Tribal Web Site Now On Line
By Fred Shortman, Editor

Nearly 100 Tribal Walkers Bring Back Walking Stick
By Pat Osborne, Diabetes Program Director

The SDPI Diabetes Prevention Community Walk was held on May 28 with 91 Chehalis community members participating. This was the best turn-out since the Walk was started in October, 2009. Many departments and businesses on the reservation participated in Head Start, Wellness, the three EOT Island and Shaloh Waterway Baker County, and their Eagle Casino. Participants in the walk included Squaxin Island, Elwah, Yakima, Skokomish, Tulelake, and Tlingit. The other tribes in the walk included Squaxin Island, Elwah, Yakima, Skokomish, Tulelake, and Tlingit.

The tribe with the walking stick will get to keep the walking stick of the month of June.

The Community Walk is held on the third Thursday of every month. The community is invited to participate to raise awareness of diabetes in Indian Country, and spread the word that diabetes can be prevented by regular exercise and healthy eating. The next Diabetes Prevention Community Walk will be held Thursday, July 16, so plan to join us for the exercise and help us keep the walking stick for another month!!

Tribe members take care of those who have passed on...then the Indian-style ball games begin!

By Fred Shortman, Editor

The Chehalis Tribe’s Annual Memorial Day Weekend Baseball Tournament, “Tribal Days,” is one of the most joyous events of the year. The reason? Families come together and everyone has fun, especially the youth. Youth Center staff Tony Medina, Marla Medina, Teresa Pannkuk and Chris Klatush made sure the youth were happy and busy.

Tribal Web Site Now On Line
By Fred Shortman, Editor

Our Chehalis tribal website is up and running. Chehalistribe.org. It Department Senior System Analyst Steve Raher has been working diligently on it. It is still under construction, but the shell is on line. You can find past issues of the newsletter on the website. As Steve works with the tribal program director, you’ll see more improvements and additional information.

Enterprises Get Revamped Offices
By Fred Shortman, Editor

Chehalis Tribal Enterprises will move into new offices by mid-July. The construction efforts split between the “Bed & Breakfast” building on Anderson Road and the Chehalis Tribal Center. The 4,200 square-foot modular building previously served as the Lucky Eagle Casino administration building. The five-section modular units were stored to the new location on Anderson Road.

To avoid flooding, the building was placed on a raised foundation 4 feet over the highest recorded flood (Dec. 2007). Chehalis Tribal Construction finished the ground clearing and civil work. The building will be refurbished by SAXAS Construction into a modern building with a new roof, reception area, offices, conference rooms, outside porch, and ADA-compliant access ramp.

Anna Hartman, Enterprises HR coordinator said, “The office brings the Enterprises staff under one roof which will increase our internal communications and efficiency.” The staff includes seven Enterprises employees and two tribal attorneys who are eagerly looking forward to having modern office space.

David Youckton, Enterprises CEO, said, “Enterprises’ new offices will enhance the Chehalis Tribe’s first impression when we meet and greet new business partners.”

There are no immediate plans for the Bed & Breakfast house at this time. However, Enterprises has identified the property corner of Anderson along Hwy 12 for future economic development. “Since Anderson Road is the gateway to the Chehalis Reservation, the B&B property deserves special consideration for its future development,” according to Chris Richardson, Enterprises Managing Director.

Cancer Walk Doubles in Size and Support
By Orinda Godillard, Health Services Assistant

The 2009 2nd Annual Cancer Walk had 114 walkers participate. The walk took place on Sunday, May 24. It was a great turnout with 65 more walkers then last year. Starting at the display board on the family services building, the course route proceeded to the gas station and back. It was a 5K walk, which is three miles long. Several different tribes were represented in the walk. Chehalis, Quinault, Skokomish, Muckleshoot, Nisqually, Lower Elwha, Yakima, Cowlitz D’Alene, and Tlingit.

The walk was a last-minute planned event coordinated by Jarrett McCoy and Orinda Godillard. It was organized in two days with a lot of help from staff and Tribal members.

We have to thank our Tribe for all the wonderful donations and help that we got to make this wonderful event happen.

Four cancer survivors joined the walk. Jo Aldrich, Theresa Youckton, Georgette Wells, and Farralee Walseth-Barrett. It’s such a blessing for these three women to be a part of this walk. Dan “Boxon” Gluason drove around to make sure the walkers got plenty of water to stay hydrated and provided rides for those who needed it. Law Enforcement Sergeant Jake Dickerson also made himself available to ensure the safety for everyone.

