He also remembers how everyone got around, "We didn't have wheels at this time. You either walked around, rode horseback, or went by horse and buggy."

Dale says his family's barn was located on the south part of the prairie. Near the barn was a rodeo pit used for local rodeos. Sometimes, Dale and his friends would overdo it, and ride when they were supposed to be doing other things. "We'd catch heck from our folks for riding," he says with a laugh.



Dale was a natural athlete and a top pitcher in high school. This picture was taken while playing for a semi-pro baseball league in 1950's.

For more fun, Dale would play football with the Beckwith and Beeler kids who hiked out from town. Ike Beeler was a big basketball star, and one of Dale's many friends from Oakville.

When Dale is asked to describe the reservation back then, he says simply, "It felt like home"

Back then, Grand Mound seemed like quite a distance away. There weren't many buildings, but Dale recalls many Chehalis and other Native people lived there.

Buildings were lacking on the reservation, too. "The tribal center was smaller and the dental office was in a single wide trailer," he says.

Dale learned his exceptional work ethic from his childhood days. Chores always came before fun and games. There weren't chain saws back then, so wood was cut using two-person dual-handled cross-cut saws, then hauled by horse and wagon. Dale says they cut what was available, from fir to ash trees. Ash trees were preferred, because they didn't produce as much soot in the stove pipe.

Dale's family raised both milking and feed cows. They picked apples and berries, and canned fruits and vegetables to prepare for the winter months.

For entertainment Dale and friends raced horses. His older brother, Gordy Klatush, had one of the best horses in the county, a lightning-fast horse of unknown breed named Dusty Cyclone.

The family enjoyed going to the Elma Rodeo to watch Gordy race. He won most of the races, but when Johnny Benn showed up with his Thoroughbred horse, Dale says Gordy couldn't beat him.

Dale's family's fishing grounds were located in the Balch area. Like other activities, fishing took physical effort. "In the early years, we didn't have motors." He remembers his dad using canoes with paddles and poles for fishing.

Dale received his family fishing grounds by direct descendancy. He says, "Fisherman need to receive my permission to fish in my family's grounds." Also, he wants

to remind everyone that you can never underestimate the power of the river. "The floods have changed the river considerably over the years," he says. "Be careful out there."

While in school, Dale was an outstanding athlete, and excelled in whatever sports he participated in. He was one of the top ten players and is in Oakville's Hall of Fame.

After he graduated from Oakville High School, he played for a semi-pro baseball team. George Youckton said, "He was so good that he still holds the record at Oakville High School for the most strikeouts by a pitcher in one inning. Some games he would strike out five batters in one inning. The batter would strike out, the catcher would miss the ball, and the runner would reach first base safely. The next batter would do the same thing. His fastball was too fast, and his curve ball was hard for the catcher to handle."

"I remember one time we needed a catcher for Dale when he pitched. One of the seniors volunteered to catch, and they started to warm up. Dale threw his fast ball, it had good movement, and tended to rise as it crossed home plate. The catcher didn't raise his glove fast enough and it drilled him in the forehead, knocking him out. When he regained consciousness a few minutes later, he never wanted to be a catcher anymore."

Dale was drafted into the Army and served from January 12, 1951 to December 3, 1952 during the Korean War. He was first sent for his basic training at Camp McCoy, Wisconsin. After completing basic training, he was sent to Kaisers Lot in southern Germany at the Rhine Military Post. He said his time there made him appreciate

the reservation even more. He says he was homesick and missed his family and friends.

When he returned from the war, he continued his love of playing in Indian baseball tournaments for the Oakville Tomahawks. After retiring, he managed the Tomahawks for several years after his brother Gordy passed away. He took pride in having the best ball field possible. Using shovels and pick-up trucks, Dale and other players would haul loads of dirt to fill the field where ever it was needed.

Dale continues being active in baseball and helping our youth be better players. Now you can see him at the games watching and giving advice to the young players! So, make sure you listen, young players. Dale knows what he's talking about! His advice to young players is, "Keep your grades up in high school, so you can play sports."

Dale has worked for tribe for over 33 years. You can see him weed-whacking around the tribal grounds and cemeteries. (He has been the caretaker of the cemeteries for many years.) You might see Dale driving his gray truck, hauling garbage for Elders. He looks fit, and years younger than his age. He says his secret to being fit is simple, "When you see something that needs to be done, just do it. Don't put it off."

And, Dale says, there is always something that needs to be done.

**Daughter Joyleen McCrory says, "My dad is my silent hero and mentor. He has always been there for me! As his first born daughter I could not ask for a better father. I love you dad!"**

*We want to thank everyone who helped Dale when his partner Rosetta passed on. All of the family really appreciates everything that was done in our time of need. There are so many of you to thank, it's hard to list everyone. Be assured we know who you are and we thank you.*

*The Children of Rosetta and the Children of Dale Klatush  
(We are One!)*

## Tribal Staff Profiles: Prevention Specialist and CTC General Manager

My name is Lorrie Bonifer and I am the Family Services, Prevention Specialist Coordinator in the newly reorganized Public Resource Center (old clinic).

