

March 2010

Vol.
3/3

Program News

2010 Census Questionnaire Assistance Available

The 2010 Census Questionnaire Assistance Center will be available at the tribal center, March 22 through April 19. The questionnaire mailing and hand delivery is on-going. If you have not received your questionnaire in the mail, feel free to stop by the tribal center to get one.

The census short form includes just 10 questions and takes only a few minutes to complete. Please take the time to provide this information that can greatly help the Tribe.

We hope all questionnaires will be in the mail by April 1, but the enumerators will continue to work on gathering data through July. For details go to www.census.gov/2010census or www.ncai.org, or call 360-447-4471 for further information.

Domestic Violence is Preventable

Hello, my name is Dawn Boley. I am the Domestic Violence Prevention Advocate for the Chehalis Tribe. I am excited to be part of the team here at the Chehalis Tribe. Protecting the future of our people is crucial for Indian Country. If you have been hit or shoved, are isolated, intimidated, or financially restricted, you might be in a very dangerous situation. Don't be silent. Domestic violence and murder are predictable, and thereby preventable. Domestic violence is one of the most challenging and secretive problems.

My office is located at the Resource Center in the old clinic. Don't hesitate to contact me if you have any questions or concerns. I can be reached at 360-709-1874 and after hours contact Law Enforcement by calling 9-1-1. All calls

Housing has Rental Units Available

The Chehalis Tribal Housing Authority has rental units available for Chehalis tribal members. If you are interested in our rental units, check with our office for eligibility requirements and information. You can also pick up an application at the Housing Office.

If you currently have an application on file for a rental unit, please stop by the office and update your information. It is recommended to update these applications yearly. With the homes on the Vosper property being finished, more rental units will be opening soon. Any questions, contact CTHA at 360-273-7723.



End of the Trail IV
Drive-Thru Espresso & Tobacco
18101 Anderson Road
Oakville (360) 273-0284

Come check out our monthly coffee specials.
Hours are Monday-Sunday, 6 AM to 6 PM

EOT 1
2 Niederman Road
Oakville (360) 273-6603

Hours are Monday-Friday, 7 AM to 9 PM
Saturday, 8 AM to 9 PM
Sunday, 9 AM to 8 PM

CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦



Chehalis youth have continued success at sports

■ Youth participated in Oakville 2010 basketball season, page 2

Class-Act Baseball Fields, and Deluxe Pool Soon to be Open for Fun and Health



Chehalis Tribal Construction employees move top soil in preparation for the new baseball complex by the Community Center. Pictured (L-R) are Sam Secena, dump truck driver, and Dustin Klatush, excavator operator.

By Fred Shortman, Editor

When you turn to enter the new Chehalis Tribe Community Center, you can hear the sound of an excavator's motor roaring as it loads soil into the dump trucks. Wow! It's finally happening: Our Chehalis Tribal Construction Company has started the first phase of ground preparation for the new baseball complex. The plans show three new baseball fields at the Community Center. One will be two softball fields and one will be a little league field. An underground sprinkler system will maintain the grass. In this phase, there won't be any outdoor lights for the night games, but the underground conduit will be in place so it can happen later. Another phase will be the addition

of a soccer field on the east side of the Community Center.

The baseball fields will make a great addition for our baseball tournaments. These fields will keep the tournaments more localized for the players and the vendors. It will also help provide fields for the local youth baseball teams. With baseball fields in short supply in our area, this will assist local teams to find a place to practice. The fields will provide a better opportunity for more baseball tournaments to be held here on the Chehalis Reservation.

This work will continue for the next few of months. The project is planned for completion in May. It will be exciting to

See Community Center, page 4

Tribal Members Learn to Manage Cancer Distress

Christina Hicks, Community Health Coordinator

On Monday, March 8, the SPIPA Cancer Control Program held their Discomfort, Distress and Historical Trauma workshop (via a grant SPIPA was awarded from C-Change) in the gathering room at the Community Center. The 22 tribal and community members gathered to learn about acknowledging, recognizing and caring for cancer. The Chehalis Tribe was first on this five tribe consortium training.

This training is instrumental in recognizing and documenting cancer-related distress and discomfort (pain). The information clearly stated how to document and communicate to the doctors what is really happening to a patient in cancer care. Many Native Americans view pain differently which is critical in the treatment stage of cancer. With all the advanced medicines and treatments available, most types of cancers are curable if detected early. Statistics show that Native Americans are diagnosed with cancer in the later stages. This is why we stress the importance of prevention and getting regular health screenings and exams.