The first ones to complete the walk were some of our youth. 1st Cancer Walk, 2nd Kristen Secena (age 7), and 3rd Chavez Secena (age 9). The oldest ones that joined to walk were Dora Underwood (Quinault)

See Cancer Walk, page 4

Together, Youth, Adults, and Elders are Learning How to Weave

Loom class teaches how to weave vests in the traditional Coastal Salish style, page 2


 trenzheadstart@gmail.com.
If you have any questions, contact Fred Anraku, Head Start at 360-273-5514.

Senior Systems Analyst Steve Raher has been working diligently on it. He loves family, fishing, interloking on cars, page 3
Fatal Virus Found in Three Cats on the Reservation

By Amy Loudermilk, Rez Animal Coordinator

Three out of four feral cats trapped recently near the tribal center on the Quinault Nation reservation were diagnosed with the feline leukemia virus. If you have an outside cat that could have come into contact with a feral cat, it is suggested that you take it to a veterinarian and have it tested for the virus. Feline leukemia virus (FeLV) is a highly contagious and fatal virus found only in cats. FeLV is not transmissible to humans, dogs or any other animal species other than the cat family. There is no vaccine for FeLV and it affects feline and human leukemia. Cats pass the virus through saliva and close contact, by biting another cat, and transfer it in food, water bowls, and from milk during nursing.

Symptoms of FeLV include weight loss, vomiting, diarrhea, labored breathing, persistent infections and anemia. However, the virus can lay dormant with no outward symptoms. Cancer may occur in cats infected with FeLV. The virus also interferes with a cat’s natural ability to ward off other viruses and makes the cat very susceptible to picking up infections. There is no cure for FeLV and most cats survive less than two years following diagnosis. Since the virus is highly contagious, get your cat tested before bringing it to your home.

If you suspect your cat may have come into contact with a feral or FeLV positive cat, get it right tested right away. The cost for the test is $35 - $50. A vaccine is available as a preventative measure if your cat becomes exposed to the virus. Cost for the FeLV vaccine is $18 -$30. A booster will be needed four weeks later. If your cat has been exposed, you should start immediate treatment. If you continue to vaccinate yearly, your cat will remain free of FeLV. The only way to completely protect your cat from FeLV is to continue to vaccinate yearly, and as long as you continue to vaccinate yearly, your cat should remain free of the disease.

By Amy Loudermilk

Drugs & Tobacco. We won the Presentation Style/Professionalism category and received a flip video camera. I would like to thank our group for all of their hard work. They submitted a skit, told personal stories and gave a professional power point presentation. What an honor to work with such a great group.

We are still looking for a name for our group and art work. You have a chance to win and earn money. If interested please submit your information to Lorrie Bonfer at Rez Animal Coordinator or reach me at 709-7177. Also, please contact me if you are a youth age 13-18 and would like to participate in the presentation group and/or you are interested in participating in or being a chaperone for the Youth Leadership Summit to be held in Yakima this October.

By Lorrie Bonfer, Prevention Specialist

The Washington Prevention Youth Forum is a program to enrich educational and networking opportunity for youth, volunteers and professionals working toward prevention of substance abuse and violence. We want to reach the continuum of individuals – youth and adults – from highly educated to aware in the field, and continue to build on our foundation and success in Washington state.

We competed against 16 teams from all over the state. There were approximately 300 youth at this forum. Our team name is: Rez Animal Coordinator.

This thank-you gift was given to the Chehalis Tribe from the Quinault Nation and accepted by Chehalis Elder Art Medina.

### Standing Tall Youth Leadership Conference

By Fred Shortman, Editor

The 20th Annual Standing Tall Youth Leadership Conference was held in May at the Great Wolf Lodge. There were 17 of our youth and many tribal youth from Canada and the Pacific Northwest at this youth conference sponsored by the Quinault, Suquamish, Muckleshoot and Nez Perce Tribes.

Standing Tall in Spirit and Action is to be a surrendered in encouragement and youth to make a difference in the world, in the community and in our lives. Standing Tall is to be free of drugs and smoking.

Making this such a great youth leadership conference was setting aside a new perspective and inspiration to achieve their goals.

Most of the youth were inspired by Chance Rush’s class entitled “Take a Chance on Yourself.” It was very dynamic and down-to-earth approach around the world. He stressed that it’s okay to not know and to not be embarrassed by it.

