

January 2009

Vol.
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Program News

Protect Yourself and Loved Ones: Get a Flu Shot

Cori Fluetsch, RN, Clinical Nurse Manager

The flu season is here. Don't forget to get your flu shot! Getting the vaccine not only protects you, it protects those you love. The Chehalis Tribal Wellness Center has the vaccine for those ages six months and older.

It is especially important to be vaccinated if you are pregnant, or are planning to become pregnant during the flu season; if you are 50 years or over; if you have a chronic condition such as diabetes, asthma, COPD, chronic bronchitis, rheumatoid arthritis, or HIV; are a transplant patient, or have coronary artery disease; or if a person in your household has any of these.

For those of you who have been lucky enough to never get the flu, here is what it is like: High fever (102-104 degrees) lasting 3-4 days, headache, severe aches and pains, fatigue and weakness, often lasting 2-3 weeks, extreme exhaustion, stuffy nose, sneezing, sore throat, cough and chest discomfort, often severe. If that doesn't sound bad enough, listen to these complications: bronchitis and pneumonia, both of which can be life threatening.

All of us at the Tribal Wellness Center deeply care about your health and strongly encourage you to come in to get your flu shot. We wish you a very happy, flu-free New Year!

Tribe's Drive Helps Local Food Banks

During the Christmas season the Chehalis Tribe held our third annual food drive. This is spear-headed by Joyce Thomas. There were about 10 boxes filled with non-perishable donated items. The food and cash donations were divided between the Rochester and Oakville food banks. Each person who donated was entered into a raffle and won prizes.

The food was delivered to the Rochester and Oakville food banks. Jenée Penn said, "This is a good feeling, being able to help out. They helped my family when we were in a time of need. I donated food that I enjoy eating, not just canned vegetables."

Great job, everyone. This food drive will happen the same time next year. Check for flyers and the November tribal newsletter.

Tribe's Looking for Volunteers to Help with Hatchery


The construction phase starts soon on our tribal hatchery. Some of the things we need volunteers to help with are cleanup and pressure washing prior to painting the exterior and interior of the building. We will have an informational and volunteer gathering meeting on February 10 at 5:00 PM at the fish hatchery building. Please call Andy Olson, Fish Biologist, for more information at 360-709-1859.

CHEHALIS
TRIBAL
NEWSLETTER



♦ "People of the Sands" ♦

Honoring
Elders:



George
Youckton,
Sr.
His father taught him the importance of education,
page 3



Santa Visits Early Head Start Students in January

Head Start students use belated Santa visit as an opportunity to thank him for the gifts he delivered at Christmas, page 2



Tribal volunteers sandbagged the End of the Trail II and kept flood waters at bay. The tribe's espresso stand did not escape damage, and is closed until it can be repaired. Aerial photo by Mark White, Chehalis Tribal Natural Resources Director.

Near-Record Snow and High Flood Waters Met by Well-Prepared Tribe

People Evacuated and Sandbags Stacked Prior to Flooding Reduces Damage

By Fred Shortman, Editor

During the Christmas season, we were hit by three serious snow storms that gave us an accumulated 16.5 inches of snow. The roads were treacherous. County road crews were busy maintaining SR-12 and other main roads. Our Chehalis Tribal Construction crew cleared parking lots and Elder's driveways. They also sanded the roads which greatly assisted the drivers who dared to venture out. The heavy snow fall did cause some damage to the End of the Trail II roof and collapsed the ABC Fireworks loading dock. We were very fortunate that was all the damage that the heavy snow did.

Then as the weather began to warm up, the snow started melting and a large

amount of rain fell. The combination of these conditions put the Chehalis River on flood watch. Initially the flood was predicted to be worse than the one 13 months ago in 2007. Floods are not new to our community. We have seen many of them throughout history. So, we are very familiar with flood preparation and being stuck on our little one-mile island for a few days.

The Chehalis River is a very dynamic river. It is spring fed and has one dam, which is located on the Skookumchuck River. The river is the second largest watershed in the State of Washington, next to the Columbia, and occupies 2,660 square miles. How our reservation is impacted depends on many conditions,

including how much and where the rain falls. We are definitely impacted by what is called the "down stream effect."