The Historical Trauma section, taught by Dr. Anna Hansen, was a very interesting part of the training. Her approach was inspiring, and did not focus on the large list of historical trauma, but following the four "C's" of connect, communication, care, and compassion to assist in the healing process.

Everyone who participated was given a pre-test and a post-test to assess their knowledge about cancer, discomfort and distress. Many of the participants asked questions and offered their own experiences of dealing with a relative, friend or teacher who has had cancer. Everyone who attended said they really enjoyed the training.

See Cancer, page 4

"Not a Walk in the Park" this Academy Produces Self-Disciplined, Confident, Young Adults

By Tawni Willis, Education Assistant/Mentor

In August 2009, Bruce Stinson and Nathan Floth visited the Washington Youth Academy (WYA) in Bremerton. The purpose of our visit was to look at another alternative for our students' educational needs. The program is a six-month course that assists students with earning high school credits. The National Guard provides students a quality education, positive values, and life and job skills training to prepare them for the future. There are two classes per year with approximately 150 students enrolled. The cadets wear uniforms, participate in a two-week boot camp, and take classes to further their education. For students who are looking for a challenge in life, WYA may be the place for you.

One of the criteria for WYA is to have a mentor who follows the student's progress throughout their stay. This requires the mentor to have contact after the student's time at the school, including a six-month follow up. This ensures the student has continued success and follows through with their goals. The students must be doing one of three things; be enrolled in high school,

See Academy, page 4



Ann Marie Youckton visits her mother, Kim Starr, at the Washington Youth Academy. Kim said, "I'm so proud of Ann Marie. The personal growth and hard work she's accomplished makes a parent proud!"

FirstName LastName
Street Address
City, ST Zip

* Return Service Requested

Chehalis Tribal Newsletter
PO Box 536
Oakville, WA 98568

PSKRT STD
US POSTAGE PAID
OAKVILLE WA
PERMIT No. 2

www.chehalistribe.org
©Copyright 2009 CHEHALIS TRIBAL
NEWSLETTER is a publication of the
Confederated Tribes of the Chehalis
Reservation.

2 **Oakville Basketball Teams Excel On and Off the Court in 2010**

By Proud Oakville Parent

For the first time in at least four years, both the high school girls’ and boys’ basketball teams in Oakville end the year with winning seasons. Being a member of a team takes quite a commitment from our youth.

Academics come first, and each player must maintain passing grades throughout the season. In addition to their school work, players attend practices 4-5 days a week, and play in games the other two days. This commitment starts in November and goes through the end of February.

Basketball is a team sport, and the


players learn much more than how to win a game. They learn life lessons about how to work together, how to accept criticism, how to encourage each other, how to maintain control of emotions, and most importantly, how to respect themselves and others. Our players truly are role models on and off the court.

The boys’ basketball team (13-7 record here) ended their season with a trip to the State 1B Basketball Tournament in Yakima. Rikki Sutterlict, Bobby Jones and Richie Revay, all from our tribal community, were

members of this team. Rikki Sutterlict was recognized for his play by being named to the 2nd Team All-League, and Bobby Jones received All League Honorable Mention. The girls’ basketball team (10-5) had their first winning season in four years. There were eight team members from our tribal community: Tammy Klatush, Jeanette Boyd, Skylar Bracero, Kayley Trott, Alyssa Charles, Heather Daniels, Jordan Merriman, and Deidra Hawkes. Jeanette and Jordan were both named to the 1st Team All-League and Tammy and Skylar both were named 1st


Team Honorable Mention. Both of the Oakville coaches, Steve Reinitz and Tracy Bray, were named Coaches of the Year by the League. This award is usually reserved for the 1st place team in the league, but due to the excellent play by our kids, Oakville received this great honor! If you see our players out in the community, congratulate them for a job well done—both on and off the court!

2010 Oakville High School Basketball Teams
Oakville high school girls basketball team finished with a 10-5 Record.



Oakville High School girls team has improved faster than was originally projected with hard work and a commitment to learning the game. They finished the season with a 10-5 record. Pictured top row (L-R) are Sierra Smalley, Jeanette Boyd, Jordan Merriman, Assistant Coach Casey Doyle, Coach Tracy Bray, Deidra Hawks, Kayley Trott. Middle row (L-R) are Skylar Bracero, Tammy Klatush, Heather Daniels, Hayley Hutchings, Brya Hill. Front row is Alyssa Charles

Oakville high school boys basketball team finished with a 13-7 Record.