I am a descendant from the Umatilla Tribe in Oregon. Chayse Youckton is my only child, and an enrolled Chehalis tribal member. He is the best thing that has ever happened to me. His father is Anthony Youckton, grandfather is George Youckton, also known as Chops.

I grew up in Moclips, Washington. I spent eight years at the Lucky Eagle Casino as a video supervisor/purchasing assistant. My first contact working with the tribe was with SPIPA through the Pathways Program.

Our program is developing drug, alcohol, tobacco free activities for families. Every other Friday night we have a class for parents/caregivers with their children. We are also working on some family activities for Friday nights.

Presently, there is a strengthening families class being taught, with the help of Nathan Floth, Education; Bruce Stinson, Probation and Dean Johnny, ICW. This is a



**Lorrie Bonifer  
Prevention Specialist  
Coordinator**

7-week course offered one night a week. At the end of January new classes will begin. The program includes dinner, prizes, and baby sitting for the younger ones.

Our program is teaming up with other tribal programs and developing activities to achieve the goals of drug, alcohol, and tobacco free. We are

working with Law Enforcement on a fatal crash seminar. This class will show all ages the dangers of driving while intoxicated.

Law Enforcement program, "Shop with Cop" and Natural Resources are coordinating several other projects. Mark White, Department of Natural Resource Director, will be looking for families to volunteer to help plant trees

Our program is teaming up with Christina Hicks next month for a "Parent's Speak-Up" class. We will be giving out materials and t-shirts. Flyers will be sent out soon.

This is the best job I have ever had, and I truly love working for the Chehalis Tribe. Please feel free to contact me at 360-709-1717 or e-mail Lbonifer@chehalis-tribe.org.

Hello my name is Charlie Bowman. I'm the newly hired General Manager for the Chehalis Tribal Construction (CTC) Company.

I was born in Yuma, Arizona, and have lived throughout the Western United States. I am recently divorced after being married for 18 years and have two sons, ages 11 and 15. I 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 our great, great grandfather, Sparrow Hawk, of the North Carolina Cherokee tribe. We found out that he'd escaped while on the Trail of Tears, and changed his name to Hawk Bowman. It's been challenging getting any information, but we remain hopeful.

I have 30 years experience in the construction business with the last 20 year 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



**Charlie Bowman  
General Manager,  
Chehalis Tribal  
Construction**

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 wetland mitigation at the CTC office site. We continue to

increase productivity and train personnel in safe professional construction practices. 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 for CTC is fully committed to providing the tribe with excellent construction services, and assisting in planning and decision making. We are committed to providing employment and training for 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.



# 4 Convenience Store

(continued from page 1)



PNE and CTC Construction Companies work on the new End of the Trail III adjacent from the Great Wolf Lodge. The project will be finished near the end of January.

There is not a set date at this time. This opening will include an invitation to all tribal members to come and see the newest

addition to our End of the Trail line of stores. There will be food, a raffle, and plenty of fun. So watch for flyers.

## 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 burnt 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 community member is an honor. The tribal fishermen donated nine fish for this fundraiser. The dinner was coordinated

and cooked by Ray Secena, Jr., and Dennis Cayenne. They were able to raise over \$1,500 to help the family get back on their feet.

I asked Ray Secena Jr what inspired him to do this, and he said, "I saw a need, and I wanted to help. With high quality fish available, I thought, what a great idea to have the fisherman donate the fish for the fundraiser." Great job - Ray, Dennis and Andy! Your selflessness is awesome!"



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

## Art Auction

(continued from page 1)

recently passed away, and his family was recognized at the dinner for his dedication in support of the art auction. They were given a posthumous memorial plaque of recognition by the sponsor SPIPA.

Thanks to the many volunteers who

helped make this auction and dinner a success! Thanks to the Great Wolf Lodge and their staff for all their hard work getting set up for the dinner feast. The Chehalis Tribe is always a strong supporter of this worthy cause, and with everyone else's contributions, the auction was a huge success.



Attendees at the SPIPA Art Auction may have been fewer in numbers, but they spent more per person, reflecting the rising value of Native art.

## Students Get Awarded for Good Grades

By Misty, TELO Coordinator

The Chehalis Tribe K-12 Education Program has started a special incentive program for tribal and community members encouraging them to pass all of their classes. Students from 6<sup>th</sup> – 12<sup>th</sup> grade must attend the Rochester or Oakville School Districts, and participate in the services that the Education Program offers at the TELO classroom. The incentive program activities will be provided at the end of every quarter for students' academic achievements. A student must pass every class to be deemed eligible for this activity.