Our Emergency Management Team met on Wednesday, January 7, to discuss the plan of action to eliminate any danger to human life. They started contacting those who live in the lowland areas to prepare for the impending flood. The team provided volunteers, including tribal staff, to help raise household items and move vehicles to the Tribal Center parking lot.

Chris Ortivez was busy reserving hotel rooms for tribal Elders and community members living in the flood zone and those with medical

See Flood, page 4

New Building Saves Money, Improves Services

By Fred Shortman, Editor

Many improvements continue to happen around the Chehalis Reservation. There's a new pole building being built on Niederman Road. Office and work space is sorely needed for the Public Utilities and Maintenance Departments. The outside of the building was built by C & B Metal Building.

The building is being finished, and will house groundskeeping, public utilities and building maintenance. Staff with carpentry skills taught groundskeepers Correna Young, David Bird, and John Bird carpentry skills to finish the interior of the building. Correna Young said, "This is where I got to learn tape and texturing."

The tribe saved a lot of money by finishing the building in this manner. The new facility will help the tribe save even more money. "We used to pay sixty dollars an hour to get the mowers fixed," said Joshua Terry, Maintenance

Department staff. "Now, the crew will be able to do repairs in-house. Plus, we'll be able to buy items like light bulbs in bulk, saving driving time and money. With the extra space, we'll be able to assemble items like lines of piping, in the garage portion of the building, making for quicker installation."

In short, the building will save time and money and allow staff to concentrate on their most important goals: better maintenance,

better service, and better safety. Thanks go out to: John Shortman, Sr., Frank Cayenne, Jr., Correna Young, Josh Terry, John Bird, David Bird, Ray Secena, Jr., and Dennis Cayenne.



Maintenance and Groundskeepers Ray Secena, Jr., John Bird, Correna Young, and Josh Terry are looking forward to having a facility which will save the tribe money.

First Name Last Name
Street Address
City, ST Zip

Chehalis Tribal Newsletter
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How to Talk to Your Children About Waiting to Have Sex

By Lorrie Bonifer, Prevention Specialist Coordinator

As parents, we need to talk to our children early and often about our dreams for their future and our expectations that they will wait to have sex. This workshop will help you:

- Start the conversation
- Find out what works
- Exchange ideas with other parents
- Use culture and tradition to support your message

This workshop has been rescheduled for February look for flyers to at the youth center. The Chehalis tribal community is invited.

If you have any questions, please contact Christina Hicks at 709-1741, chicks@chehalistribe.org, or Lorrie Bonifer at 709 -1717, lbbonifer@chehalistribe.org

Snow Doesn't Stop Santa From Visiting Head Start Students

By Tracy Mitchell, Pre-K Teacher

The December snowstorm may have stopped Santa from delivering presents to the children of the Chehalis Tribal Early Head Start/Head Start program before Christmas, but it didn't stop him from coming in January. The children were treated to a surprise visit from Santa on January 6. Excitement buzzed through the building as he traveled from room to room passing out gifts. The children got to thank him in person for the presents he brought to their houses!

Doug Coones has been Santa for the program several times and volunteered to be Santa's helper this year. He has a great grandson in the program.

We would like to extend a very special thank you to the members of the Business Committee for letting the Head Start parents host the meal for the General Council meeting. Thanks go to all the Elders, community members, tribal staff and parents who participated in the raffle and bake sale. Without your support, the children would not have been able to have this special day!



Early Head Start PM class students enjoy having their picture taken with Santa. Though the winter storm delayed his visit, the children didn't seem to mind. Many of them thanked him for the gifts he brought on brought on Christmas morning.

Even Jack Frost Couldn't Stop our Annual Christmas Party

By Cheryle Starr, Events Coordinator

The community Christmas party was originally scheduled for December 20 at the Lucky Eagle Casino Events Center, but was postponed until December 27. Who would have dreamed of a white Christmas here on the Chehalis Reservation? I believe it was 10 years ago when we had the last white Christmas, so our party was delayed by Mr. Jack Frost himself. We all pulled together, got the shopping done, presents wrapped and candy bagged, and we were ready for the party. I know some of us had a hard time getting out of our driveways and even getting off the Rez, but we got to town one way or another to accomplish our tasks.