The High School boys basketball team had a great season and qualified to go the State Tournament. Pictured top row (L-R) are Bobbie Jones, Rikki Sutterlict, Edwin Ryea, Tucker Reinitz, Coach Steve Reinitz, Coach Riippa, Bryan Witt, Kodi Berentsen , Asa Hutchings, Ryse Pettit, Elwyn Johnston. Bottom row (L-R) are Richie Revay, Cody Brown, James Quilt, Ronnie Rosbaugh. Front row is Tucker Johnson

2010 Oakville Middle School Basketball Teams
Oakville middle school girls basketball team went undefeated this 2010 season.



Pictured top row (L-R) are Little Bear Davis, Kayley Sharp, Kayleen Bray, Coach Gail WhiteEagle, Jaala Berentsen, Natasha Lewis, Brittany Maas. Bottom row (L-R) are Jaqueline Bray, Jessica Ryea.

The middle school boys basketball team played well and had an outstanding undefeated season.



Pictured top row (L-R) are Ray Lopez, Jr., Jarod Ruymann, T.J. Trott, Coach Marvin Youckton, Coach Ray Lopez, Jeff Vroman, Shawn Youckton, Tommy Tinney. Front row (L-R) are Marcus Youckton, Jordan Bird, Johnathon Smalley. Not pictured is Geo Jack.

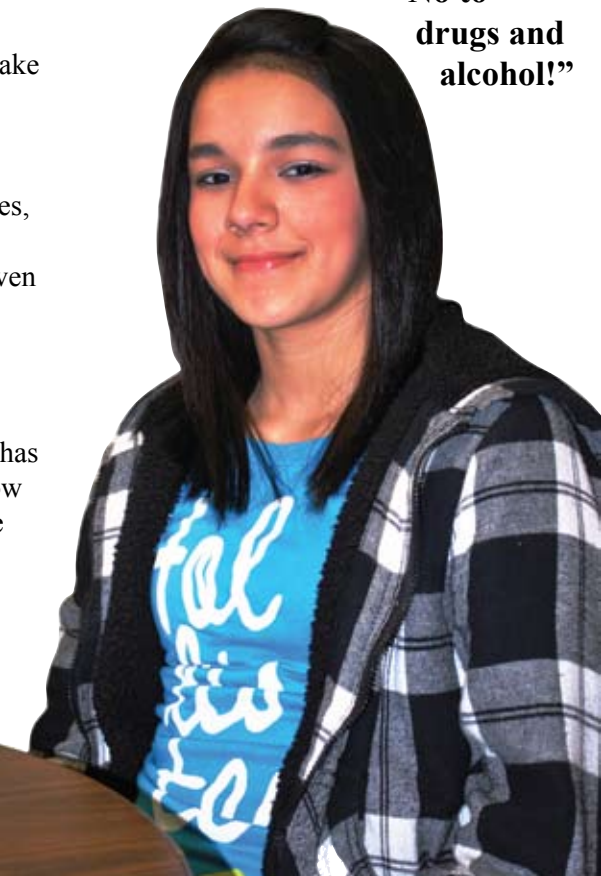
Chehalis Tribal Youth Speaks Up Against Alcohol and Drugs

By Karlea Youckton, Eighth Grade Rochester Student and Chehalis Tribal Youth


Would You Say NO? When people hear the words Native American or Indian, the first thing that comes to mind is lazy, unsuccessful drunks. That is one of the biggest stereotypes that has been around for many years. In 1989, it was shown that approximately fifty percent of all American adolescents have used alcohol, compared to approximately eighty percent for American Indian or Alaskan Native youth. I don’t want to be just another statistic. I want to be known as one of the very few Native American youth to lead by example and take a stand to say, “No to drugs and alcohol.” Being a youth that has grown up on the reservation, I have been unfortunate enough to have witnessed many loved ones, young and old, that have fallen victim to alcoholism and drug abuse. Many have even lost their lives. I have had the first hand experience at my family being torn apart by this terrible disease called addiction. I refuse to cause any more heartache, and pain towards my family. This experience has really opened my eyes to the reality of how drugs and alcohol can really affect people and their life-long goals. This disease is no laughing matter. It takes mothers and fathers away from

children, and children away from mothers and fathers. I have watched those who once had it all, go from having it all to absolutely nothing. This is exactly why I will be one of the very few to change the statistics and actually amount to something. If I can prevent just one more youth by my example to stay away from addiction, then that’s all the reason in the world that I need to say,


“No to drugs and alcohol!”