Many of the youth enjoyed the cultural classes that were available.

By Norell Wisos, CHE Manager

Indian Health Services (IHS) funds two types of programs: Direct Care and that pays for services provided at Indian Health clinics or tribally operated clinics. IHS also fund Contract Health Services (CHS). Federal regulations require that IHS funds are spent. CHS funds can only be used to purchase health care services not available at the CHELS Tribal Health Center (CTWC).

All patient referrals for outside services must be made by a CTWC provider to determine the medical priority level for funding.

If you need a referral to an outside provider, make an appointment with your CTWC provider at the Chehalis Tribal Health Care.

A second referral from your CTWC provider is required for additional services such as procedures, lab work, tests, facility consults or follow-up exams. Only the services written on the patients referral form will be covered by CHS.

Lab tests and x-rays are services that are available at the Chehalis Tribal Wellness Clinic and will not be paid for without prior approval by your CTWC provider.

Please review your CTWC patient referral form to determine the medical care you are going to be covered. Services that do not fit your medical priority level one (1) will not be paid.

Payment for medical services is based on available funding and medical priority level one (1) spending. The CHS program experiences a shortfall in spending every year and must prioritize spending.

The CHELS Management team cannot discuss health care options with a CTWC provider and make necessary referrals.

For emergency or urgent care, patients are required to notify the CHS program within 72 hours from date of service or date admitted. Notification can be provided at 360-709-1725 or 360-273-5804.

If you have any question, call the CHS office at 360-709-1725.

Behavior Health Program Phone Numbers Changed

The correct number for the Chehalis Tribal Behavioral Health Program is 360-709-1733. The Program has an Office Administrator who is available to answer phone calls, take a form of contact and assist clients. We look forward to your call!
Lee Curtis Starr was born in 1944 to Violet Sanders-Starr and Benjamin Starr. His grandparents on his mother’s side are Andrew Sanders and Lucy Simmons. On his father’s side are Phillip Starr and Army Starr from Muckleshoot. He is the second oldest of his ten brothers and sisters: Amil Starr, Benjamin Starr, Betty Starr, Ada Starr, Phillip Starr, Andrew Sanders, William Sanders, James Sanders, and Louise Starr. His grandparents on his mother’s side are Andrew Sanders and Lucy Simmons. On his father’s side are Phillip Starr and Army Starr from Muckleshoot.

Lee met his wife, Frances, through the Shaker Church. They have been married for 43 years and have one son, Lee B. Starr, and two daughters, Leah Secena, and Eloise M. Starr. They have six grandchildren and one great-grandson.

Lee grew up on the Chehalis Reservation on South Bank Road and lived there for most of his life. His parents taught him about respecting elders. When he was young, he would split and haul wood to keep the cabin warm. He also learned to ride a bike. Lee remembers playing outside the Tribal Center while adults attended meetings. He also remembers the Tribal Days Baseball Tournaments. There were ball games and dances. Men would gather around the oak tree to play bone games. “Those were good old days,” says Lee.

Lee inherited his fishing grounds. Years later when his mother passed away, Lee established the fishing rights. Their efforts set the stage for our tribe to work together and claim it was illegal for the Chehalis Tribe to fish in the river to the top of the bridge. The state acted on the fishing rights. They were active in 4-H and 4-H Fair, helping feed, water and care for the horses. He was also assigned to cool down the horses after races. He made the decision to pursue a career in dentistry.

Lee is the second oldest of his ten brothers and sisters: Amil Starr, Benjamin Starr, Betty Starr, Ada Starr, Phillip Starr, Andrew Sanders, William Sanders, James Sanders, and Louise Starr. His grandparents on his mother’s side are Andrew Sanders and Lucy Simmons. On his father’s side are Phillip Starr and Army Starr from Muckleshoot.

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Lee attended the Oakville School until 10th grade. School was a struggle and living on the reservation was difficult. Lee needed an income. He started helping his mom build a home on South Bank Road where Stars lived now. He enjoyed working alongside the Shaker Church and local dentists. He built houses on the Skokomish Reservation with Lesley Beckwith. They also helped build Mildred Seacen, Maryyuad Starr’s, and the tribal homes on Tahela and Lucas Mane.

In 1959 his mother built a fish house on their property so that the fish buyer for Striper Fishman Company could come to their home to purchase fish. They sold this for a long time. Lee’s brothers and sisters helped with the family business. His family had a small campground with a smoke shop. They had a sign that said, “Come in and smoke.”