The main roads were clear enough for the 600 community member who showed up for the party. People were greeted by the smiles of volunteers, Jodi Smith and Carla Myers. They provided raffle tickets and information about how to qualify for the door prizes. People had big smiles. The Christmas spirit was in the air despite the weather. Families and friends exchanged holiday greetings and well wishes. The children were laughing and playing, awaiting Santa's arrival.

The Casino prepared a delicious dinner of hamburgers, hot dogs, ham, veggies, mashed potatoes, clams, shrimp, and prime rib. Cindy Andy performed a blessing for everyone's health and safety. Elders were invited to be served first and everyone else lined up for a great feast.

There was an assortment of activities during the party for everyone to enjoy. There were craft tables set up for the children to make gifts. Playing bingo is always a main attraction. Helpers handed out bingo packets and daubers so everyone could play. Things were a little different this year to help speed up the bingo games. Instead of all the different age brackets, each game winner was limited to only one youth and one adult. If you listened carefully, you could hear someone whispering in the background, "G50 puts me on for a bingo." It was exhilarating for the winners to yell, "Bingo!" when their numbers were called. Even at the end of each game, everyone listened to find out if the winner was an adult or a youth.

Then as the announcement came over the loud speaker you could hear a disappointed "Aaaawe," and then the sound of ripping paper as the game was closed.

Raffle tickets were drawn throughout the day for gifts for children and adults as the bingo game was played. At the end of the raffle, tickets were drawn until all the presents were given away.

Then across the loudspeakers came a "Ho, Ho, Ho," as Santa announced his arrival. All the kids dropped everything and ran to get their gifts and sit on Santa's lap to have their pictures taken. Seeing the huge smiles on the children's faces made all the work that went into getting the party ready worthwhile.

I would like to give a BIG, HUGE, THANK YOU to the volunteers who helped out with the 2008 (after) Christmas Party, the shopping, wrapping, deliveries, pictures, candy baggers, bingo runners, and arts and crafts for the youth.

THANK YOU to all who helped make this party happen. Without you, it wouldn't have happened:

Christmas Elves: John Youckton, Donna Glaken (John's s.o.), Shoni Revay, Heather Couillard, Dustin Couillard, Joyce Thomas, Shelby McCrory, Orinda Goddard, Jessie Goddard, Sonny Youckton, Riley Youckton, Daulton Youckton, Karley Youckton, Pam Youckton, Shawn Ortez, "Oscar" Carla Thomas, Santa Claus, Tony Medina, Marla Medina, Anna "Banana" Hartman, Lucy Hill, Johnny Bumgarner, Rodney Youckton, Bones Gleason, Sylvia Cayenne, Don Secena, Mary Secena, Michael Boyd, Doug Boyd, Junior Jack, Teresa Pankkuk, Jodi Smith, Nadine Burnett, David Burnett, Annie Jones, Dan Jones, Bobby Jones, Donna Koernke, Fred Shortman, Gerrie Sanders, Ray Secena, and all Youth Council members whom helped Santa with his presents and anyone else who helped... thank you from Cheryle Starr.



Members of the Klatush family, Little Bear, mother Karen Klatush, Sabrina, and Loyala get ready for more Bingo at the Annual Christmas Party.

Chehalis Legend: Battle of the Snow Brothers

By Elaine McCloud, Tribal Heritage Coordinator

Long ago, snow was brought to the land of the Chehalis by the Five Snow Brothers.

One year they sent so much snow that it covered the longhouses. The Animal People had to dig tunnels to get around. They decided to wage war with the evil Snow Brothers.

The night before the battle, Mouse sneaks in and is able to gnaw the bow strings of

four of the brother's bows before they awake. Only the youngest brother is still able to fight, thus ensuring victory. Now only the youngest Snow Brother brings snow to Chehalis Country.

He continues to bring his share of snow to the Chehalis people, past and present. We were just witness to some snow days recently.

This picture was taken in the late 1920s. The individuals in the picture are: Jessie, Elmer, Johnny, Lillian, Mabel, Clifford (Buddie), and Dorothy Hayden.



The history of the Chehalis people deserves to be written down for ourselves now and for future generations. You are a part of history being made. Your story is important.