Out of 24 eligible students, 14 were able to attend this special event that took

place at Fujiyamas, the Japanese steakhouse in Olympia, followed by a movie. The following students made honor roll with a GPA of 3.0 or higher for the first quarter of the 2008-09 school year: Alyssa Charles, Trisha Medina, Jordan Merriman, and Shelby McCrory.

The intent of the dinner and movie incentive is to encourage and reward our students for their effort to pass all of their classes, and hopefully, make honor roll. We look forward to continuing this new tradition with the goal to increase our number of tribal and community member students who pass all of their classes! Job well done, students!

## Espresso Stand Now Managed by Tribe



Espresso employees (left to right) Sharon Francis, Lydia Fromm, Bev Klatush Starr, Shawna Drury are awaiting your order. Make it a double mocha!

Chehalis Tribal Enterprises (CTE) is now managing the espresso stand next to the End of the Trail II convenience store and Shell gas station. Beginning November 24, the espresso stand began serving hot and cold espresso drinks. It is open to the public seven days a week from 6 AM to 9 PM. In a few weeks, the drive-thru will start selling cigarettes.

Glenda McNair, End of Trail Store Manager, says, "Many of our customers, especially seniors and handicapped, will embrace the convenience of driving up to buy the same full line of premium and discount cigarettes, single pack or cartons."

At the same time, Glenda believes that the additional drive-thru outlet will reduce customer lines inside the store.

According to Chris Richardson, CTE Financial Manager, "Two cigarette outlets will increase the site's overall sales of both cigarettes and fuel for the Chehalis Tribe." Later, after sales increase, the physical building may be improved for additional storage and a second driveway on the west side may be added for a second drive-thru window.

The Totem Espresso stand was originally built in 2006 and operated by tribal members David DuPuis and Diane Devlin.

## Eating Nuts Provides Heart Health

By Cindy Beck, Project Coordinator SDPI

Does your busy schedule make you feel like there's no time for healthy eating? Mini-meals several times a day can help manage hunger, and reduce binging. Surprisingly, eating small, healthy 'snacks' every 2-3 hours, helps keep blood sugar stable, decreases amount eaten at meals, and can cut calories by curbing hunger. There are many good options for healthy snacks: fruit, veggies and even nuts and seeds. Many people shy away from nuts and seeds as snacks, because of their fat and calorie content. A serving of nuts, approximately a handful (1 ounce); contains a significant amount of protein, fiber, minerals and fats. Yes, FATS! These fats are the "good" kind, the kind of fats that protect the cardiovascular system, not hurt it.

Each type of nut has its own distinctive taste and nutrient content; Keep in mind raw, unsalted are best. Almonds contain 6 grams of protein, and significant amounts of iron, calcium, vitamin E, zinc, niacin and vitamin E. An ounce of almonds provides 35 percent of the recommended daily requirement for vitamin E, a nutrient many Americans are lacking, as reported in the September 2008 *Journal of Nutrition*. An

ounce of walnuts provides a day's worth of omega 3 fatty acid. Because they are high in fat, and can go rancid very quickly, walnuts should be stored in the fridge or freezer.

Numerous studies repeatedly show many health benefits from nuts, including an ability to assist in weight loss. Several recently published studies showed that a handful of nuts a day helped promote weight loss (11 – 18 %) in most study participants. And those who did not lose weight, didn't gain any either!

Add 2 tablespoons tasty nuts or nut butters to your diet and feel full longer while protecting your heart, and your waistline.

Nut	Nuts per 1 oz./ 28 grams	Calories	Protein	Fat <sup>(2)</sup> Total
Almonds	20 - 24	160	6	14
Brazil nuts	6 - 8	190	4	19
Cashews	16 - 18	160	4	13
Hazelnuts	18 - 20	180	4	17
	10 - 12	200	2	22
Peanuts <sup>(6)</sup>	28	170	7	14
Pecans	18 - 20 halves	200	3	20
Pine nuts (pignolias)	150 - 157	160	7	14
Pistachios	45 - 47	160	6	13
Walnuts	14 halves	190	4	18

**Community Christmas Party**  
at the Lucky Eagle Casino

Saturday, Dec 20, 2008  
11 am - 5:00 pm.

Bingo, Raffle, Picture with Santa, and Game Room for the Youth

If you have any questions please contact: Cheryl Starr, Events Coordinator, 360- 273-5911 ext. 1524

**Mammogram Clinic**

Friday, February 6, 2009  
9 AM – 3 PM

Free snacks and incentives  
Breast care information  
Door prizes including a Pendleton blanket

For more information, call  
Christina Hicks, 273-5504, ext. 1741

**Chehalis Wellness and Tribal Center**

will be closed for the  
Holidays on  
December 24, 25 and 26  
and January 1 and 2

**General Council Annual Meeting**

Tuesday, January 6, 2009  
Starting 5:00 pm

at the Tribal Center

Watch for flyers with the agenda!