In 1961 they helped with Johnny Benn’s race horses. The handler and partner is John Hungry. Lee (far right) helped with Johnny Benn’s race horses. Miracle Lady is the winning horse in this 1961 photo taken at the Spokane Race Track. The jockey is Glen Dixon, and the handler and partner is John Hungry. She is one of his great joys that he learned from his dad.

Lee presently works for the Chehalis Tribal Housing Authority. He has worked for the department for 20 years as a maintenance man and plans to retire next year. “It is nice to see many changes with my family and grandchildren,” says Lee.

Lee says, “The tribe has grown a lot in many ways…building the Lucky Eagle Casino, EGT gas stations, Great Wolf Lodge, and other buildings. The children have many resources available to them, more than we had when I was in school. Some of it is good. Some of it is bad. It would be nice to see our children grow up and make something of their lives and do something good, and not be a statistic. With the decline of the fish runs, the tribe needs to continue figuring out ways to supplement the runs. It’s nice to see the tribe be a building block. Hopefully in the next generation will see the benefits.”

My name is Tracy Mitchell and I am the Full Day Teacher at the Chehalis Tribal Head Start. I grew up in a cattle ranch in Melrose, New Mexico. We raised beef cattle, sheep, goats, pigs and horses. I was very active in 4-H and FFA for many years, showing, horses, sheep and cattle at fairs around the state. I also participated in rodeos, doing barrel racing and pole bending. At age 18, I moved to Arizona. I met my husband, Mike Smiley, in Alaska. We have three children: Hilary is 20, Tanner is 18, and Jesse is 16. We moved to Rochester in 1996 and I enrolled my son in the Tribal Head Start Program. A few weeks later I was asked if I wanted a job working at the daycare. I happily accepted and enjoyed working there for two years. In 1998 I left to be a Classroom/Bus Aide for the Rochester Head Start Program. I enjoyed working there. After being there a year, I was given the opportunity to come back to work for the Tribal Head Start and I am currently working here. I have been here ever since. I worked as a Classroom/Bus Driver until 2002. In 2002, I received my Child Development Associate certificate and was promoted to PM Class Teacher, and then in 2007 I was given the position as the Full Day Teacher. I earned my Associates Degree in Early Childhood Education from 2007 in Bay Mills Community College in Brimley, MI. I have thoroughly enjoyed working for the Head Start Program for the last ten years and hope to be here for a long time. It has been a joy to watch children grow and change over the years and hope that I have had a hand in some part of their success. I have made lots of friends while working here and many of you have made me feel like I am a part of your family. Thank you for accepting me into your community.

Dr. William Elton (Bill) was born near Melrose, New Mexico and his family travelled to Libya (North Africa), Illinois, Virginia, Oklahoma, Utah and finally to Washington. He started his education in dentistry back in 1961. While in the second grade in Africa, little Billy went to the dentist. The dentist removed a baby tooth, with its long root intact, and gave it to him. The next day recess Billy showed his friends his tooth. One of the boys told him that the dentist was tricking him, because the tooth was really a dog’s tooth. Billy knew the tooth was his own, and thought that the other boy was incorrect, and that he, himself, was pretty smart. The next day the boy that told the dog’s tooth story approached Billy whenever asked by teachers what he wanted to be, Billy would say, “A dentist!”

Dr. William Elton, Dentist studies. He moved to Illinois and got his Bachelor of Science in 1965 from the University of Illinois Dental School. He then joined the Army Dental Corps for his undergraduate school, Bill then entered the Army Dental Corps in 1966. He served in Okinawa, Nebraska, Texas, Italy, Colorado, Korea, and Germany.

While in the Army he received a degree in General Dentistry and then specialized in Prosthodontics (denture protheses). After 26 years he retired from the Army at Fort Lewis in 2004. In 2005 the Chehalis Tribe hired him as their Chief Dentist.

Bill says he enjoys helping the tribal community with their dental health, and serving every one’s unique personality. He loves children, and has four children of his own. He has nine grandchildren.

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Cancer Walk

(continued from page 1)

and Jo Aldrich (Chelan). Many walkers of all ages completed the walk.

After the walk was finished, the raffle began. Everyone received some kind of prize for walking, so nobody went home empty-handed. The best prize was for those who visited to pay respects, pray and leave flowers on Memorial Day.