■ Do you have pictures, or do you remember snow days you lived through?

■ Do you have stories and/or pictures of life of the Chehalis people past or present that you would like to share?

Contact Elaine McCloud, Tribal Heritage Coordinator @ 273-5911 ext.1621 or 709- 1621. I am located in the old dental office. Feel free to drop by with your stories and/or pictures.

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.

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The Confederated Tribes of the Chehalis Reservation...

"People of the Sands"



Honoring our Elders: George Youckton, Sr.

**“...If you have a job that you enjoy,
you will put more of yourself into it.”**

George “Chops” Youckton was born in 1933 to Jessie Hayden and Clarence Youckton Skomkama. His grandparents were Bessie Walker and Johnny Hayden, Sr. His great-grandparents were Charlie Hayden and Jacobs. He has three brothers: Percy, Melvin, and Marvin “Mutt”; and five sisters; Irene, Clara, Edna, Lorillee, and Linda .

George was married to Mary Estell-Bumgarner for over 40 years. Together they had five sons: Lenny, George Jr., Allen, Robert, and Anthony. George has seven grandchildren.



George enjoys the company of family and friends at events like the Christmas Bazaar.

*By Fred Shortman, Editor,
and Cecilia Kayano*

George Youckton grew up at his parent’s home on Howanut Road where he lives now. As a youngster, he spent time helping the family. When it was berry season, George and his siblings would pick blackberries and sell them in Oakville to earn money for gas and groceries. They also harvested and sold cascara bark. George remembers walking to the Nyland Grocery Store in Gate City on the corner of Moon Road and SR-12 to spend some of his money. When he was milking the cows with Mel, the two brothers would compete to see who could milk the fastest. They would deliver extra milk to Lizzie Johnson and other families charging 10 or 15 cents a quart.

The family had a large vegetable garden behind the house with an acre of corn, five acres of potatoes, and other vegetables to be preserved. Abe Parsons brought his horses to prepare the field for planting. To harvest, they used pitch forks to dig up the potatoes.

George remembers his father fishing in the Chehalis River where Percy used to fish at the end of Niederman Road, using nets he had made by hand. He soaked the nets in a dye made of wild cherry bark so the fish couldn’t see. George remembers launching his dad in a canoe at the end of Anderson Road, and watching him drift toward his fishing grounds. He also fished in the old channel in Mattson Creek. George remembers that his dad was an expert trapper, and received a certificate from Sears for “Best Pelts.”

George was an athlete, playing football and baseball. In 1949, he was on the Oakville High School football team when it had its first undefeated season. George was a junior, and Mel was a freshman on the team, but still, the team had only 11 players. That year, in order to have a full practice scrimmage, the coach had to suit up.

George says his best game was when Oakville played against LaBam. He had five interceptions and one touchdown. “During the game, I tackled a guy hard enough to

make him fumble the ball. He tried to recover it and reached out with his arm. For a split second, I thought about jumping on his arm, but changed my mind,” recalls George.

Later that evening, he was reliving the game with his dad. His dad told him that he saw the play, and knew what George was thinking. George recalls what his dad said: “Remember, it’s just a game. Don’t try to hurt anybody.” George says, “My dad taught me an important lesson, to try and live my life by doing the best I can, by not hurting anyone, and helping others to be the best they can.”

About 50 years ago, the family home burnt down, and George and other family members helped his dad rebuild it. Many of the family had jobs, but they helped when they were available.

George remembers there were not many tribal buildings on the reservation back then. The small tribal center was heated by wood. To supply the wood, anyone who happened to be cutting wood for themselves just cut extra and dropped it off at the tribal center. “You didn’t get paid for the wood or stacking it. Your own good feelings were the pay,” recalls George.

After George graduated from Oakville High School, he went into the Navy. When he came back, there weren’t any jobs at the Chehalis Reservation, so he went to Taholah to work in a cannery. Mel was working in Taholah, too, The two brothers kept busy by working, fishing and playing baseball. “I was on the go all the time,” recalls George. He says he liked “long days and short nights,” then explains, “I was a little younger then.”