Karlea Youckton is an 8th grade student attending Rochester Middle School. She works hard to maintain her grades to be eligible to participate in her favorite sports.



Youth pictured (L-R) are Ethan Wittwer and Grace Quilt taking piano lessons. The early music lessons teach youth how to read and write music, before proceeding to practicing on the piano.

Chehalis Tribal Newsletter

**420 Howanut Road
Oakville, WA 98568
(360) 709-1726 (office)
(360) 273-5914 (fax)
fshortman@chehalistribe.org**

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


The Chehalis Tribal Newsletter encourages tribal members to submit letters, articles, photographs, and drawings to be considered for publication. These are subject to editing.

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

Submission deadline: 6th of each month
Printed: Each month

Business Committee
David Burnett, Chairman
Don Secena, Vice Chairman
Jessie Goddard, Treasurer
Cheryle Starr, Secretary
Dan Gleason, Sr., 5th Council Member

Chehalis Tribal Newsletter Staff:
Fred Shortman, Communications Coordinator. Go to this direct link for online newsletters copies: www.chehalistribe.org/news-events/index.html



The Confederated Tribes of the Chehalis Reservation...
“People of the Sands”

Elders Activities Make February a Month of Lasting Memories



Elders visit each other in the lobby of the Lucky Eagle Casino while waiting to meet and greet Charo. Pictured (L-R) are Robert Penn, Gloria Jones, Evelyn Penn, and Josephine Aldrich.

By Nancy Romero, Elders Coordinator

Greetings from the Elders corner! February had some great activities. We had seven Elders show up for the No Sew Blanket Class. Sue Sanders, Bea Starr, Gloria Jones, Jeanette Whiteclaw, Art Medina, and Linda Daniels got to prepare, make and take home beautiful blankets! Cookie picked hers up and, after a few days, returned with it to share it. There will be another blanket class soon.

The Valentine’s Day Dinner was a great way to celebrate this holiday together. The menu was prepared by Rayna Romero. She is the Temporary Cook for the Elders. This was her second day of cooking, and what a way to break in! She prepared BBQ steak and chicken (with help from Ray Romero), baked potatoes, salad, veggies, garlic bread and cake. There were over 36 Elders who attended the dinner. Every Elder took home candy and some took flowers. Thanks for coming and supporting your program!

A few attended the Charo concert. Their response was, *She was great!* She entertained the audience playing her guitar. Her comedy act had everyone laughing. Many

Elders that attended say they would go and see her show again. On February 23, we had a bake-from-scratch pie baking class. Yum! The pies were peach, berry, fresh coconut, fresh lemon and New York cheese cake. Oo-la-la! The bakers even left a few for lunch the next day. Thanks Linda, Sylvia, Gloria and Beatrice! We sure had a lot of fun laughing and learning from each other. Movie and Dinner Night has been fun. The Elders who participate enjoyed it so much that they want to do it again. Be sure to sign up and join us for a movie and dinner.



Charo wowed a Lucky Eagle Casino audience and Chehalis Tribal Elders with her amazing guitar playing during a concert in February.

Hope to see all Elders who would like to participate in any of the March activities sign up or just join us to enjoy some fun and the company of your fellow Elders. Next month there is going to be a tamale-making class for the first eight people to sign up. Everyone will be paired in twos to make their own tamales from start to finish. If there is a need for a second class, we will schedule it at a later date. Please contact Nancy Romero, Elders Coordinator at 360-709-1577.

Elders Care Packages are Like Gold to Our Soldiers in Iraq

By DeDe Devlin, Chehalis Tribal Elder

The Elders sent two care packages to the soldiers in Iraq last December. They contained a carton of cigarettes, deck of cards from the casino, candy canes, cookies, writing paper and stamps.

I would like to personally thank Nancy Romero who helped me pay for the postage to send two “Care packages” to Iraq last December.



“THANK YOU FROM A SOLDIER FAR FROM HOME ON CHRISTMAS.”