That Good Ol’ Indian Baseball Feasting Friday and Sunday was the start of the baseball tournament. The weather cooperated throughout the weekend, making it an outstanding sunny weekend. There were 11 men’s teams, eight women’s and eight coed teams who showed up to play softball at Tomahawk Stadium. This year, most of the teams were held on the reservation but for the first time four games were held at Oakville High School, making the tournament more convenient and enjoyable. The excitement of baseball was in the air. You could smell the delicious foods wafting from the grills, the sound of the announcer on the loudspeaker, the ringing of the bat as a ball was driving into the field and the wild cheering of the fans. 

There’s nothing like good-old-fashioned Indian baseball!

Don Secena said, “This is a great traditional gathering. This tournament kicks off the start of our team’s softball season. It’s nice to visit with all of our friends and family who travel from other tribes that we don’t see often enough. Also, it is Memorial Day, a special time to remember the ones who aren’t here anymore.”

Kids Just Want to Have Fun

On Saturday and Sunday, the sound of the siren filled the air, signaling that it was time to start youth activities. You could see children running towards the basketball court anticipating the exciting activities at the Youth Center. Tony Medina, Youth Center Director, could be seen pulling his wagon full of prizes to the basketball court as children lined up excitedly in anticipation of the prizes they could win. With the weather being so warm, the sweat guns were flying.

Great Food and Shopping

The annual fish and clam bake was always an attraction for the Memorial Day Weekend. A special effort was made to keep the cost of $5.00 a delicious offering for the family. Saturday and Sunday, the food went fast, so when you’re here next year, don’t hesitate, or you’ll miss out on this heavenly job by our Vice-Chairman, Don Secena and his group of volunteers: Mary Secena, Robert Cunningham, Denisse Cunningham, Ray Secena.

Dental Care Hours

A reminder to all patients of the Chehalis Tribal Wellness Center Dental Program. We are open for late appointments on Mondays. The CTWC is open from 9:30 AM-4:30 PM Mondays only. This late day helps patients who have appointments after school and work. There are still late Monday dental appointments available—call 360-273-5504 for an appointment today.

Tuesday-Thursday Dental Hours are 8:00 AM-4:30 PM

Draft a Will Clinic

A walk-in Clinic will be held on June 22, 10AM - 2:00 PM at the Tribal Wellness Center. There is a will packet available on June 22, 10AM - 2:00 PM to take home and a Will Clinic to be held on June 26, 10AM - 2:00 PM. Everyone is invited. Come join us in celebrating our Head Start graduates. Anyone can come and get their Will drafted. June 26 starts at 3:30 PM

Emergency Room Policies

The following policies are in place for the Emergency Room:

Head Start Graduation at the Youth Center

June 26 starts at 3:30 PM

Everyone is invited. Come join us in celebrating our Head Start graduates. Anyone can contact Lloyd Coordinator at 360-273-5514

Thanks to Volunteers!

Cherylynn Starz sends out a special thanks to all the volunteers who worked throughout making this weekend so successful. Tournament directors, umpires and scorekeepers, Darrin Jones and Angie Youckton for running the Men’s Hardball Tournament; Carla Thomas, Nora Ortizes and Carla Thomas, Angie Youckton, and Joyce Thomas.

The Lady Natives returned and defended their championship. They were the 2005 Lady Native Slow Pitch Tournament champions. Congratulations go to: Amy, Sandra, “GG”, Norm, Laria, Leesa, Treen, Sharon, Maxie, Doris, Melissa. Way to play outstanding baseball, ladies! Sorry, no photo available.

The Little Bostons Pistons from Port Gamble S’Klallam won the men’s hardball championship jackets. They lost the first championship game, and won the second game defeating the other Little Boston team.

Indian baseball!

You could smell the delicious foods wafting from the grills, the sound of the announcer on the loudspeaker, the ringing of the bat as a ball was driving into the field and the wild cheering of the fans.

The excitement of baseball was in the air. You could smell the delicious foods wafting from the grills, the sound of the announcer on the loudspeaker, the ringing of the bat as a ball was driving into the field and the wild cheering of the fans.

The annual fish and clam bake is a particularly memorable Memorial Day Weekend activity with other families. It was quite a unique event.

Coed Slow Pitch Softball

Cherylynn Starz, Tournament Director Carla Thomas, Diana Pickernell, Scorekeepers

1st Place-Taholah 2nd Place-Muckleshoot 3rd Place-Preble 4th Place-New Blood

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