One fond memory was floating down the Quinault River while fishing. He still remembers what it feels like to spend the entire day floating on water. He would float and fish until dark. Then, Mel and George would build a fire on the gravel bar at the mouth of the river to protect their fishing net from thieves. Both were known as boxers, and fearless fighters, so their fishing nets were never bothered. Now, whenever George is near the Chehalis or Black Rivers,

he thinks about the feel of a canoe on water.

While George was playing on the Taholah Baseball Team, he met Mary Estell-Bumgarner. The couple married and moved into a small one-bedroom house belonging to Charlie Hayden. He worked odd jobs, ran fish nets on the river and dug clams. “We didn’t make a lot of money, but we ate well,” recalls George.

George lived on the Quinault Reservation for many years. He coached Little League and Babe Ruth teams. He helped build the tribe’s first diesel service station. He started a GED program that produced 32 graduates its first year, more than the high school. He took part in a program that provided down payments on homes in exchange for 1000 hours of labor. “Everyone pitched in and helped everyone else,” says George. “When the inspector came, he said they were the best built homes he had ever seen.”

George returned to the Chehalis Tribe in 1980. He started working for housing, but kept returning to Taholah for odd jobs, including working on the crew that blacktopped the highway from Taholah to Moclips.

Over the years, George has worked in the education and government assistance fields. He has been an advocate for Indian education. In the 1990s, he was appointed to the Washington State Governor’s Education Advisory Board. He has testified at the Capital in Olympia on the need for money to fund Indian education. He says, “It’s hard for us to realize that back then, there was no money.”

George’s roots are from a time when education was often self-taught. He gives this advice: “Keep learning wherever you are. Listen to people. Learn from them. Find a job you like to do. Don’t take a job just for money. If you have a job you enjoy, you will put more of yourself into it.”

George is passing on his father’s legacy of being a proponent of education. He says, “It’s good to see our students staying in school and graduating and going on to get higher education. That way they will be ready to take over some management positions or develop their own companies. Education is the key for continued growth within the tribe.”



George and his brother Mel, were on the 1949 Oakville High School Football Team, when it made school history with it’s fist undefeated championship season. (Photo from Oakville Cruiser, September 2008)

Tribal Staff Profiles: Elders Coordinator and Medical Assistant

Hello. My name is Nancy Romero. I am the daughter of the late Alice Secena Medina and Manuel Medina. My grandparents are Nancy Beckwith Secena and Murphy Secena.

I have been happily married to Ray Romero for 28 years. We have seven children: Micheal and twin daughters Scarlett and Rayna, and foster children; Amanda Verna, Adam Diaz, Cody Revay and Jared Simmons. We have been foster parents for 14 years and are blessed to have been able to help raise these kids and have them in our lives.

Our latest joy is our grandson Artie Anthony Uden. We love him so much and he makes our hearts so happy.

I have worked for my tribe for the past 14 or so years as a Youth Coordinator, Elders Cook, staff of Chehalis Tribal Construction, and the Heritage Coordinator for a short period of time.

This is one of the best jobs on the Rez! I am the Elders Coordinator! What a blessing it is to work with all the Elders.

Since I have been the Elders Coordinator, the Elders have been on trips such as: NNAOA Conference in Tacoma (25 Elders),



**Nancy Romero,
Elders Coordinator**

Hawaii (52 Elders), Ocean Shores for the Basket Weavers Conference (30+ Elders), monthly birthday dinners at the Lucky Eagle Casino and once to Tacoma Red Lobster, the Southwest Washington Fair, the Puyallup Fair and so much more.

I want to thank all the Elders who have given me encouragement, love and respect to do my job so far.

I am looking forward to 2009 -- planning fun activities and trips and working alongside the Elders Committee and Elders to make this a great year for the Chehalis Tribal Elders Program.

Any Elder who needs any assistance, please contact me at 360-709-1577 or (cell) 360-480-2911, or stop by my office in the Elders Center.

Hello. My name is Autumn Klimek. I am the newest medical assistant at the Chehalis Wellness Center. I’ve been married for four years and have a 12-year-old daughter, Haley. I really enjoy helping people get their medical and health needs met. Being sick isn’t fun, and I hope that a smile and caring attitude helps ease their

day.