Hi, my name is Dustin Kronegay, Stefanie’s husband and the son-in law of one of your tribal Elders, DeDe Devlin. On behalf of the Alpha Troop 2-6 Calvary serving in COB Speicher, Iraq. I would like to thank the Elders of the Chehalis Tribe for the wonderful cookies we were sent during the Christmas holidays. It really means a lot to us when we are so far from home in a hostile land to get anything. A “Care package” is like gold. It was extremely thoughtful of your tribe to think of us. My wife’s’ mother (DeDe) told me the Elders got together one night and baked the cookies we ate.

All the men and women who shared the goodies with me wanted me to pass on their thanks. For them it was like getting cookies from their own mothers.

The Legalization of Marijuana Impacts Everyone

■ Marijuana saps initiative, ambition and responsibility
THE OLYMPIAN | • Published December 16, 2009 By Jill Wellock, Freelance Reporter

I attended a rough junior high outside of San Jose, California, a school where the stoner girls at my ceramics table carved “Joe Elliot” into their forearms with wood screws to prove Def Leppard allegiance. In eighth grade my friend started hanging out behind the portables with the stoners, which was weird because she was the school’s star softball pitcher. She could swing her arm around so fast that I thought it might dislocate and fly off toward the bleachers. She smoked pot before school every day. Before long she started missing practice, which didn’t matter once her grades failed and she couldn’t play softball. She had spent years perfecting that pitch. My friend and I attended different high schools, but I saw her at the end of freshman year at the mall, about 20 pounds heavier, with greasy hair and dirty clothes. I asked a guy from her school what had happened, and he just said, “Burn out.”

Gateway drug marijuana is now legal, used medicinally in Washington and 12 other states, with 15 states pending legislation for its medicinal use. With California’s new over-the-counter cannabis sales, marijuana dispensaries have appeared like pox. The *Durango Herald* reported that in Los Angeles dispensaries now outnumber Starbucks Coffee shops, and almost match the number of public schools. It’s real life reefer madness. With the legalization of medical marijuana, its legal distribution, and the federal government’s pledge not to prosecute medical pot users, stoner society might have legitimized its panacea. Not all those doobie café patrons have cancer, debilitating pain, or even a legitimate illness. Most users likely work. If demand is so high that comedian Jay Leno framed a whole joke segment around the new medical marijuana industry, then Californians can expect to encounter a lot of high workers and drivers, too. Lawsuits now encumber California’s Department of Motor Vehicles for revoking the licenses of people with medical marijuana permits. Cannabisnews.com posted that Washington State ranks second on the nation’s list of marijuana outdoor grows,

and advocacy groups work tirelessly toward approval of dispensaries wherever medical marijuana is legal. Washington State is on the short list. Making marijuana easier to obtain puts society at risk, especially when used under false pretenses of pain or illness. I learned this first-hand in Colorado, living next door to a user who couldn’t even leave the house to light up. Her kids lay around stoned second-hand, and had to fend for themselves at meal times. Their grandmother fought for custody. Marijuana saps initiative, ambition and responsibility from its smokers. The psychoactive compound in cannabis, tetrahydrocannabinol (or THC) impairs the brain’s body movement coordination (cerebellum), learning and memory (hippocampus), higher cognitive functions (cerebral cortex), and other abilities with effects lasting one to three hours when inhaled. Eaten, marijuana’s effects can last much longer. Consider marijuana’s effects on workers who multitask, or who safeguard others. How about the staff at your child’s day care? Bus drivers? Construction workers? No one wants their ER phlebotomist to smoke a joint before an IV start, but if Washington State follows California’s lead in legalizing dispensaries, health care facilities — and all businesses — will have to drug test workers with frequent signs of fatigue and red eyes. Some users insist their senses, coordination, reflexes and mental acuity are not compromised by the drug, demanding that science and observation are biased. People frequently insist the same when their friends take their car keys to avoid a DUI. For compelling information about marijuana’s effects, visit the National Institute on Drug Addiction’s Web site: www.nida.nih.gov/researchreports/marijuana/Marijuana3.html

Message from your Prevention Coordinator, Lorrie Bonifer: I want to share this very interesting article. If you have questions or comments, call me at 360-709-1717.



Pictured (L-R) are Master Carver Dave Wilson instructing Elder Dan “Bones” Gleason how to use the adz, a hand tool used for carving the river canoe.

Carving classes are available at the wood shop:
Wednesday, 3:30-5:30 PM
Friday, 3:30-5:30 PM
Saturday, 2:30-5:30 PM

Staff Profile: CTE Accounting Clerk

Hi! I am Allen Fricke. Monday thru Thursday I can be found in the tribe’s Enterprise Office working as an Accounting Clerk. On Fridays, I enjoy riding my bicycle down some back country road. I am a tribal member, and the son of Marie Griswold. I was born in Aberdeen, grew up in Montesano and graduated from Tumwater High School in 1970. In 1974, I moved to Salem, Oregon, and worked summers as a machine operator for Libby, McNeil and Libby, putting labels on cans of French-cut green beans. While I was living there, I attended four quarters at Chemeketa Community College. When the cannery started offering me full time positions, I moved back to the Olympia area and put in five years as a landscape laborer mostly doing commercial installations in the Tacoma area.

As I approached my thirties I was looking for something less physically demanding. I ended up attending Capitol Business College where I studied accounting. It wasn’t anything I really planned on doing or had any great desire to be, but I was good at it and I had to do something. It also turned out that there weren’t a lot of Native Americans in the accounting field.



CTE Accounting Clerk

After graduating from Capital Business College I was hired by the Squaxin Island Tribe and spent seventeen years with them, mostly working in their Enterprise Accounting Department. In 2001, I bought a house in Oakville and was temporarily employed by the casino before being offered an employee contract for Chehalis Tribal Enterprises in the Accounting Department in 2003. I became an employee a couple of years later.

I work with an excellent crew that is becoming more sophisticated in its ability to track the business operations and provide accurate and timely reports to the Business Committee. I assist them to make informed decisions and guide the tribe into the future. I grew up off the reservation and knew nothing about tribes in Washington, and the ongoing struggle to maintain and exercise sovereign immunity. It has been interesting to have a small role in that struggle and be a part of the economic growth that the tribe is now experiencing. I feel like I have a strong connection to the Chehalis River Valley. Working for the tribe gives me not only a job, but the opportunity to discover some of my tribal heritage. It also allows me to live in Oakville and ride my bicycle to work.

4 Academy (continued from page 1)

or college or be employed. The mentor continues to report to the Academy on the student’s growth as a responsible citizen.

While attending Washington State Youth Academy, Ann Marie endured physical training every morning, and spent at least six hours per day in classroom activities. She is hoping to earn the highest number of credits (eight) for the whole program. So far, Ann Marie is on track to achieve her goal and maybe exceed it. She has the opportunity to take senior classes that will carry over to her high school transcript and lessen her work load during her senior year at Oakville High School.

Ann Marie is working hard in the classroom, and is also striving for excellence within her group (platoon). Students have the opportunity to become platoon leaders, participate in the school’s ranger program, drill team and many other extracurricular activities. The National Guard provides these opportunities to help students with self esteem, building character and a sense of accomplishment. Students are rewarded for their achievements and disciplined when necessary. Ann will tell you it is extremely difficult and not a walk in the park. You definitely have to have determination and self discipline. You also have to want to do it for yourself. The program is only voluntary. The student has to want to go.

To be eligible for the Washington State Youth Academy, you must:

- Be 16 to 19 years of age at the time of enrollment
- A high school dropout, expellee or at risk of dropping out
- A citizen or legal resident of the U.S and Washington State resident
- Unemployed or underemployed
- Not currently on probation for other than juvenile offenses not awaiting sentencing, under indictment, charged or convicted of a felony
- Free from use of alcohol and illegal drugs or substances
- Physically and mentally capable to participate in the program with reasonable accommodation

Ann Marie is very proud to announce that her rank is Cadet Private First Class! Her goal is to become Corporal which should take her about three weeks. Her next home pass is for six days in May and then she will graduate in June. The Education Program is very proud of Ann for her accomplishments at the Academy. Keep up the great work!

If you think this would help your child, attend any of the open houses scheduled to have your questions answered! They are on Wednesday, April 14, and May 19 at 5:30 PM; or Saturday, April 17, and May 22 at 10:00 AM. Any questions about this program call 1-877-228-8947, or visit the website <http://www.ngycp.org/site/state/wa> or email questions WYACadet@olympic.edu. The next scheduled classes begin on July 18, 2010.

Everyone is invited to attend Ann Marie’s graduation ceremony on June 19 at 10 AM in the Tacoma Light Center. Contact Tawni Willis at 360-709-1597 for more information.