I attended Rochester High School and graduated in 1995. After completing high school, I went on to Eton Technical College in 1997 to become a medical assistant. Since then, I have gained over 10 years experience in pediatric and family practice.

I come from Tumwater Family Practice, where I had been for 10 years, receiving employee of the year in 2004. Two years of that was focused on phlebotomy (drawing blood and lab specimen collection). Prior to that, I worked with Northwest Pediatric Center.

Being a sincere individual, I maintain a professional and caring attitude, making sure all the patients receive proper care while coming to our Wellness Center.

I was very excited to be hired as a medical assistant and to become a part of the clinic team. I look forward to meeting you at your next appointment.



**Autumn Klimek,
Medical Assistant**

2008 Coho Season a Success

By Andy Olson, Fisheries Biologist

The fishermen of the Chehalis Tribe had another successful Coho season this fall with many large, beautiful, fish being caught. We had an excellent price, and the fish buyer was happy to have the tribe’s Coho. Tribal fishermen all together made over \$30,000 this season, catching 659 hatchery Coho and 317 wild Coho. This was a pretty good season, especially when the preseason forecast was for very low returns of Coho.

We also had over 500 pounds of smoked salmon available for sale at the Casino, Eagles Landing Hotel, all of the End of the Trail stores and the Great Wolf Lodge. We are anticipating an excellent return next year, since we had a really high number of jack Coho return to the hatcheries and fish trap at Elk Creek near Doty. A high number of returning jacks indicates excellent ocean survival for next year’s adult Coho.

4 **Flood**

(continued from page 1)



A white Ford pickup can be seen abandoned on Anderson Road during the flood. Fortunately the man was rescued by the Army National Guard. Remember, it is never worth it to try to cross flood waters. Call Law Enforcement for help. Photo by Ena Myer, Assistant General Manager and Emergency Management Team Member.

needs. This community effort saw our Chairman, Dave Burnett, along with David Youckton and Chris Richardson, volunteering to fill sandbags to keep our EOT II and other properties from sustaining any damage. (The 2007 flood rose high enough for the store to get about 4 to 5 inches inside.) The store closes at 4 PM on Wednesday, January 7, and the Casino closed an hour later.

This year’s flood was a little different than last year’s record flooding. The flood received its water from the Black, Skookumchuck, and Newaukum Rivers, and smaller creeks in the surrounding area. The Pe Ell and Doty Creeks didn’t contribute as much to the flooding as in the past. This was fortunate, as the flood was downgraded to crest a foot and a half less than the original prediction. It did finally crest at 18.18 feet on Friday, January 9, at the Grand Mound gage on Prather Road. The Chehalis River floods at 14 feet, so the river crested at 4 feet over flood stage. The water that the reservation receives is about 6 - 10 hours behind that reading. Highway 12 and Anderson Roads usually close when the river overflows its bank at two and half feet above flood stage.

If a road closure is posted, it’s for your safety. If at all possible, don’t try and drive through the water. You can never tell if the road is damaged, or if there are other potential hazards below the surface of the water.

There’s always someone who tries to make it through the water on Anderson Road, and it happened again this year.

Paul Bassett was safely rescued by the Washington National Guard that was stationed at Oakville after his truck stalled in the deep and swift currents on Anderson Road. Our Tribal Law Enforcement and Fisheries Officers were on their way, but were cancelled when he was safely rescued by the National Guard.

Remember that staying put and waiting for the flood to recede is your best choice of action. Trying to drive through flood waters can cause a hassle of repairing a flooded vehicle, plus puts your life at risk. It’s not worth it. Remember, the river will eventually crest, and the water will recede, making the roads safely accessible again.

Failure to follow this good advice could have dangerous results, and emergency personnel will have to come and get you, putting their lives in danger to rescue you. It is better to be safe and use common sense. If you have an emergency, contact law enforcement and let them help.



Harry Pickernell, Jr., sets out to stay at temporary housing at the Eagles Landing Hotel. His dog, Lucky, had to stay home. Photo by Harry Pickernell, Sr.

Program Helps Tribal Members Start Their Own Businesses

By Diana Pickernell, Loan Coordinator

The activities of the Loan Program are beginning to pick up. I have two tribal families along with two tribal members who have completed the financial literacy course. They demonstrated their dedication and eagerness to learn how to handle their finances by attending all of the classes. The tribal members are: Erin Delgado and her husband Richie Delgado; Dustin Coulliard and his wife Heather Coulliard; Jolene Christensen and her daughter, Sara Bezerer.