Education/Screening Program Offered to Chehalis and Six Other Tribes to Prevent Colorectal Cancer

By Cindy Beck, Patient Navigator CTWC

March is Colon Health Month. Did you know that colorectal cancer is the second leading cause of cancer-related deaths in the US? And the third most common type of cancer in both men and women? In Washington State, Native Americans have the highest incidence of colorectal cancer. However, it is a preventable and treatable form of cancer. When diagnosed early, colon cancer has a five-year survival rate of 90%.

Colorectal cancer has no symptoms and usually develops from small growths in the rectum or colon called polyps. As polyps silently grow, they can become cancerous. Polyps often bleed, and the blood can be detected in a small stool sample. This simple, yearly screening can help detect a growing polyp, which if removed early on, can prevent cancerous growths. Screening is recommended for anyone 50 years of age and older. Anyone who has had a polyp removed, or has a family member who’s had colorectal cancer, should be screened at a younger age. The test is actually painless, and only takes a few minutes to complete, but most people don’t want to do it? Why? Yes, it’s inconvenient, but not as inconvenient as cancer treatments.

If we can catch colorectal cancer early, we can easily treat it and stop its deadly progression. Ask your health care provider about colorectal cancer screening, and make it part of your health care plan.

SPIPA Colorectal Cancer Grant

The South Puget Intertribal Planning Agency (SPIPA) has been awarded \$600,000 per year for five years by the Centers for Disease Control to work with seven Southwest Washington tribes to design and implement a tribal-based colorectal cancer control program. The seven tribes include the five SPIPA tribes plus Quinault and Cowlitz. Twenty-two states and four tribal organizations (SPIPA and three Alaska Native organizations) were selected for funding through the Center for Disease Control’s objective review process.

The over arching focus of the national program is to increase the colorectal cancer screening rate in the United States for all person 50 years of age and older. This will be achieved through two main goals:

- Community-wide activities including education activities to increase community awareness and patient assistance with making appointments for colorectal cancer screening.
- Free colorectal cancer screening and diagnostic services for those 50 and older without insurance or assistance with co-pays for those with insurance.

This Colorectal Cancer Screening Program will help SPIPA achieve the second Comprehensive Cancer Control Program goal; *to detect all screenable cancers at the earliest stage for tribal and community members of all SPIPA tribes*, and surpass the CCCP fourth objective; *to work with the tribal clinics to screen at least 50% of the age-appropriate population for colorectal cancer*.

This new SPIPA program is modeled after our successful Native Women’s Wellness Program and our Comprehensive Cancer Control Program. The Colorectal Cancer Program will work closely with staff from these two programs. Additional resources funding through this grant include provider education and the development of educational materials.

The SPIPA Colon Health Program, as the only lower-48 Tribal Colorectal Cancer Program, will be involved in state and national efforts to bring the message forward on how to best address colorectal cancer for Indian Country. We look forward to learning together how to create an effective and quality colorectal cancer control program for the seven tribes.

If you are between the ages of 50–64, have a family history of polyps or colon cancer, take a positive step toward your health. Talk to your health care provider about colorectal cancer screening. For more information feel free to contact Cindy Beck, Patient Navigator at the Chehalis Tribal Wellness Clinic, or call 360-709-1810.

Community Center (continued from page 1)

gather at the Community Center to visit with friends and family and enjoy the game of baseball. Watch for flyers for the dedication and blessing of the fields.

The big gym at the Community Center is now available on Mondays, Tuesdays, and Wednesdays. It is a beautiful full-size basketball court, and tribal members have been playing on the new court on open gym days. Whenever using the gym, please use respect and care, and adhere to the rules. Wear your basketball shoes to prevent damage to the hardwood floors. (No street shoes.) This will assist in having the gym available for public use. It’s another exciting possibilities to look forward to: attending and watching basketball tournaments held at the community center.

The swimming pool isn’t available to the public yet. It’s early in the game, with personnel being trained on the up-keep and maintenance of the pool and hot tub. The water aerobics classes being offered by the Diabetes Prevention Program is a step in the right direction. There are other programs to train certified instructors, so swimming lessons can be provided to our youth. These small, structured classes help prepare the pool for more uses. Safety and care is very important in the use of this facility. Watch for flyers about future classes.

If you have any questions about signing up to use these facilities at the Community Center, please contact Cheryl Starr at 360-709-1524. Leave your name, number and a brief request for reservations.

Get Your Pet Fixed for Only Five Dollars

Neutering your dog or cat is the best way to lessen stray or unwanted pets around the reservation. Now there is a way for you to do this at low cost. Take advantage of this low-cost pet spay and neuter offer. For Chehalis tribal members and all residents on the Chehalis Reservation, the cost to spay or neuter a pet is only five dollars.



Scatter Creek Animal Clinic
7430 183rd Ave SW
Rochester, WA 98579
(360) 273-5908

Fords Prairie Animal Clinic
2530 Harrison Ave.
Centralia, WA 98531
(360) 736-0212

- Step 3 - Take your pet to the veterinary clinic on the day of its scheduled appointment. Bring \$5 with you, which is your co-pay.

Tell the veterinary staff there is a voucher there for you to cover the remaining cost of the spay/neuter procedure.

This service is provided by Rez Animal Resources & Education, a small, non-profit organization helping animals on the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay Indian Reservations. Contact us at 253-370-6392.



Cancer (continued from page 1)

We evening ended with a dinner. All participants received a Pendleton note pad and were entered into a raffle. The winners of the \$10 End of the Trail gas cards were

Jerry Youckton, Annie Jones, Dan Jones, Joyce Thomas, and Sidney Smith. The grand prize \$100 Steak House gift certificate went to Penny Gleason. Congratulations!





SPIPA Cancer Workshop instructors taught tribal members important information about how to communicate to doctors, and how to understand and manage cancer distress. Pictured (L-R) are John Simmons, Keena Aldrich, Jen Olsen, Janet Ott, Dr. Anne Hansen.

Tribe Offers Water Aerobic Classes to Community Members at Own Pool

The Diabetes Prevention Program will be offering water aerobics classes at the Community Center starting in March. Sign up today! Water aerobics is a great way to stay healthy. Classes can be available Tuesdays, Wednesdays, Thursdays, daytime or evenings, from 6:00-7:00 PM. Come join a healthy, low-impact exercise. Please bring a towel, and water shoes are recommended. Class sizes are limited, so sign up so we can start a second class.

Just a reminder there will be no life guard on duty, so a waiver of liability must be signed. For more information contact Lynn Hoheisel at the Wellness Center or call her at 360-709-1744.



MPA in Tribal Governance

Only The Evergreen State College offers a Master of Public Administration (MPA) focused on Tribal Governance.

Designed for present and future leaders who wish to actively engage in shaping tribal policy and governance issues, the Tribal Governance concentration:

- Focuses on structures, processes and issues specific to tribal governments.
- Provides current and future tribal leaders with the knowledge and skills needed to work successfully in Indian Country.
- Informs tribal liaisons of governmental or other organizations.
- Reflects the diversity of issues addressed by tribes, including health, housing, education, youth, welfare, land use, natural and cultural resources, law enforcement, human resources, transportation, fiscal policy, and economic development.

For more information contact:
360.867.6202
www.evergreen.edu/mpa

Evergreen's MPA program is designed to accommodate students' schedules by following a week-end intensive format. The cohort meets four times per quarter, roughly once every three weeks. Most students complete the program in two years.

Weaving Research Communities Together: Research Protocols in Indian Country

Friday, April 16, starts at 9 AM
Evergreen State College at the Longhouse Education and Cultural Center
Featuring Keynote Speaker - Dr. Gregory Cajete
“Creating Sustainable Indigenous Community in a 21st Century World”

Free to the public. On-line Registration at http://nwindian.evergreen.edu/1010_conference_registration.html. On-site registration begins at 8 AM. For more information contact 360-867-6889 or email tijerina@evergreen.edu.

BASKETRY WORKSHOP

WEAVERS TEACHING WEAVERS AT GREAT WOLF LODGE

Sponsored by Hazel Pete Institute of Chehalis Basketry
Friday & Saturday
April 30 & May 1, from 9 AM-4 PM
Doors open 8 AM - Everyone Welcome!
HPICB Conference Rate Available
CODE: 1005WEAV_001

Registration Fee: \$100 Saturday only: \$50; Payment by April 30 and at the door make check payable to: HPICB or Hazel Pete Institute of Chehalis Basketry, 137 Anderson Rd., Oakville, WA 98568. Kits will be available for participants costing between \$10 and \$50. Door prizes, silent auction and raffle daily.
Contact Trudy at 360-273-7274 for more information.