The students were very outgoing, and not afraid to ask questions. Some were uneasy about taking this step, and discussing and sharing some bad experiences that they have had. The class taught everyone how to avoid other people’s mistakes.

The students are working with Barb Churchill writing out their business plans, which is also going very well. A guest speaker has been scheduled to go over their financial projections. This should happen in the next couple of weeks.

These people are hungry to start their own businesses or expand the businesses they presently have. They have very sound ideas, and are very capable of implementing their business plans.

Teresa Keegan, a Chehalis Tribal Loan Committee member, and an employee of Sterling Savings Bank, assists the students in understanding how to improve their credit reports. She also instructs them on how to fill out credit applications and what banks and loan companies look for.

These two pieces are part of a jigsaw puzzle needed to apply for a tribal loan. Presently, loans are for Chehalis tribal members only. When this program receives its certification, we should be able to expand to outside areas, and to non-tribal people.

I’d like to introduce a new Loan Committee member, Shoni Revay. She is a tribal member and has the enthusiasm to learn and assist this program to keep growing.

If you have any questions, please feel free to contact me at 360-709-1631 or e-mail dpickernell@chehalistribe.org. Our program is looking forward to the next round of 6-8 week classes, beginning in February or March.

What to Drink After You Exercise

By Cindy Beck, Project Coordinator, SDPI

A 30-minute walk every day can probably do more for your health than all the efforts of a dozen doctors and ten different types of medication. Not only does exercise improve your health even if you have already been diagnosed with something, it can help prevent several life-threatening conditions such as heart disease, diabetes and cancer.

Exercise is good for mind and soul. Research also shows many beneficial effects that exercise has on mental health. These include the following:

- Exercise may reduce stress
- Exercise provides an opportunity for social interaction.
- Exercise provides an opportunity for self-mastery. Increasing fitness may improve a person’s self-esteem.
- Increased core temperature during exercise may lead to reduced muscle tension.
- Mood improvements may occur due to the increased endorphins.
- Psychological changes may occur due to alterations in norepinephrine, dopamine and serotonin, all hormones which can affect moods and anxiety levels.

Exercise also increases our need for fluids. Water is the best choice during and after exercising. Sport drinks are good

choices if your activity lasts more than an hour. Gatorade makes a variety of flavors, and a lower calorie choice called G2. It’s lighter and provides the minerals lost while sweating.

What about energy drinks? Some energy drinks contain as much caffeine per serving as three to four cups of strong black coffee. And many of these drinks are sold in containers that hold two or more servings. They also contain large amounts of sugar. Studies have linked high caffeine intake to increased heart rates, high blood pressure, anxiety, headaches, and difficulty sleeping.

Recent research shows that chocolate milk may be better than sports drinks for replenishing lost nutrients and maintaining stamina. Chocolate milk supplies the optimal ratio of carbohydrate to protein necessary to rebuild muscles while restocking energy stores.

Drink a serving of eight ounces of low-fat chocolate milk, within 15 minutes after an hour or longer workout or competition. Just like sport drinks, chocolate milk should only be used if the activity lasts longer than an hour or if you are participating in two or more closely scheduled competitions or workouts.



Chehalis Tribal Fisherman Jerry Youckton uses a hose to rinse off his catch of Coho before weighing in. The price for Bright Coho was \$2 per pound this year. (See story page 3.)

Chehalis Canoe Family Jam Session
February 14
Starts at 1 PM
at the Youth Center

Come and enjoy listening to Coastal Salish drumming, singing and dancing.

Mammogram Clinic

Friday, February 6
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

Community Bingo Night

February 24
Doors open at 4:30 pm
Dinner provided

What’s the catch? Come help the tribe complete a new community assessment. Have dinner with your friends and family while you fill out an assessment form. Then play Bingo and pick up your free raffle tickets. Great prizes!

General Council Annual Meeting

Tuesday, February 10
Starting 5:00 pm

at the Tribal Center

Watch for flyers with the agenda!